

# IKIMMAPIIYITSINN

COLOURING FOR KINDNESS, COMPASSION AND CARE



## SOAR

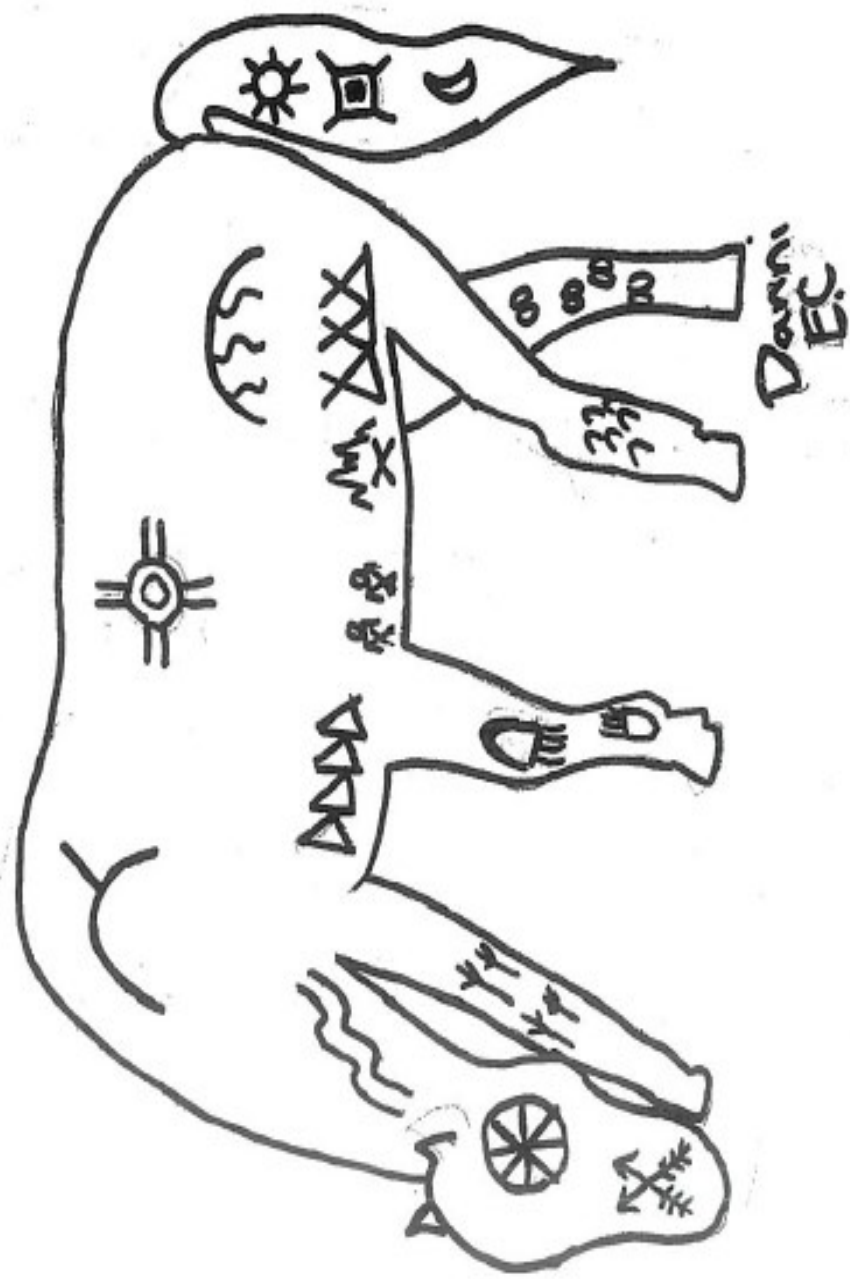
SPIRIT OF ART & RECONCILIATION  
Indigenous Health Program  
Therapeutic Recreation

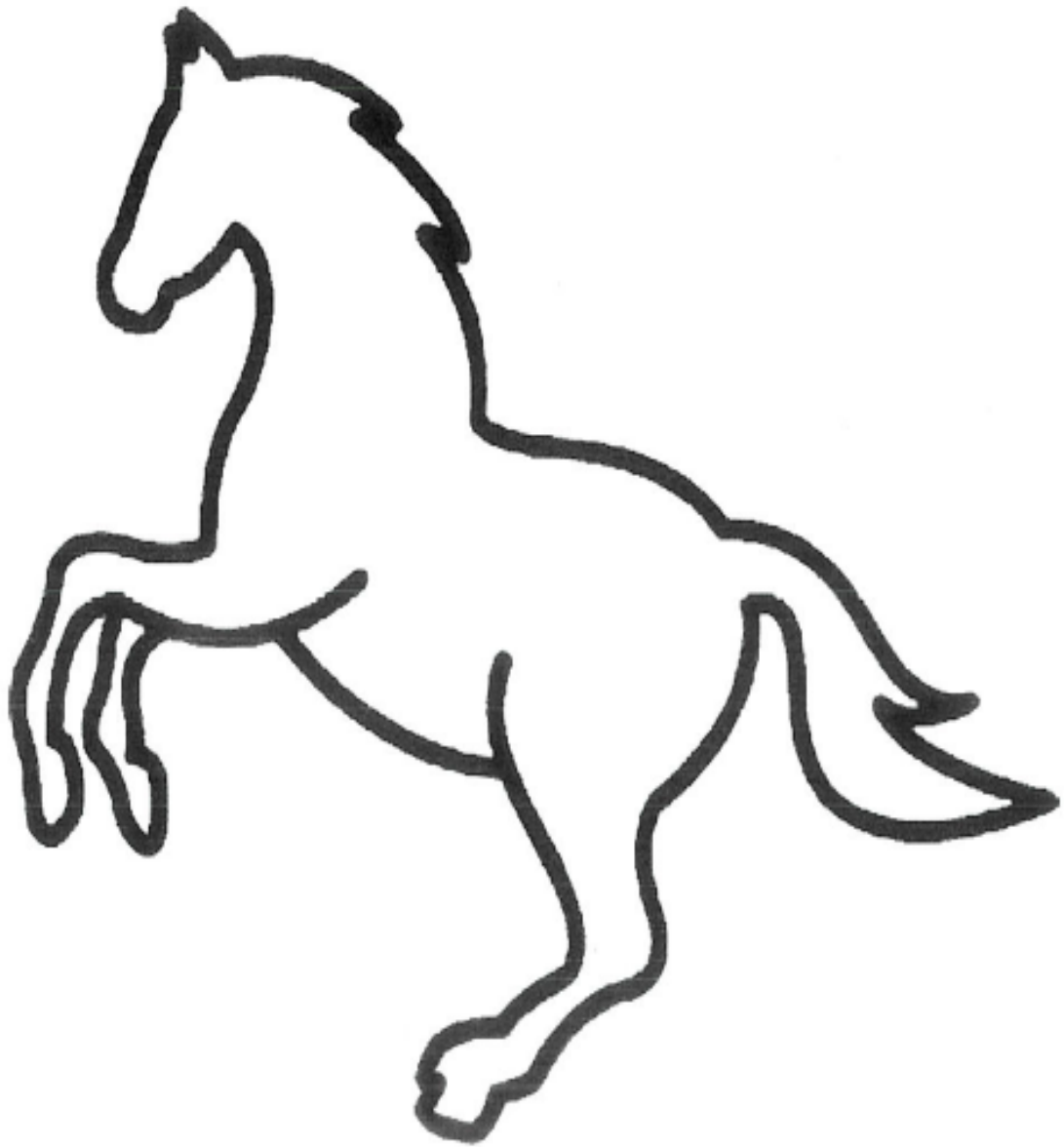


Alberta Health  
Services



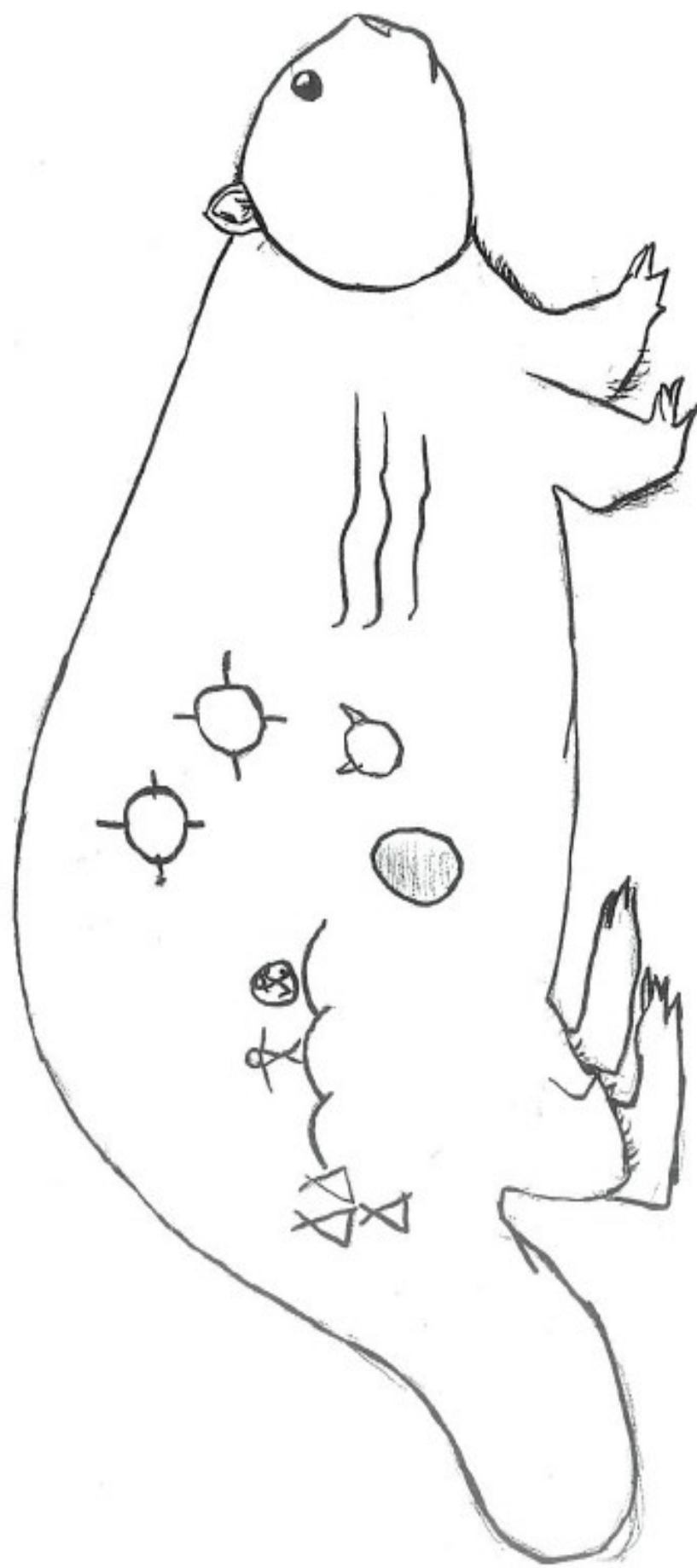
Kosmika  
2008





Po no kao mi taa - Horse

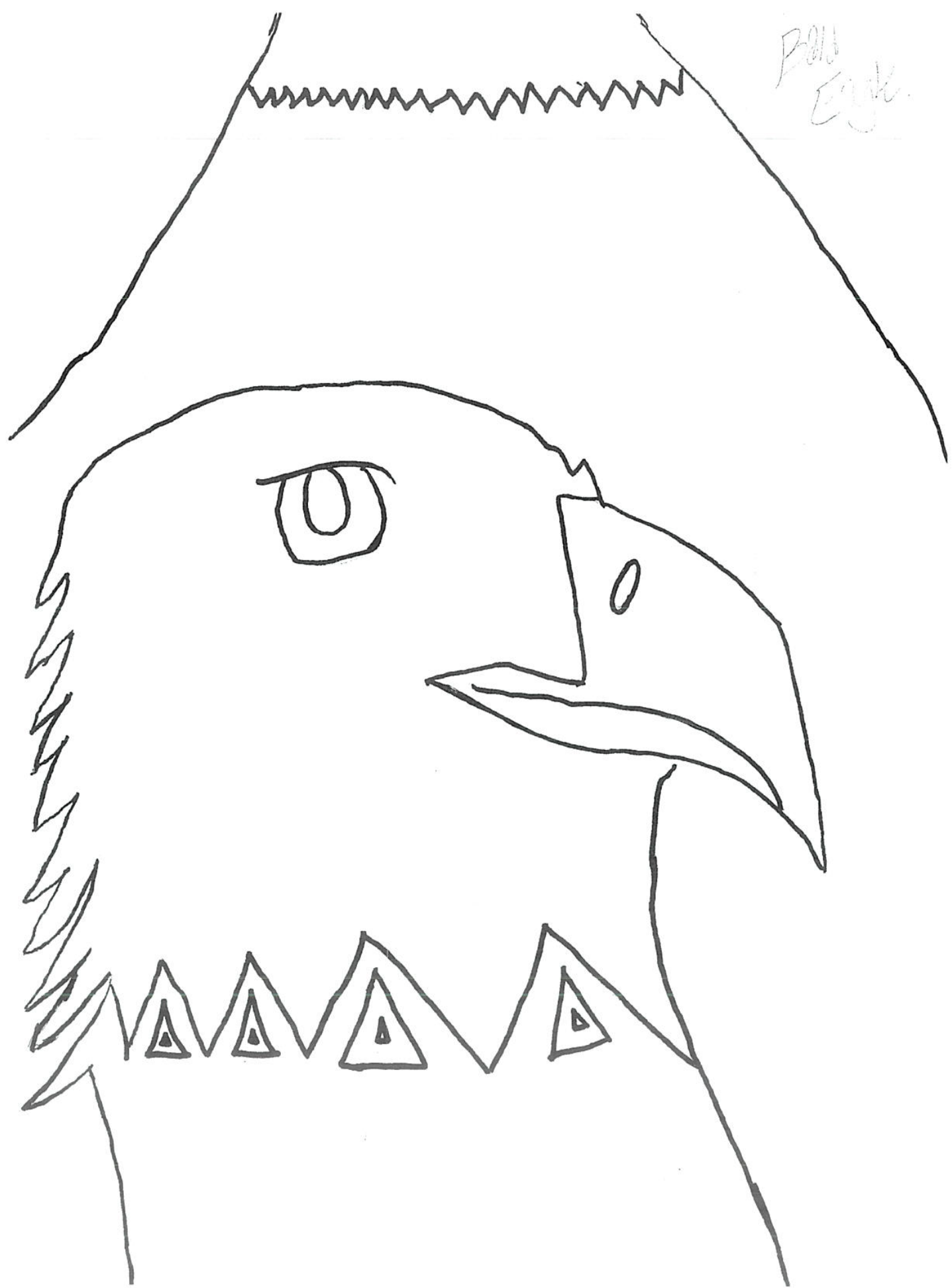






*Shew the shield*

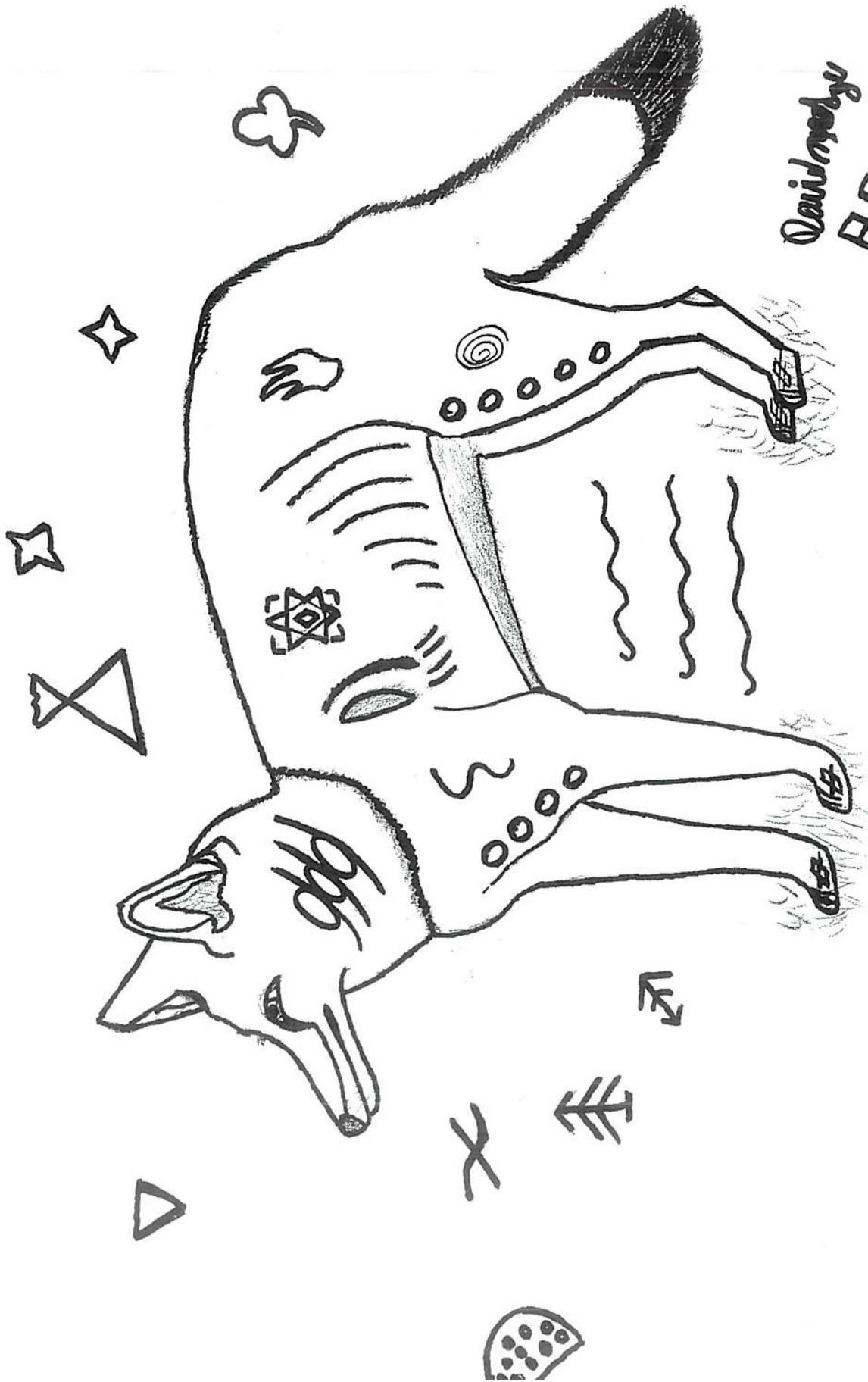
Bell  
Eagle.



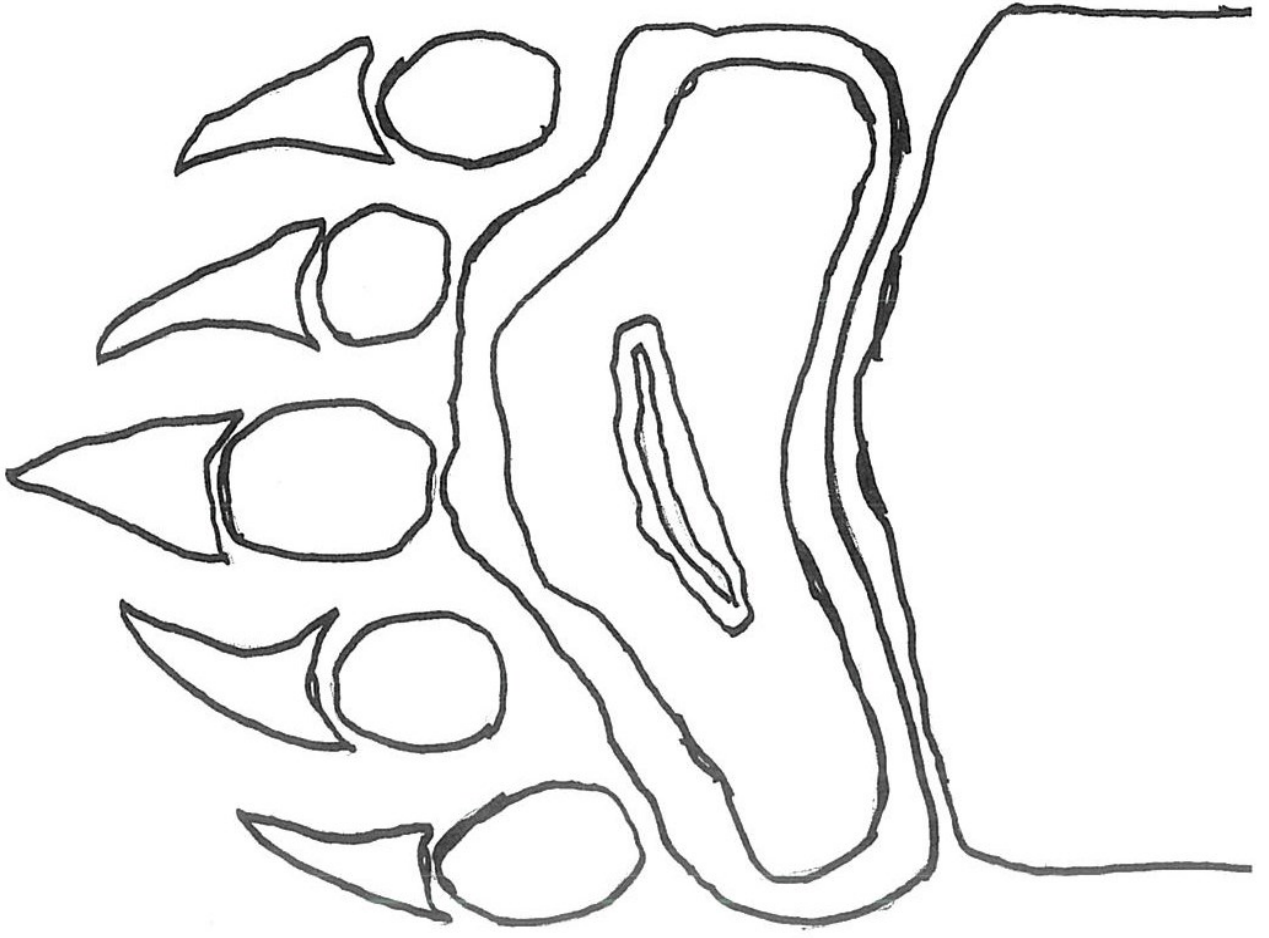


Pii taa - Eagle

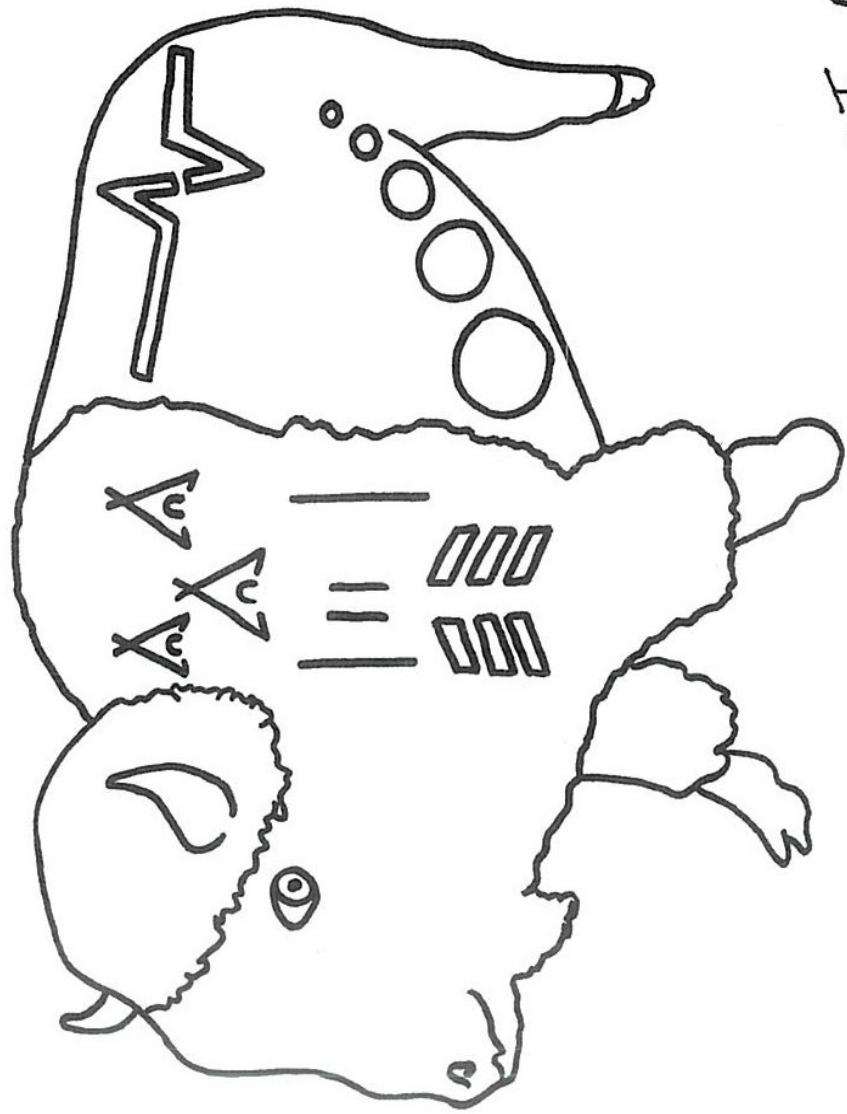




David M. G.  
P.F. W.



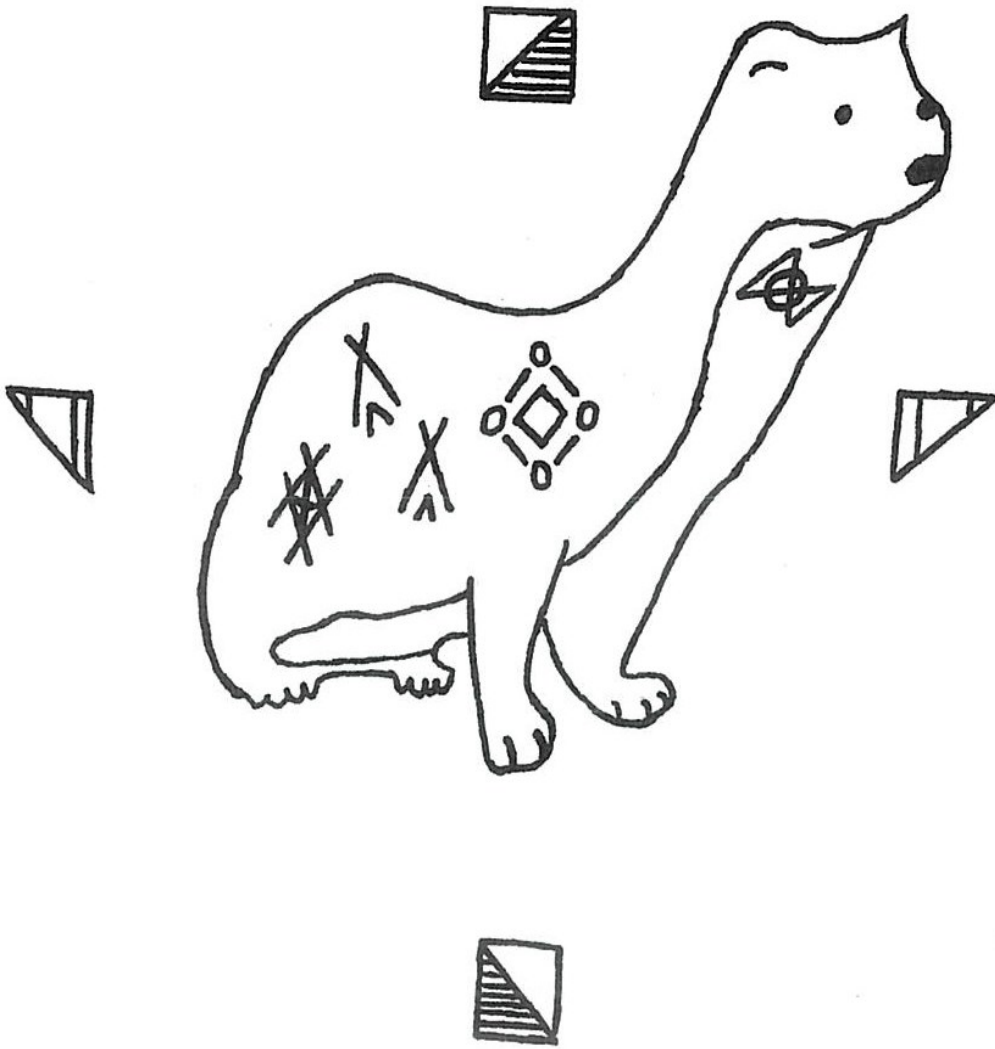
Tyler Lamb



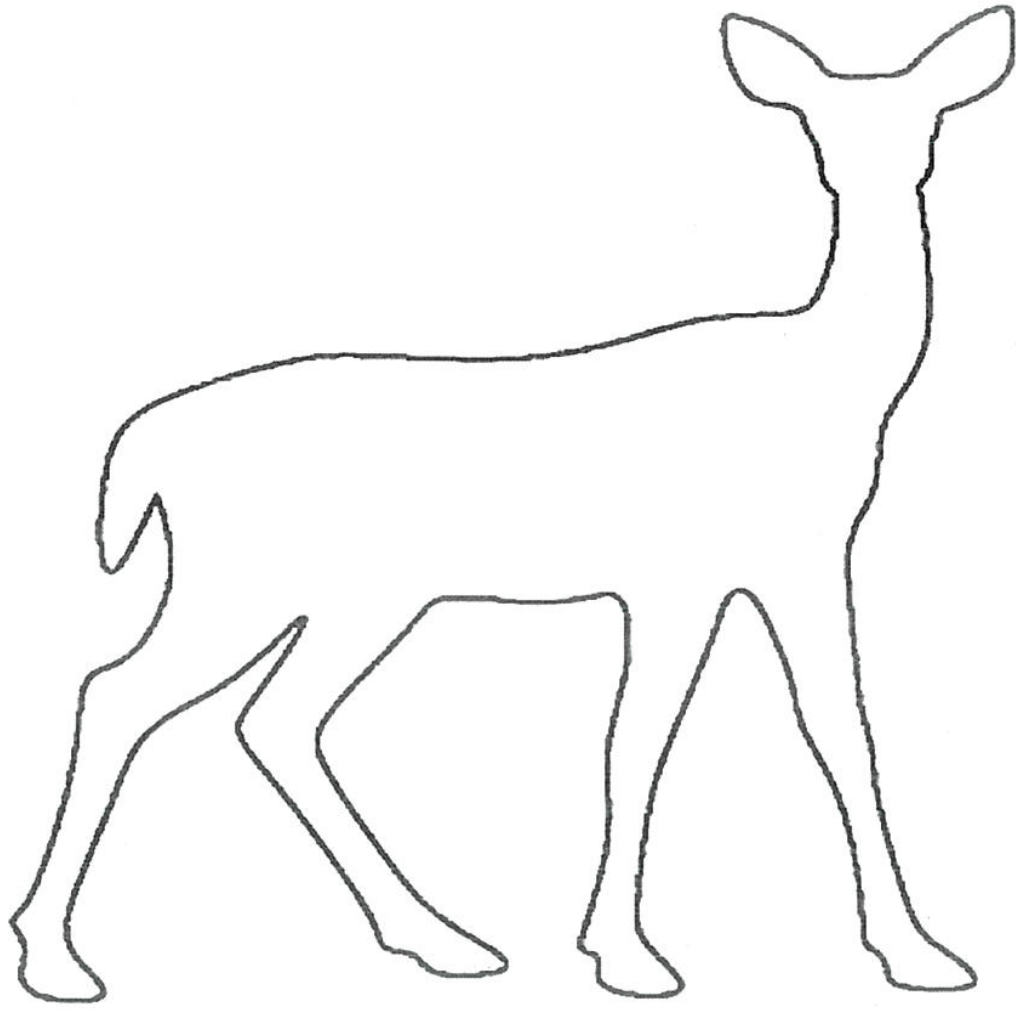
Tyrese Rull



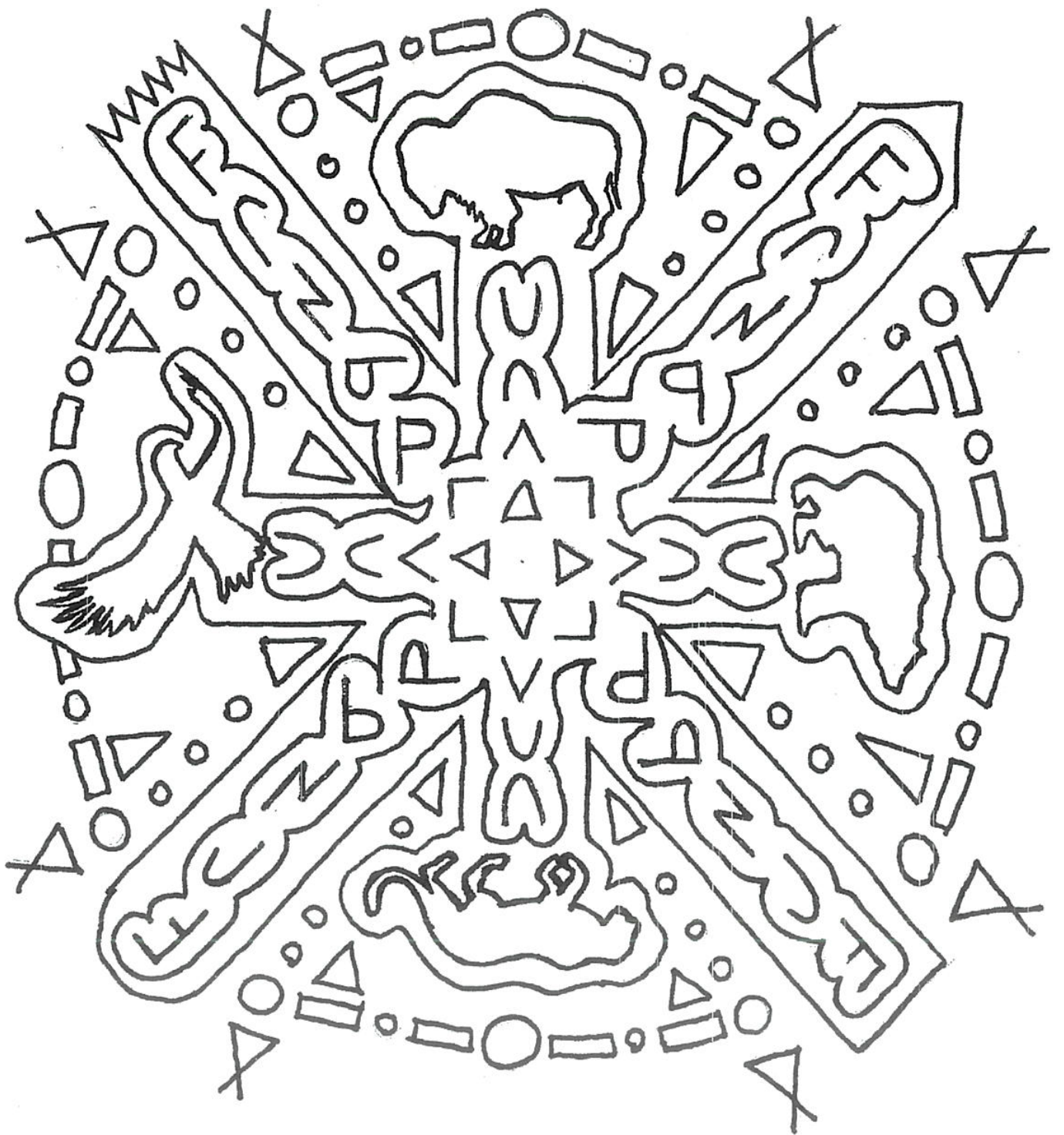
Si kih tsi soo - Moose



Handwritten signature or initials.



**A wa kaa sii - Deer**



CMF

CHIT



# THE BLACKFOOT WAYS OF KNOWING

CLASS FROM WINSTON CHURCHILL HIGH SCHOOL  
IN LETHBRIDGE CREATED THESE ART PAGES

**Colouring has been shown to:**  
CREATE MINDFULNESS IN YOUR BODY HELP  
REDUCE ANXIETY  
RELAX THE BRAIN  
DE-STRESS

