

2026 Women's History Month Poster



October is Women's History Month in Canada. This year's poster, *Rooted in Solidarity*, is an homage to women's history within the labour movement. For over a hundred years, women have organized to challenge the status quo, defend workers' rights, and make the world better for the generations to follow.

Rooted in Solidarity uses symbolism to connect the past, present, and future. Many of the symbols used in this year's poster are inspired by social justice, labour, and women's movements within Canada, the United States, and the United Kingdom.

Classroom Activities

Symbolism is the use of something concrete or visible to stand for or represent an abstract idea.ⁱ

Activity One: Can you guess the symbols?

Plants and colours can have different meanings depending on the context in which they are found. There are no right or wrong answers because symbols can be interpreted differently. While exploring the poster, have fun and be creative!

Inquiry questions

- Do you recognize any of these symbols?
- Can you predict what the symbols mean?
- Do any of the symbols have more than one meaning? If so, which ones? What are these meanings?
- What connections can you make to symbols? Are these symbols important to you?

Activity Two: Explore symbols

Explore how plant and colour symbolism are used in literature, art, and other subject areas. Many plants also have different cultural meanings. For example, the red poppy has a specific meaning in Canada but is also the national flower for some countries.

Activity Three: Create a poster

Have students brainstorm different words that represent their personalities and interests. Use research or creativity to identify symbols that represent students' self-identified traits and interests and have students create posters using symbolism. Display the posters.

Activity Four: Symbols are everywhere

From mathematical shapes to emojis, symbols are everywhere! Explore how symbols are used in everyday life and why they are an important form of communication.

Poster Symbols

Number 8: International Women's Day is on March 8. Women's History Month is in March in Canada, the United States, the United Kingdom, and Australia.

Banner: Used in protests to communicate issues and raise awareness.

Purple: One of the official colours of International Women's Day. It signifies justice, dignity, and loyalty. Purple has many meanings ranging from royalty to mourning.

Green: Another official colour of International Women's Day. It is used to convey hope, growth, and prosperity. Green has many interpretations ranging from religious significance to emotions.

Wheat: A type of grass used to make bread, which is often used within the labour movement to represent the right to basic needs. Wheat also symbolizes prosperity, harvests, and life in many cultures.

Red roses: This colour of rose has many meanings, from love to democratic socialism. When used in the labour movement, it represents the right to dignity and an enjoyable life outside of work.

Bread and roses: Associated with the labour movement and the role women had in advancing the fight for fair wages, workplace protections, and dignity.

Grass: This type of plant has many meanings, including renewal and sustenance.

Seeds: Seeds have many meanings, including agricultural significance, spirituality, and the potential and possibilities within social movements.

Sprouts: Sprouts represent growth and resilience, and are a reminder of the care needed to cultivate plants. Sprouts have many agricultural and spiritual meanings.

Roots: Roots represent connections, and have meanings related to interconnectedness, ancestry, and our relationship to the Earth.

Dawn (poster background): This time of day represents new beginnings and hope. Many cultures and religions ascribe symbolism to different times of the day.

Poster artist: Caitlin Taguibao is an illustrator and muralist based in Toronto. Since graduating from the Ontario College of Art and Design (OCAD) University, she has worked internationally and across the city on projects for organizations such as StreetARToronto, the Bentway, Peterborough Public Art, and the Toronto Biennial of Art. Her work is driven by interests in community-building, food, and environmental issues.

ⁱ Government of Ontario, Ministry of Education, Language Curriculum (2023), *Glossary*, <https://www.dcp.edu.gov.on.ca/en/curriculum/elementary-language/glossary#s>