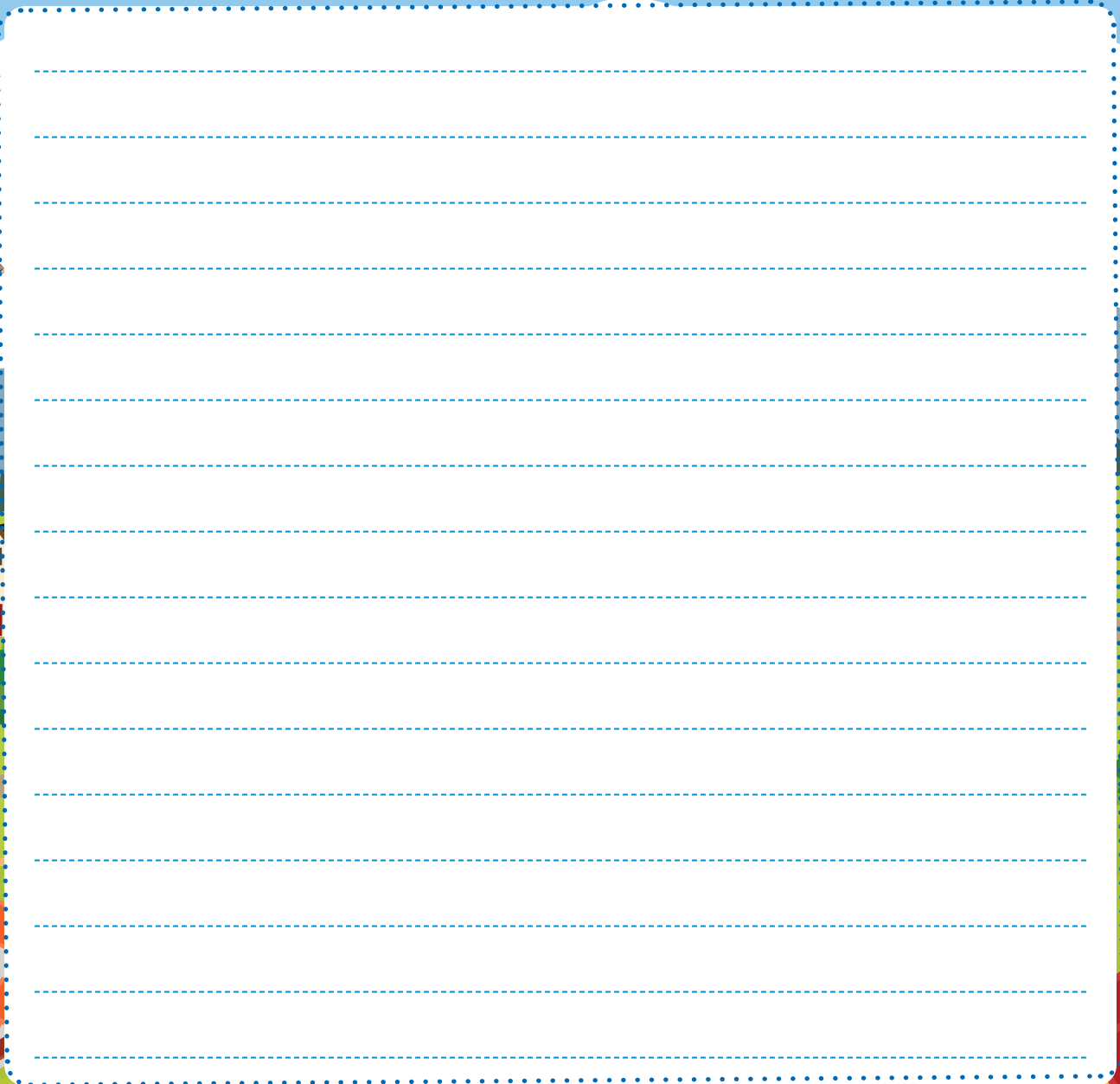


Heartsmart Kids™

My Community

Orange Shirt Day is a day we honour Indigenous children across the country, who were taken away from their families and communities, and the traumatic impacts of being sent to residential schools in Canada. Today, communities come together in spirit of reconciliation and hope, because “Every Child Matters.”

PART 1 In the space below, write what you love about your community and why it's important to you. Reflect on what it would be like to be taken away from your culture and community.



#HSKatHome



Heart
& Stroke

Heartsmart Kids™

My Community

PART 2 Draw orange hearts and label areas you like to do different activities like read in the sun, pick berries, or practice dance moves.

#HSKatHome

