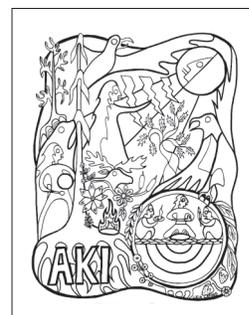


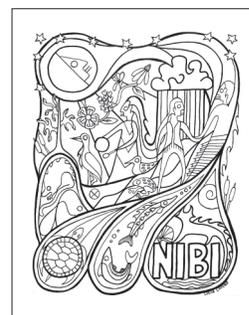
Aki and Nibi

The title of the two pages are Aki and Nibi, these are the Anishinaabemowin words for Earth and Water. These colouring book pages are about our connection to Aki (Earth) and Nibi (Water) as Indigenous people. I am an Anishinaabe twospirit woman and the art is Woodland style. The theme for the colouring book pages are Indigenous views on mental health and wellbeing. The two pages were created together to share teachings from two important aspects of our way of life. They are meant to be side by side and reflect each other, reminding us of the need for balance and harmony. Embracing ceremony, community and cultural teachings are vital to holistic mental health as Indigenous people. Each page depicts many sacred symbols, beings and teachings.

The Aki page has Giizis (Grandfather Sun) in the top right corner that is shining down upon all creation. This page tells the story of our connection to Mother Earth and all the medicines she provides. This page reminds us that traditional healing is essential in the path forward and honours our beliefs as original caretakers of the land.



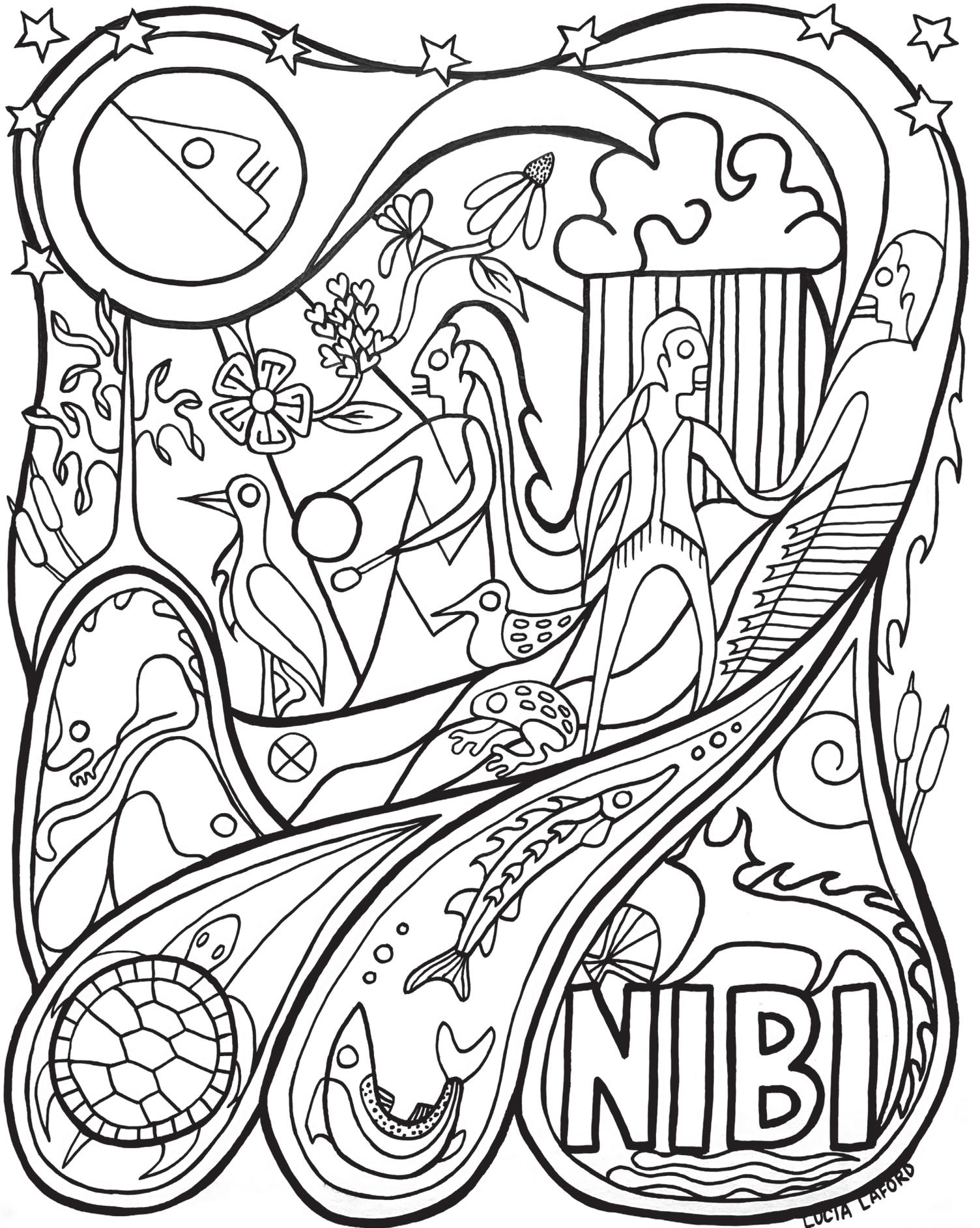
The Nibi page has Nokomis Giizis (Grandmother Moon) in the top left corner and she is surrounded by Water. This page tells the story of our connection to Water. Water is life and is essential to our wellbeing and mental health. We must take care of the Water, and in doing so will become healthier and build stronger communities.



Miigwetch! (Thank you)

Lucia Laford





LUCIA LAFORD