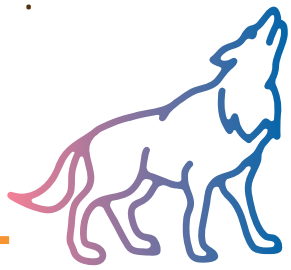
ᐱᓕᕆᓂᒃᑯᑦ ᐱᙳᐊᕐᓂᖅ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᐃᓪᓗ ᐃᓕᖅᑯᓯᑐᖃᖕᒋᑦ

ᑲᓇᑕᓕᒫᕐᒥ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᓄᑦ ᓄᑕᖅᑲᑦ ᐱᓕᕆᓂᒃᑯᑦ ᐱᙳᐊᖃᑦᑕᕐᓂᖕᒋᑦ ᐱᒻᒪᕆᐅᖕᒋᓐᓇᖅᓯᒪᔪᖅ.

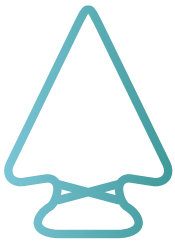
ᐊᔪᕈᓐᓂᖅᓴᐅᑎᒋᓪᓗ ᓂᒋᑦ ᐊᓐᓇᐅᒪᓇᓱᓐᓂᕐᒧᑦ

ᐃᓕᓴᕈᑕᐅᓪᓗᑎᑦ ᓄᓇᒧᑦ ᑲᓱᒪᓂᕐᒥᒃ

ᐃᓚᒌᓕᕈᑕᐅᓪᓗᑎᑦ



ᓴᙱᓕᕆᐊᕈᑕᐅᓪᓗᑎᑦ ᐃᖃᐃᓕᓴᕈᑕᐅᓪᓗᑎᓪᓗ

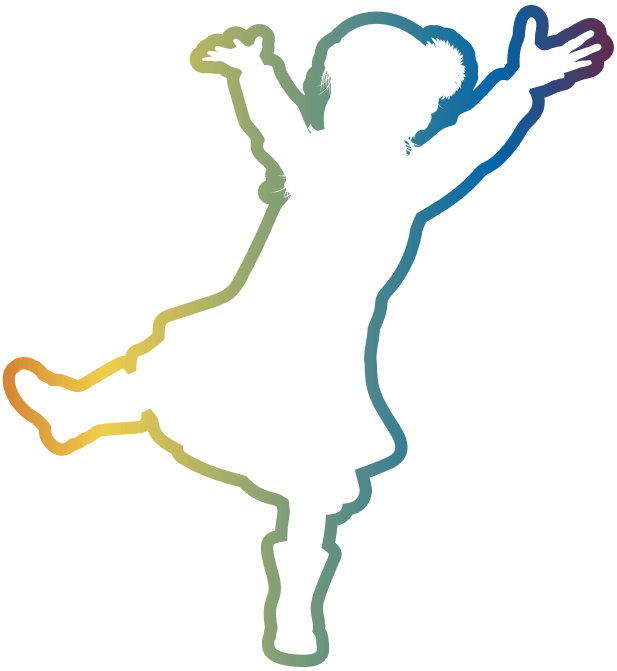


ᐊᔪᕈᓐᓃᖅᓴᕈᑕᐅᓪᓗᑎᑦ ᐆᒪᔪᕋᓱᐊᕐᓂᕐᒥ

ᐆᒻᒪᑎᖕᒋᓐᓂᑦ, ᑎᒥᖕᒋᓐᓂᑦ ᑕᕐᓂᖕᒋᓐᓂᓪᓗ ᐱᕈᖅᓴᕈᑕᐅᓪᓗᑎᑦ

ᐱᐊᕋᓛᖑᓂᖕᒋᓐᓂ ᕿᒥᕐᕈᒋᐊᕈᓐᓇᖅᑐᒍᑦ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᐃᑦ ᑐᑭᓯᒪᓂᖕᒋᓐᓂ ᐱᓕᕆᓂᒃᑯᑦ ᐱᙳᐊᑎᑦᓯᖃᑦᑕᓂᕐᒥ ᐊᔪᕈᓐᓃᖅᓴᕈᑕᐅᓪᓗᑎᑦ ᓱᓇᑐᐃᓐᓇᕐᓄᑦ.

ᓴᙱᔪᑦ ᐆᒪᑏᑦ



ᖃᓄᐃᙱᑦᓯᐊᖅᑐᑦ ᑎᒥᖕᒋᑦ

ᓯᓚᑐᔪᑦ ᐃᓱᒪᖕᒋᑦ

The opinions and interpretations in this publication are those of the author and do not necessarily reflect those of the Government of Canada.

© Active for Life 2023

Funded by the Government of Canada's Early Learning and Child Care — Innovation Program