



ACTIVITY BOOK

for kids and adults

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OH Nunavut! One Health Colour to Connect

One Health is part of our everyday lives. It recognizes that people, animals, and the environment are connected. In our communities, we intuitively share this knowledge and put it into practice every day. One Health aligns with several IQ principles, including: $\Delta\dot{\sigma}^{\flat}\mathcal{N}\mathring{\Gamma}^{\circ}\mathcal{I}\triangleleft^{\flat}\sigma^{\flat}$ (Inuuqatigiitsiarniq): "Respecting others, relationships, and caring for people," and $\triangleleft\mathcal{E}\mathcal{N}^{\circ}\mathcal{N}^{\circ}\sigma^{\flat}$ $\mathcal{b}\mathcal{L}^{\circ}\mathcal{I}\triangleleft^{\flat}\sigma^{\flat}$ (Avatittinnik Kamatsiarniq): "Respect and care for the land, animals, and the environment." We can make thoughtful choices and take meaningful action through the lens of IQ and One Health principles.

One Health is for everyone – not just scientists, researchers, professors, or policymakers. We practise One Health through everyday acts of care: looking after each other, respecting animals and wildlife, protecting water, reducing waste, and helping neighbours. We also speak up for better access to care and fewer barriers to getting it.

People, animals, and the land around us share the same air and water that sustain abundant life. Our lives are connected, like sharing one breath, one life, and one heartbeat.

What matters most to you? Give it some thought and finish the sentence “**My heart beats for... _____**”. Then colour the front of this card and share it on social media with the hashtags #OneHealth #OHNunavut.

People, Animals, and the Environment – One Health.



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