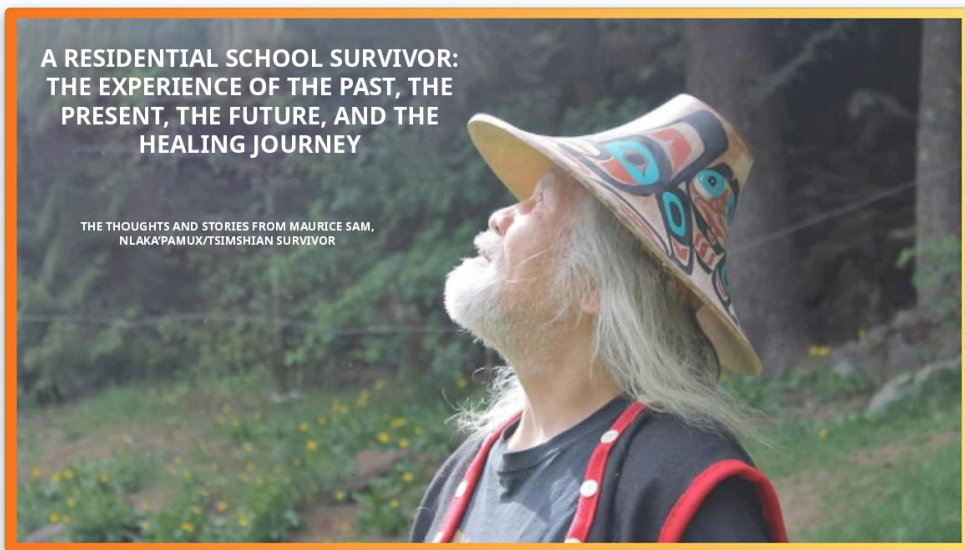




Click the buttons to go to the videos.

Video 1 - School

Video 2 - Shame

Video 3 - Healing

As you watch the three videos, work through these questions and then complete the art activity.

Questions:

1. How did you grow up? What was your childhood school experience?
2. Are there any parallels between your school experience compared to Maurice's? Why does that matter?
3. How have you moved to happiness after trauma like Maurice? What is your healing process? Do you find healing in a hug?
4. How do you define strength? What stories do you feel shame when sharing? How does that impact healthcare?
5. What animals/images would you add to a wooden hat to represent you? What part does art play in healing?

Art & Reconciliation Activity:

Now that you have watched the videos, it is time to do some art to reflect your learning.

PRINT the wooden hat template (found on page 2) on letter-sized or larger paper.

Illustrate the hat with the animals/images and colours that represent you. Be as simple or elaborate as your heart tells you.

Hang the image on the wall of your office where patients/clients/students can see it.

Be open to answer questions about the art when asked about it. Share one piece of learning you had from completing this learning tool.



