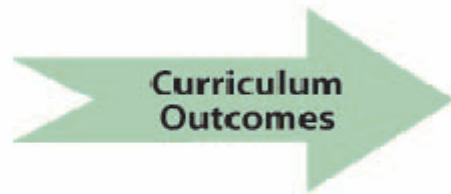


Inquiry for Healthy Decision Making



What do I/we want and need to know about health and why?

Wonder and Question: Ask compelling questions. Address misconceptions. Identify areas of curiosity about a healthy mind, body, heart, and spirit. Note diverse ways of knowing. Reflect on what is known and how one has come to know/believe it. Imagine how "health and life" can be different.

Wonder and Question

How am I/are we going to get there?

Investigate and Interpret: Gather information (i.e., research, observe, discuss, interview) about a healthy mind, body, heart, and spirit through a variety of media, methods, and sources; evaluate the source and the information. Compare historical, contemporary, and evolving information and ways of knowing, including First Nations and Métis. Make connections and analyze factors that influence health. Critique; synthesize meaning; construct and shape new thoughts. Interpret ideas; question theories. Suppose how life can be healthier and in balance.

Investigate and Interpret

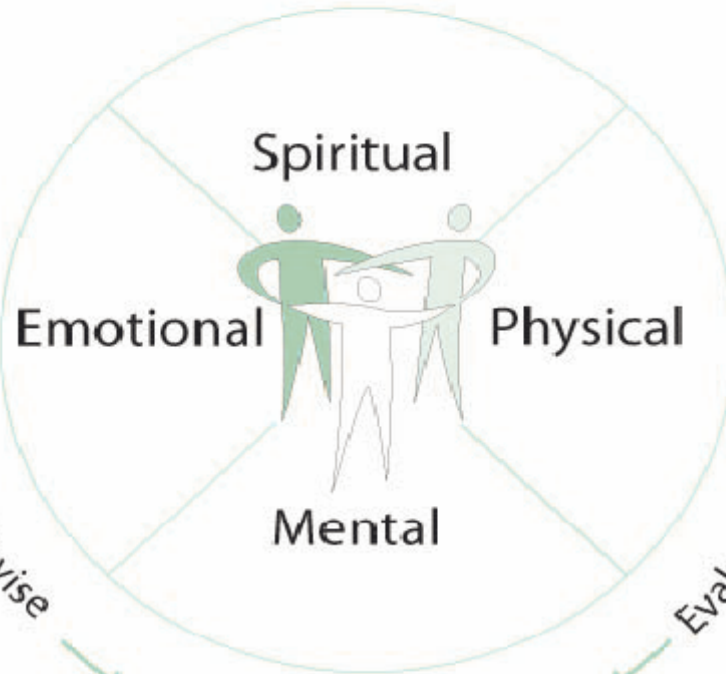


What have I/we discovered?

Examine Health Opportunities and Challenges: Consider health opportunities/challenges for self, family, community, and/or the environment based on one's investigations and interpretations. Respect diverse ways of knowing; propose and evaluate possible alternatives to address the health opportunities/challenges; consider possible/expected consequences; determine possible obstacles and ways to address them.

Examine and Determine

Reflect



How am I/are we going to use what I/we have learned/discovered?

Engage and Apply: Do something with what is known and understood to attain, maintain, or promote balance and health. Design and implement health action plans based on the chosen alternative within a variety of contexts.

Engage and Apply

Revise