

Benefits of Geocaching

Decreases stress:

Being out in nature helps you to relax, which helps to reduce your risk of illnesses.

Boosts your mood:

Participating in a physical activity that you enjoy boosts the chemical hormones in your brain that improve your mood and will also help you to sleep better at night.

Sharpens your skills:

Studies have shown that challenging your brain with activities like puzzles and problem solving can help improve your long-term cognitive functioning and can increase your life-expectancy.

Makes you stronger:

Besides making you physically stronger from all that walking, geocaching can help you overcome fears and obstacles. It challenges your brain's idea of what you are capable of!

North Island Métis (NIMA) publishes a monthly newsletter.

Go to NIMA's website (www.nimetus.com/newsletters) to read current and past newsletters.

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North Island Métis

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NORTH ISLAND MÉTIS

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Geocaching



The Giving Tree

Geocaching has a very similar feel to the traditional Métis story of The Giving Tree. A wonderful story about a tree with a hollowed-out hole that people would leave extra items to share with other travelers who may have forgotten something. People would take only what they needed and leave something in return. The story reflects many of the Métis traditional core values.

Southern Michif

Fiddle – aen vyayloon

Red River Jig – oayache mannin

Family – faamii

Friend – aen naamii

Kitchen Party – aen party di chwiizinn

Sash – sayncheur flayshii

Traditional Métis

Values:

Creator

Mother Earth

Honesty

Courage

Caring

Balance

Sharing

Strength

Kindness

Love

Respect

Tolerance

Patience

