

A vibrant, stylized graphic celebrating Asian Heritage Month 2026. The background is a deep blue, filled with various traditional Asian motifs. In the upper left, a dark branch with several pink cherry blossoms extends across the frame. The sky is filled with stylized, layered clouds in shades of orange, yellow, and red. In the center, several large, colorful fans (one red, one blue) are open. To the right, a large, red paper crane is shown in flight. The bottom of the graphic features a large, pink lotus flower with a yellow seed pod. The entire scene is composed of bold, flat colors and clean lines.

**ASIAN  
HERITAGE  
MONTH  
2026**

**ON CORE CAN CORE**



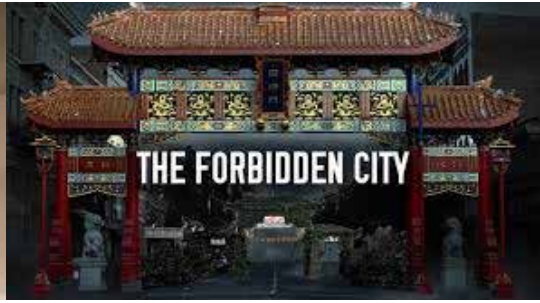
***Celebrate Asian Heritage Month*** with our curated collection of **K–12 classroom-ready videos** available on our streaming platform. These engaging resources highlight both traditional and contemporary Asian culture and history, showcasing historical journeys, recognizing individual and institutional racism that have impacted Asian communities. The programs also highlight the contributions of diverse Asian Canadian groups across Canada in the areas of sports, art and food.

Through powerful stories and creative expression, students will learn about the many achievements, contributions, and lived experiences of Canadians of Asian heritage—fostering understanding, inclusion, and appreciation for the cultures that enrich our classrooms and communities.

Included are videos that celebrate the many achievements and contributions of Canadians of Asian origin:

- Larry Kwong breaks the NHL colour barrier
- World-class architect Raymond Moriyama
- Two Chinese Canadian women who championed multiculturalism
  - Chinese Canadians in the Second World War
    - David Suzuki: Green Hero





### **Are There Any English Words that Come From Hindi**

Grades K-4 2022 :32 secs Educational Voice  
English has borrowed a great number of words from Hindi. Some Hindi loanwords include avatar, bandana and jungle.

### **Meet Nguyet Linh: Green Squad - Planet Heroes**

Grades 3-8 2023 1 min Apartment 11  
Meet Nguyet Linh from Vietnam where it is a school tradition to release balloons. When she discovered that animals in the city were dying from balloons, she petitioned her school and other schools in Vietnam to stop the practice of releasing the balloons.

### **Spice Up Your Life - Vancouver, BC: Kids Diners**

Grades 3-8 2017 22 min Farpoint Films  
Aynalem and Xander are in Vancouver, BC, looking to spice up their lives! Xander kicks things up a notch with authentic Korean ingredients for spicy rice cakes, while Aynalem turns into a spice girl with a catchy song and dance before making curried lamb.

### **The Grammar of Mathematics (Numbers)**

Grades 4-8 2020 4:02 min Superbe Films  
Numeral systems evolved from symbols to place-value notation; in 628, Brahmagupta formalized zero and negative numbers. The base-10 system replaced Roman numerals, while fractions and later decimal fractions—proposed by Al-Kashi and refined by Stevin and Napier—formed the modern number system.

### **The Mystery of Nostra Culpa: From The Mystery Files**

Grades 4-8 2017 22 min Apartment 11  
E.B. and Kyla uncover that Nostra Culpa means “our fault” and investigate its meaning through Canada’s past. They learn about the Chinese Head Tax, the Komagata Maru’s rejection under racist immigration laws, and the brutal realities of Indigenous children forced into residential schools.

### **The Anime-Style Pop Art of TAKASHI MURAKAMI**

Grades 7-12 2022 6:16 min Winged Canvas  
Takashi Murakami is a world famous Japanese contemporary artist. He works in fine arts as well as commercial media and is known for blurring the line between high and low arts.

### **Early Chinese Civilization**

Grades 6-12 2018 20 min Wonderscape Entertainment  
Early Chinese civilizations contributed many innovations still used today. Qin Shi Huang unified China by 221 BC, standardizing money, writing, roads, and measurements, and beginning the Great Wall. Later dynasties introduced paper, the Silk Road, printing, gunpowder, laws, schools, and systems of trade and taxation.

### **The Forbidden City**

Grades 6-12 2018 17:02 min Canadiana Project  
After British Columbia joined Confederation in 1871, discriminatory laws stripped Chinese Canadians of political and professional rights. Despite their crucial role in building the railway, a head tax (1885) and the Chinese Exclusion Act (1923) severely restricted immigration until 1947. Today, landmarks like the Gate of Harmonious Interest mark the transformation of a once-excluded community into a thriving cultural district.

### **David Suzuki: From Green Heroes**

Grades 6-12 2010 4:13 min CineFocus  
David Suzuki discusses how Rachel Carson’s book *Silent Spring* influenced his career. He has dedicated his life to making a difference in the environmental world.

### **The Shift: The Story of the China Clipper**

Grades 6-12 2013 43 min Dynastic Entertainment  
On March 13, 1948, Larry Kwong became the first person of Asian descent to play in the NHL, breaking the league’s colour barrier after growing up under the Chinese Exclusion Act. Though he played only one shift with the New York Rangers, his achievement challenged racial barriers and paved the way for future minority players, proving that perseverance can change the game.

### **Japanese Internment: re:LOCATION**

Grades 6-12 2020 28:50 min Sound Venture  
The story of Japanese-Canadians interned and relocated during WW2 as told through the eyes of one family, spanning four generations, who persevered and came home after more than 70 years to reclaim what was taken from them.

### **L’internement des Canadiens d’origine japonaise pendant la Deuxième Guerre mondiale: ré:INSTALLATION**

Grades 6-12 2020 28:50 min Sound Venture  
Quatre générations d’une famille de Canadiens d’origine japonaise racontent leur internement et leur relocalisation lors de la Deuxième Guerre mondiale. Tenaces, ils sont revenus chez eux soixante-dix ans plus tard, récupérer ce qui leur avait été confisqué.

### **Kiri’s Piano**

Grades 9-12 2014 15:03 min Research TV  
Kiri’s once joyful piano music turns bitter when forced relocation and internment take away her husband, her home and her family’s simple fishing life along the B.C. coast.



### **Facing Injustice: The Relocation of Japanese Canadians**

Grades 6-12 2018 44:02 min Past Perfect Productions  
This documentary tells why Japanese Canadians were forcibly removed from the West Coast in 1942 and placed on sugar beet farms as labourers in Manitoba and finally settling in Winnipeg.

### **Asian Immigration Experiences: Journey to Canada Series**

Grades 6-12 2017 18 min Past Perfect Productions  
This program explores the experiences of Chinese, Japanese, and South Asian immigrants to Canada, examining the economic and social forces that drew them to a young nation while pushing them from homelands marked by war and poverty. It analyzes the “push” and “pull” factors behind immigration and the challenges—including racism—they faced upon arrival.

### **The Sakura Trees of Toronto**

Grades 6-12 2018 2:46 min Canadiana Project  
Every spring, parks across Toronto turn white and pink with cherry blossoms. The Sakura trees are a gift from Japan — and a reminder of one of the most disturbing chapters in Canadian history.

### **The Chinese Exclusion Act: GeoMinute**

Grades 6-12 2023 1 min Canadian Geographic  
On July 1, 1923, the Chinese Immigration Act took effect in Canada. It halted immigration from China — immigration the government had welcomed when labour was required for the transcontinental railway. Although Canadian immigration policy in the early 20th century was generally restrictive, the Chinese were the only race excluded. Fewer than 50 Chinese immigrants were allowed into the country between 1923 and 1946, and those already living in Canada were required to register with the government.

### **GéoMinute : La loi sur l'exclusion des Chinois**

Le 1<sup>er</sup> juillet 1923, la Loi de l'immigration chinoise est entrée en vigueur. Même si la politique d'immigration canadienne du début du 20<sup>e</sup> siècle était globalement restrictive, celle-ci n'excluait que les personnes d'origine chinoise, malgré le rôle important de la main-d'œuvre chinoise dans la construction du chemin de fer transcontinental. Entre 1923 et 1946, année de l'abrogation de la loi, moins de 50 immigrants chinois furent autorisés à entrer au Canada.

### **Passage to Freedom**

Grades 9-12 2022 49:58 min Carleton University  
A moving documentary that features oral histories of Southeast Asian refugees that made the dangerous journeys from Cambodia, Laos, and Vietnam to Canada.

### **Passage vers la Liberté**

Grades 9-12 2022 49:58 min Carleton University  
Passage vers la liberté est un documentaire émouvant qui présente les histoires orales de personnes réfugiées de l'Asie du Sud-Est qui ont accompli le dangereux périple du Cambodge, du Laos et du Vietnam vers le Canada.

### **Welcome to Canada: Canada Welcomes Ugandan Asian Refugees: GeoMinute**

Grades 9-12 2022 1 min Canadian Geographic  
In 1972, Uganda ordered the expulsion of its South Asian minority within 90 days, accusing them of economic sabotage and failure to integrate. Canada was one of the first countries to open its borders to the refugees, marking the country's first major postwar resettlement of non-Europeans.

### **GeoMinute : Le Canada accueille des réfugiés asiatiques en provenance d'Ouganda**

Grades 9-12 2022 1 min Canadian Geographic

En 1972, l'Ouganda a ordonné l'expulsion de sa minorité sud-asiatique dans les 90 jours, l'accusant de sabotage économique et de refus d'intégration. Le Canada a été l'un des premiers pays à ouvrir ses frontières à ces réfugiés, marquant ainsi la première réinstallation importante de non-Européens dans l'après-guerre.

### **Exclusion: Beyond the Silence**

Grades 9-12 2024 85 min Ballinran Productions  
An award-winning documentary that explores the enduring impact of Canada's **1923 Exclusion Act** on generations of Chinese Canadian families. Through the personal stories of two granddaughters, Keira Loughran and Helen Lee, the film delves into the legacies of their grandmothers - trailblazers who fought for family reunification and laid the groundwork for Canada's policy of multiculturalism. This compelling untold story is a timely reflection on identity, heritage, and the enduring power of family.



**Incorrigible: A Film about Velma Demerson**

Grades 9-12 2022 45:45 min Top Dollar Sisters Productions  
 Gemini award winning filmmaker Karin Lee tells the heartbreaking and poignant story of Velma Demerson who was arrested under the **Ontario Female Refugees Act (1897-1964)** and incarcerated for falling in love with a Chinese man in 1938 at the age of 18 in Toronto, Canada.

**Expelled: My Roots in Uganda with Omar Sachedina**

Grades 9-12 2022 44:14 min CTV  
 Fifty years ago thousands of South Asians were expelled from their home in Uganda. CTV's Chief News Anchor and Senior Editor Omar Sachedina takes viewers on an intimate journey back to his mother Salma's homeland with her and his sister Nafilia, the first time his mother has returned since her expulsion in 1972.

**The Iron Chink: A Dark Past**

Grades 9-12 2000 7:43 min Good Earth Productions  
 The Iron Chink, a marvel of engineering which butchered the salmon at great speed, was invented by E.A. Smith in Victoria in 1906; it revolutionized the industry, replacing Chinese labour in the canneries.

**Kingdoms of Southeast Asia**

Grades 9-12 2023 3:15 min Makematic  
 This is a timeline of the history of the ancient kingdoms of Southeast Asia, from 207 BCE to 1511 when Europeans began to take control. At a crossroads of trade and culture between India, China and the Spice Islands, powerful kingdoms began to emerge, heavily influenced by religions such as Hinduism, Buddhism and later Islam. Includes the Han Dynasty, Champa Kingdom, Srivijaya Empire, Khmer Empire, Kingdom of Sukhothai, and the Sultanate of Malacca.

**Hua Foundation Members Gillian Der and Christina Lee**

Grades 9-12 2023 7:57 min Brandy Y Productions  
 We meet with Hua Foundation members Christina Lee and Gillian Der to buy traditional ingredients at a Chinese store. As they cook a Chinese soup together, they discuss how youth are reconnecting with their Asian identity through food. The Hua Foundation's mission is to strengthen capacity among Asian diasporic youth, in solidarity with other communities, to challenge, change, and create systems for a more equitable and just future.

**Alone in Chinatown**

Grades 9-12 2006 52:06 min George Gallant  
 Alone in Chinatown explores the rich history of Chinatown in Lethbridge and looks at the present-day situation for this, and smaller communities in western Canada, places where Chinese immigrants ran restaurants, laundries and grocery stores. Now, their imprint has been filled in and paved over, their presence all but forgotten

**Confucius Was a Foodie Series**

Grades 9-12 2018 Lofty Sky  
*Select from 97 full titles and segments - simply search Confucius was a Foodie*  
 Culture, food and a tiny bit of science...Chinese cuisine is perhaps the oldest and most sophisticated organized cuisine in the world. It boasts over 5,000 years of history, yet how much do we really know about it? In this series, chef Christine Cushing takes viewers on a voyage of fun and delicious discovery, exploring Chinese food, traditions, philosophies and history of Chinese culinary culture.

**Eternal Spring**

Grades 9-12 2022 58:03 min Lofty Sky  
 Mandarin with English subtitles  
 Based around the animation of Chinese artist Daxiong, the film centres on Falun Gong's 2002 hijacking of broadcast television stations in Changchun.

**What Flowers They Bloom**

Grades 9-12 2021 26:57 min Supre Content  
 Asian-Canadian Andy Sue, a Toronto florist, was a target of racialized scapegoating by a customer. The psychological trauma of this encounter with anti-Asian racism during the pandemic was eased when a sympathetic business neighbour took positive action. Experts discuss the implications of stigma and racism and examine the psychological reasons that some people become ensnared by it.

**In Search of a Soul**

Grades 9-12 2005 47 min Sound Venture  
 It may have been poetic irony or fate that had a hand in entrusting world-class architect Raymond Moriyama with the noble responsibility of searching for the soul of the new Canadian War Museum.  
*French version available: A la memorie de passe*



### **Vancouver Asahi**

Grades 9-12 2019 1 min Historica Canada  
From 1914-1941, the Vancouver Asahi were one of city's most dominant amateur baseball teams, winning multiple league titles in Vancouver and along the Northwest Coast. Its players were the children of Japanese immigrants.

### **L'Asahi de Vancouver**

Grades 9-12 2019 1 min Historica Canada  
De 1914 à 1941, l'Asahi de Vancouver était l'une des équipes de baseball amatrices dominantes de la ville, remportant plusieurs titres de ligues à Vancouver et le long de la côte du Nord-Ouest.

### **Double Victory: Chinese Canadians in the Second World War**

Grades 6-12 2023 7:28 Historica Canada  
Chinese Canadian veterans describe their experiences in the Second World War, fighting the Axis in Europe and the Pacific, and advancing civil rights at home.

### **Double victoire : Les Canadiens d'origine chinoise durant la Deuxième Guerre mondiale**

Grades 6-12 2023 7:28 Historica Canada  
Les anciens combattants canadiens d'origine chinoise décrivent leurs expériences durant la Deuxième Guerre mondiale alors qu'ils ont combattu les forces de l'Axe en Europe et dans le Pacifique, et qu'ils ont également fait progresser les droits civils ici au pays.

### **Heritage Minutes: Norman Kwong**

Grades 6-12 2024 1:01 min Historica Canada  
Born in Calgary in 1929, Norman Kwong's family ran a grocery store located in the historic Bridgeland-Riverside community. Kwong started his professional football career one year after the end of the Chinese Exclusion Act, when Chinese Canadians were granted the right to vote in federal elections.

### **Minutes du patrimoine : Norman Kwong**

Grades 6-12 2024 1:01 min Historica Canada  
Norman Kwong est né à Calgary en 1929, et sa famille possédait et gérait une épicerie dans la communauté de Bridgeland-Riverside. Norman Kwong a commencé sa carrière de joueur de football professionnel un an après l'abrogation de la Loi d'exclusion des Chinois, lorsque les Canadiens d'origine chinoise ont obtenu le droit de voter aux élections fédérales.

### **Heritage Minute: "Boat People" Refugees**

Grades 6-12 2017 1:03 min Historica Canada  
A family escapes persecution in Vietnam, traveling by boat to a Malaysian refugee camp before finding a new home in Montreal

### **Minutes du patrimoine : Les réfugiés de la mer**

Grades 6-12 2017 1:03 min Historica Canada  
Une famille évite la persécution au Vietnam en s'échappant par bateau jusqu'à un camp de réfugiés en Malaisie, avant de trouver une nouvelle maison à Montréal.

### **Paldi**

Grades 6-12 2023 1:00 min Historica Canada  
In 1927, Bishan Kaur left her home in Punjab, India to join her husband, the lumber entrepreneur Mayo Singh, in Canada. They helped shape the community of Paldi as a welcoming and inclusive home to people of all backgrounds. Also available in Punjabi

### **Paldi**

Grades 6-12 2023 1:00 min Historica Canada  
Cette Minute du patrimoine présente le village industriel de Paldi, en Colombie-Britannique, à travers les yeux de Bishan Kaur, une femme sikhe.

### **Komagata Maru - The Sikh Migrants Who Challenged Canadian Immigration Law**

Grades 9-12 2021 7:01 min Historica Canada  
In 1914, the SS Komagata Maru arrived in Vancouver with 376 passengers from India, challenging Canada's exclusionary immigration policies. The ship's rejection exposed the belief among those in power that Canada was "a white man's country" and reinforced the second-class status imposed on South Asians within the British Empire.

### **Komagata Maru - les migrants sikhs qui ont défié la loi d'immigration canadienne**

Grades 9-12 2021 7:01 min Historica Canada  
En 1914, le Komagata Maru est arrivé à Vancouver avec, à son bord, 376 passagers, tous des sujets britanniques de l'Inde. La suite des événements a démontré que le Canada était considéré comme un « pays de l'homme blanc » par ceux qui étaient au pouvoir, et que les Sud-Asiatiques étaient perçus comme des citoyens de second rang au sein de l'Empire britannique.