

IQ PRINCIPLE REFLECTION

Pilimmaksarniq/Pijariuqsarniq: Development of skills through observation, mentoring, practice and effort.

Let's settle in, take some deep relaxing breaths and notice how your body feels after this. Relax your shoulders and start when you are ready.

Learning from observation and example is a vital cornerstone in Inuit knowledge and how it is shared in our lives. Mastery of learning is a lifelong practice that calls us to be open to different understandings and perspectives to gain the knowledge we need.

Everyone has their own unique way of taking in information and their own way of sharing it with the world. When we are still, and notice the differences in our understanding and those of others, we learn for the better.

Reflect below on how someone might have embodied this principle for you or how you'd like to embody this in your life, in teaching or learning from others.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.