



Assembly of Manitoba Chiefs  
EMPOWERING OUR NATIONS

# FIRST NATIONS HEALTH AND WELLNESS COLOURING BOOK



## **ARTISTS**

*Cover page designed by Kale Bonham*

Mackenzie Anderson  
Erin Anderson-Bruce  
Leo Beam  
Cliff Bear  
Emma Jane Bedard  
Kale Bonham  
Shayle Catagas  
Carly Chartier  
Shaquille Ducharme  
Tyler Genaille

Maddison Hill  
Jessie Jannuska  
Faith Keep  
Sierra Morse  
Carrie Okemaw  
Brooke Schwenzer  
Kailey Sheppard  
Rob Slater  
Megan Wood

## **SELECTION COMMITTEE/ADVISORS**

Kim McPherson  
Madelaine Keeper  
Karen Swain, grandmother  
Danielle Lambert  
Maxine Schminke  
Elissa Gabriel  
Bran Friesen, project editor  
With support from Justine Panganiban

## **FUNDING**

Funding provided by the Canadian Red Cross through Jordan's Principle, Government of Canada.

## **AVAILABLE**

Free digital copies of this colouring book are available online at [redcross.ca](http://redcross.ca) or by email at [MB.RiskReduction@redcross.ca](mailto:MB.RiskReduction@redcross.ca).

*Created in 2021, in partnership between the Assembly of Manitoba Chiefs and the Canadian Red Cross.*

This colouring book represents the collective efforts of 19 Indigenous artists, and celebrates a diversity of health and wellness perspectives.

Colouring is an activity that can increase mindfulness and decrease stress, and can help you find balance in challenging times.

- When you are having a stressful moment, take a deep breath.
- Find a colouring page that resonates with you.
- Take ten minutes or an hour and colour.
- As you colour, reflect on the teachings and stories that are shared in this book.
- Focus on the lines, the colour, and the picture. Take a deep breath again.
- If you finish, think about putting your colouring page on the fridge or on your wall as a positive reminder in your day, or sharing it with someone you care about.

Ways to use this colouring book:

- \* By yourself
- \* Pull out a page to share with your friends or your family
- \* Colour with your class at school
- \* Share it with your Elders

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*I am honored to participate in the creation of this amazing coloring book. Art has always been a significant way for healing to occur in all nations of people. This project has focused on art from an Indigenous lens and we see that, as diverse as our lands and nations are, so too is the artwork submitted! We gratefully acknowledge all of the artists for contributing your beautiful artwork. We encourage all of you to keep on creating!*

– Grandmother Karen Swain



*Beaver*  
*Shaquille Ducharme*  
*Chemawawin Cree Nation*

*We are all interconnected. Just as humans have basic needs, beavers need fish and trees to survive. How we care for the environment is important to all life.*



*Jingle Dress Dancer*  
*Jessie Jannuska*  
*Canupawakpa Dakota Nation*

*The jingle dress dance has ties to prayer and healing. Pow-wow dancing provides a connection to culture.*



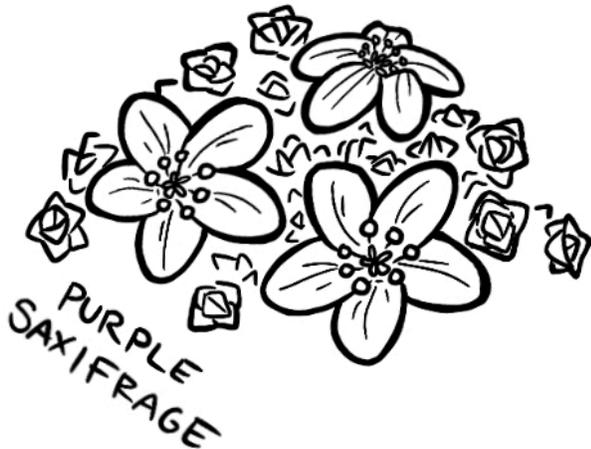
LABRADOR TEA



TUNDRA BLUEBERRY



CROWBERRY



PURPLE SAXIFRAGE



MOUNTAIN SORREL



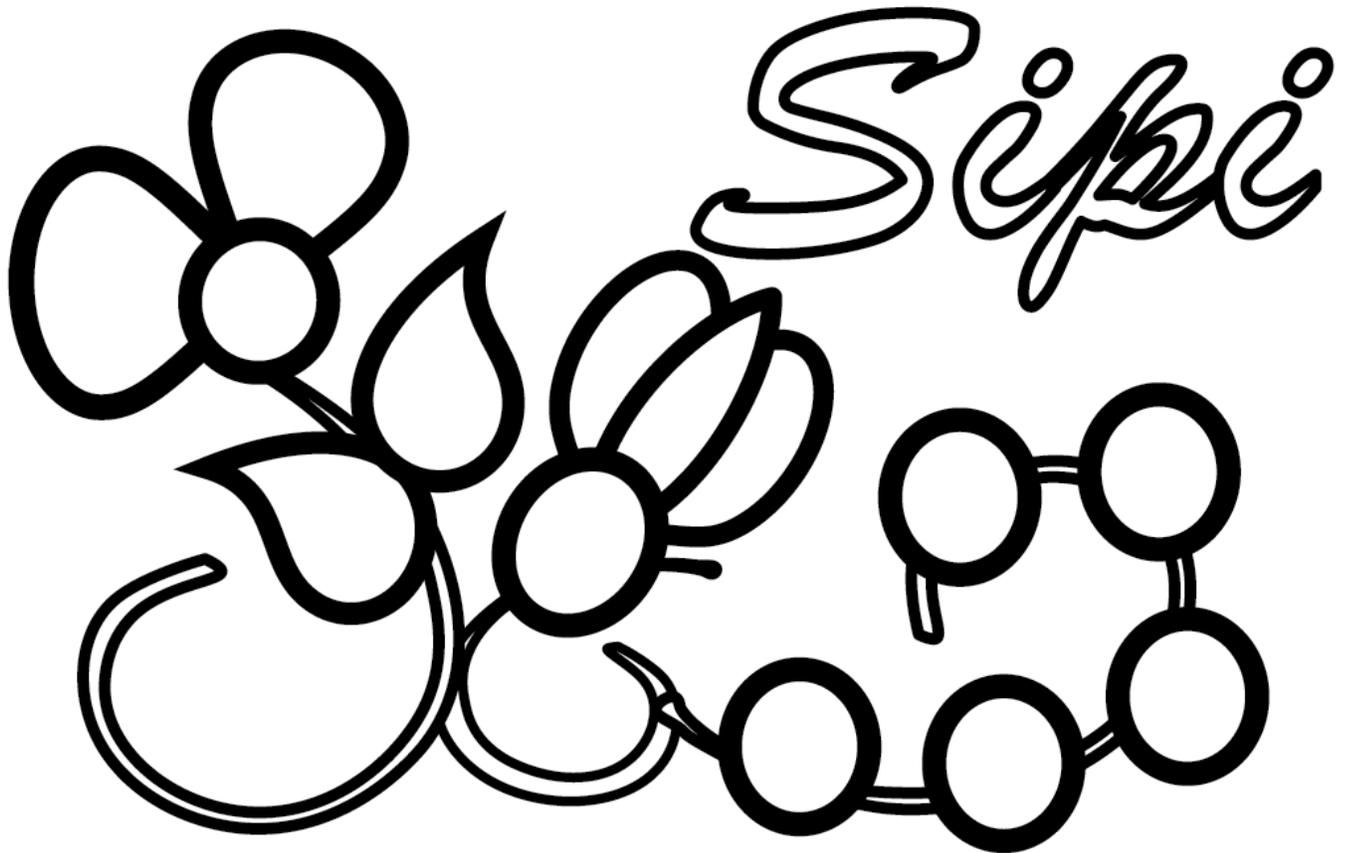
*Buffalo*  
*Erin Anderson-Bruce*  
*Poplar River First Nation*

*For as long as Indigenous people have lived on this land, the buffalo has remained alongside us, allowing us to live by giving it's fur for warmth, shelter, meat to eat, bones and sinew for tools. The buffalo is a reminder that all living things should be respected.*



**Dog Stars**  
**Kale Bonham**  
Anishinaabe from Swan Lake First Nation

*The Polaris star is found in the Little Dipper. This star directs us and grounds us. It is known as the Dog Star in Anishinaabe culture. Canines represent humility in the Seven Teachings. Remember that humility is not thinking less of yourself, it is thinking of yourself less.*



*Manto Sipi (God's River)*  
*Carrie Okemaw*  
*Manto Sipi Cree Nation*

*I was taught to remember where I came from. This is my father's community and I grew up in this beautiful place. I am grateful for the memories and teachings I learned in Manto Sipi. Now I know that you must know where you are from to know where you are going.*



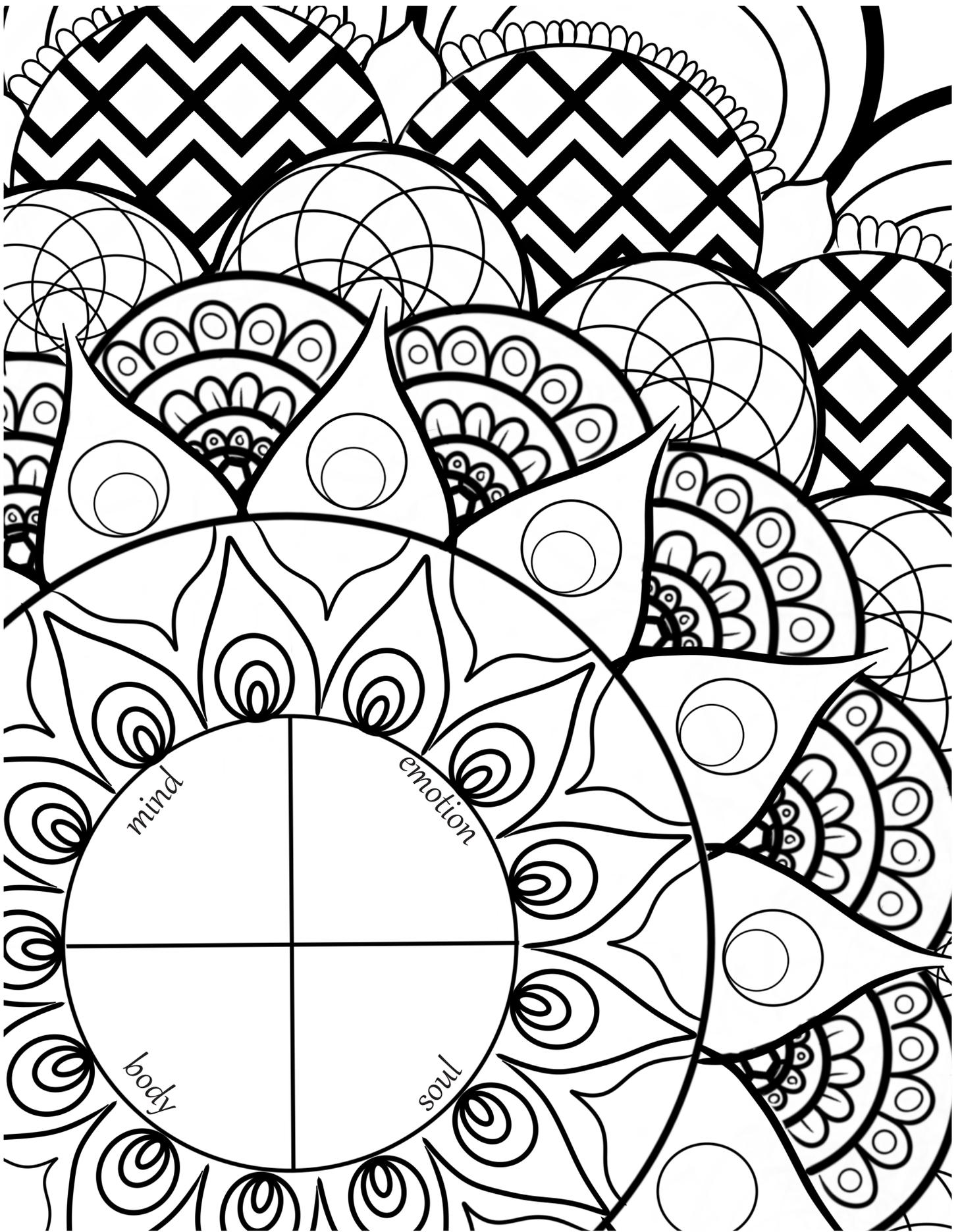
*Cub Family  
Emma Jane Bedard  
Opaskwayak Cree Nation*

*As a people, our physical, mental, and spiritual health go hand in hand, along with the earth's creatures, to create one, big, in-tune community.*



*Followed Strength*  
*Brooke Schwenzer*  
Pine Creek First Nation

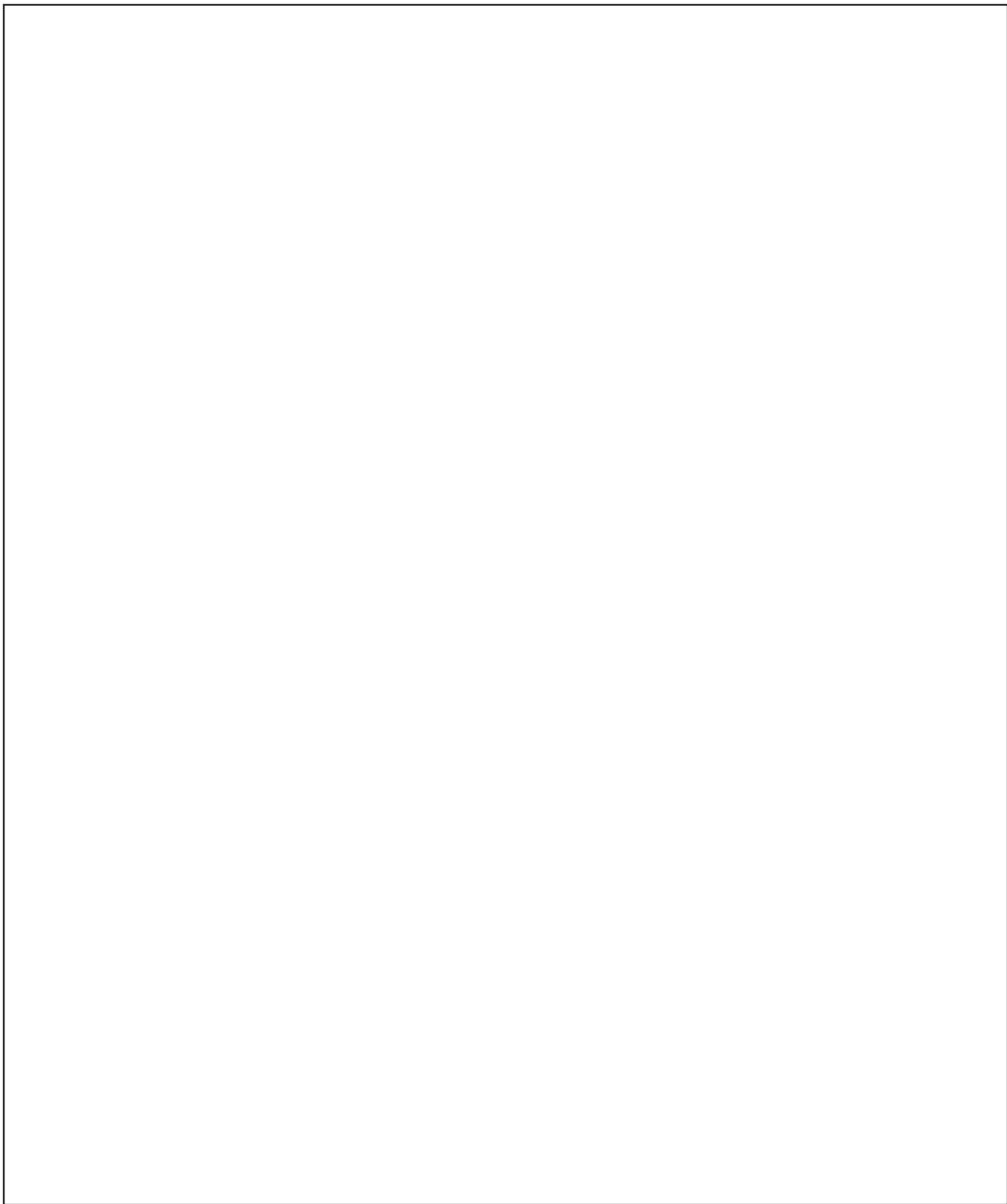
*The Schwenzer family lovingly shares this drawing, in remembrance of Brooke and her talents. When she was ill, drawing became a healing practice that brought her peace. Each pencil stroke represents a part of her recovery, healing and strength.*

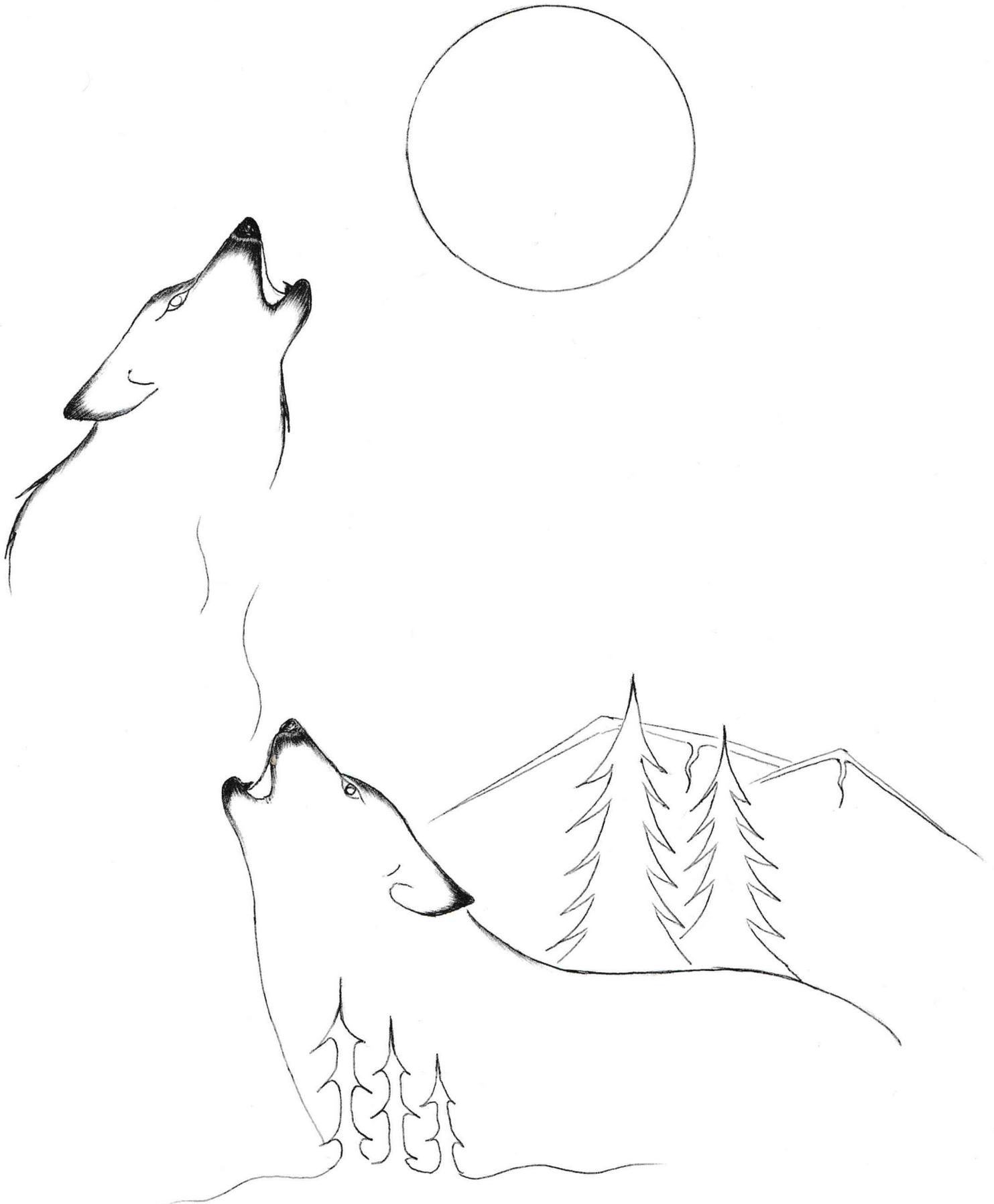


*In Balance*  
*Shayle Catagas*  
*Tootinaowaziibeeng First Nation*

*The medicine wheel represents the four sacred directions and the four parts that compose a person: mind, body, emotion, and spirit. When we keep each piece in balance, we achieve optimum health. In each section, draw or colour what each direction means to you.*

*Laughter is good medicine.  
Draw something that makes you laugh!*





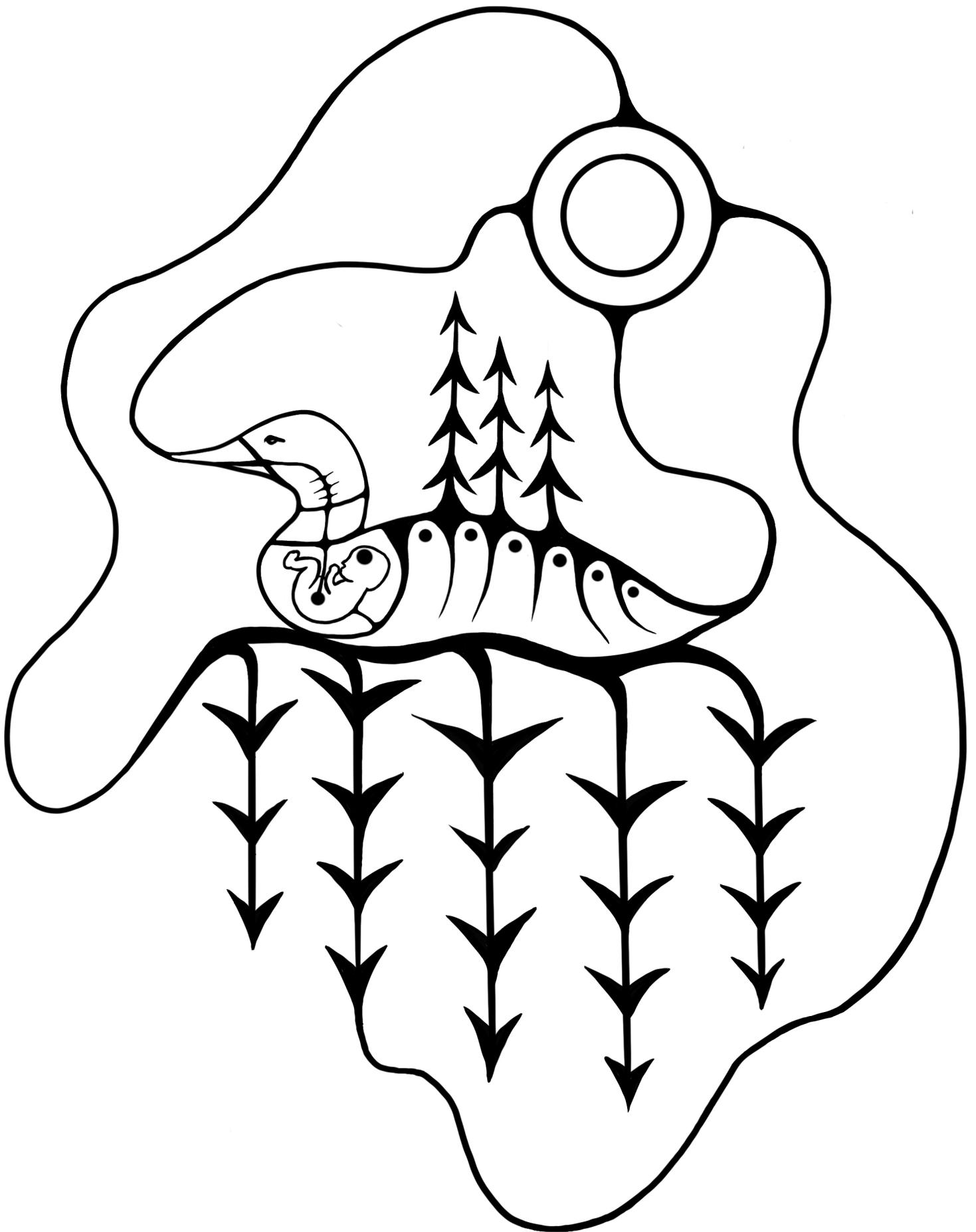
Wolves  
Cliff Bear  
Gordon's First Nation

*The wolves show us that we can cry out for help. If we look, we will see that the things that will teach us are all around.*



*Smudging  
Erin Anderson-Bruce  
Poplar River First Nation*

*It's important that as Indigenous people we are able to learn about our culture freely, especially today. Regardless of age, reteaching and relearning Indigenous traditions is significant.*



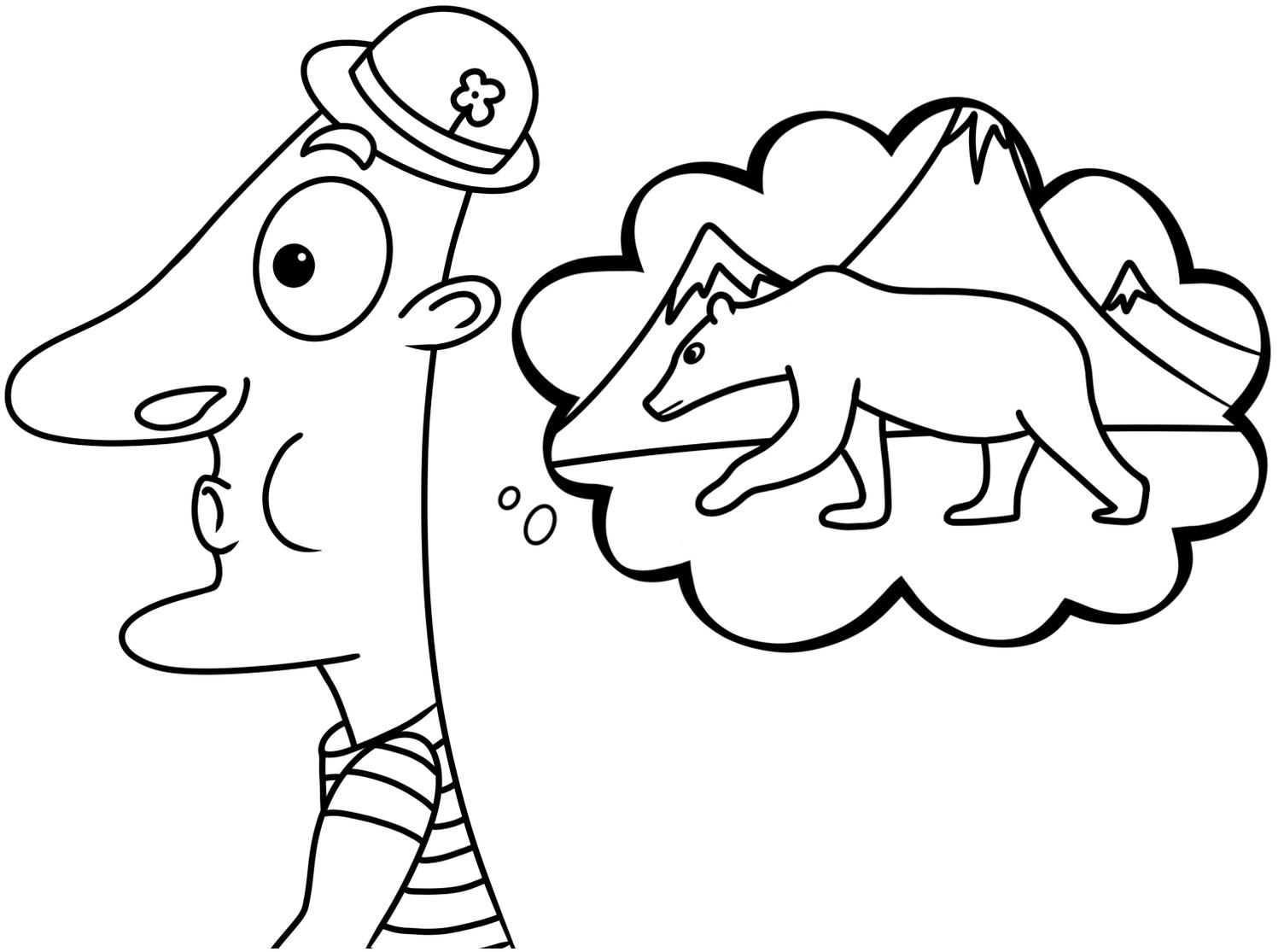
Loon  
Shaquille Ducharme  
Chemawawin Cree Nation

We are one. We are able to live because we are connected to the sun and water, other humans, the trees, grass, plants, and animals. The loon is connected to the sun as it swims, and the child inside the loon signifies birth.



*Bigfoot/Sabe*  
*Jessie Jannuska*  
*Canupawakpa Dakota Nation*

*The Seven Sacred Teachings include Sabe/Bigfoot, who stands for honesty. Be honest with yourself. Do not seek to deceive yourself or others.*





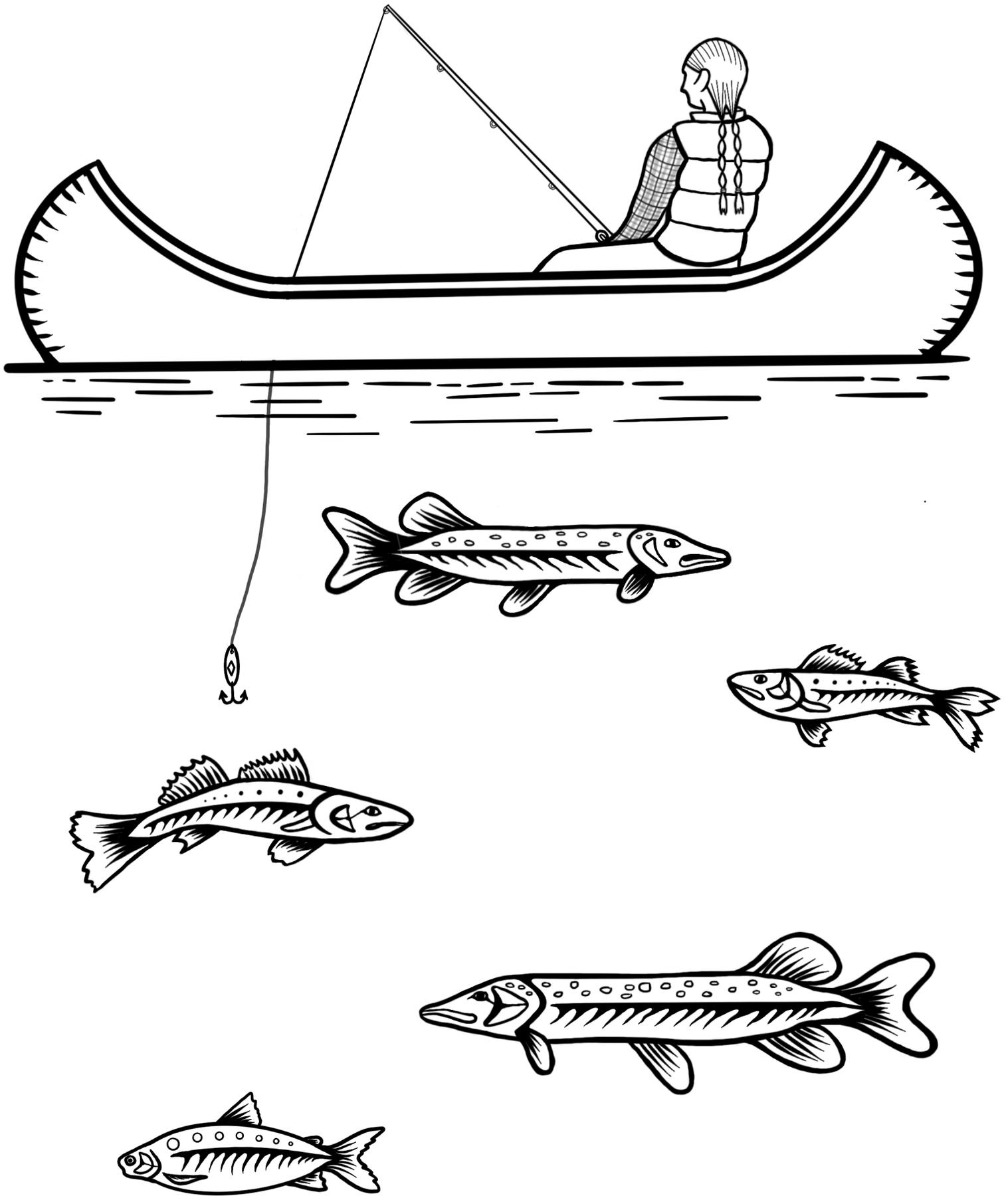
*Minoyawin*  
*Carrie Okemaw*  
*Manto Sipi Cree Nation*

*Minoyawin is the Cree word for health. As an Indigenous educator, speaking and knowing the language is very important. My father who is from Manto Sipi Cree Nation translated this word. Keeping the language alive is so important for our wellness as Indigenous people.*



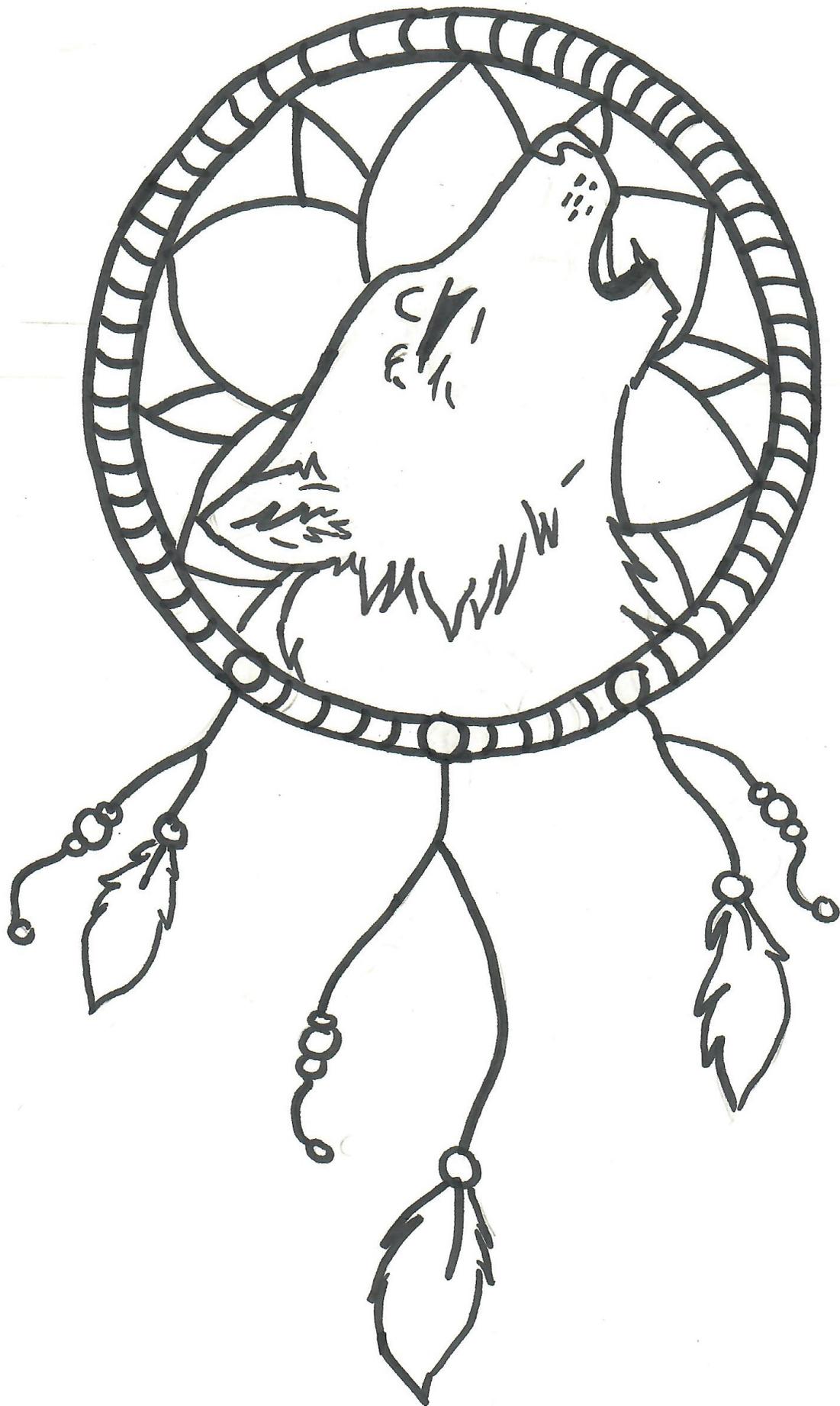
*Bear*  
*Brooke Schwenzer*  
Pine Creek First Nation

*The Schwenzer family lovingly shares this drawing, in remembrance of Brooke and her talents. When she was ill, drawing became a healing practice that brought her peace. Each pencil stroke represents a part of her recovery, healing and strength.*



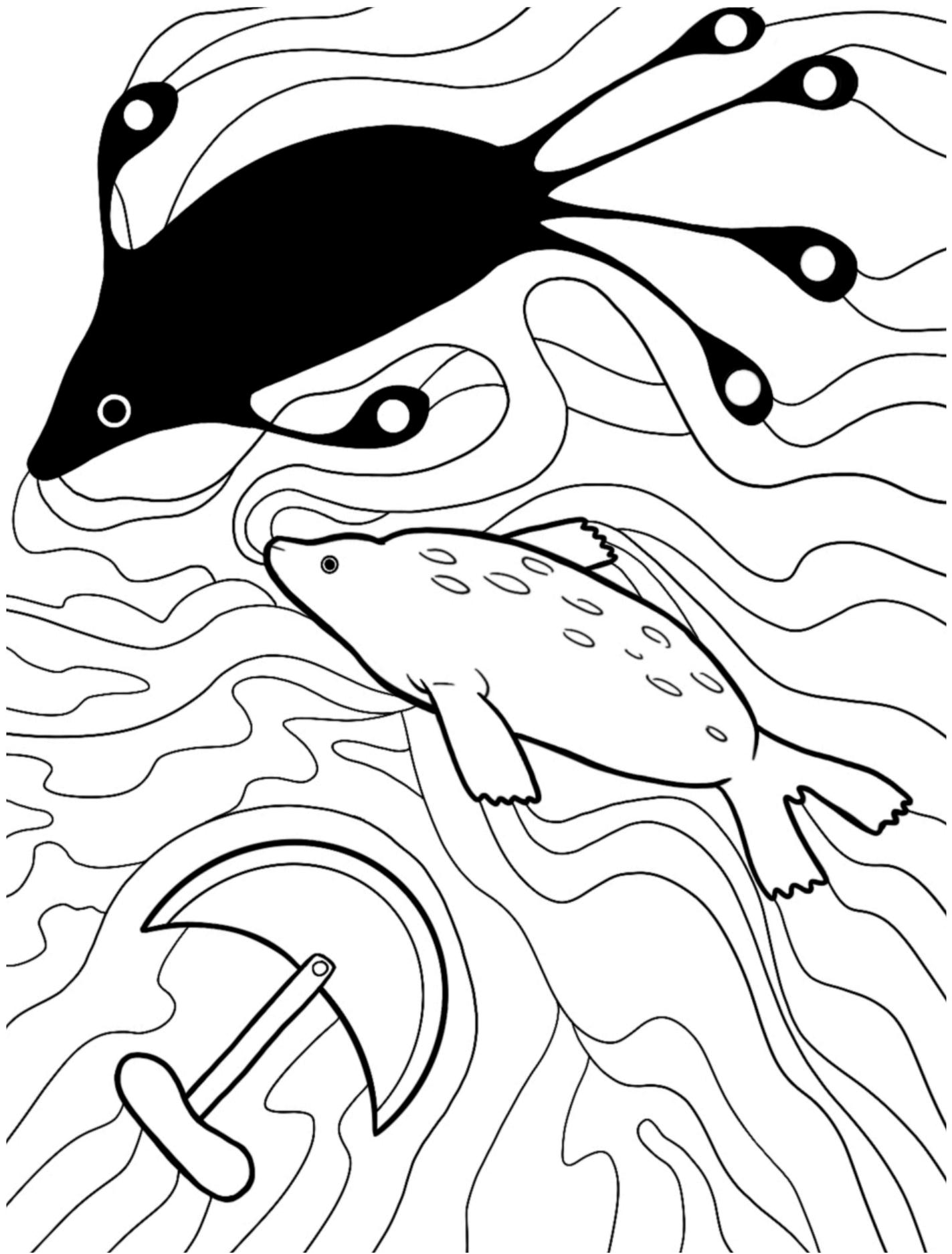
Fishing  
Shaquille Ducharme  
Chemawawin Cree Nation

Fishing is an important way of life for us as First Nations people. It has been a part of our culture for generations. It can be our livelihood, way of providing food, or an activity to bring us closer together.



*Sweet Dreams  
Megan Wood  
Sagkeeng First Nation*

*Dream catchers are supposed to take away bad dreams.  
The wolf on the dream catcher symbolizes humility, which  
teaches us to be mindful of others around us.*



Arctic Natsik  
Kailey Sheppard  
Originally from Postville, Labrador, now in Manitoba

This design depicts an ulu (Inuit knife), seal, and seal spirit. Seals are used in traditional Inuit medicines. All parts of the seal are used, honoured and respected.



*Fancy Shawl Dancer  
Jessie Jannuska  
Canupawakpa Dakota Nation*

*The dancer mimics butterflies in flight. Pow-wow dancing provides a connection to culture.*



*âniskômohcikewin (connection, Cree)  
Mackenzie Anderson/Misponkisikaw Iskwew  
Pinaymootang First Nation*

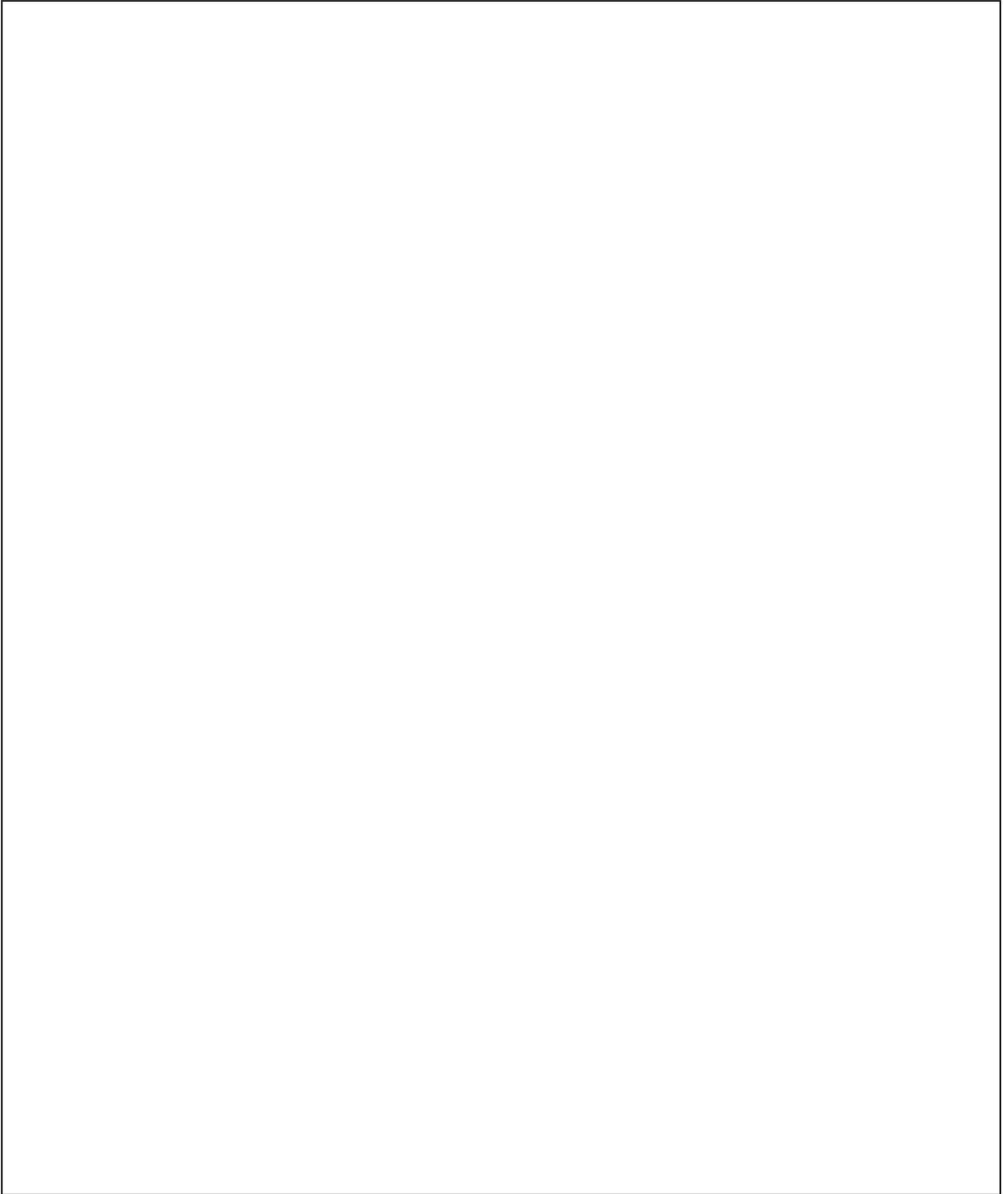
*Ceremony, land, and water are connected to wellness. Using your voice and grounding yourself to mother earth are ways of keeping your spirit strong. At the Full Moon ceremony, one offers their prayers, sings songs, feasts and sounds their voice to the grandmother moon.*

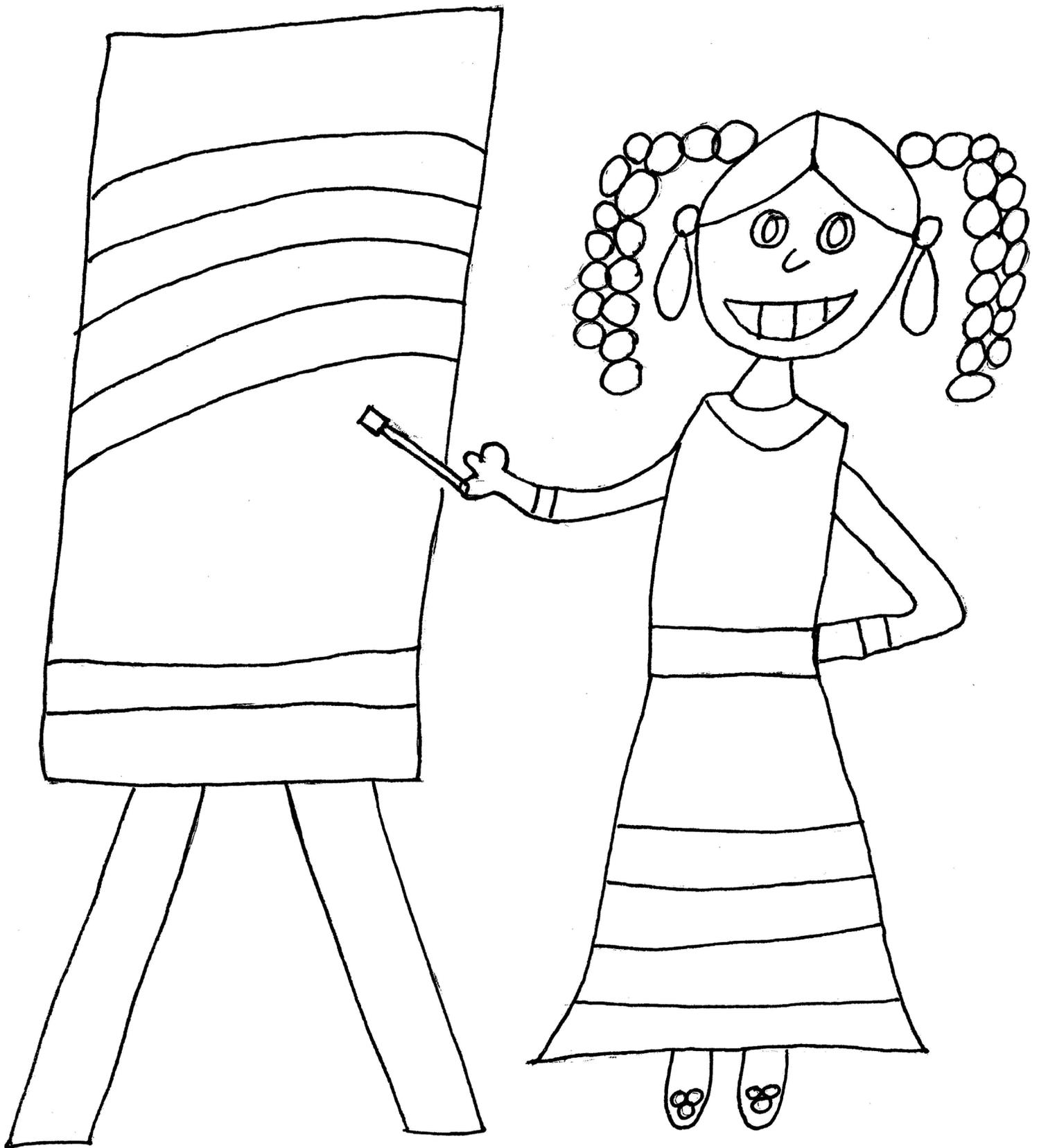


*Prosperity & Perseverance: The Good Life*  
Carly Chartier  
Treaty 1, Metis and Sagkeeng First Nation

A common Indigenous story in Canada is connected to fish, and how they provide livelihood for many nations. Indigenous fisheries show us perseverance even today. You may go through peaks and valleys, but there are supports that will get you through in the end.

*Draw your favourite summer activity on the land or water.*





*Painting my Ancestral Pride  
Faith Keep  
Shoal Lake 40 First Nation*

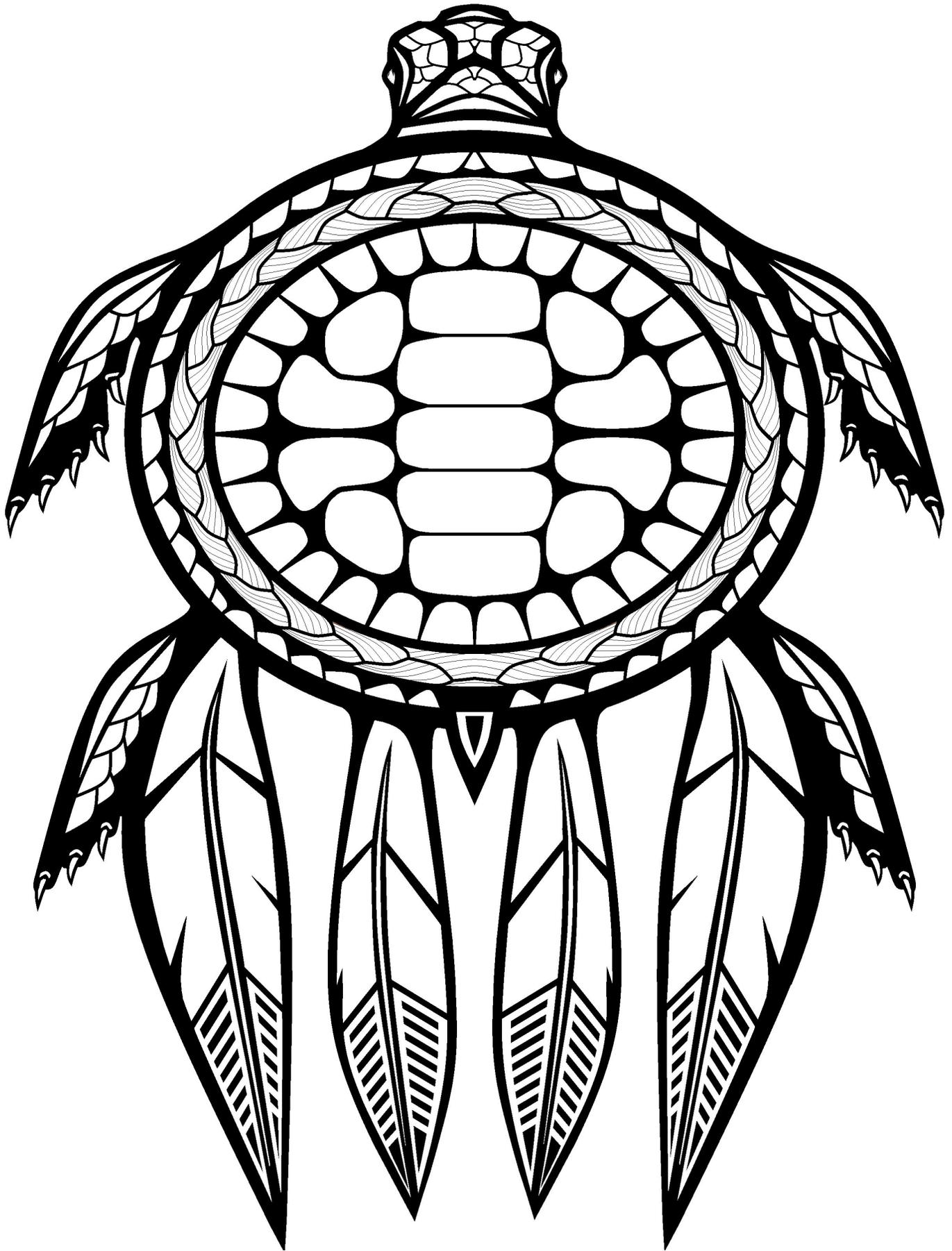
*This is a celebration of tradition and the importance  
of embracing our Indigenous roots through dress.  
The rainbow represents love, as all love is beautiful.*



Challenge

at a time





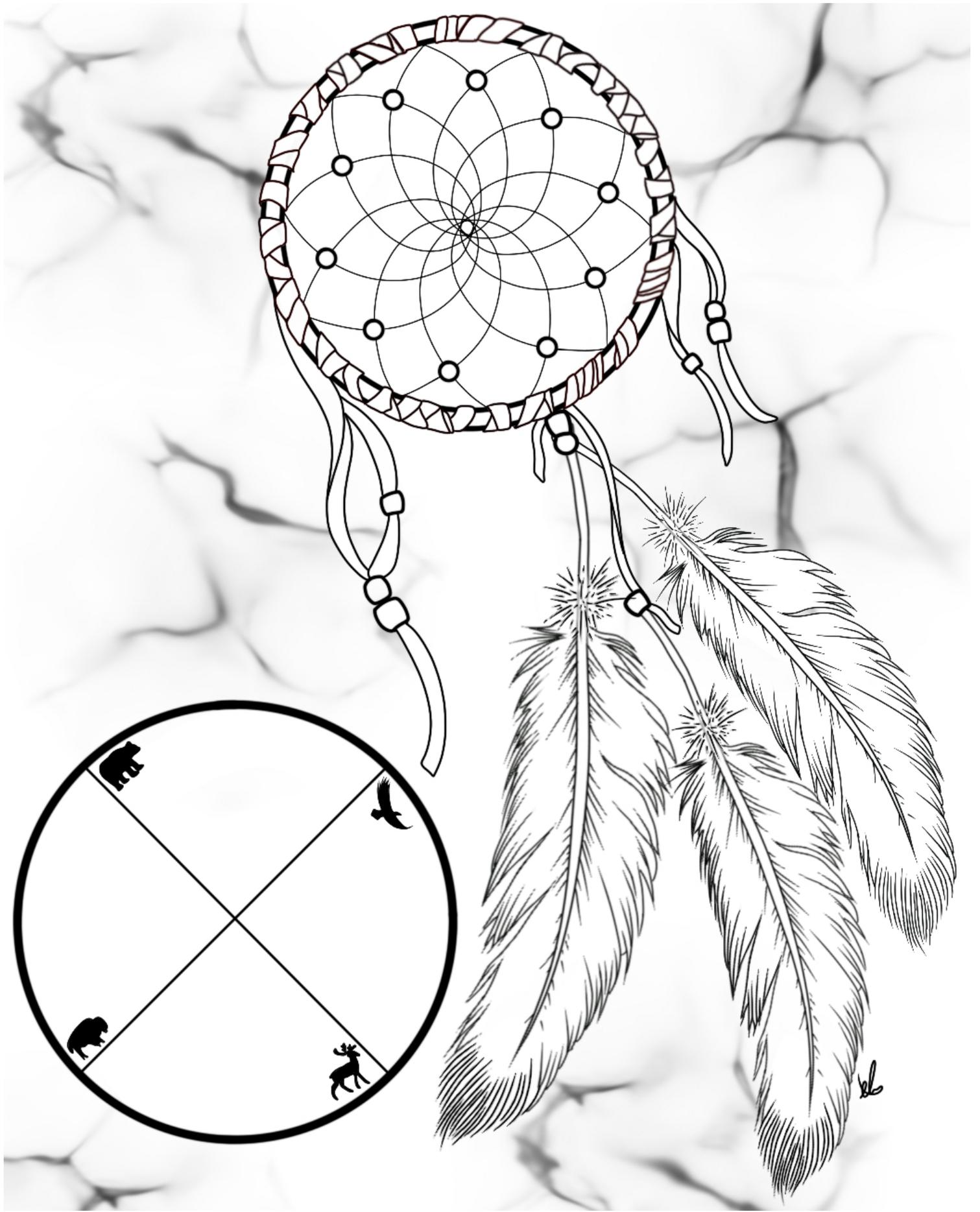
*Turtle Clan  
Rob Slater  
Peguis First Nations*

*The Turtle is Truth in our culture. The Turtle's shell has 28 cycle markings and 13 moons, like a woman's cycles. There are many cycles in life, and the Gift of Life represents the Truth in all living things. These energies include all living things including humans.*



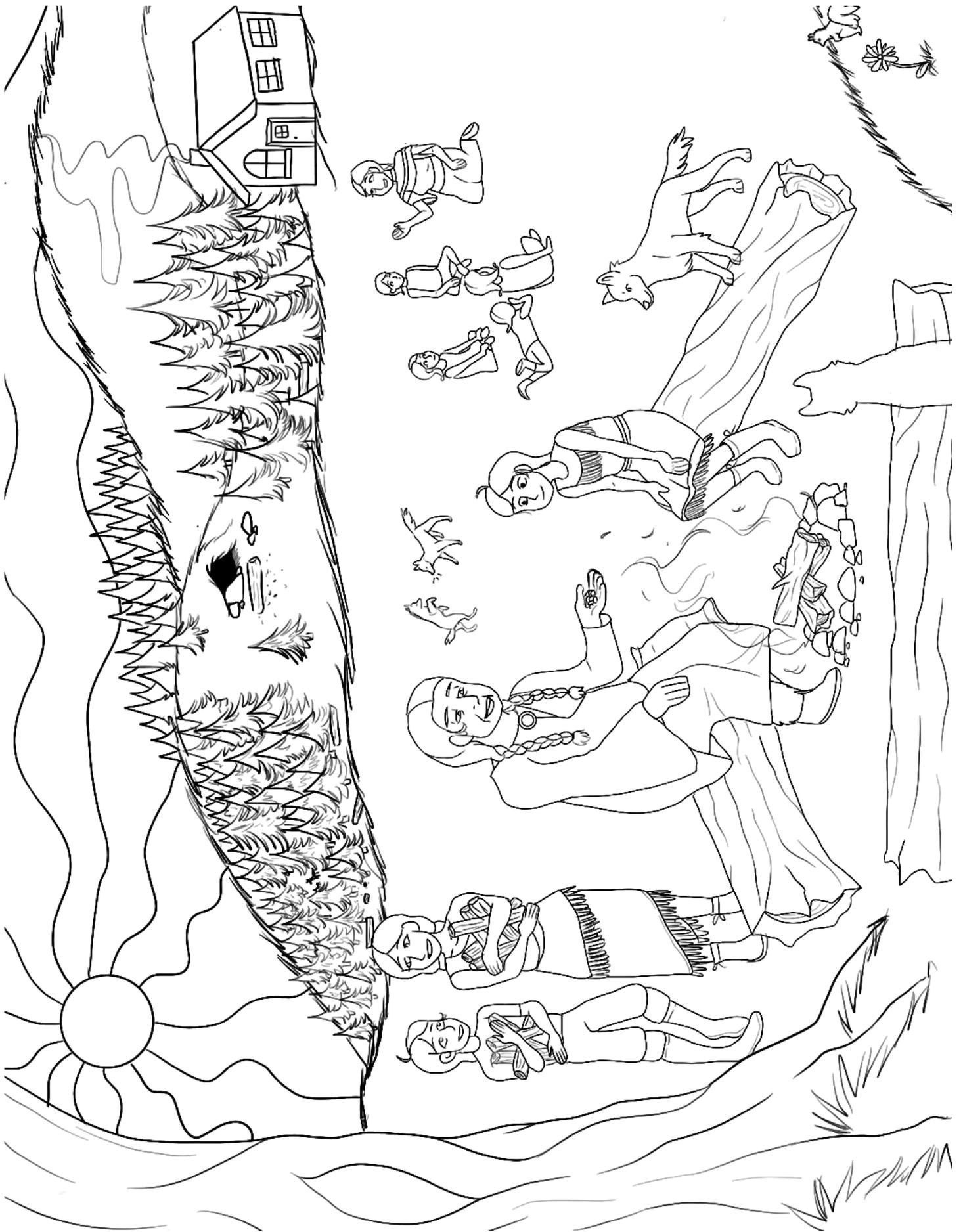
Sweatlodge  
Tyler Genaille  
Berens River First Nation

*Our spiritual health is an important part of health and wellness.*



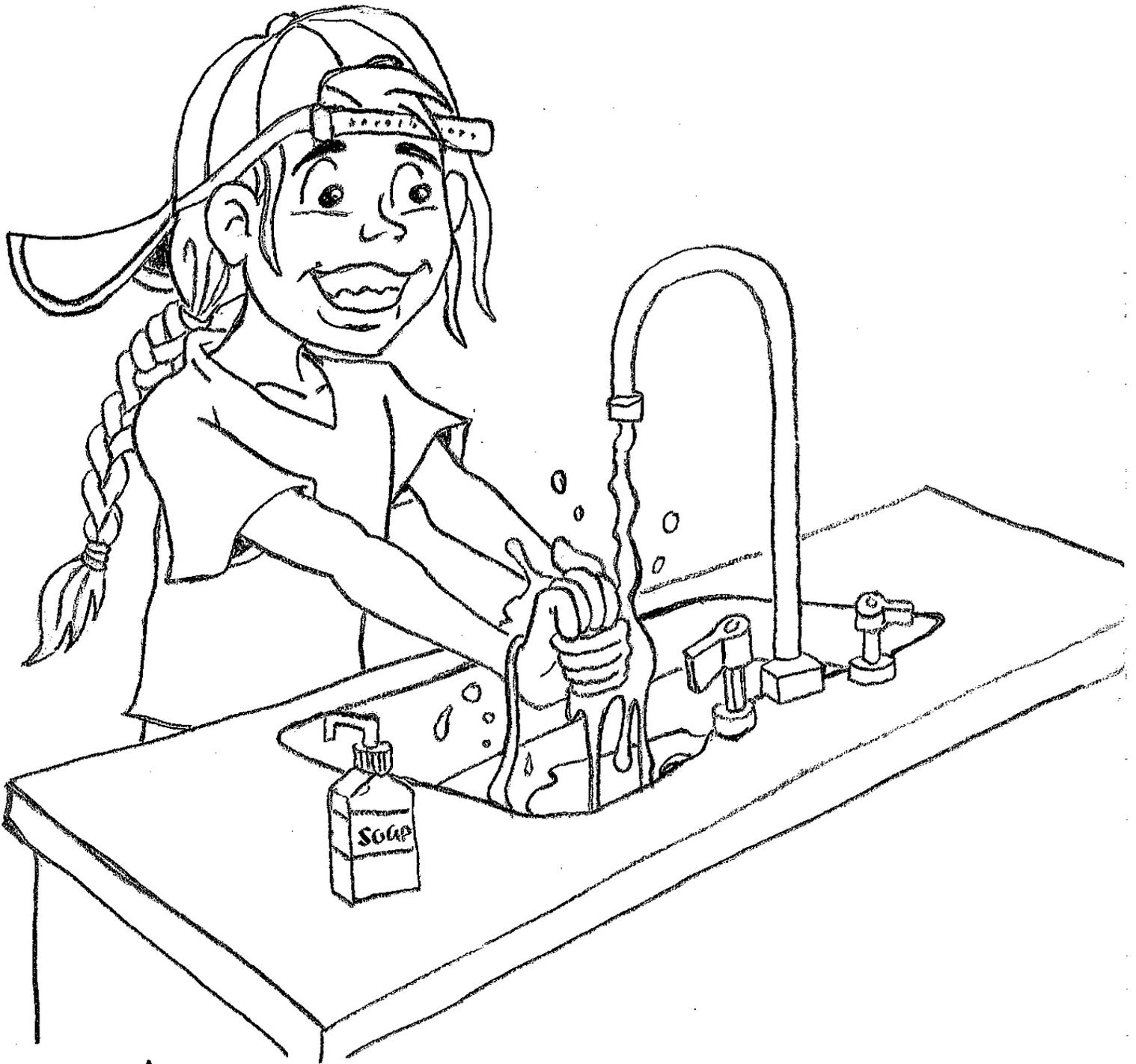
*Balance*  
*Emma Jane Bedard*  
*Opaskwayak Cree Nation*

*This piece emulates the togetherness of ones being  
with ones community.*

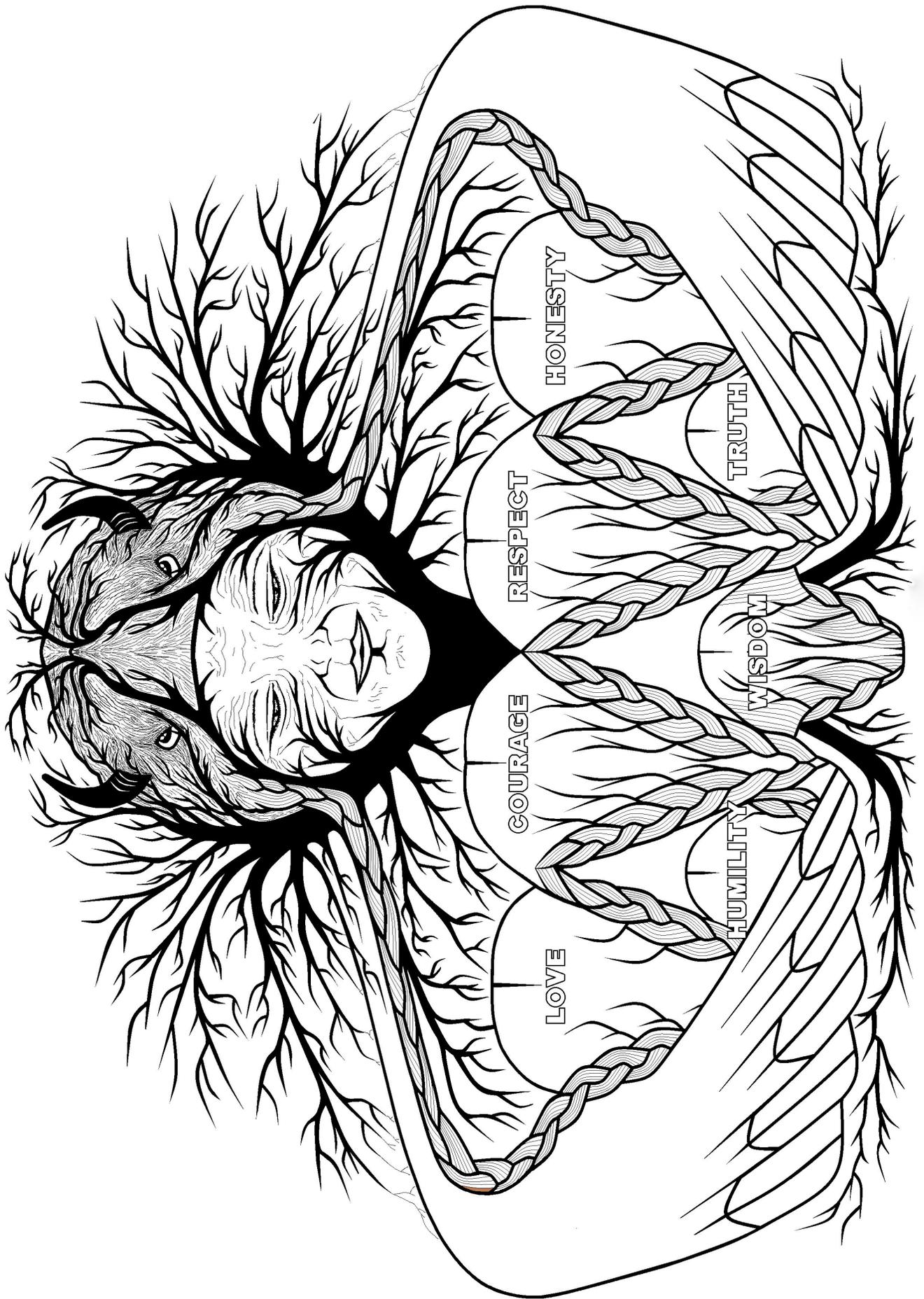


*Mino-pimatisiwin (Living a Good Life)*  
Sierra Morse  
Pinaymootang First Nation

*This design is about tradition, passing on tradition, and embracing your roots. It teaches us about the ways of Indigenous peoples, the culture, the medicine, the stories, and teaching the future generations about mino-pimatisiwin, Living a Good Life.*



It's ALWAYS IMPORTANT TO  
WASH YOUR HANDS TO BE EXTRA  
CLEAN!



*Tree of Life 7-Teachings Buffalo*  
*Rob Slater*  
*Peguis First Nations*

*This piece shows parental protection, growth, wisdom, and respect. The parent holds the children in a protective manner while sharing the 7-Teachings, and receives respect in the process. This journey unites families in a strong spiritual way, laying the future foundation.*



*Girl Sitting in Her Regalia*  
Erin Anderson-Bruce  
Poplar River First Nation

*I based this off my own experiences from when I went to pow-wows. Having the opportunity to gather and celebrate in a place where Indigenous culture can thrive is beautiful.*



*Smudge Magic*  
*Kale Bonham*  
Anishinaabe from Swan Lake First Nation

*Humility and power. No matter what you're wearing, what you own, how much or little you know - you are still worthy of your thoughts and prayers being heard by the Creator.*

*Draw what the sky looks like when you feel at peace.*







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