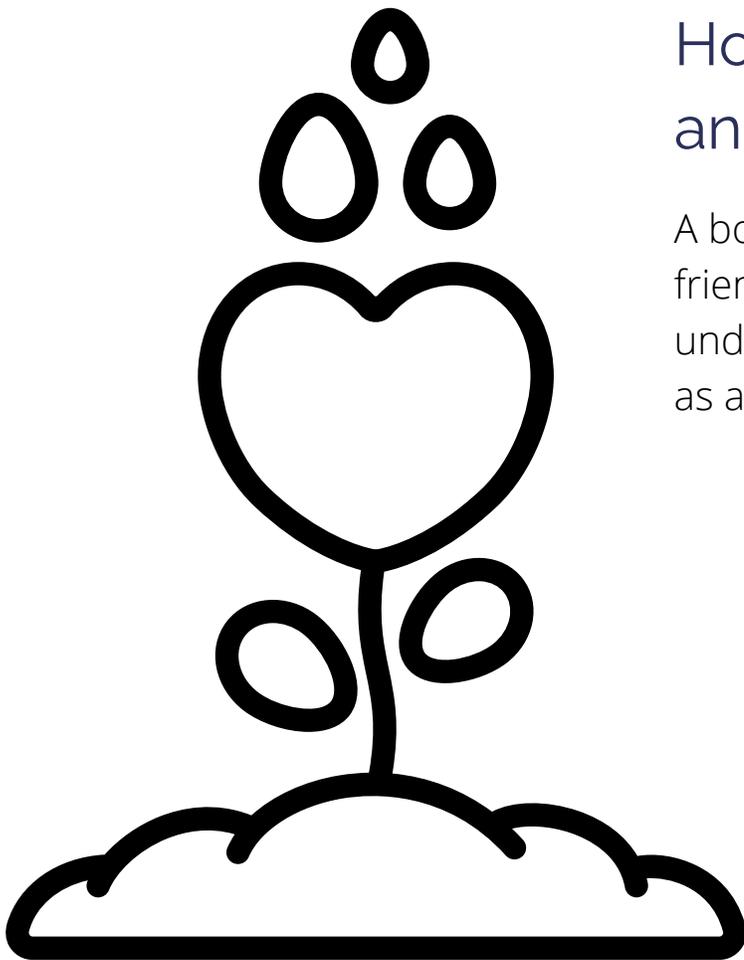




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LET LOVE GROW

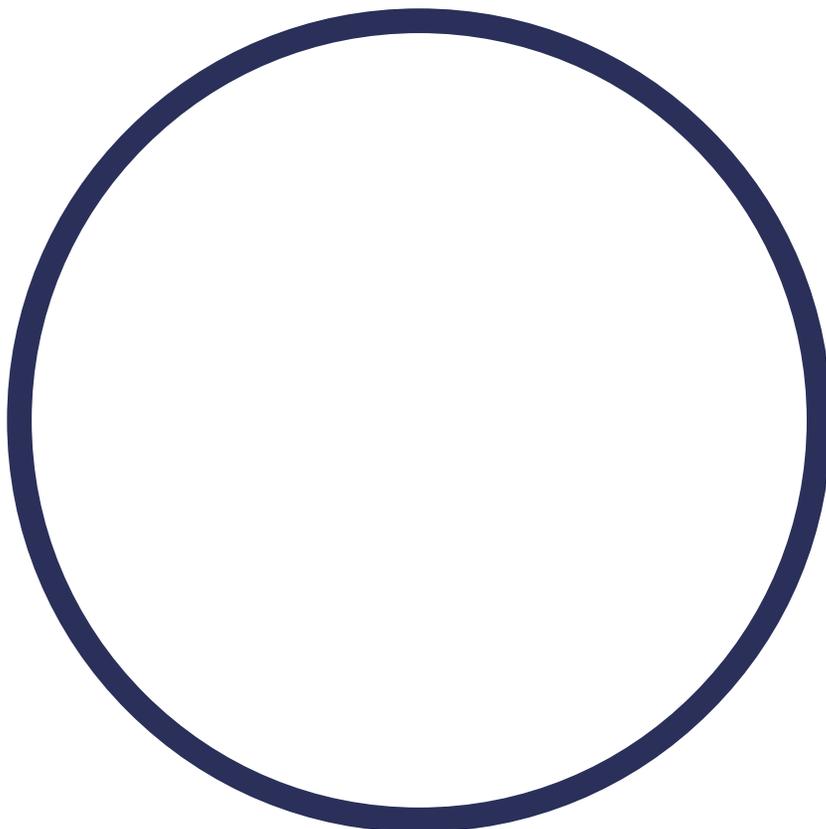
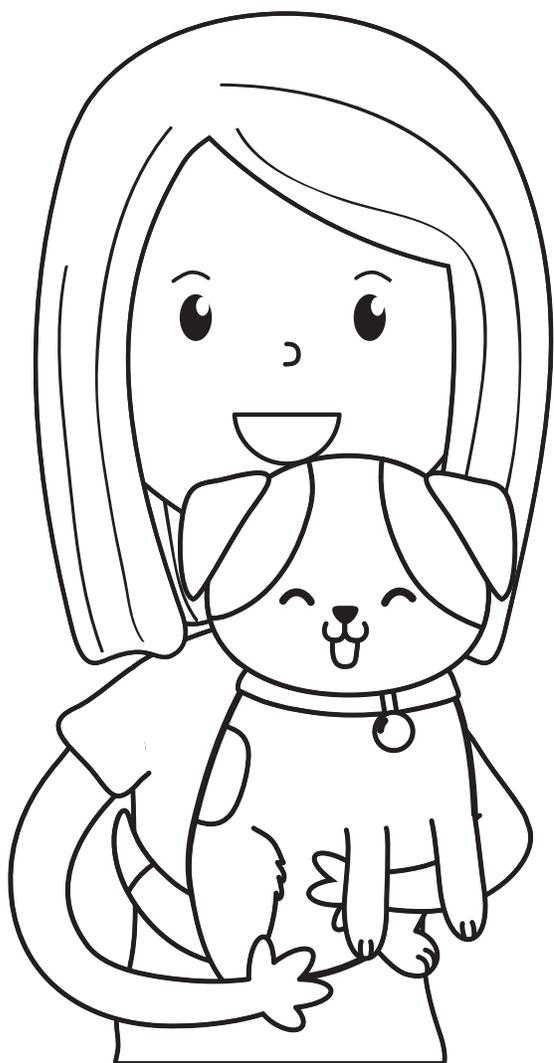


How to show, receive,
and recognize love

A booklet of lessons about
friendship, self care, and
understanding the moose hide pin
as a medicine for love.

Emma loves her dog Brutus more than anything. Emma makes sure to feed Brutus every day and makes sure he has plenty of water. Emma takes Brutus for walks around her neighbourhood so Brutus can stay strong and healthy. What are other ways Emma can show Brutus she loves him?

Colour in Emma and Brutus. In the bubble, draw 3 things you think Brutus loves. Think of other dogs you know or have seen in stories and movies, what do they love?



Love is a two way street

Emma and Brutus do lots of activities together. Some of them Emma does because she loves Brutus, and some of them Brutus does because he loves Emma. For example, when Emma comes home from school Brutus always runs to the door to say hello and tell her how excited he is to see her.

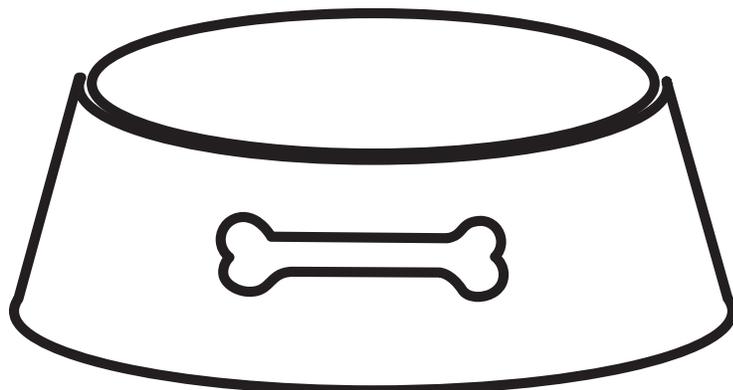


It is okay to love something like your favourite colour or food but when you love a living being such as a best friend or a pet, it is important that both of you show and receive love. You already know some of the things Emma does to show Brutus love, but what does Brutus do to show Emma that he loves her?

Write two examples down.

Health is Love!

This is Brutus's food bowl. Food is one of the things that keeps Brutus physically healthy. Just like people, Brutus needs food to stay healthy and active. In Brutus's food bowl draw one food that you love and that keeps you healthy.



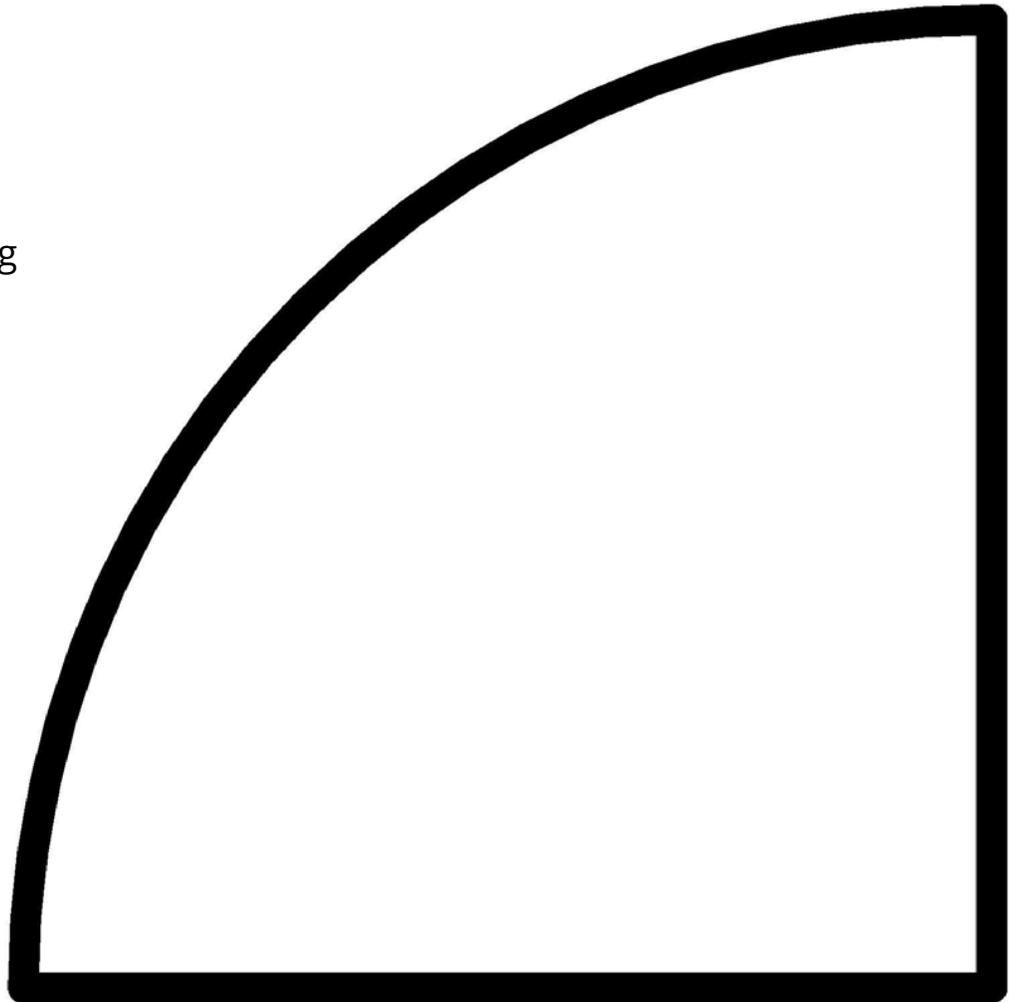
There are many ways to stay healthy and today we are going to put all the ways we can stay healthy into four categories.

The four categories are:

1. Physical health
2. Spiritual health
3. Mental health
4. Emotional health



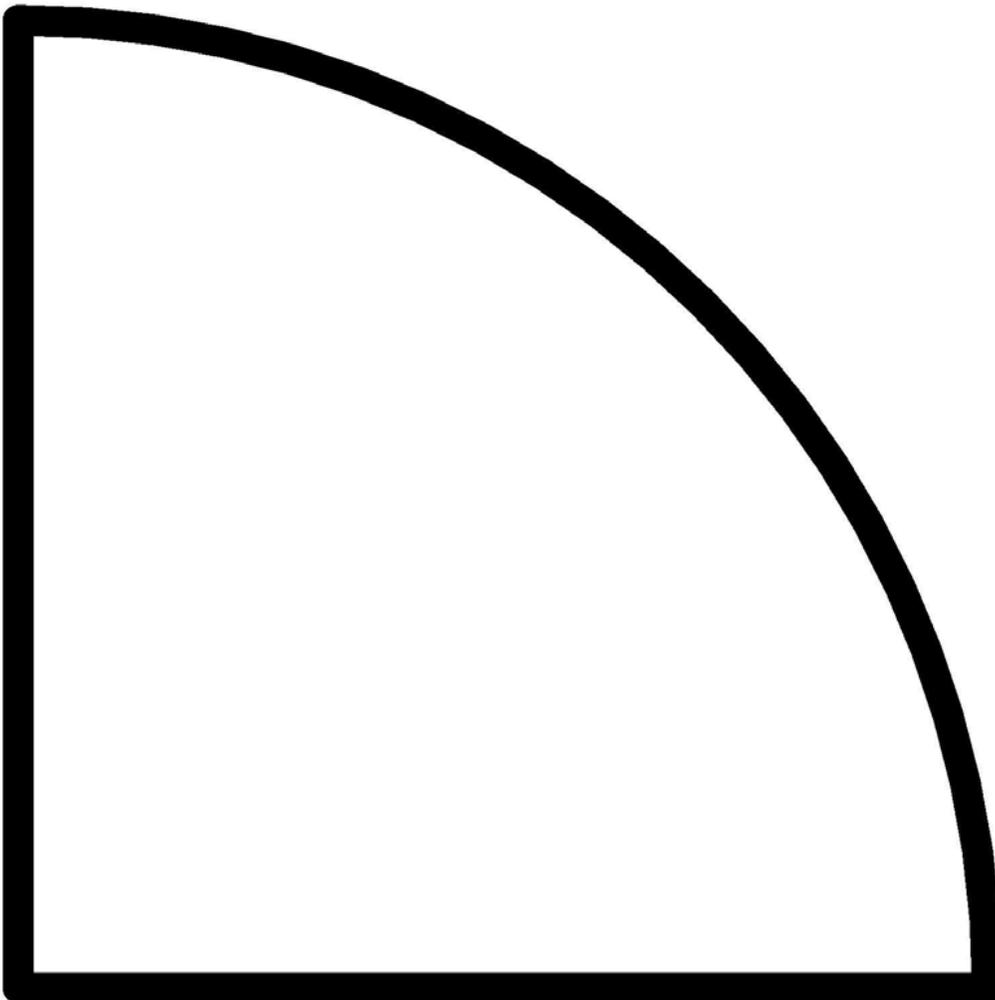
Physical health is all of the things your body needs to stay healthy. This can be eating good foods to nourish our bodies, playing sports and going for walks to keep our body healthy, and going to doctor's appointments to check on our health. Draw something in the quarter circle that you do for your *physical health*?





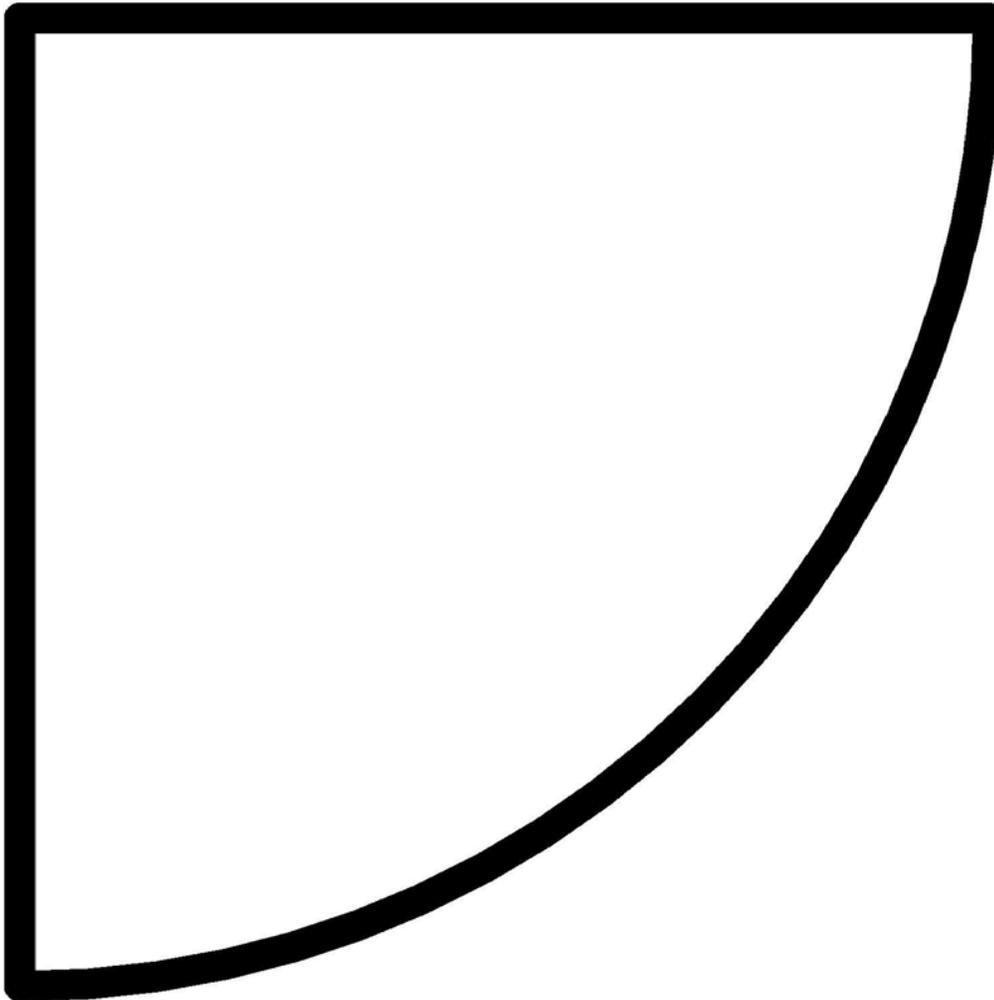
Spiritual health includes all the things you do to make your spirit healthy and happy.

This can be spending time with friends and family, or being part of a team, going to ceremonies or practicing your culture. It can even be enjoying nature. In the quarter circle below, draw something you do for your *spiritual health*?

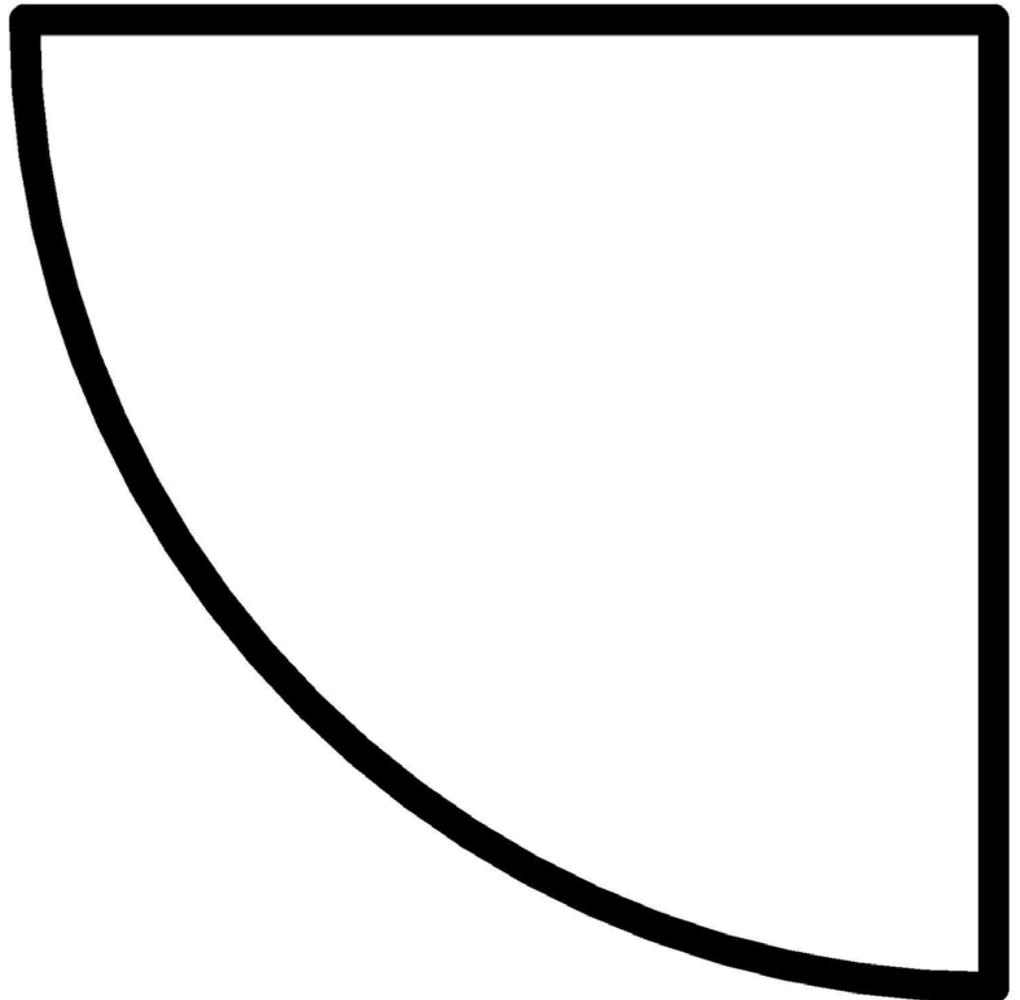
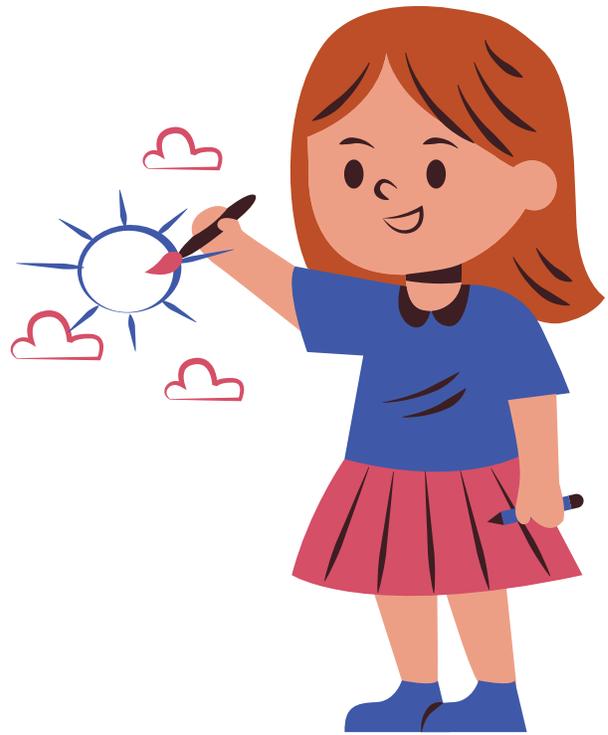




Emotional health includes things that can help you express and control your emotions, as well as making you feel good. This could be things like practicing your breathing or taking a walk. Draw something in the quarter circle that helps you calm down when you are angry, or that cheers you up when you are feeling sad.



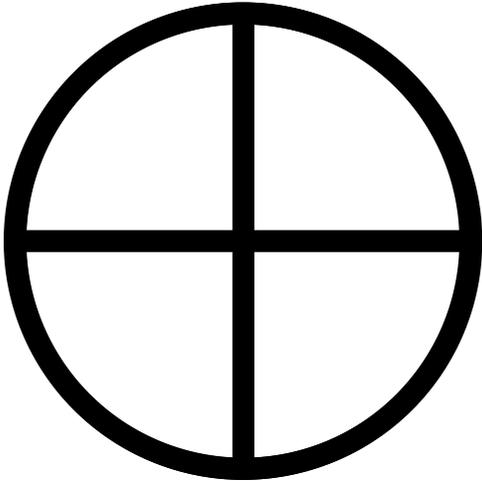
Mental health is making sure we keep our brain healthy. We can do this by using positive thoughts and not allowing ourselves to say mean things about ourselves or others. To help protect our mental health we can do things like get enough sleep, spend time with friends and family, and talk to others about our feelings. In the quarter circle, draw a person or people that make you feel safe.



Once you have completed each quarter circle, you can get scissors and cut them out.

After they are cut out, you can glue them onto a piece of construction paper so that they make a circle. It should look like the circle below when it is finished.

This is your medicine wheel circle of health! Keep this to remind yourself what you need to stay healthy and take care of yourself and others.

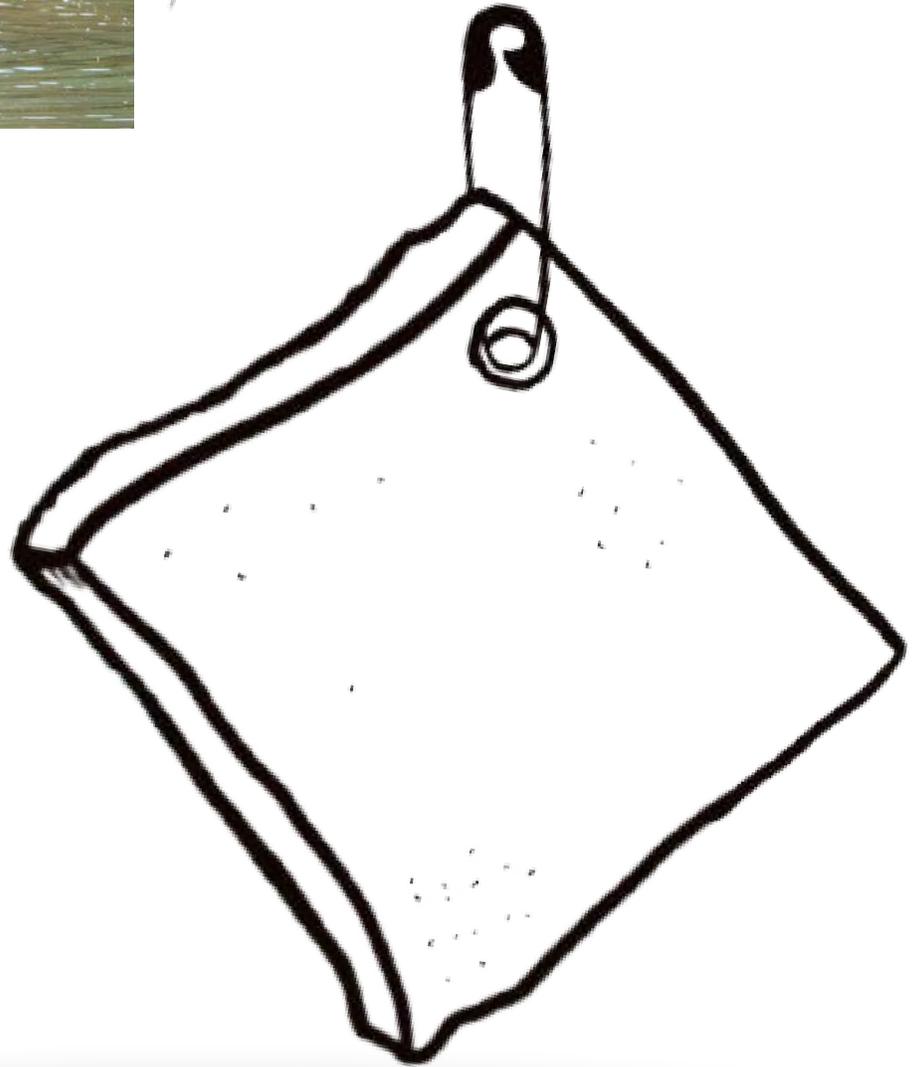




Now that you have completed your circle, let's talk about how the moose hide pin is medicine. Watch this short video to learn about why the moose hide is medicine.



The moose that roam around many parts of Canada are peaceful giants. They eat twigs and leaves to nourish their bodies. The patch of moose hide that is used for the Moose Hide Campaign pins carries some of the medicine that the moose represents. By wearing it we are saying that we too will be peaceful and that we will honour the moose and the medicine that they offer. On the moose hide pin draw or write what love means to you.



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