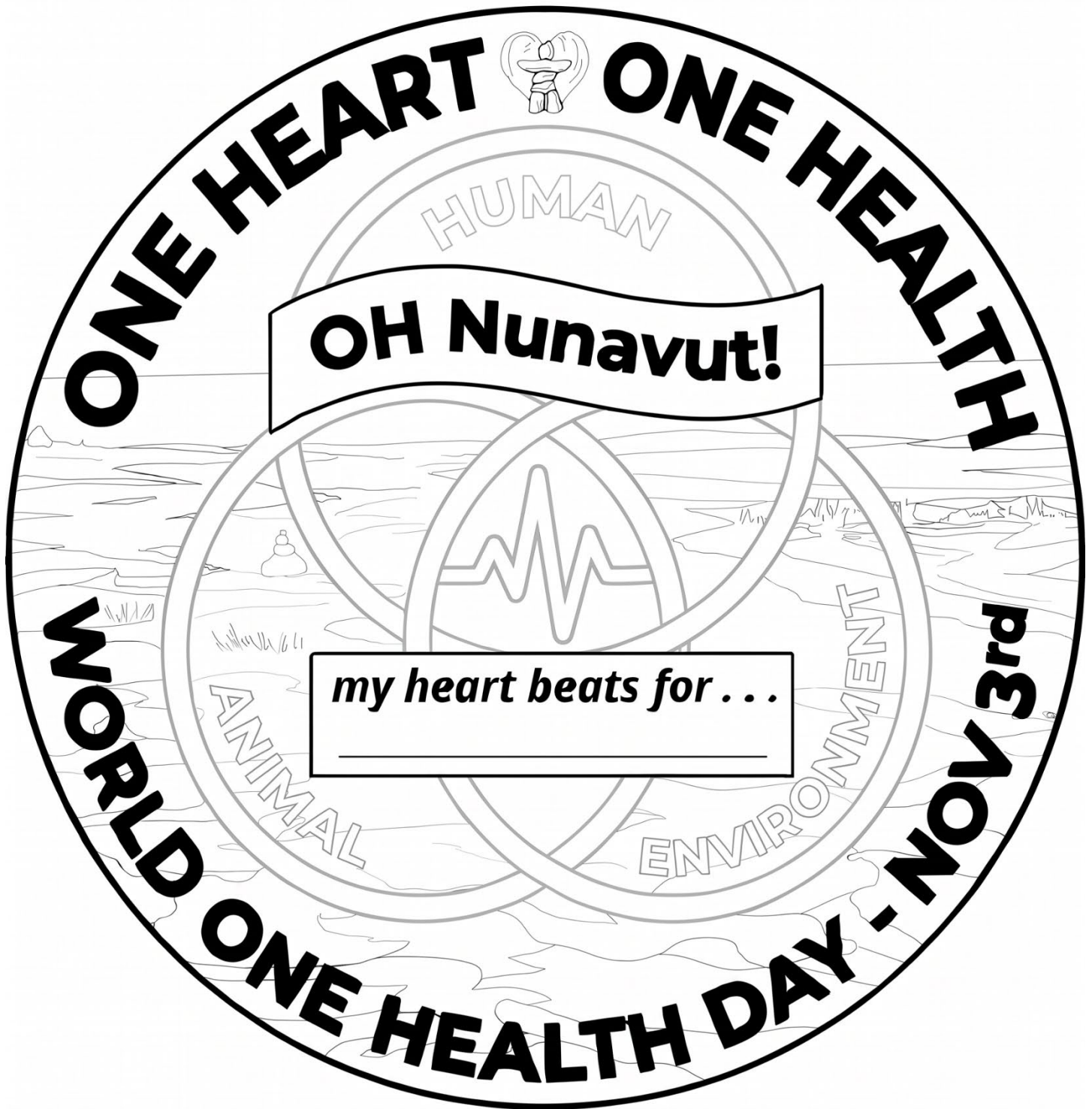




ACTIVITY BOOK

for kids and adults

One Health

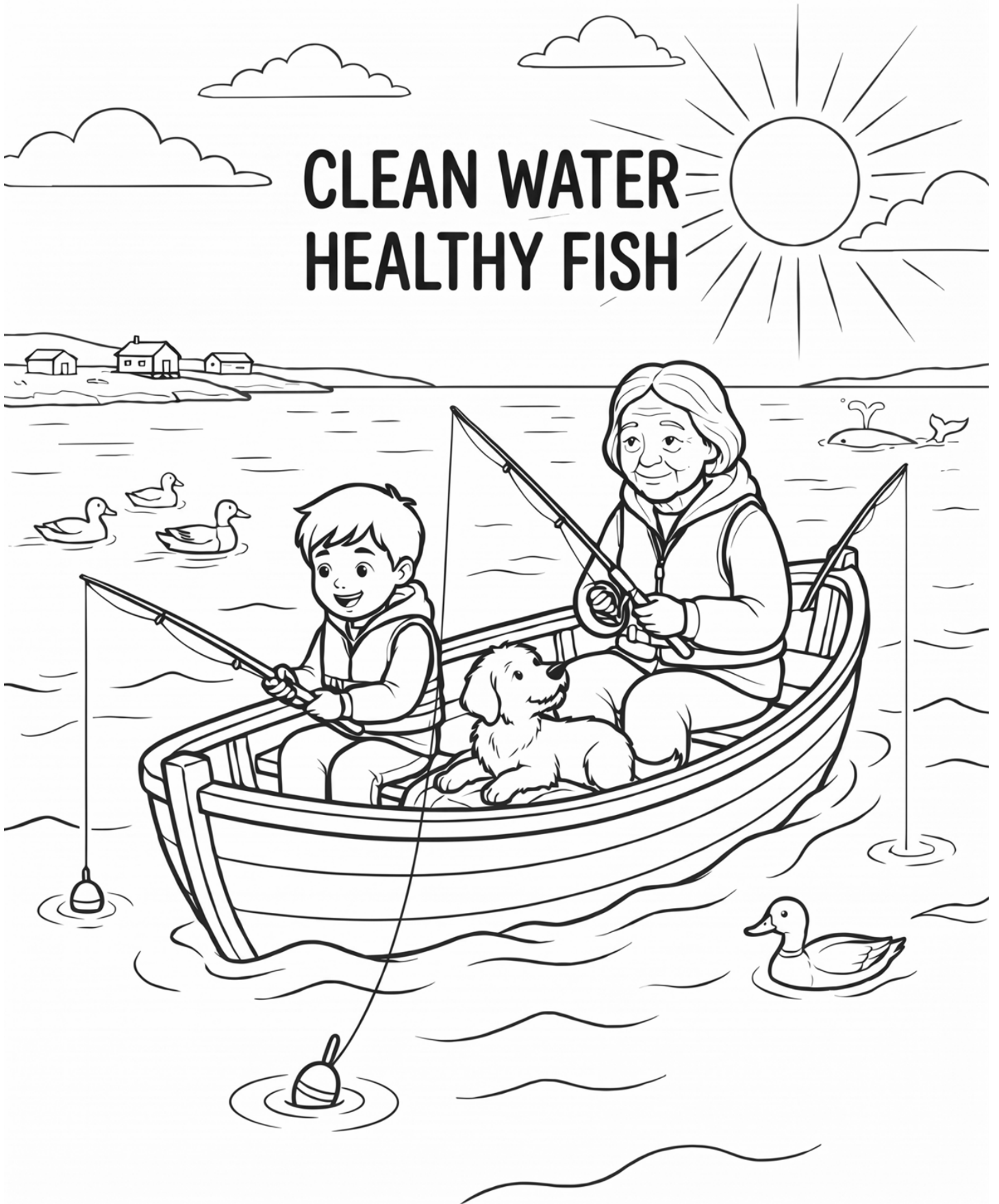


ANIMAL AND WILDLIFE HEALTH

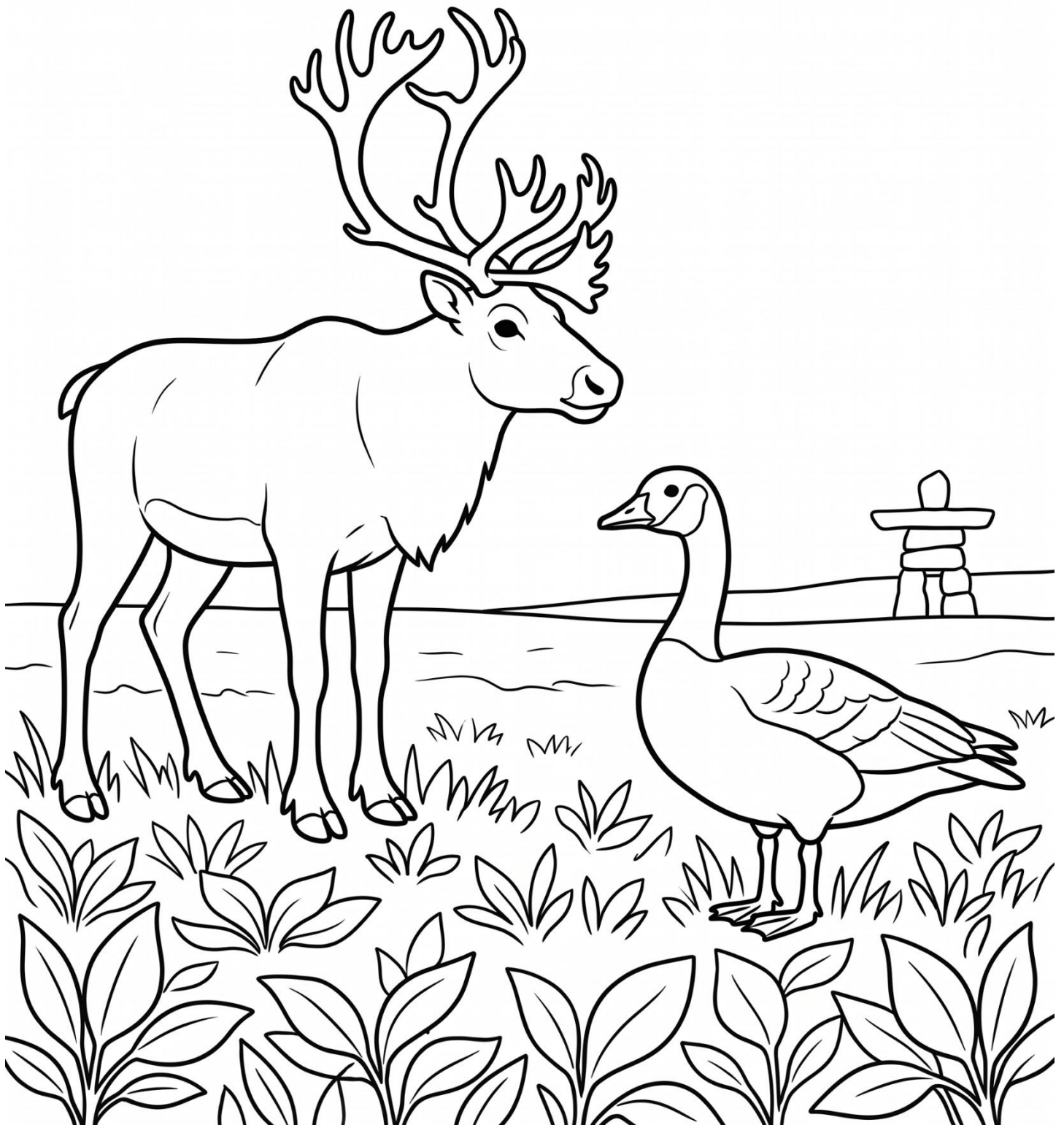


CLEAN AIR, LAND AND WATER CREATE HEALTHY HABITATS - FOR THEM AND US!

CLEAN WATER HEALTHY FISH



HEALTHY LAND HEALTHY ANIMALS





HEALTHY HOMES HEALTHY CHILDREN

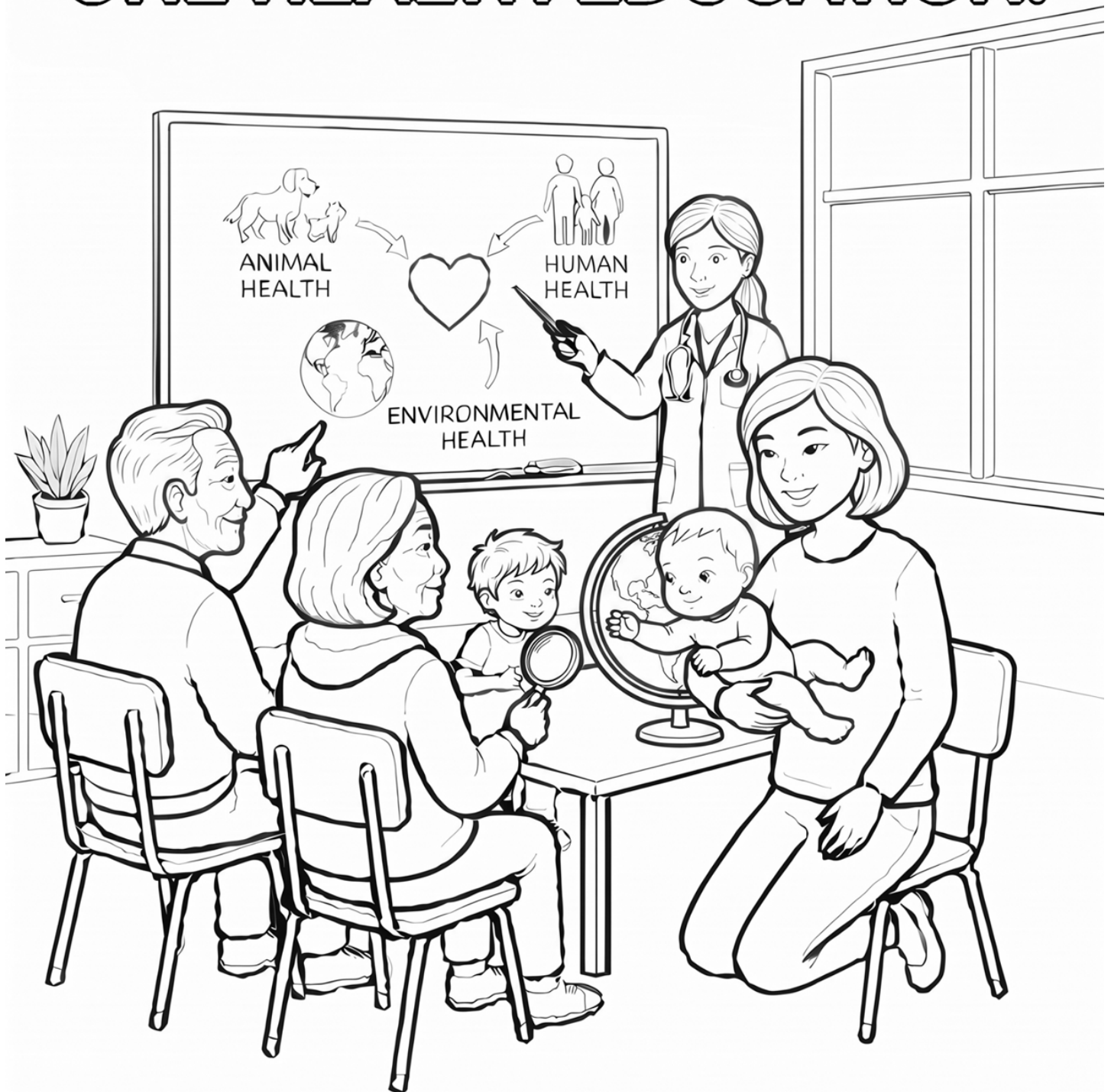
ONE HEALTH



TOGETHER

WE ALL BENEFIT FROM A ONE HEALTH APPROACH

ONE HEALTH EDUCATION:



Connecting Everything!

ONE HEALTH EDUCATION ON THE LAND



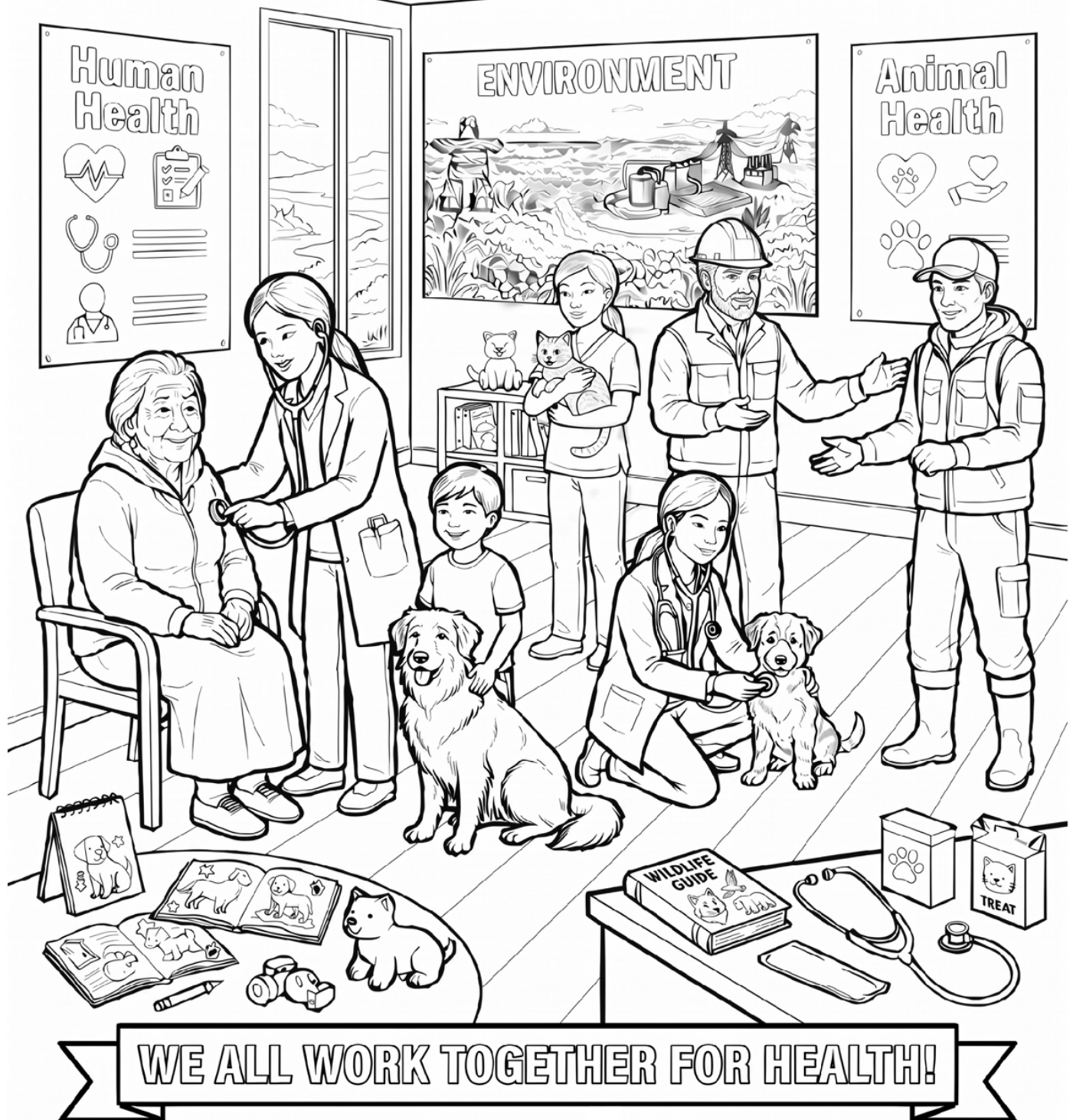
ONE HEALTH IN THE WORKPLACE



WORKING HEALTHILY TOGETHER

ONE HEALTH

Increase Access - Reduce Barriers



How many people, pets, books and toys can you count?



Can you find all the words?

WORLD
HEALTH
AIR
WHALE

PUPPY
CARIBOU
HUMAN
EDUCATION

HOMES
ENGINEERING
INCREASED ACCESS



Can you find all the words?

ENVIRONMENT

KITTEN

HOUSE

HEALTHY

POLAR BEAR

INFRASTRUCTURE

WATER

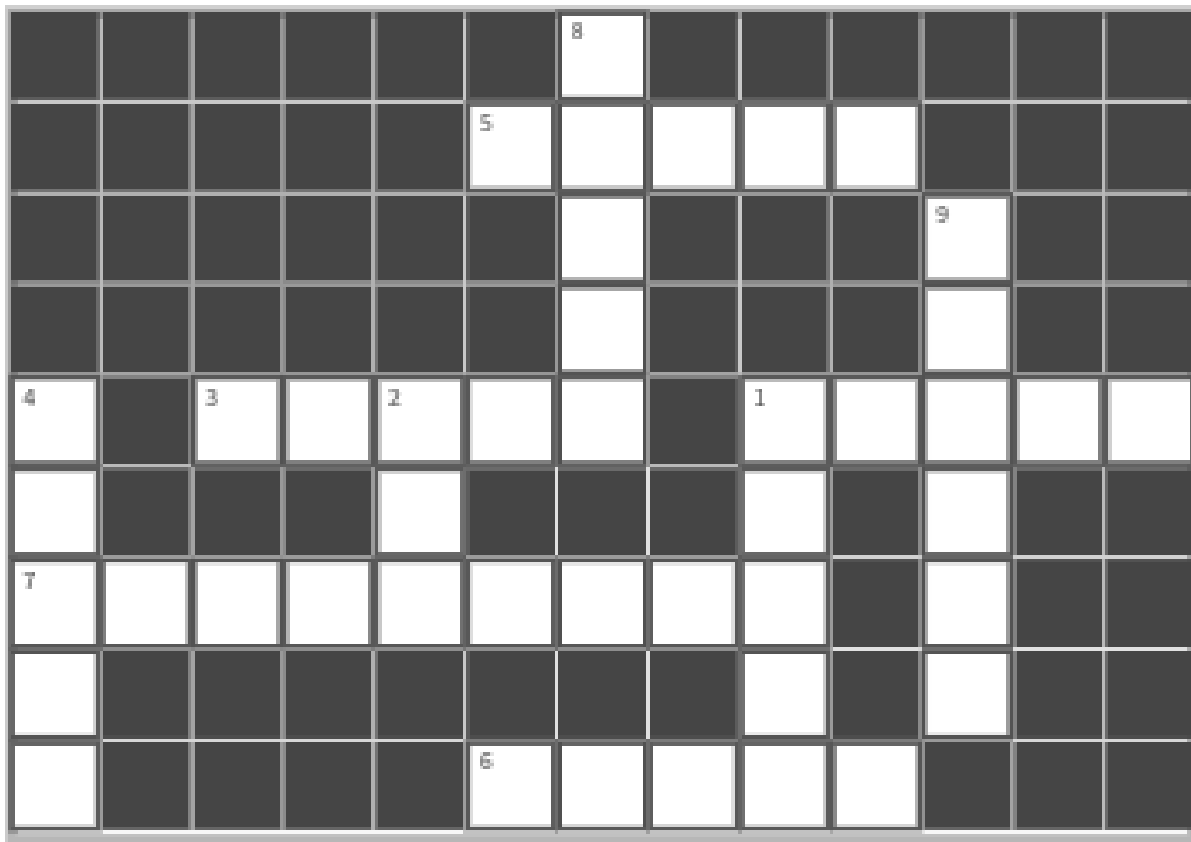
PEOPLE

CONNECTION

PANDA

PLAY

Crossword



ACROSS

1. We drink this when thirsty.
3. Huge sea animal with a blowhole
5. Places where we live.
6. Black-and-white bear.
7. White bear from the Arctic

DOWN

1. Earth, where we live.
2. We breathe this.
4. A baby dog.
8. A single home with walls and a roof.
9. A baby cat.

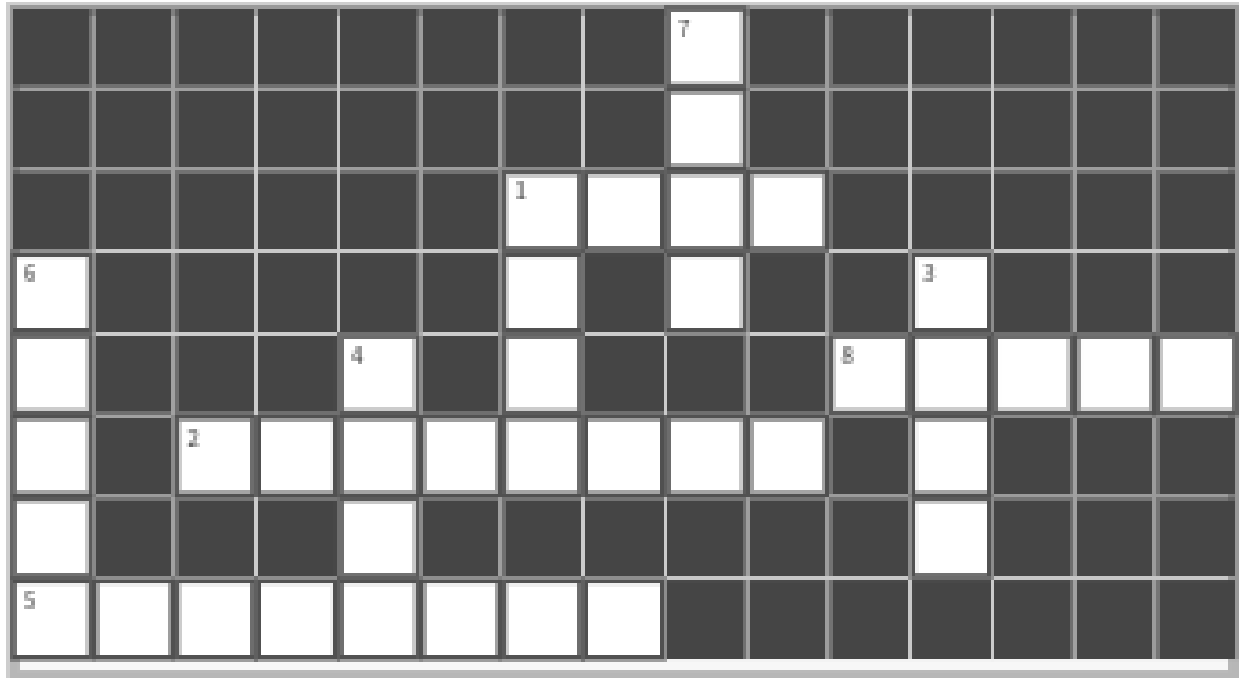
water, whale, panda, polar bear, world, air, puppy, house, kitten



Can you find all the words?

LAND	PTARMIGAN	INUKSHUK
ANIMAL	CHILDREN	REDUCE BARRIERS
FISH	WORK	ONE HEALTH
ELEPHANT	HOUSING	

Crossword



ACROSS

1. Big cat that roars.
2. Another word for kids.
5. Huge animal with a trunk.
8. Australian marsupial with round ears that eats leaves.

DOWN

1. Dry ground, not water.
3. Do a job.
4. Swims with fins and has gills.
6. Birds that honk.
7. What we eat.

lion, children, elephant, koala, land, work, fish, geese, food



Can you find all the words?

TOGETHER

KOALA

CARE

CLEAN

LION

WORKPLACE

TUNDRA

GEESE

FOOD

WILDLIFE

HABITATS



Happy World One Health Day 2026
- from Jan and Stephen!

We're so happy to share our 2026 "OH Nunavut! One Health Activity Book" with you!

Stephen and I have called Arviat home for almost three years now. He works in housing and I'm studying a remote vet tech program; we both volunteer locally. On occasion, I've made custom colouring pages for kids with their family dogs, themed pages for our senior dog Mojo's 16th birthday, and hosted playground gatherings to colour. This book grew from those pages, now also sharing One Health – people, animals and the land, together – for kids and adults to enjoy. Inspired by an AVMA conference session I attended this past summer, “Taking One Health to Main Street,” we hope to encourage community-led wellness in Arviat and across Nunavut.

One Health is part of our everyday lives. It recognizes that people, animals, and the environment are connected. In our community, we share this learned and lived knowledge in practice every day. One Health aligns with several IQ principles, including: ᐃᓂᖅᑎᓴᕐᕐᐱᕐᓂᖅ (Inuuqatigiitsiarniq): "Respecting others, relationships, and caring for people," and ᐱᓇᔭᕐᑎᓴᕐᓂᖅ bLᕐᕐᐱᕐᓂᖅ (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 these 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.

The One Health framework guides projects that support people, animals, and the environment now and over time. Our environment includes everything from distant land to whatever is within arm's reach, wherever we are. Caring for these connections matters especially in remote communities, where everyone depends closely on each other. Wherever we live, we can practise One Health at home, school, and work – on our own and together.

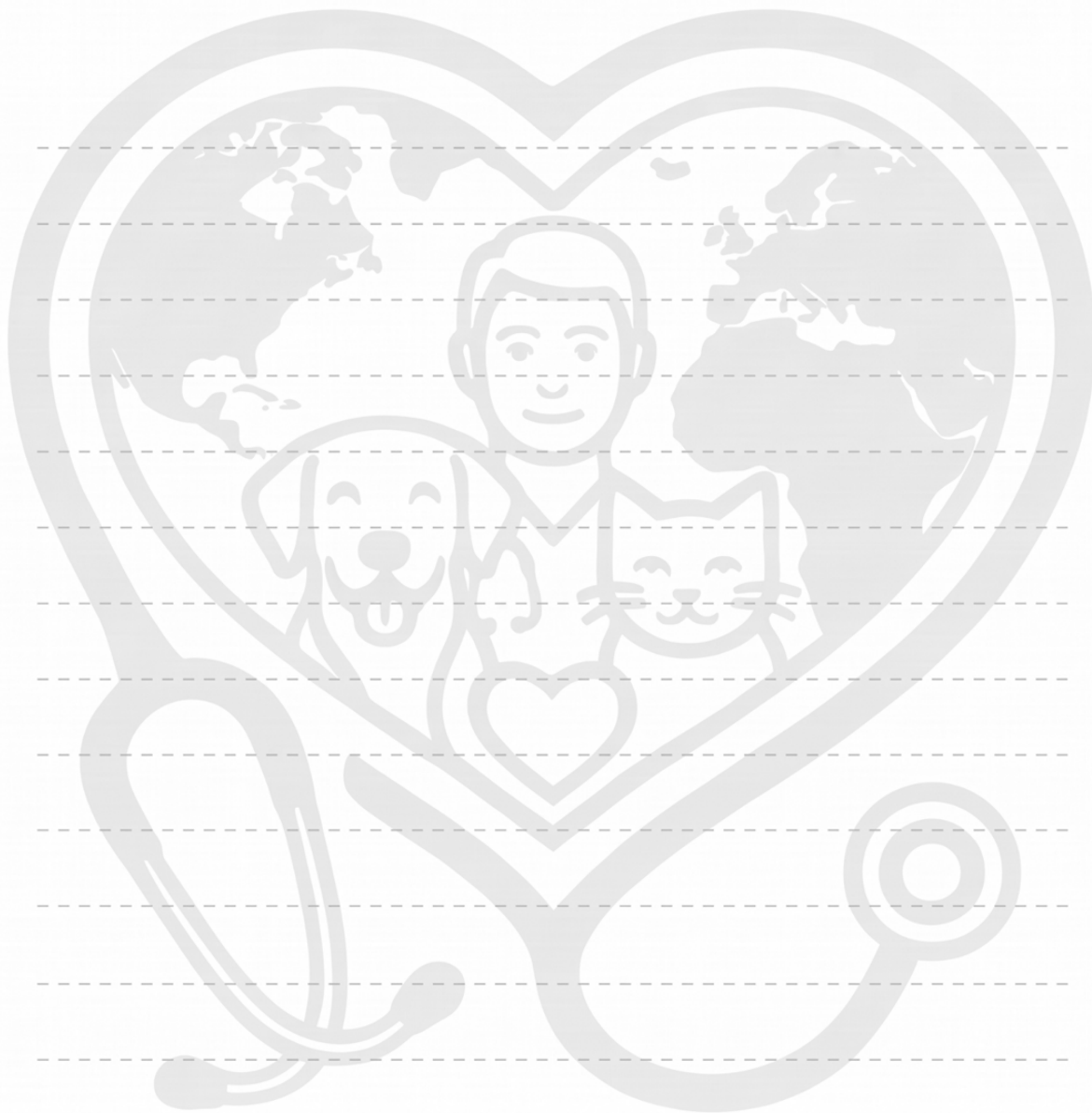
People, animals, and the land around us share the same air and water that sustain abundant life. Our lives are connected, like sharing one breath, one life, and one heartbeat.

What matters most to you? As you colour, think about what you care about. On the first page, finish the sentence “**My heart beats for...** _____”. Then colour the page and share it on social media with the hashtags #OneHealth #OHNunavut.

People, Animals, and the Environment – One Health.

Happy colouring, dear friends and neighbours! – Jan and Stephen

Do you feel like sharing more?
What does One Health mean to you?



Share on social media #OneHealth #OHNunavut

Write or draw what One Health means to you!

This Activity Book or any of its pages may be printed for personal use, with or without this page.

Credits: Original colouring-page artwork was created with Adobe Firefly based on original content input and edited by Jan. Word searches and crosswords were created using Adobe Acrobat Puzzle Craft. Content was reviewed and adapted for this activity book.

Inuit Qaujimajatuqangit (IQ): IQ terms and English descriptions used in this book reflect commonly published Nunavut terminology. We respectfully recognize Inuit knowledge and its ongoing importance in caring for people, animals, and the land.

“Taking One Health to Main Street,” presented by Cheryl Stroud of the One Health Commission, was a session Jan attended at the 2026 AVMA Conference in Anaheim California this past summer. This activity book is one fun and interactive way that Jan shares what she learns through her studies and conferences with our community.

World One Health Day – Nov 3rd: The **OH Nunavut! One Health: Colour to Connect event** features this Activity Book for kids and adults, and a customizable One Health Day profile badge, making it easily accessible throughout the territory for participants to learn about One Health, think about how it relates to them, and engage on November 3rd. Participants are invited to share their colouring and what matters most to them on social media with #OneHealth and #OHNunavut.

The **OH Nunavut! One Health Activity Book** may be downloaded for free at ohnunavut.ca.