



'Udustl'us oosdutat'en-i
Beyond Colouring

Illustrated by Nikiya MacKinlay
Written by Sarah de Leeuw, Lisa Striegler, Marion Erickson

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A growing body of research and literature is evidencing both that the arts and humanities have important roles to play in health and well-being and that healthcare systems require anti-bias training for healthcare professionals. This beautiful colouring book is one small project meant to address these contemporary realities.

We hope that the meditative and calming process of working with beautiful images, and then responding to open-ended prompts, will move both your heart and your mind.



Nikiya MacKinlay

Nikiya MacKinlay is Wet'suwet'en and sits with the Tsayu. He is currently attending college to get a Bachelor of Fine Arts degree and hopes to pursue a career in the arts. He is very into volunteerism and enjoys giving back to the community. From a young age, he was taught the importance of how working hard in each situation helps one gain experiences, connections with people, and insights. It has allowed him to recognize how lucky he is for every opportunity he has received.



Sarah de Leeuw

Sarah de Leeuw is a professor and the Research Director of the Health Arts Research Centre. Shortlisted for a Governor General's Literary Award (non-fiction), she holds two CBC Literary Prizes for creative non-fiction and the Dorothy Livesay BC Book Prize for poetry. Author/editor of eleven books, de Leeuw is a Canada Research Chair (Humanities and Health Inequities) with the Northern Medical Program in Prince George, a distributed site of UBC's Faculty of Medicine. She grew up on Haida Gwaii and now divides her time between Lheidli T'enneh/Dakelh Territory (Prince George) and Syilx Territory (Okanagan Centre), BC.



Lisa Striegler

Lisa Striegler is a Research Manager at the Health Arts Research Centre in the Northern Medical Program at UNBC. For the bulk of her career she has been a social justice community educator and counsellor. She is an amateur performing artist, playwright, and poet; and has quite a loyal following comprised of people who share her DNA...

Lisa is a trained Forum Theatre facilitator and, for her Master's thesis, used that method to explore the effects of anti-Indigenous racism on community health in Saik'uz territories.



Marion Erickson

Marion Erickson is a Dakelh woman from the Lhts'umusyoo Clan and a Research Manager at the Health Arts Research Centre. She is a Public Board member on the BC College of Oral Health Professionals and is also on the province of BC's Anti-Racism Data Committee. Marion enjoys developing teaching tools that utilize the arts in health education.

Throughout Marion's experiences, she has recognized that the health and well-being of Indigenous people are connected to the health and well-being of the land; that art is a way of storytelling and that this storytelling is a way to build relationships within our northern communities. This relationship building is necessary to work collectively towards actively addressing health inequalities in the north.

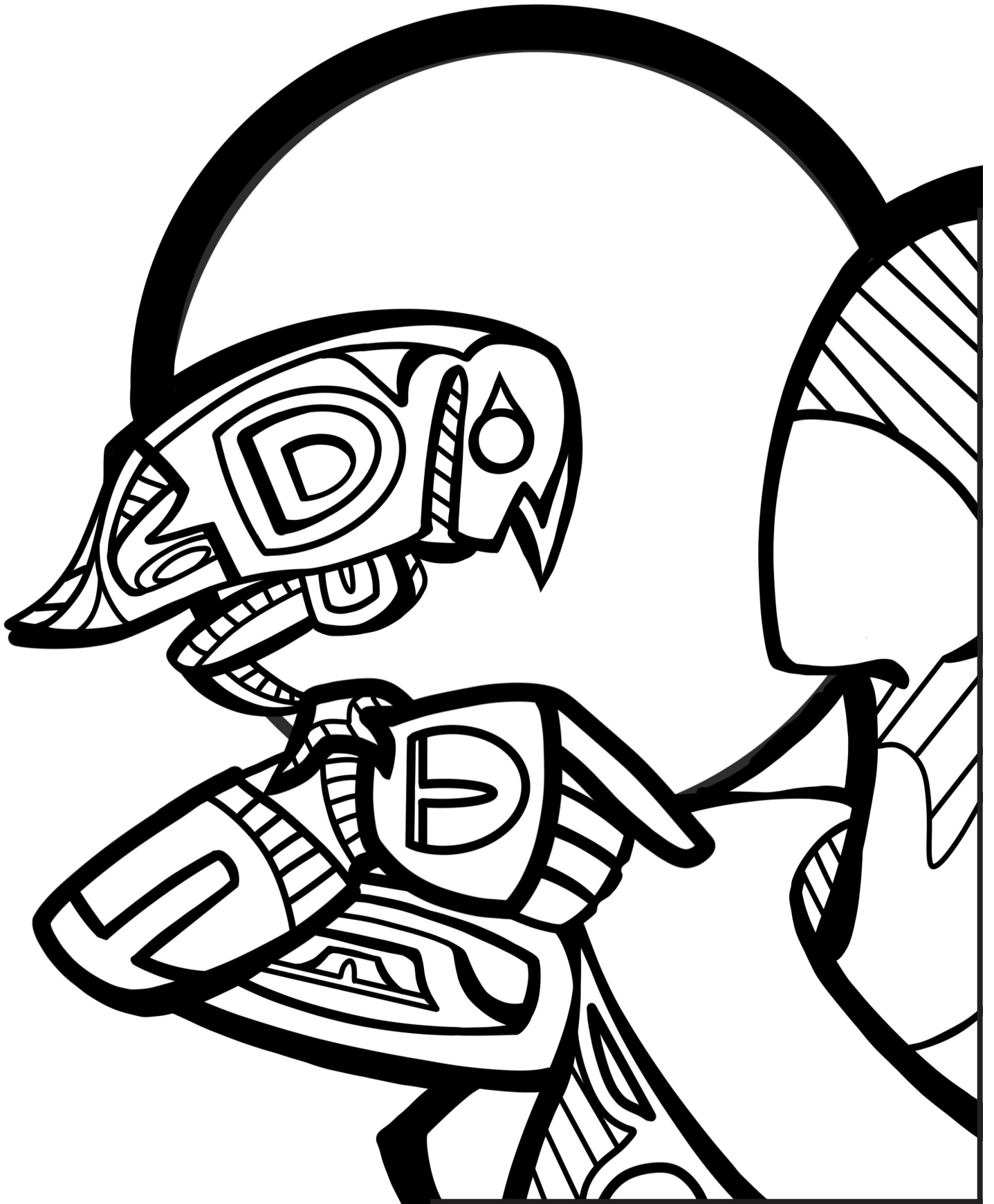
**What is your
creation story?**

**How does your
creation story
hold normative
power?**



Where does your food come from?

How are other forms of food gathering important?



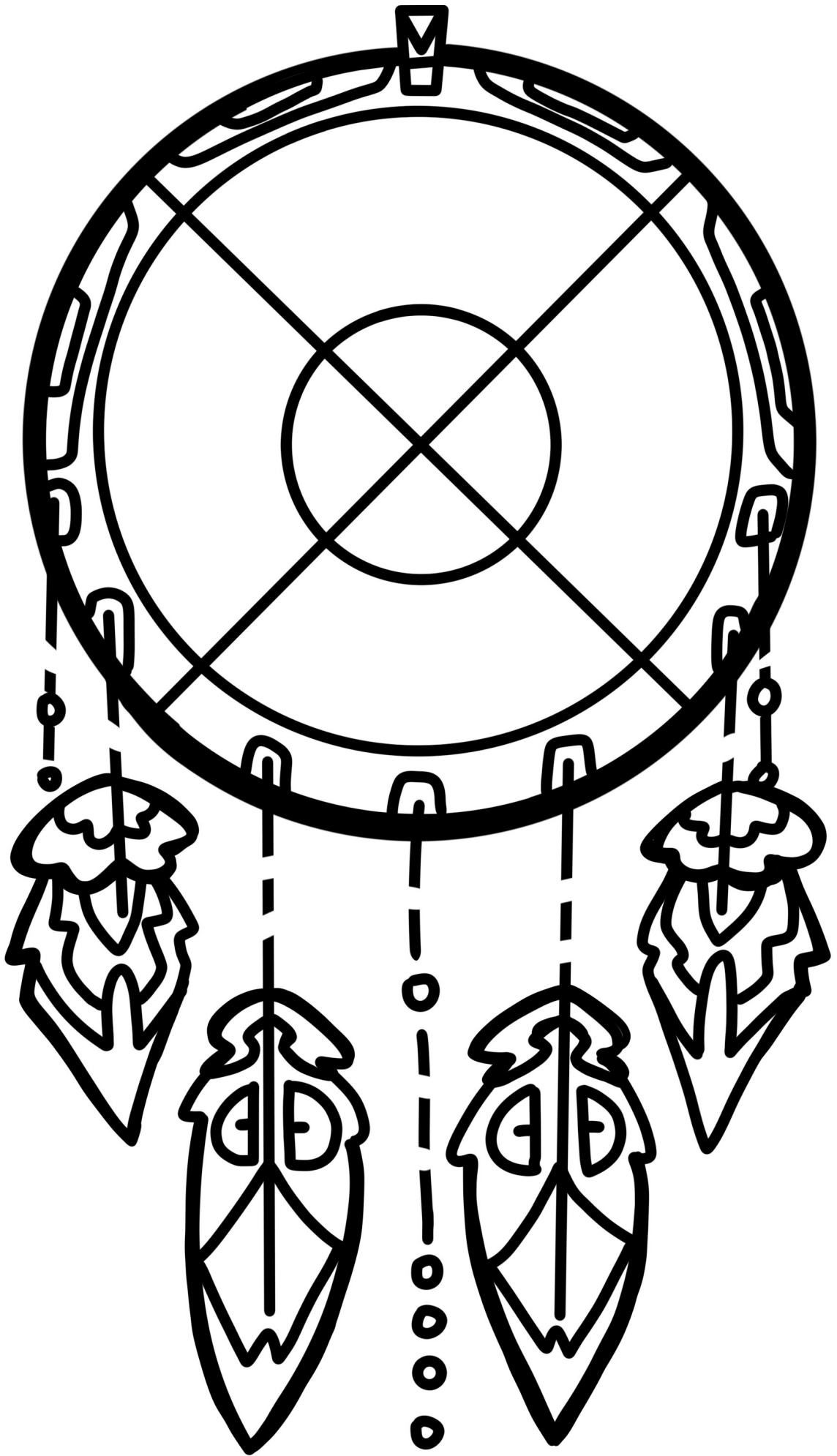
**Where do your
sources of
strength come
from?**

**How might
those sources
be exploitative
of people or
places?**

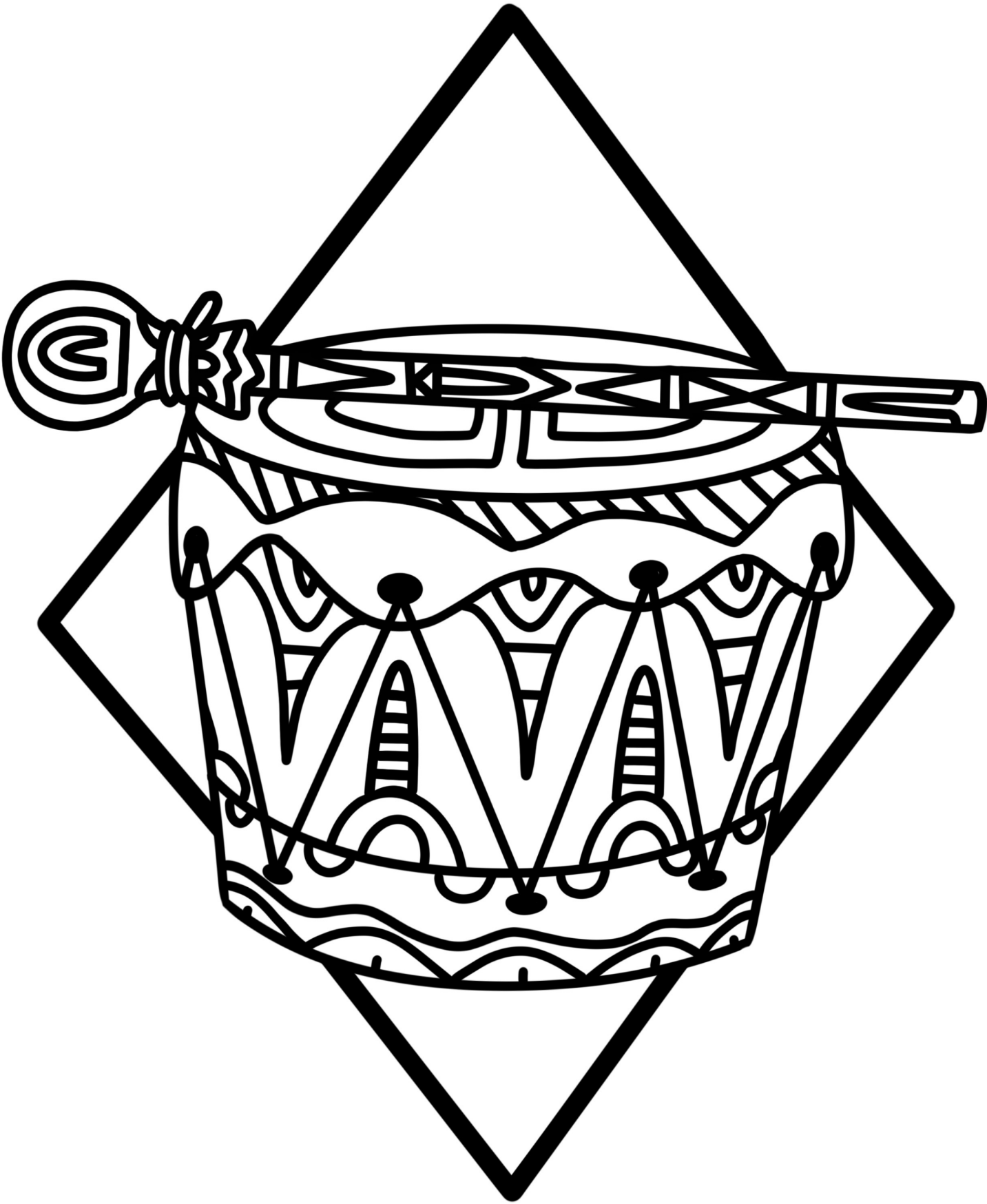


What do you understand as medicine?

**Write
about
your
dreams.**



**What are the
sounds of your
culture?**

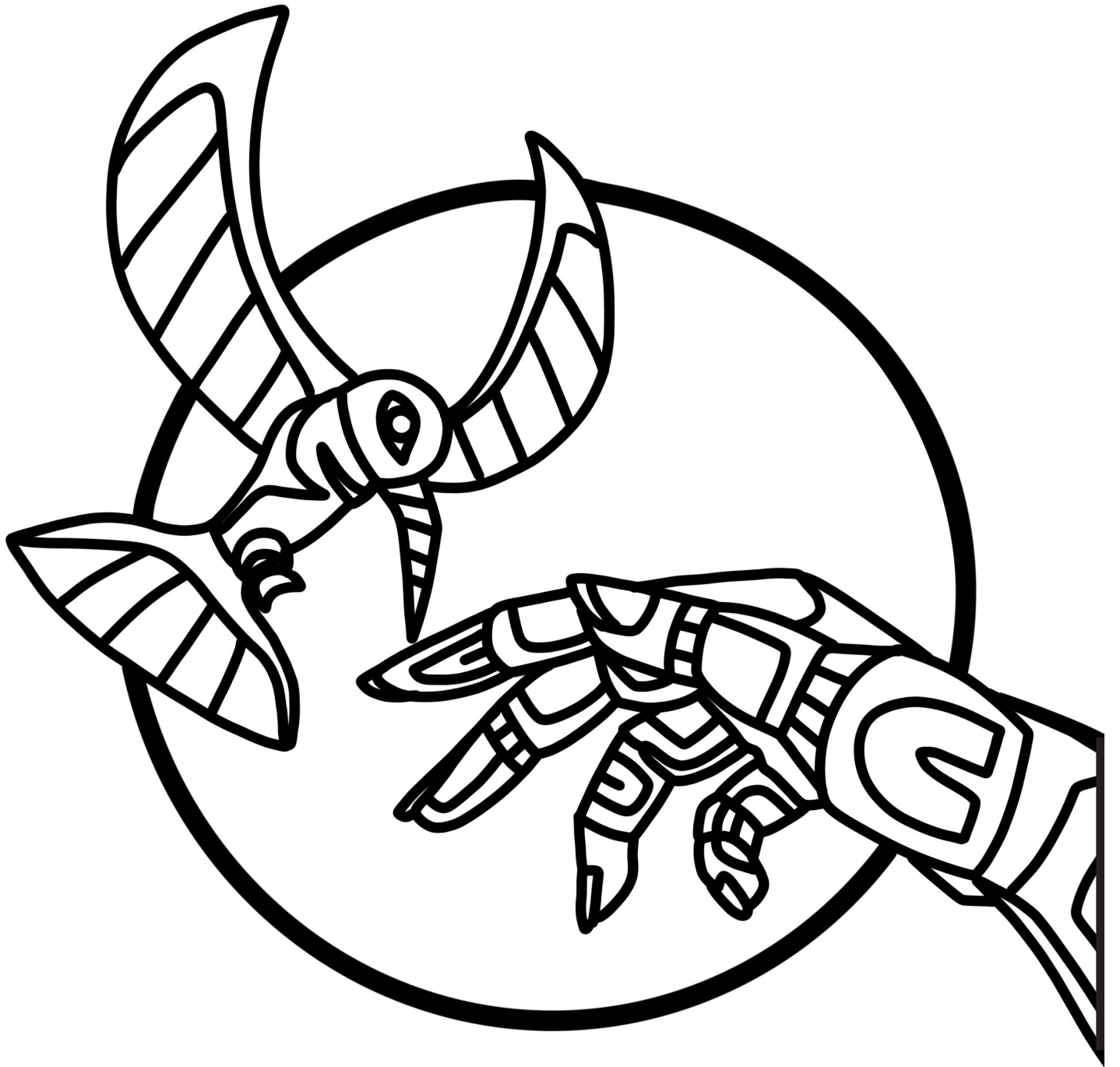


What stirs your heart?



**What does your
future hold for you?**

**How do you plan to
get there in a good
way?**



**In what ways
does your past
reach into your
life today?**

**Is that a source of
happiness or fear?**



**Describe the
places where
you've lived that
have brought you
joy or sorrow.**

**How does being
rooted in a
specific place
provide meaning
in your life?**



**Where do the clothes that
you are wearing come from?**

**How do they fit within larger global
circuits of commodification?**

**How are your clothes an expression of self or
your culture or what you think is beautiful?**



Get up stand up dance around your living room, home, move around in any way that makes your body feel comfortable.

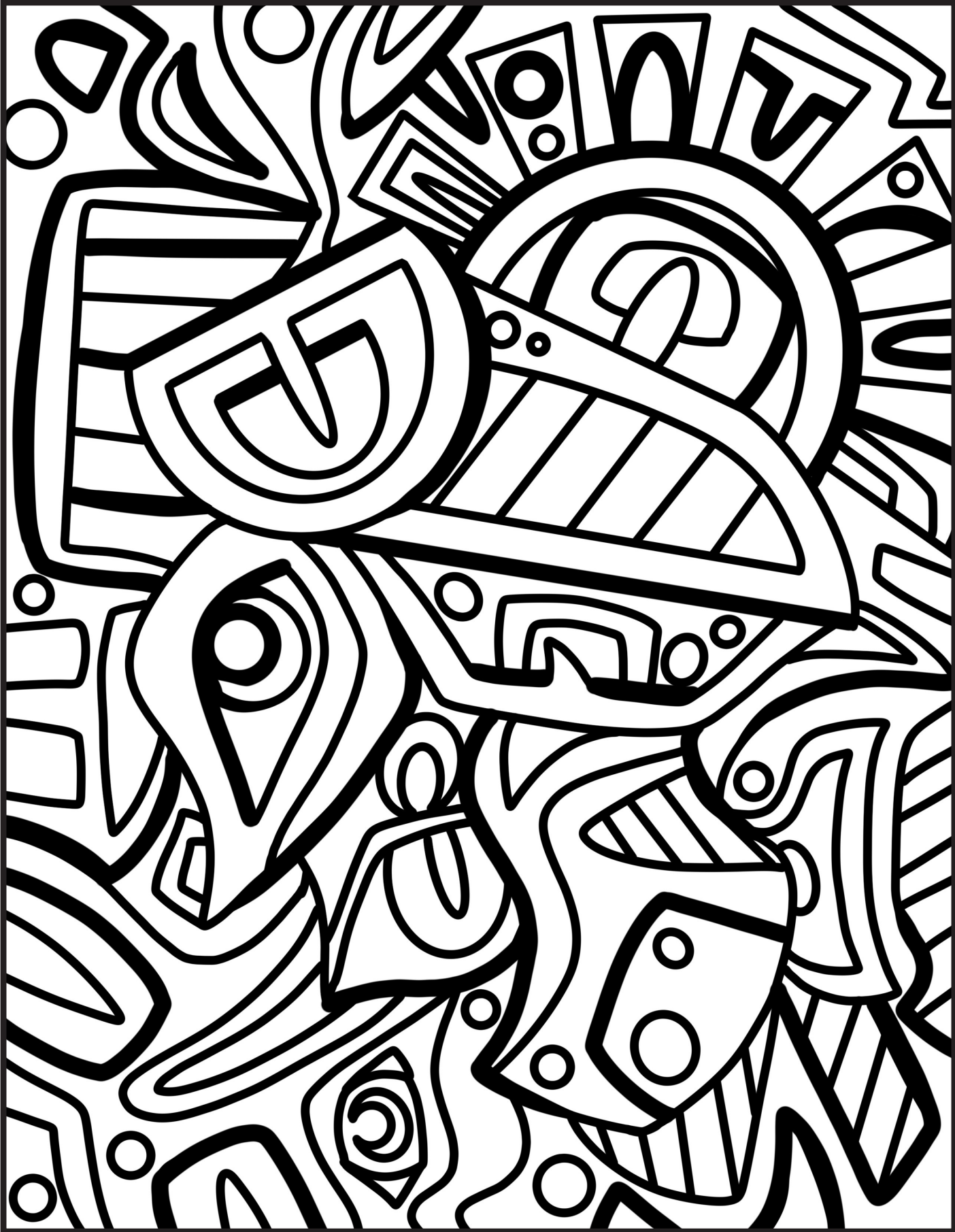
What does this tell you about how you normally learn?

How does moving make you think differently?



**Write about
anything that's
important to you.**

**How do
you assign
importance to
certain moments
people or places
in your life?**



**Who is your family,
human or non-human?**

**What are your kinship
connections?**

**Who, living and past, brings
meaning to your life?**



**How do you make the big things
small in your life?**

**Why might you downplay something
that's important to you?**

**How might you downplay something
that's important to someone else?**



The sun shines on all humans at some point in all our lives: despite this, some humans are treated by others with different levels of kindness and care.

What examples of this can you think of?

How might you shine positive light into this problem?



**How has this colouring
book inspired you?**



**THE HEALTH ARTS
RESEARCH CENTRE**



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