



JUNE 5
2025



ACTIVE LIFE

Activity guide for organizations that foster healthy lifestyles and active lives, as well as for facilitation teams at senior's residences and drop-in centres for young people

Time to celebrate Gaspesian Day!



**GASPESIAN
PLAYLIST :**
[HERE](#)

1. Wear something blue

- Invite young people and residents to wear something blue (clothing or accessory) or something featuring the region.

2. Stay active while celebrating Gaspésie

- Set up a photo booth with blue accessories.
- Create a physical activity course using blue items (e.g., inflatable balls).
- Make a collective artwork that highlights the color blue.
- Move to the rhythm of Gaspesian music with our playlist: [HERE](#)
- Have fun with the coloring book of the 7 Sacred Mi'gmaq Teachings: [HERE](#)
- Print one or more color-by-number drawings.
- Discover the 7 Sacred Teachings of the Mi'gmaq Nation.
- Host a cooking workshop and serve a dessert with blue icing... why not!
- Decorate your space.
- Or come up with your own original idea!

3. Share your photos and be part of the big blue wave

- Take a photo of your collective work or activity. Share your photo on social media.
- Don't forget to tag [@livinggaspesie](#) and identify your **organisation**.
- If you don't have access to social media, e-mail your photo to us at promotion@vivreengaspesie.com and we will share it.