

Great. Okay. I want to make a link between the territorial acknowledgement and what we're going to talk about today. And I see the introduction of contemplative practices into the classroom as a small step towards decolonizing the classroom.

Because the colonial legacy we have around education is you only address the head of students.

It's about pouring information into their heads.

And these practices help to promote the spirit dimension and values.

It looks at the emotional dimension, it tends to see the student in a more whole person kind of way, as well as beginning to slow down the processes in the classroom and not be, you know, buy into this very kind of busy model more, more, more, more, more, but actually trying to, you know, have students soak up the knowledge.

And it's also about who they are as people. Okay. So for me, if we just do the land acknowledgement without taking any action, that's just performative. So this is a small action, there's a lot more to do as well. But here's a small step that you can take. So