

Canada Day Activities

Canada Day is the national day of Canada, celebrating the anniversary of the July 1st enactment of the British North America Act, 1867. Originally called Dominion Day, the holiday was renamed in 1982. Canada Day observances take place throughout Canada.

Canadian Musicians Celebrate Canada Day by having an all-Canadian jam session, featuring the music of Canadian artists such as Leonard Cohen, Celine Dion, Gordon Lightfoot, Neil Young, Joni Mitchell, Michael Bubl , The Guess Who and Paul Anka.



Hockey Hockey is Canada’s most popular sport! Although July is the off-season for the National Hockey League, your residents can enjoy one of several hockey themed films: *The Mighty Ducks*, *Youngblood*, *Les Boys*, *Net Worth*, *Pond Hockey*, *Slapshot*, and *Miracle*.



Inukshuk Inukshuk are stone monuments erected in the image of humans. One of their purposes was to communicate direction in the harsh and desolate Arctic. They were a tool for survival, and symbolic of the unselfish acts of a nomadic people, the Inuit. Learn more about [Inukshuk](#) and have your residents create their own [Inukshuk monuments](#) using gathered stones.



Buddy Reading Celebrate Canada Day by inviting young readers to your community to read children's books with your residents. Buddy reading is a great way for your residents to help young children improve their reading skills while learning more about Canada's history and culture. Here are some suggestions: *Good Night Canada*, *The Canada Geese Quilt*, *Oh Canada*, *Paddle to the Sea*, *Honk! Honk!*, *M is for Maple*, and *The Sugaring-off Party*.



Red and White Canada Day is all about celebrating Canada. Ask your staff and residents to wear red and white on July 1. Decorate with red and white, Canadian flags, maple leaves, and other symbols of Canada.

Flag Scavenger Hunt Purchase small inexpensive Canadian flags. Hide the flags throughout your community on July 1st. The person who finds the most flags at the end of the day is the winner. You can also put together teams of residents and staff and give them a time limit to find the flags.



ABC Book of Canada This is a great idea for a group project for your residents. Create an ABC book of Canadian highlights for young guests. Assign each person



a letter and have them choose something from Canada that represents that letter. They can use images from the internet or their own artwork to create their page. Bind the pages together and display in a common area.

Inuit Legends Inuit are a group of culturally similar indigenous peoples inhabiting the Arctic regions of Greenland, Canada, and Alaska. The environment in which the early Inuit lived inspired a mythology filled with adventure. Share some of these legends with your residents. [Inuit legends](#)





Canadian Words Americans and Canadians both speak English, but some of their words for things are very different. Compare some terms that are unique to each country. [Canadianisms](#)

Tap a Maple Tree The maple leaf is the national symbol of Canada, and Canada is famous for its maple syrup. Do you know how it's made? Sample some maple syrup and share this informative video with your residents. [Tap a maple](#)



O Canada Canada's national anthem, "O Canada," has a long and interesting history. Learn about the many different versions leading up to what is now recognized as the national anthem. ["O Canada" history, music, and lyrics](#)

Canada Day Picnic Organize a Canada Day picnic, complete with traditional Canadian recipes, including poutine, lobster rolls, and beaver tails. Each province is unique and rich with multicultural cuisine. End the picnic with a traditional fireworks display.

