ᐊᐅᓚᑦᓯᓂᖅ ᓄᑕᖅᑲᑦ ᑕᑯᓐᓇᕈᓐᓇᐅᑎᓕᕆᓂᖏᓐᓂᑦ

ᖃᐅᔨᓴᕈᑕᐅᓯᒪᔪᑦ ᓇᓗᓇᐃᖅᓯᓂᖃᖅᓯᒪᔪᑦ ᓄᑕᖅᑲᑦ ᑕᑯᓐᓇᕈᓐᓇᐅᑎᒦᓗᐊᑯᑖᖃᑦᑕᖅᑐᑦ ᐃᓕᑉᐸᓪᓕᐊᙱᓂᖅᓴᐅᕙᓐᓂᖏᓐᓂ, ᖃᐅᔨᓴᕈᑕᐅᔪᓂᑦ ᐅᖃᐅᓯᓕᕆᓂᕐᒧᑦ ᐃᓱᒪᒋᐊᕐᓂᕐᒧᓪᓗ ᐊᑉᐸᓯᓐᓂᖅᓴᐅᕙᑦᑐᑎᑦ, ᐊᒻᒪᓗ ᐱᓇᐃᓗᑕᖃᕐᓂᖅᓴᐅᕙᓐᓂᖏᓐᓂᑦ ᐱᕈᖅᓴᖃᑎᒥᓂᑦ ᐱᐅᓯᖅᓱᕐᓂᖏᓪᓗ.

ᑕᑯᓐᓇᕈᓐᓇᐅᑎᒦᓗᐊᑯᑖᓐᓂᖅ ᐱᐅᙱᑦᑐᖅ ᐃᓗᓯᖏᓐᓄᑦ, ᑭᓯᐊᓂᓕ ᖃᓄᖅᑑᓇᐊᕈᑎᑦᓴᖃᖅᑐᖅ.

ᐅᖃᓕᒫᕐᓗᒋᑦ ᑎᑎᕋᐅᑕᐅᓯᒪᔪᑦ

ᓂᕈᐊᕐᓗᑎᑦ ᓈᒻᒪᒋᐊᕐᓗᒋᑦ ᐅᑭᐅᖏᓐᓄᑦ ᐱᙳᐊᕈᑏᑦ ᑕᕐᓇᔭᐃᓪᓗ ᐅᖃᓕᒫᖃᑦᑕᕐᓗᒋᑦ ᑎᑎᕋᐅᑕᐅᓯᒪᓂᖏᑦ.

ᑕᑯᓐᓇᕐᓗᓂ ᐱᙳᐊᖃᑕᐅᓗᓂᓪᓗ

ᐅᔾᔨᕈᓯᒋᐊᕐᓗᑎᑦ ᐊᐱᓇᖃᑦᑕᕐᓗᑎᓪᓗ ᖃᓄᑎᒋ ᑕᑯᓐᓇᕈᓐᓇᐅᑎᒃᑰᖃᑦᑕᕐᓂᖓᑦ ᐊᕐᑐᐃᓂᖃᓇᐊᖓ ᐃᓱᒪᒋᔭᖏᓐᓂᑦ, ᐃᑉᐱᓐᓂᐊᒋᔭᖏᓐᓂᑦ ᐱᐅᓯᓇᔭᖏᓐᓂᓪᓗ.

ᑭᓪᓕᖃᖅᑎᖃᑦᑕᕐᓗᒍ ᑕᑯᓐᓇᕈᓐᓇᐅᑎᒃᑰᖅᑐᑦ

ᐃᑲᕐᕋᕋᓂᑦ ᑕᑯᓐᓇᕈᓐᓇᐅᑎᓐᓃᖃᑦᑕᕈᕕᑦ, ᑕᐃᒫᑦᓴᐃᓐᓇᖅ ᐱᖃᑕᐅᒍᒪᓂᐊᕐᒥᔪᑦ

ᑕᑯᓐᓇᕈᓐᓇᐅᑎᓖᑦ ᖃᒥᖃᑦᑕᕐᓗᒋᑦ ᐅᓐᓄᐊᒃᑯᑦ

ᐋᖅᑭᑦᓯᓯᒪᓗᑎᑦ ᖃᖓᒃᑯᑦ ᐅᓐᓄᒐᐃᑉᐸᑦ ᐃᓚᒌᑦᑐᓕᒫᑦ ᖃᒥᑦᓯᖃᑦᑕᕆᐊᖃᕐᓂᖏᓐᓂᑦ ᑕᑯᓐᓇᕈᓐᓇᐅᑎᖏᓐᓂᑦ.

ᑕᑯᓐᓇᕈᓐᓇᐅᑎᖃᙱᑦᑐᒥ ᐃᓂᖃᖅᑎᑦᓯᓗᑎᑦ

ᐅᕕᓂᓐᓂᐊᕐᓃᑦ, ᓂᕆᓐᓇᐃᓪᓗ, ᐊᒻᒪᓗ ᐃᓚᒌᓐᓂᒃᑯᑦ ᐱᓕᕆᖃᑎᒌᓐᓃᑦ ᑕᑯᓐᓇᕈᓐᓇᐅᑎᖃᖅᑎᙱᓪᓗᒋᑦ.

ᐊᑐᖃᑦᑕᙱᓪᓗᑎᑦ ᑕᑯᓐᓇᕈᓐᓇᐅᑎᓂᑦ ᐅᓚᕕᓴᐃᒍᑎᒋᓗᒋᑦ

ᑕᑯᓐᓇᕈᓐᓇᐅᑎᖃᖅᑎᙱᓪᓗᒍ ᓄᓇᓯᐅᑎᐅᑉ ᐃᓗᐊᓂ ᐊᑯᓂᐅᓂᐊᕈᑎᑦ ᑭᓯᐊᓂ. ᐃᕿᐊᙳᐃᔭᐃᕙᓪᓗᑎᑦ ᐱᙳᐊᕈᑎᑎᒍᑦ ᐱᓕᕆᐊᖅᑎᒍᓪᓗ.

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

ActivePlay.ca

© Active for Life 2023

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

Canada