



## HELLO PARENTS,

Canada has several important national symbols that represent everything this extraordinary country stands for. Over the course of centuries a multitude of symbols and objects have arisen as uniquely Canadian or possessing uniquely Canadian characteristics. These symbols and items represent the culture of Canada, its identity, values, nationalism, and the heritage of its inhabitants. In this newsletter, we will share with you some official symbols of Canada to help your child expand their knowledge and connect them with this country they call home.

## ACTIVITIES FOR THE WHOLE FAMILY

### THE NATIONAL FLAG OF CANADA

The National Flag of Canada, often simply referred to as the Canadian flag, or unofficially as the Maple Leaf or l'Unifolié (French), consists of red, white, and red vertical bands with a red maple leaf in the center of the white band. There is symbolism in both the design and the colours of the national flag of Canada. The colours are meant to symbolize hope and prosperity, as well as peace, tranquility, and neutrality. The maple leaf design represents the cultural heritage of the nation and the natural resources of Canada.

#### HANDPRINT CANADIAN FLAG

##### MATERIALS:

- White paper
- Red paint
- Paintbrush
- Paper plate
- Paper towels

##### DIRECTIONS:

- Paint two red stripes at each edge of the paper.
- Dip one hand in red paint.
- Press the coloured hand onto the middle of the paper and make the middle part of the maple leaf.
- Apply more paint on your hand, and make another handprint facing right.
- Continue with another handprint facing left.
- You can hang the handprint flag on the wall or use it as a placemat.

[Click here](#) to learn more about Canada flag.

### THE NATIONAL COLOURS - RED AND WHITE

The national colours of Canada were declared by King George V in 1921 to be red and white and are most prominently evident on the country's national flag. The red colour is a symbol of Canadian sacrifice during world wars. White is the symbol of peace and tranquility reflecting neutrality and impartiality of Canadians.

#### CANADA DAY WAND

##### MATERIALS:

- Red straw
- White paper
- Red and white ribbon
- Tape
- Scissors
- Red markers or pencils

##### DIRECTIONS:

- Cut a long thin piece of white paper and decorate it with little red maple leaves using red markers or pencils.
- Tape one end of this piece of paper to one end of the straw and twist it around the straw all the way to the other end.
- Cut the ribbon into pieces twice as long as the straw and curl them with scissors. [Click here](#) to learn how to curl ribbon with scissors.
- Tape the ribbon to the top of the straw where you taped the long thin piece of paper.
- Wave your wand to celebrate Canada Day.

[Click here](#) for more activities.

### THE NATIONAL SPORT - ICE HOCKEY

Ice hockey, or simply "hockey", is the national winter sport of Canada and has the greatest contribution to world sports. The sport has been played since the 1800s and has now become a prominent Canadian symbol. It is such an influential Canadian sport that some have even called it "the national pastime" of Canada.

#### INDOOR HALL HOCKEY

##### MATERIALS:

- 2 small plastic bowls
- 1 bean bag for a puck
- Painter's tape (3 long strips)
- Paper and pencil (optional)

##### DIRECTIONS:

- Play this game in a hallway or another large open space. This will be the court.
- Place a strip of tape across the middle of the court. Each player will have one designated side.
- Place a strip of tape at the end of each side of the playing surface designating the goal line for each player.
- Place a bowl at each end of the area and the beanbag ("puck") on the middle line.
- The game begins with the youngest player pushing the "puck".
- One player uses the bowl to push the "puck" across the court and the other player uses their bowl to block the "puck" from crossing their goal line.
- Players cannot cross the middle line in the court to enter into the other player's space.
- Score a goal by hitting the "puck" across the other player's goal line.
- Create a score sheet and keep track of the goals.
- The game ends when one player is the first to score five goals.
- Crown that player as the Indoor Hockey Champion.

[Click here](#) to read "ABCs of Canada".



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

### WHAT DO YOU KNOW ABOUT NATIONAL SYMBOLS OF CANADA?

- Canada's national symbols include: the national flag, the national anthem ("O Canada"), the national colours (red and white), the Canada Coat of Arms, the beaver (a symbol of the sovereignty of Canada), the national horse (Canadian horse), the national tree (maple), the national tartan (maple leaf tartan), the national winter sport (ice hockey), and the national summer sport (lacrosse).
- Themes and symbols of nature, pioneers, trappers, and traders played an important part in the early development of Canadian symbolism.
- Modern symbols emphasize the country's geography, cold climate, lifestyles and the assimilation of traditional European and indigenous symbols.
- A 2013 Statistics Canada survey found that more than 90% of Canadians believed that the national flag and the Canadian Charter of Rights and Freedoms were the top symbols of Canadian identity. Next highest were the national anthem and the Royal Canadian Mounted Police and ice hockey.
- Canada's most well-known symbol, the maple leaf, was first used by the French colonists in the 1700s. Since the 1850s, the maple leaf has been used on military uniforms and subsequently engraved on the headstones of individuals who have served in the Canadian Armed Forces.

[Click here](#) to learn more about symbols of Canada.