

Little Calf's Journey

a
**LIFE-PATH
STORY** and
**COLOURING
BOOK**

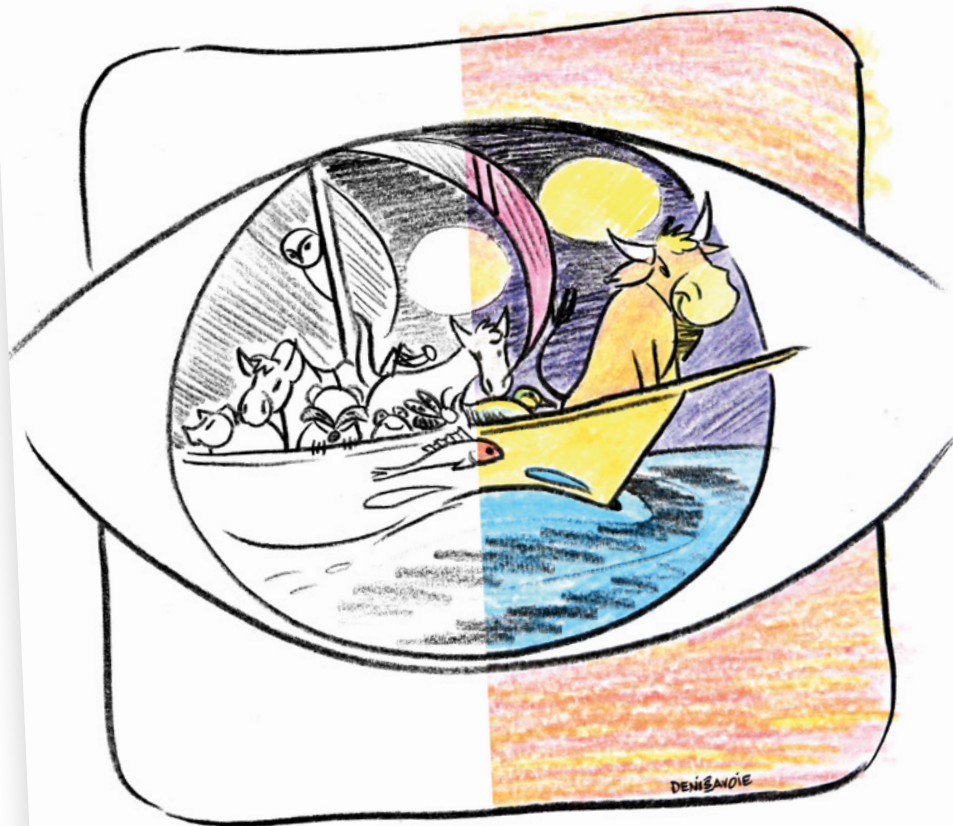
an
**EXPRESSIVE
ARTS**
journal

ENGLISH
and
FRENCH
text

for
TEENS and
ADULTS

Little Calf's Journey

Creating My Story: My Expressive Arts Journal
and a Life Path Colouring Book



Le voyage de P'tit Veau

Créer mon histoire : mon journal d'arts expressifs
et un livre à colorier sur le chemin de la vie

88 pages

Author:

Janine Tougas

Illustrations:

Denis Savoie

Inspired by

Eduardo Parra

Through the imagination of Janine Tougas, we meet **Little Calf**, a wonderful mirror of the innocence and longing hidden in our soul. It is by engaging our imagination that we enter the landscape where our essence and our ideals strive to be recognized and come into being.

Storyteller **Janine Tougas** is the author of youth novels, stories and TV series. She has a Masters in Education, specializing in counselling and a Masters in Fine Arts, specializing in dramatic studies. Recently, she obtained a certificate in Expressive Arts Therapy from WHEAT Institute.

Little Calf's Journey comes to life through the pencil of illustrator **Denis Savoie**.



– CHAPTER 1 –
**There's Gotta Be More Than This
 Or Cowpies 101**

Little Calf is tired of walking in cowpies.

He goes to see Grandfather and says, "You are old and respected. How come I am small and unimportant?"

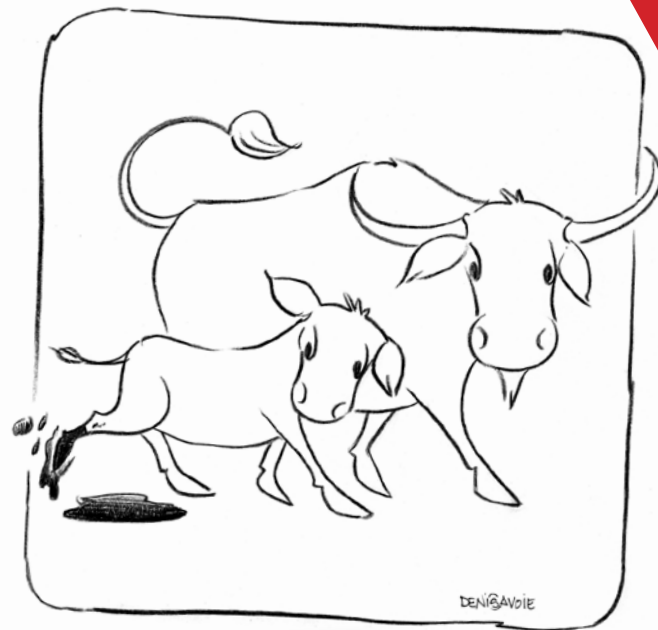
Grandfather Bull says simply, "Remember where you come from. Remember your true name."

– CHAPITRE 1 –
**Il doit y avoir autre chose
 OU Bouse de vache 101**

P'tit Veau en a assez de marcher dans de la bouse de vache.

Il va voir Grand-père et lui dit : « Tu es vieux et respecté. Comment se fait-il que je sois petit et sans importance? »

Grand-père Taureau lui dit simplement : « Souviens-toi d'où tu viens. Souviens-toi de ton vrai nom. »



– CHAPTER 2 –
**I Guess This Will Have To Do
 Or Friends in Mucky Places**

Little Calf sighs. "I live in a barnyard," he whines to himself. "All I see around me are cowpies and because of my height, sometimes I see them up close and personal. My skin is so itchy."

"Muck is good," says a grunty voice.

"It is?" Little Calf is surprised to hear this.

"Sure," says Pig. "You can roll around in it and it feels good when it dries and falls off. You can do it over and over and over again. It's like a second skin."

– CHAPITRE 2 –
**Ça devra faire l'affaire
 OU Des amis dans la boue**

P'tit Veau soupire. « Je vis dans une basse-cour », se dit-il en se plaignant. « Je ne vois autour de moi que de la bouse et, à cause de ma taille, je la vois parfois de près. Ma peau me démange tellement. »

« La bouse, c'est bien », dit une voix grognon.

« C'est vrai? » P'tit Veau est surpris d'

« Bien sûr », dit Cochon. « Tu peux te quand ça sèche et que ça tombe. Tu encore. C'est comme une seconde pe



All proceeds from donations collected for Little Calf's Journey will go to the WHEAT Institute (Winnipeg Holistic Expressive Arts Therapy) Indigenous Students Scholarship Fund.

To donate and receive your colouring book, contact info@wheatinstitute.com

Suggestion: Sliding scale from \$20 to \$40 (or whatever you wish to donate if you are ordering a larger quantity).

Draw, compose a song, doodle, dialogue, sketch or write a poem about an ancestor or wise person or character you respect greatly.

