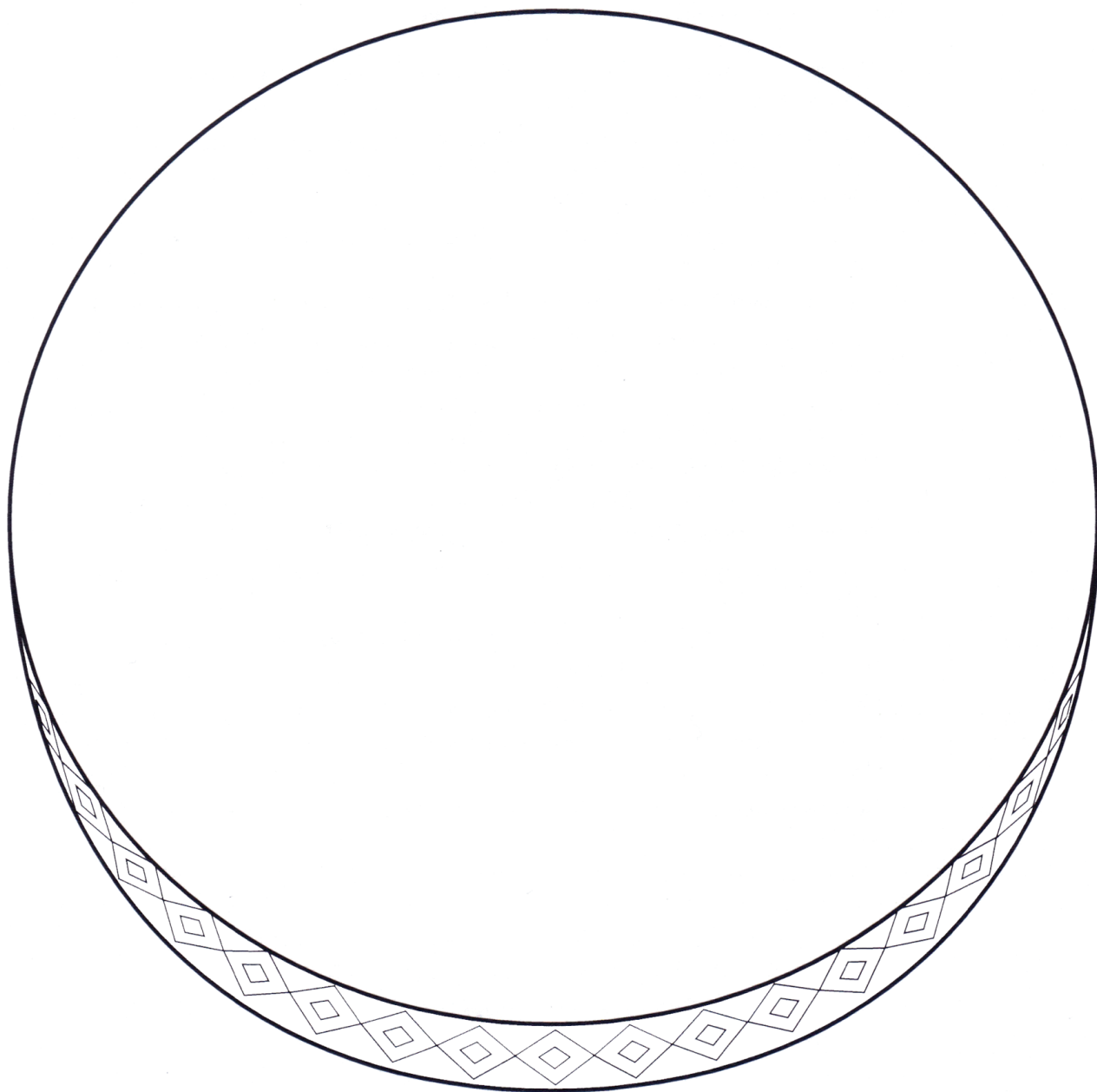


## THE THOUGHTFUL BEAT

The drum and its circular shape can be a symbol for wholeness, health, and the beat of the heart. The drum connects many Indigenous peoples to their culture, families, and community. The drum can symbolize the beating of the heart and helps us listen to our heartbeat.

Here is the word for drum in an Indigenous language:  
Blackfoot: **isttókimma**

**Draw a picture on the drum to show how you are feeling today and ask an adult to help you think of a title for your picture:**



Please use these teachings and activities in accordance to your community's protocols and culture. Indigenous drums are lovingly made, are important cultural belongings, and often are not able to be played by just anyone.