

Active play and Indigenous traditions

For Indigenous peoples across Canada, children's active play has always been important.



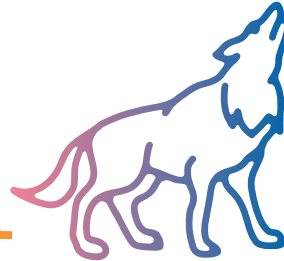
To develop survival skills



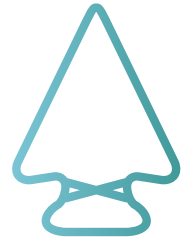
To teach connection to the land



To foster relationships



To build strength and flexibility



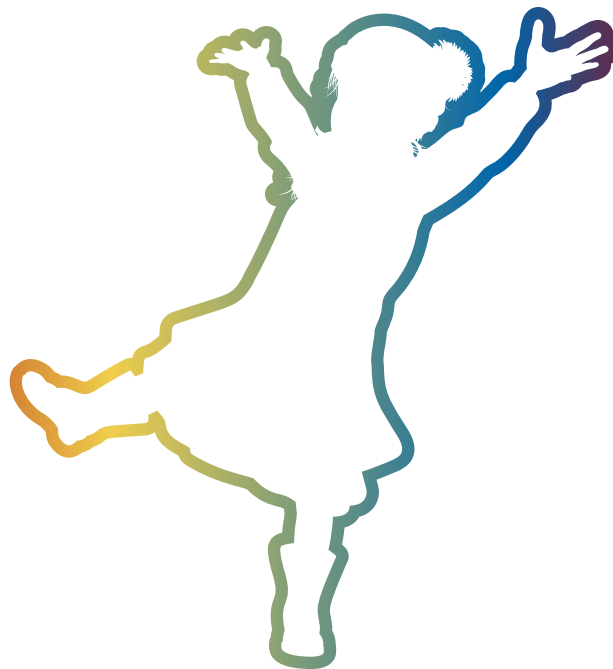
To practice hunting skills

Developing heart, body, and spirit

In the early years, we can reflect on Indigenous understandings of active play to promote children's holistic development.



Strong hearts



Healthy bodies



Wise spirits