

Enhancing Indigenous Youth Wellness

Gudangaay Tlaats'gaa Naay Secondary School (GTN) in Masset, B.C

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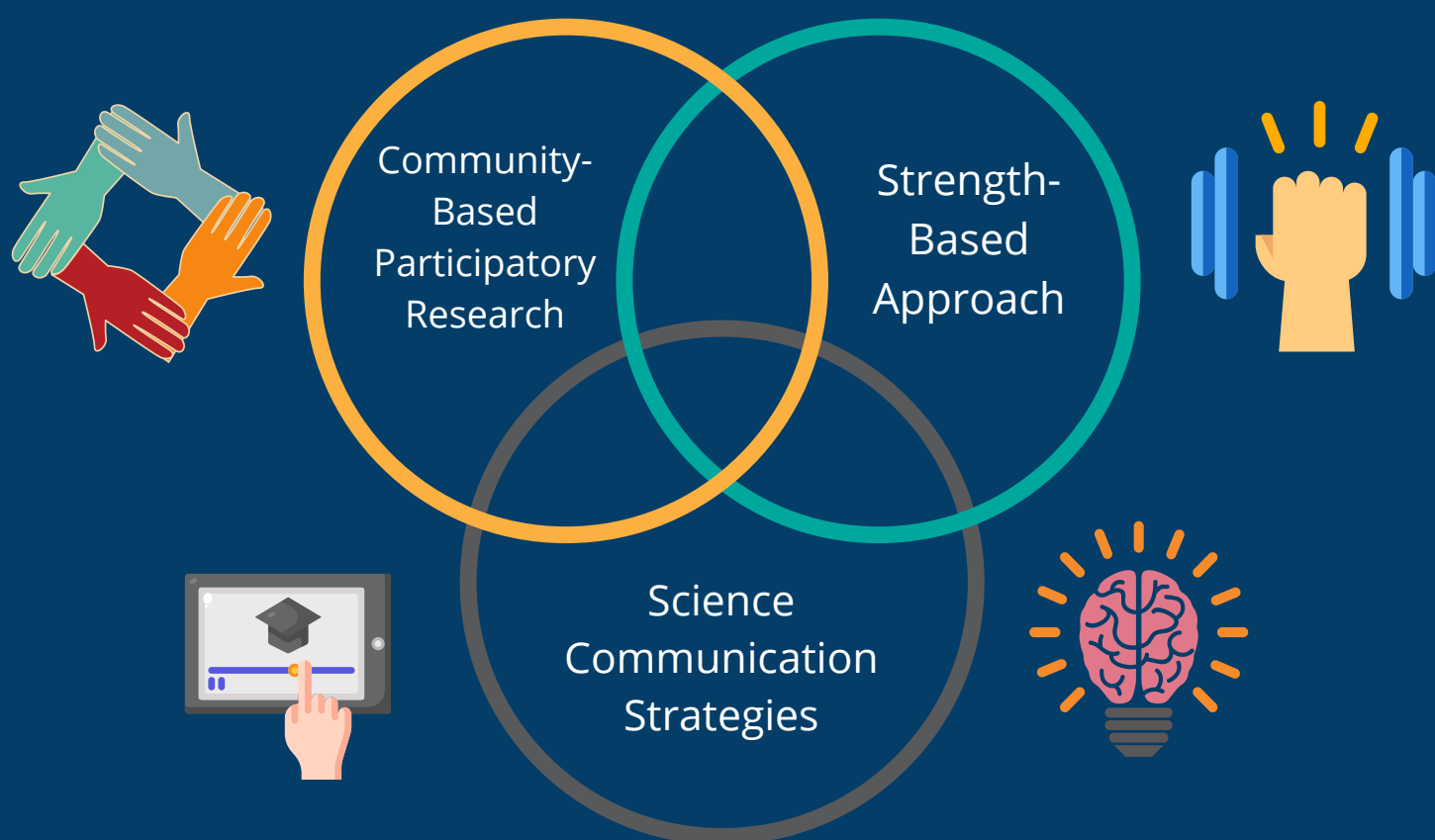


Sport is an important part of Haida community culture

The people of the Haida First Nation have occupied Haida Gwaii since time immemorial



Values Underlying the Project



Project Goals

Developing a resource that **promotes health and wellness** for Haida students by **improving both physical and mental performance**

Engaging Youth for:

A Strength Based Approach



Topic Selection



What was our Approach?

Brain Blurb Video Series



Using science communication strategies to promote health and wellness



3 Main Components

1. General Introduction to Topic

Fear



Brain Blurbs

with Em & Britt



Episode 1: Fear

2. Explanation of Brain Function using Analogies

How does the brain plan a movement?



Premotor cortex: the "coach"

→ job is to **plan** movement

- Where are my legs/arms right now?
- Where am I aiming?
- How do I get there?



Primary Motor cortex



Primary motor cortex: the "quarterback"

→ job is to **produce** movement

- Gets instruction from pre-motor cortex
- Sends messages to correct muscle to make them move!

Motor Control

3. Exercises to Strengthen the Brain

Learning and Memory



Brain Training:
Set yourself up for success



Create study blocks



Fuel your brain



Get proper rest to consolidate

ENGAGED YOUTH
=
EMPOWERED YOUTH

