

Create your own spirit panel at home

What do human rights mean to you?

Get inspired by the original works of art on display in our gallery called Indigenous Perspectives. Apply your creativity to express what human rights mean to you. The Canadian Museum for Human Rights and the National Association of Friendship Centres invited Indigenous Elders, artists and youth to work together on this project and share their voices and visions for the future. These colourful panels illustrate the perspectives of First Nations, Métis and Inuit youth from across Canada on human rights and responsibilities.

Instructions

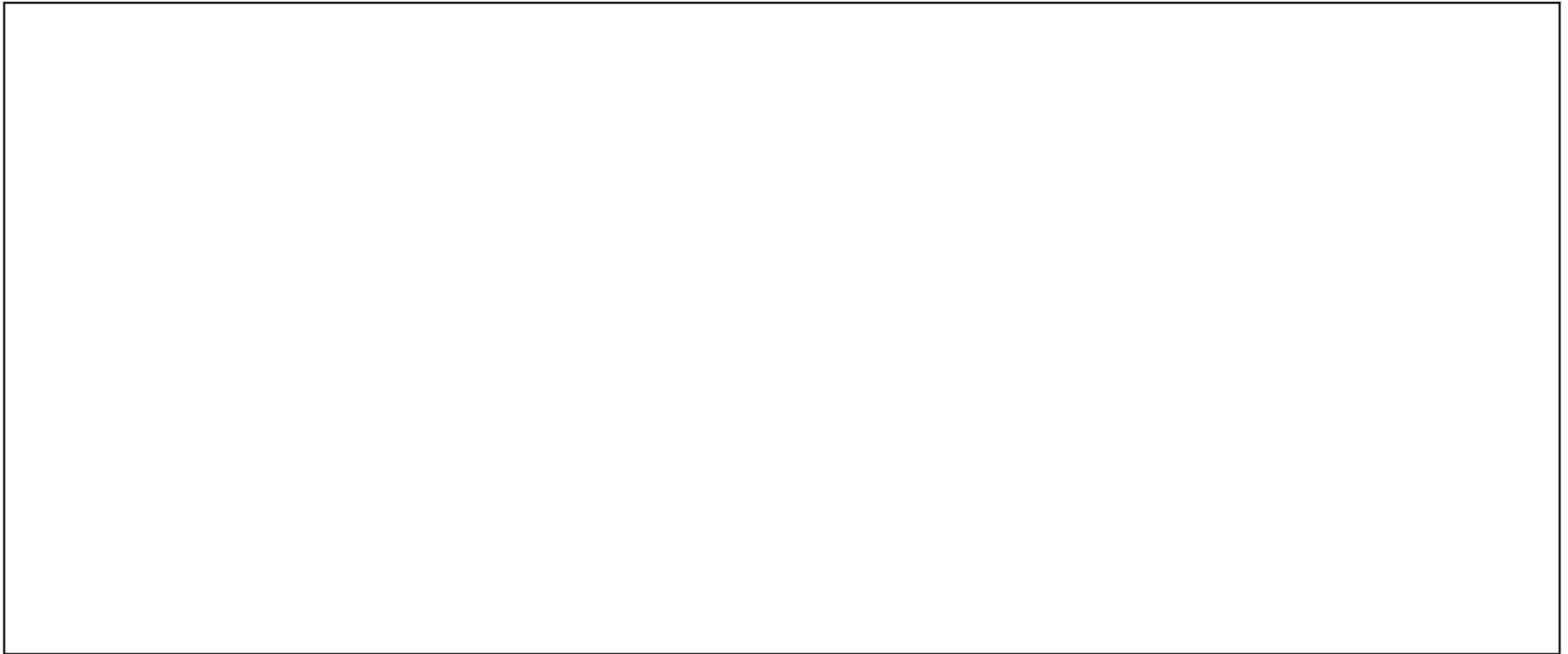
- Visit spiritpanels.humanrights.ca to explore the Spirit Panel Project and find your inspiration.
- Download and print the template on page 2 or use a piece of 8.5" x 11" white paper in landscape format.
- Use your imagination to decorate your piece and include your human rights message.
- Take a picture of your creation, share it on social media and tag us #AtCMHR.

Materials

- Watercolour paper / poster board or plain white paper in landscape format
- Watercolour or acrylic paint
- Paintbrushes
- Pencils, colouring pencils, crayons, pastels, markers



Template



Share with us! Take a picture of your creation,
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