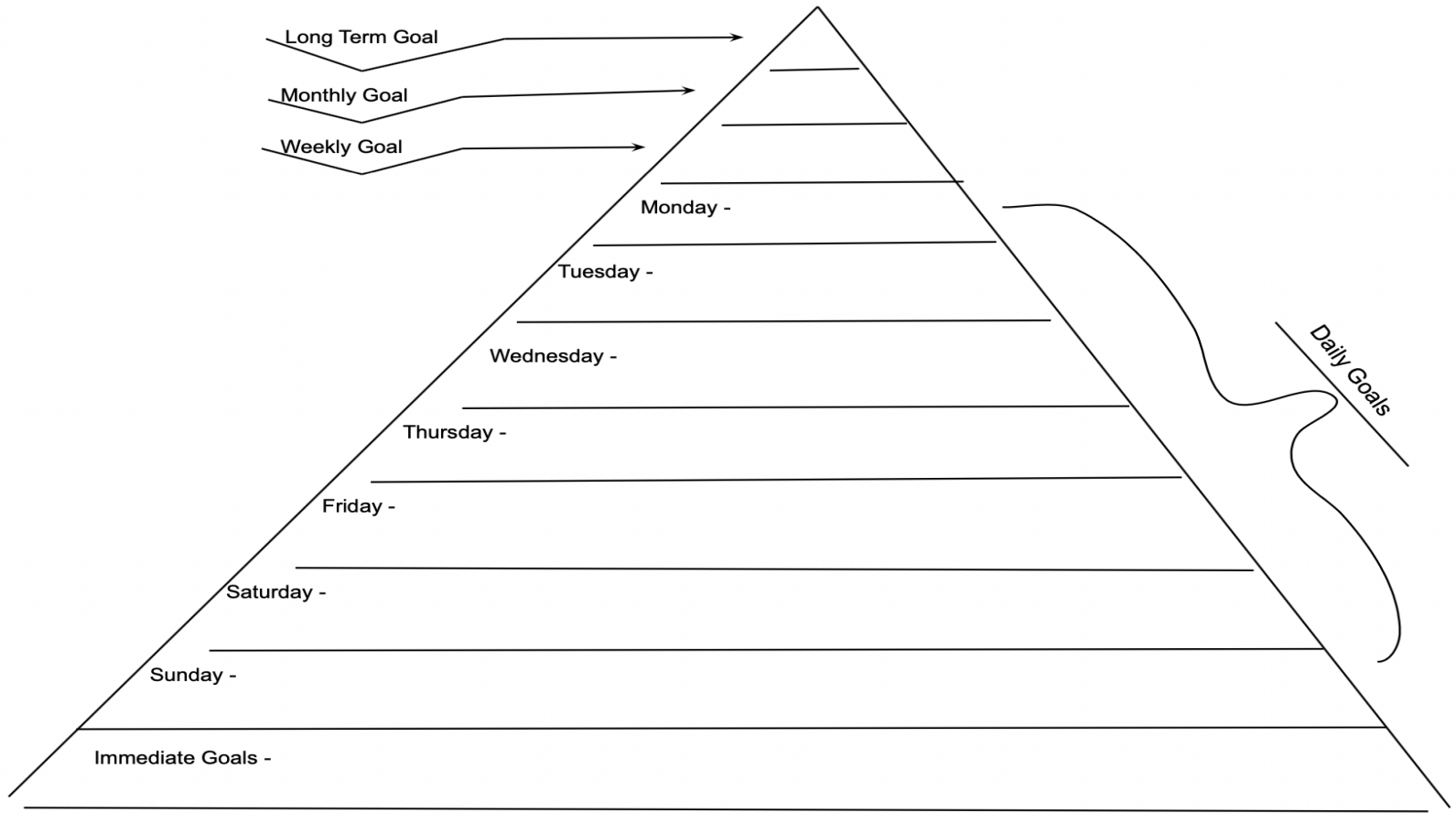


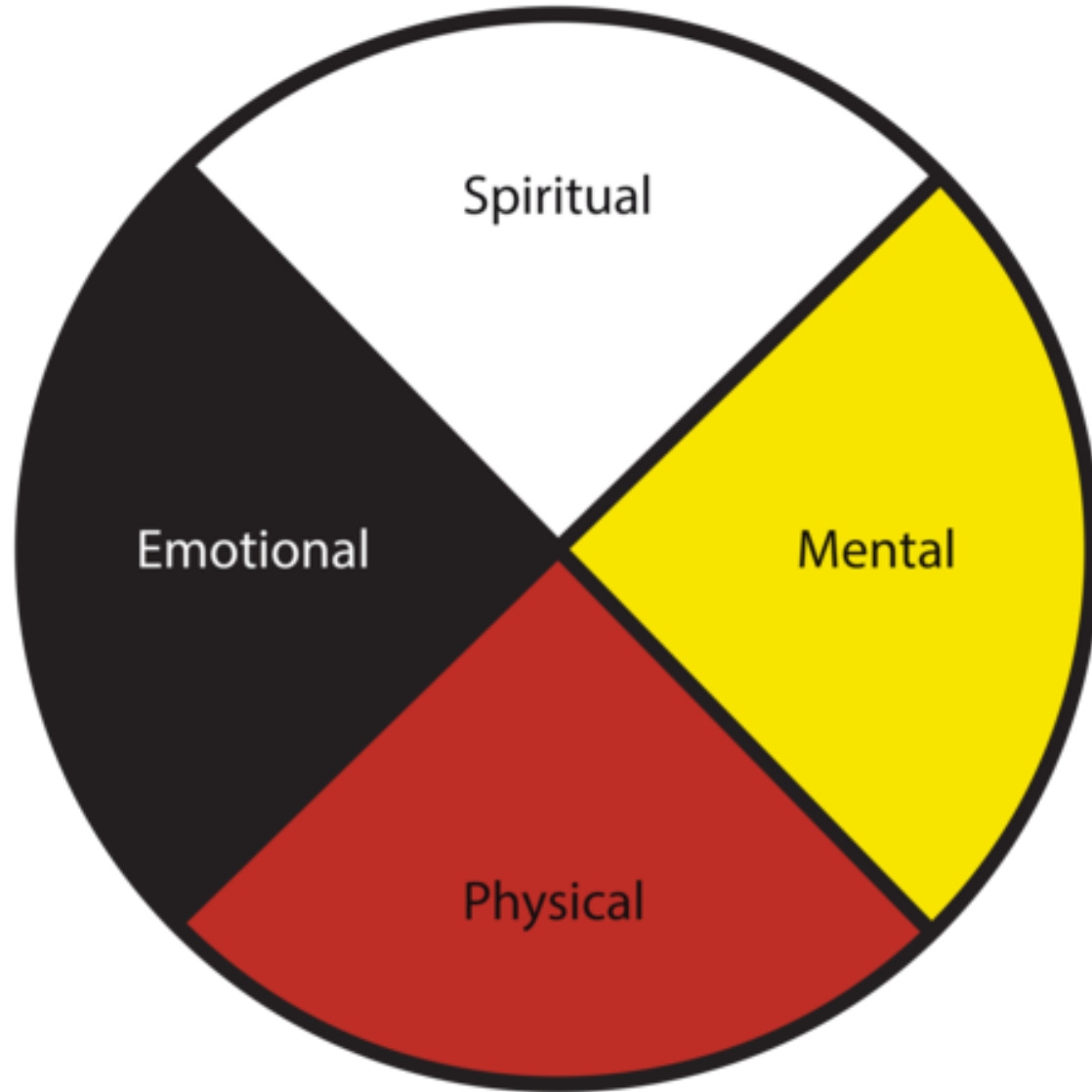
Amada Idea Lesson Plan

PRINT (Have PDF versions)

1. Provide a journal and folders for students to keep track of their progress throughout the program weekly
2. Goal Pyramid



3. Medicine Wheel/Wellness Wheel



5.) <https://www.cnay.org/native-youth-are-medicine/>
Connected to the medicine wheel



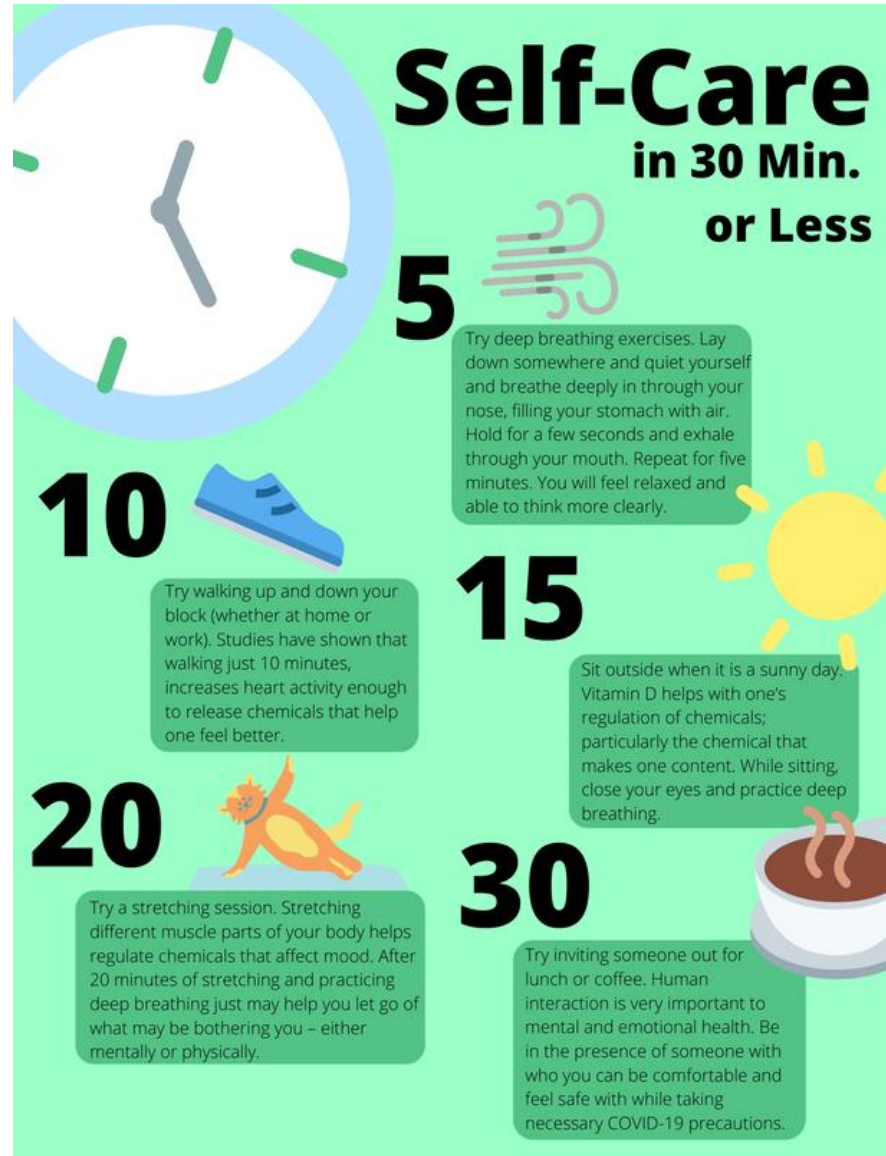
NATIVE YOUTH WELLNESS

- Is a culture-based model to help us live in balance -
- It encompasses teachings from the "Four Directions" -
- Each direction is connected to each other -
- This is a modern model to provide ancestral tools to help us today -




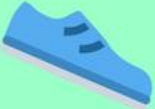
Actively doing something each day in each direction will help us live better in balance.


6. Self Care Infographic





Self-Care
in 30 Min.
or Less

5  Try deep breathing exercises. Lay down somewhere and quiet yourself and breathe deeply in through your nose, filling your stomach with air. Hold for a few seconds and exhale through your mouth. Repeat for five minutes. You will feel relaxed and able to think more clearly.

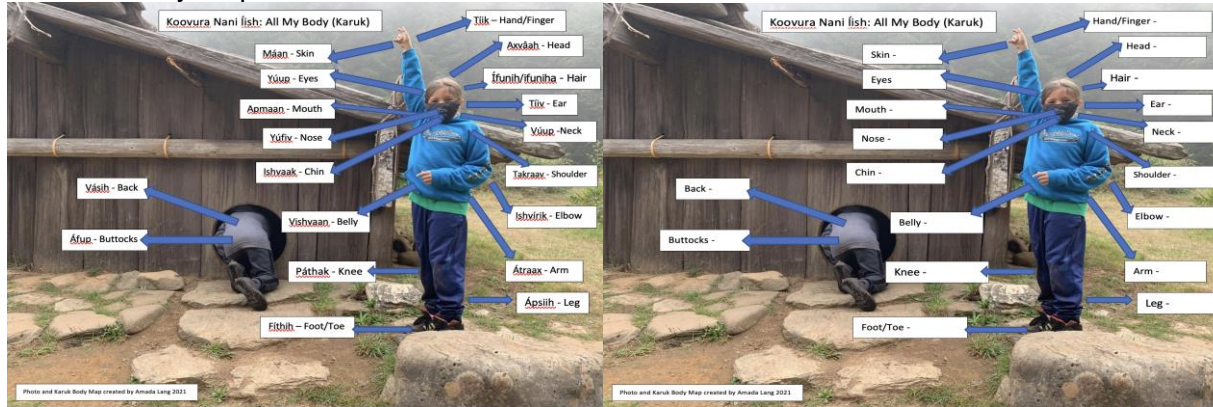
10  Try walking up and down your block (whether at home or work). Studies have shown that walking just 10 minutes, increases heart activity enough to release chemicals that help one feel better.

15  Sit outside when it is a sunny day. Vitamin D helps with one's regulation of chemicals; particularly the chemical that makes one content. While sitting, close your eyes and practice deep breathing.

20  Try a stretching session. Stretching different muscle parts of your body helps regulate chemicals that affect mood. After 20 minutes of stretching and practicing deep breathing just may help you let go of what may be bothering you – either mentally or physically.

30  Try inviting someone out for lunch or coffee. Human interaction is very important to mental and emotional health. Be in the presence of someone with who you can be comfortable and feel safe with while taking necessary COVID-19 precautions.

8. Karuk Body Map



9. Jump Rope Workout (if want to print)



Length:

- a) 12 weeks, 24 sessions, 1 hr each
 - i) **6 units**
 - ii) **4 classes in each unit**
 - iii) **24 classes total**

Age appropriate: K-8th

Equipment needs: jump ropes, writing journals, folders, Post it self stick wall pads, pencils, basic marker set, bead kits, sinew, (have gathered materials specifically) pine nuts, dentalium, abalone) paracord, flat rocks, paint for rocks, spray paint (protectant over rocks for weather), rocks to paint

Highlighted Green = need to community outreach for lesson

- UIHS garden donation
- Candy for bingo
- Gusto Bouie from Bear River presentation on Drums and singing/physical prospective
- *Leo Canez/Keoki Burbank possible presentations on Fishing nets (male) and fishing in native communities (male/female)*
- Tribal wildland firefighters/or TRES workers
- Now You're Speaking Karuk! Mini books (Karuk Tribe)
- Food from Mad River Brewery
- Blue Lake garden donation
- Ipad or laptops kids can use to explore this website
- Have Alme come in and present some of the paddles he has made an opportunities to take his classes in the schools
- *Ask Lyn Rising to come and present to the class on the importance of her tattoo and how her artwork has played a role in the healing of trauma in her life and the Indigenous communities*

How lessons will deliver content and what the goal is for students to: (know/understand/do)

Indigenous Health from an Indigenous Perspective: Indigenizing Movement

Cultivate Culture, Fitness, and Movement for our total health and wellness! (mind, body, spirit = total health)

Culture: It is how a certain group of people do something to get through in the world - Thosh Collins

Please pass out youth journal, pencil, marker set

Section 1 -	Unit 1	Unit 2	Unit 3
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Physical:

“MOVEMENT IS OUR CULTURE AND ATHLETICISM”

DAY 1:

Movement vs. Fitness and the Medicine Wheel:

**Drawn on self stick post it wall pads or whiteboard if access to one - the main points of discussion*

15 min discussion

- “Movement” is a inclusive word for everyone to use
- “Fitness” can be seen as going to the gym be “physically fit” based on your appearance
- Ways of movement allow Inclusiveness through providing a space and opportunity to include everyone to participate
- Inclusiveness is not based on your appearance and more your mind, body, and spirit you bring forth
- The terms “exercise” or “workout” can be frightening for Indigenous people or relatives just starting on their wellness journey
- It is important to see there is movement in everyday activities or possibilities to add physical movement activities you can try to help benefit your health and wellness efforts

**Drawn on self stick post it wall pads*

DAY 2:

Movement is our culture:

1 min 30 sec:

Traditional Stick Games:

[Traditional Yurok Stick Game on Vimeo](#)

5 minute discussion

Q) Anyone play, watch or know someone who plays sticks?

Q) What do you know about sticks?



- Traditionally played by men but there are tribes where women play sticks also!

Tohono O’odham Nation: **tóka/Women stick games**

[Shaping Sticks, Traditions of Tóka](#)



DAY 3:

Hunting/Gathering

10 min discussion

Q) How many of you have ever hunted or went out to gather materials?

**Drawn on self stick post it wall pads or whiteboard if access to one - the main points of discussion*

Q) Can you share different items you know about hunting and gathering between the local tribes?

Examples:

- Acorns, bear grass, willow and hazel sticks, berries, sugar pine nuts, salmon, deer, sturgeon, elk, feathers (woodpecker, hummingbird’s ruby, mallard ducks green, yellowhammer (flicker’s) orange, bluejays blue, sparrowhawk and golden eagles distinctive markings), obsidian,

Q) Do you have any elders in your family or know someone who hunts or gathers?

Q) Does anyone fish or eel or know someone who does?

1 min 04 sec:

[Harvesting Lamprey - youth Jordan Brown \(Toni Ramos/Keoki Burbank\)](#)

4 min discussion:

Q) What are your thoughts on the short video?

- a) Video of Karuk youth and freshmen Jordan Brown of McKinleyville High
- b) Jordan works hard to fish eel in order to provide a sustainable food

<p>Section 2 - Spiritual:</p>	<p>DAY 1: <u>Ceremony/Connection to land/ Goal Pyramid</u></p> <p>5 min discussion Q) Has anyone here attended a ceremony before? Q) Do you know anyone who has been a part of a ceremony or made regalia for a ceremony?</p> <p>Some of the local ceremonies the local Northern CA Tribes participate in are:</p> <ul style="list-style-type: none"> - brush dance, flower dance, kick dance, salmon ceremony <p>Brush Dance Ceremony (Demo) 3 min Start from beginning 2018 Yurok Brush Dance Demonstration</p> <p>1 min 52 second Connection to place Family Connections - Lyn Risling 2007 3 min discussion If you don't have a connection to a place, the earth, you don't have the same value of it... if you already have that then you are going to take care of it because you see the importance of it..."</p>	<p>DAY 2: <u>Connection to River</u> 15 min 57 sec Restoring The River with the Yurok, Hupa and Karuk</p> <p>5 min discussion <u>Salmon Ceremony</u></p> <ul style="list-style-type: none"> - The spiritual connection to ceremony and when the fish run - 1st spring salmon mouth of river Medicine man and helper/spot/catch /eat the salmon - Jump dance 10 days afterwards - 2nd ceremony new moon in July up by clear creek/Happy camp - When ceremony is done the people out to the ocean can fish - Shasta Natives put on 3rd ceremony so everyone can fish now - you don't fish the head of the run or the tail of the run, just the body of the run <p>5 min break <i>*Leo Canez/Keoki Burbank possible presentations on Fishing nets (male) and fishing in native communities (male/female)</i></p> <p>2 min 52 sec Traditional net making taught in Humboldt Schools from Indigenous viewpoint - Leo Canez</p>	<p>DAY 3: <u>Revitalization with Fire and Cultural/Prescribed burns</u></p> <p>Revitalizing Our Relationship With Fire 6 min 5 sec</p> <p>5 min discussion</p> <ul style="list-style-type: none"> - Restoring this ceremonial practice - Stability in funding sources and flexibility in our regulatory processes - Use the cultural indicators rather than the regulatory indicators (federal and state partners) to when to use fires <p>Examples include: A) Water, wildlife, plants, drought area, managed area by cultural burn before, <ul style="list-style-type: none"> - range of resources for Native people and the public to continue to use in our forests </p> <p>Fire Belongs Here 2 min 6 sec</p> <ul style="list-style-type: none"> - Both Indigenous and non-native wildland firefighters have to build up there physical shape to be ready to fight fires - They have to prepare for fires in settings that have not been maintained in years and hard to reach areas
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- Not a literal connection but a natural connection like your relative
- Why do you have the connection to your mother? /Same connection with someone that is born from that place

Karuk World Renewal Ceremony: Part II (Julian Lang 1989)

6 min

Play from start to 6 min

5 min discussion

Preparing for ceremony

- Healthy For all the rounds
 - Be able to last the entirety of the ceremony standing
- Fasting before ceremony
- Acorn Soup, water
- If participating in ceremony, preparing possibly years before
- (lhuk ceremony or Karuk Coming of Age Ceremony)
- Prepare for multiple days along the river (10 days)

Q) What are some healthy habits you can build to prepare for ceremony?

10 min discussion

*Drawn on self stick post it wall pads or whiteboard if access to one - the

***Provide paracord for learning knots.**

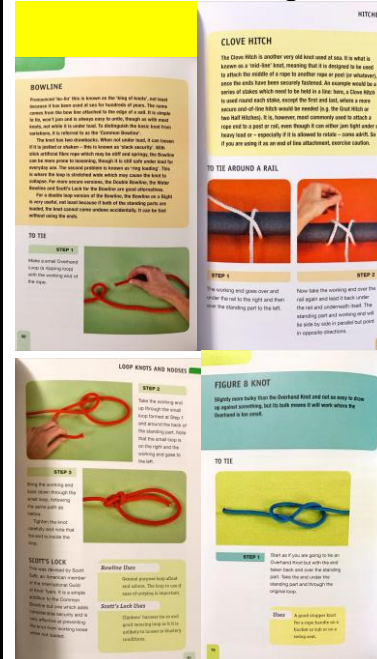
- Can be used to tie down a net
- Fishing
- Camping
- Shelters

There are many uses for knots and why women can learn. It is not a cultural activity that is only participated by one gender

30 min knot activity

*Print Knots for youth to partake in during end of the session

*Scanned Pdfs through camera app



5 min discussion

Q) What are some ways Native people can help a Native wildland firefighter?

- Knowledge of the area/landscape
- Knowledge of the regulation of the forest and fisheries through ceremony and the use of fire
- What is considered ceremonial grounds or burial grounds in the occupied Native regions

10 min break

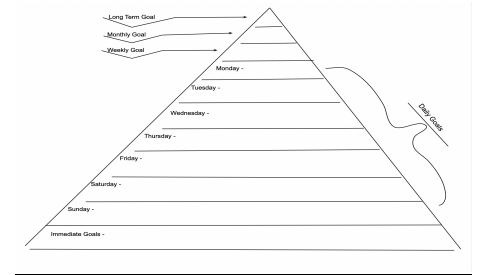
30 min:

*Have tribal wildland firefighters come and speak to class about their efforts and what it takes to do their job in the local Native community

*Or members from TRES

*Could work on a goal pyramid with the law enforcement that youth can work on to reach the potential of their job fighting fires

*Ask if they could bring along any resources for youth



main points of discussion

Examples:

1. Speed/Endurance: Build up longer periods of running or walking over time

2. Drinking Water: Help with healthy fastening period, lasting by the fire during ceremony and sweating, drinking enough water daily

3. Building healthy habits surrounds physical, mental, spiritual and emotional health

4. Asking elders questions you may have about traditions or cultural revitalization projects close to you
10 min break

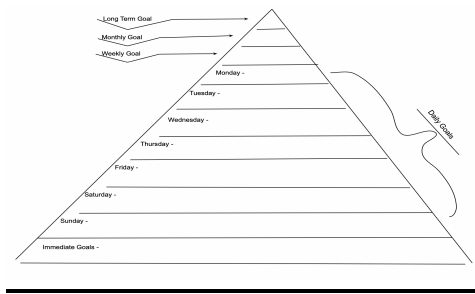
15 min

**Pass out goal pyramid and work on the last 15 min of class*

**Can be goals to connect more to cultural traditions or ceremony*

Examples: *language, beading, regalia, basket making, dip net making, gathering, eating traditional foods, knowledge, healthy eating habits, exercise routine*





<p>Section 3: Mental</p>	<p>DAY 1: <u>Decolonizing the Diet</u> First 25 min Watch Film Gather - Amazon Prime</p> <p>10 min break</p> <p>25 min - Visit Blue Lake Garden and have the garden employees give a presentation and walk through of garden</p>	<p>DAY 2: <u>Decolonizing the Diet</u> 25 min Watch Film Gather - Amazon Prime</p> <p>10 min break</p> <p>26 min 53 sec Food Sovereignty Series Part 6: Acorns and Tradition</p>	<p>DAY 3: <u>Decolonizing the Diet</u> 25 min Movie Finished Watch Film Gather - Amazon Prime</p> <p>10 min break</p> <p>25 min Provide food from Mad River Brewery since it's a Native owned business and restaurant and goes along with the film basis.</p>
<p>Section 4: Emotional</p>	<p>DAY 1: <u>Physical Fight of History on the North Coast</u></p> <p>6 min 2 sec Eureka Transfers Indian Island Back to the Wiyot Tribe</p> <p>2 min 32 sec We Are Coming Home - North Coast Journal</p> <p>10 min discussion</p>	<p>DAY 2: <u>Ways of Healing From Generational Trauma through Art:</u> - strong mind, body, spirit</p> <p>Chin Tattoos/1-11 Tattoo 6 min 58 sec How Alaska Native Women Are Healing From Generations Of Trauma [Our Fight To Survive, Pt. 3</p> <p>10 min Taking It On The Chin - (Culture)</p>	<p>DAY 3: <u>Micro Workouts</u> 5 min discussion Short Periods of intense activity can have long lasting positive effects such as:</p> <ul style="list-style-type: none"> - Better heart health - Boosted endurance - Lost weight - Stronger muscles - Do not have to have equipment or a gym

Q) Does anyone know some of the history of Humboldt and Native Americans or been taught about it growing up?

Q) Has anyone visited Indian Island (Duluwat Island) or Humboldt Bay before?

Q) What do you think about the land being given back to the Wiyot tribe?

A) The Land Return from the city of Eureka is allowing the return of ceremony for the Wiyot people and allowing it on their traditional occupied homeland

A) Native people and our ancestors have been working hard to keep culture alive despite **colonialism**: *the control or governing influence of a nation over a dependent country, territory, or people.*

Q) Wiyot tribal elder Cheryl Seidner has worked for the return of Duluwat Island for decades, carrying on the efforts of her parents.

10 min break

20 min

**Coloring pages*

*Read article to youth about Lyn Risling's Tattoo and meaning behind it.

[Lyn Risling - Author Bio](#)

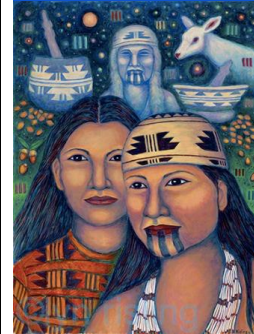
5 min

- Look over Lyn Risling's Artwork

[Tattoo Woman Spirit](#)



[Tattoo Woman Returns](#)



10 min break

10 min

Stretches by Xia/Movement after sitting for a bit

20 min

***Ask Lyn Risling to come and present to**

Micro Workout:

- An easy workout to help your positivity for the day and get your body moving
- If you only have a small amount of time for a workout
- Shorter periods of exercise

10 min

[Micro Workout - Warriors Institutes](#)

5 sets:

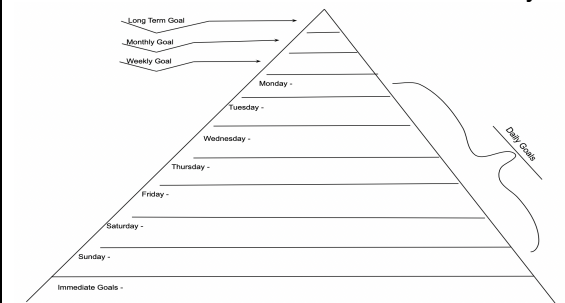
- 20 squats
- 10 push ups

5 min break

20 Min

Goal Pyramid plan with Xia

- Create a weekly plan of 1 small micro workout ideas for each day



Examples

- Movement - 30 seconds each
- Take a 10-second rest between each move:

	<p>Clark Museum Coloring Page/Print Ones seem fit (historical pages that share emotion behind them)</p> <p>10 min <i>hang up at Blue Lake on display somewhere after coloring with tape for a short period of time/ Possibly in the Pathmakers office and that allows for a small walk.</i></p>	<p><i>the class on the importance of her tattoo and how her artwork has played a role in the healing of trauma in her life and the Indigenous communities</i></p> <p><i>*Lyn discusses her meaning of being a Native person in Northern California, the meaning of feeling of being one with herself, her culture, and how her artwork how the tattoo represents that and the work she continues to put forth every day as an Indigenous leader.</i></p> <p><i>*Lyn may also have interactive drawings for the kiddos of her work</i></p>	<ul style="list-style-type: none"> - Jumping jacks - Wall Sits - Push-ups - Burpees - Crunches - Step-ups - Squats - Dips - Front planks - High-knee running in place - Lunges - Push-ups with rotation - Side planks <p>20 min:</p> <ul style="list-style-type: none"> - Have each kids write their workouts they are taking home to do on their Activity Plan up on the board to share with the class after creating them with Xia's - Share that youth can write down other workout ideas on the back of their activity plan or in their journals
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How lessons will deliver content and what the goal is for students to: (know/understand/do)

Indigenous Health from an Indigenous Perspective: Indigenizing Movement

Cultivate Culture, Fitness, and Movement for our total health and wellness! (mind, body, spirit = total health)
 Culture: It is how a certain group of people do something to get through in the world - Thosh Collins

Classes	Unit 4	Unit 5	Unit 6
<p>Section 1 - Physical:</p> <p>“MOVEMENT IS OUR CULTURE AND ATHLETICISM”</p>	<p>DAY 4:</p> <p><u>Holistic Health, Wellness, and Self-Care:</u> 10 min discussion: <i>*Drawn on self stick post it wall pads or whiteboard if access to one</i></p> <p>Q) Has anyone heard the saying “Health and Wellness”?</p> <p>Q) Has anyone heard the saying “Holistic Health and Wellness”?</p> <p>Holistic health: Caring for the whole person’s needs in the realm of physical, spiritual, mental and emotional needs</p> <p>Q) Does anyone recognize these 4 needs and when we have discussed them in the past? A) The Medicine Wheel</p> <p>Wellness: “the quality or state of being healthy in body and mind, especially as the result of deliberate effort.” - dictionary.com</p> <p>Q) What are ways that you practice</p>	<p>DAY 5: Traditional Foods:</p> <p><i>*Ask for food grown at the garden to eat while watching the video since the video is about the Potawot garden</i></p> <p><i>*Pass out during the video</i></p> <p>26 min 39 sec Healing the Body with United Indian Health Service</p> <p>30 min <i>*Go for a walk at the end of the video at the Blue Lake Garden that provides for the Elder’s program lunch/dinners program</i></p>	<p>DAY 6: Singing/ Drumming:</p> <p>5 min Discussion and showcasing photo examples: Q) How many have seen a deerskin made drum?</p> <p>Q) Has anyone maybe heard a drum at ceremony/</p> <p>Q)Are there any boys who have possibly seen or heard a drum at a gambling game?</p> <p>Here is an example of a male made drum 1) Bear River Drum Making Photos 2015</p> <p>20 min <i>*Interactive presentation of Gusto Playing Drums and showing examples of his work</i> <i>*Maybe possible zoom chat if can’t make it to Blue Lake</i></p> <p><i>*Ask Gusto Bouie/Bear River to come in and talk about drum significance with</i></p>

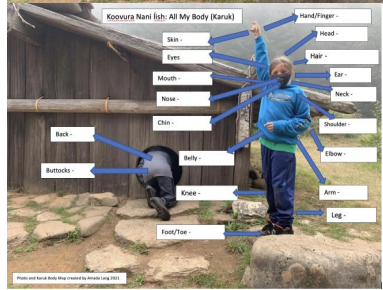
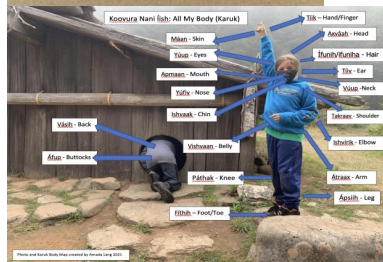
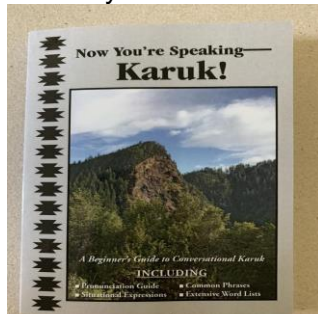
<p>Section 2 - Spiritual:</p>	<p>DAY 4: <u>Karuk Language Revitalization</u> 5 min discussion Q)What tribes are still speaking their languages locally? Q)Have you attended a language class before Q) Do you believe language is important to Native people Q) Do you know anyone in the community who is a language teacher?</p> <p>A) - Julian Lang, Maymi Donahue (Karuk), Brittany Burbank (Yurok) - Share the reasons of importance being loss of language for our people forever possibly (tribe) - Only 5 fluent Karuk language speakers</p> <p>4 min 45 sec Karuk: Culture in Community</p> <p>5 min discussion about language Cultural revitalization of the Karuk Tribe - Happening local in our Indigenous community - Online zoom classes and local agencies such as Karuk Tribe, Yurok Tribe, and Two Feathers offer</p>	<p>DAY 5: <u>Storytelling: Stories are medicine</u> 5 min discussion Q) How many of you have heard stories that stick with you because of the meaning of the story stuck out to you?</p> <p>A) Having a connection to story can connect us to a physical, emotional, spiritual, or mental situation that sometimes leaves an imprint on us through what we take away from the story</p> <p>Storytelling w/ Julian Lang and Family - Two Feathers NAFS Facebook Live 41 min 58 sec</p> <p>Introduce the storytelling video they can hear from local Karuk Native Julian Lang that was told more recently during covid over zoom</p> <p>15 min Icebreaker game Icebreaker Game - Guess who is the leader? <i>*Directions are explained through the link</i> <i>*Follow the Leader (also known as the Copycat Game) is an action game that serves as a good energizer or warmup activity.</i> <i>*It can be pretty hilarious watching people mimic the leader, especially if the leader does some wacky movements.</i></p>	<p>DAY 6: <u>Spiritual Connection to our Ecosystems</u> 5 min discussion Q) What is an ecosystem? Ecology. a system, or a group of interconnected elements, formed by the interaction of a community of organisms with their environment</p> <ul style="list-style-type: none"> - Ecosystems affect all our traditional and cultural ways of life. - Ecosystems survive based on how they are treated - The life and sustenance of an ecosystem can be wiped out based on the way us humans treat the world along with natural disasters <p>Q) What jobs do we work to keep our Native community ecosystems alive?</p> <ul style="list-style-type: none"> - Tribal Fish and Game/Wildlife Officers - Tribal Wildland Firefighters - Tribal Department Natural Resources - Coming back to your homelands and teaching what you have gone out to learn to help our ecosystems <p>2 min 36 sec The Spiritual and Ecological Role of the Condor on the North Coast</p> <p>10 min break</p>
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language classes currently

15 min

*Pass out Karuk Books, the blank key and completed one of Karuk Body Map

*Youth can practice filling in the blanks or look for other Karuk words that may fit in the dictionary



There is no preparation needed for the Follow the Leader game. Find a large open space, either indoors or outdoors, and you're ready to go!

20 min

[kúkuum yáv nukyâati peethívthaaneen](#)
[We make the world good again](#) The Karuk Tribe Department of Natural Resources February 21, 2020

ipads or laptops kids can use to explore this website

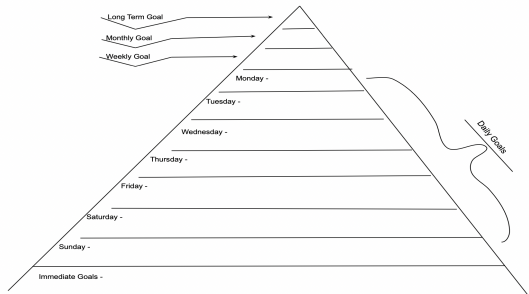
- Explore the Arcgis website the Karuk DNR made last year that has a multitude of activities of youth to explore how we make the world around us good again.
- Interactive animal photos, Karuk Tribe projects, topo maps, videos, etc about our spiritual connection to the world and how we can specifically make it a better place through different efforts we take in our everyday lives

22 min


Goal Pyramid youth can create formulated to their goals to help out their local ecosystems

Examples:

- Picking up trash in their neighborhood, park or beach. Take a before and after photo and post on social media the before/after shots to motivate others
- Volunteer in your community at a

	<p>10 min break</p> <p>21 min 33 sec</p> <p>Language Keepers Karuk</p> <p>Video about the importance of language to ur people and the connection into all aspects of our life</p>		<p>local volunteer fire, natural resource position to get more into helping the wildlife communities/populations</p> <ul style="list-style-type: none"> - Using less single use plastic - Less water usage - Carpool to lessen the carbon emissions from cars - Reusable containers more 
<p>Section 3 - Mental:</p>	<p>DAY 4:</p> <p><u>Mindfulness:</u></p> <p>5 min discussion</p> <p>Mindfulness: the state or quality of being mindful or aware of something - dictionary.com</p> <p>Q) Does anyone know what mindfulness is or means?</p> <p>Q) What do you think is a good example of mindfulness?</p> <p>A) Mindfulness practices help cultivate/create motivation and meaning behind your daily activities</p> <p>A) Mindfulness practices can reduce</p>	<p>DAY 5:</p> <p><u>Breathing and Movement Techniques</u></p> <p><u>Energizing Breath and Movement with Thosh Collins and Chelsey Luger</u></p> <p>20 min Watch first bit of video</p> <p>-Practice doing the breathing techniques along with the video</p> <p>10 min break @20 min in video</p> <p>30 min Finish video</p> <p>-Practice doing the breathing techniques along with the video</p>	<p>DAY 6:</p> <p><u>Indigenous Technology and Adaptability: Yurok Canoes</u></p> <p>10 min</p> <p>First 10 min of video</p> <p><u>Yurok Canoe - North Coast Redwoods District</u></p> <p>5 min discussion</p> <p>Look for and develop cultural aspects of survival in today's society</p> <ul style="list-style-type: none"> - Adaptation of culture to colonialism - Way we grow and harvest food now, we can buy some materials

	<p>stress and help us be able to be aware and fully present of what you are doing</p> <p>30 min</p> <p>-Paint rocks with kindness sayings, pictures, words, quotes, Native words</p> <p>5 min break</p> <p>20 min</p> <p>-Hide rocks around casino for people to find to brighten their day</p>		<p>to help the process a bit faster but experiencing less good resources to utilize</p> <p>3 min 52 seconds</p> <p>Karuk: Pikship Fighters <i>*Phil Albers coaches the Pikship ("shadow") Fighters once a week, a group of Karuk youth who practice mixed martial arts and wrestling.</i></p> <p>5 min Discussion</p> <p>Q) What are different ways you can explore who you are?</p> <p>A) Sports, Athletics, Cultural Activities, Ceremony, Gathering, Spending time with family/elders</p> <p>Q) What are some ways to best express yourself in the environment you are in?</p> <ul style="list-style-type: none"> - Environment, relationships, family/friends/community - People to help you with these choices - Activities you do with the resources you have <p>10 min break</p> <p>3min 5 sec Acorn Mush Paddle Workshop</p> <p>5 min</p>
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			<p>First 10 min of video Acorn Mush Paddle Workshop 2018</p> <p>15 min: Have Alme come in and present some of the paddles he has made an opportunities to take his classes in the schools</p>
<p>Section 4: Emotional</p>	<p>Day 4: <u>Emotional Wellness Toolkit</u> 5 min discussion:</p> <ul style="list-style-type: none"> - Your emotions play a part in how you feel - They play a part in how you carry out your relationships and overall mental health and wellness efforts - How YOU decide to react to react to your experiences and feelings can change overtime <p>Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.</p> <p>15 min activity 6 strategies to improve your Emotional Wellness <i>(Print PDFs or let youth have ipads/laptops to use to explore website)</i> Emotional Wellness Toolkit - PRINT or explore on iPad/laptop</p>	<p>Day 5: <u>SMART Goals</u> 2 min 52 sec SMART Goals - Khan Academy</p> <p>3 min 57 sec SMART GOALS</p> <p>10 min discussion *Hand out printed SMART goal sheets</p> <ul style="list-style-type: none"> - Read over SMART Goals Guide  <p>10 min discussion - Creating SMART Goals</p>	<p>Day 6: <u>Healthy Habits</u> 6 min 34 sec Wellbeing; Healthy Habits for Children</p> <p>10 min Discussion Q) Would anyone like to share any healthy habits they practice?</p> <p>Q) How many of you are physically active everyday</p> <p>Q) What are 4 ways to build healthy Habits</p> <ul style="list-style-type: none"> - Eat the fruit and vegetable rainbow - Sleep Well - Get Active - Find a balance <p>Q) What are some examples we have to find a balance with? A) sleep, play, food, water, school, social time,</p> <p>10 min break</p>

- **Brighten your outlook**
- **Reduce Stress**
- **Get quality sleep**
- **Cope with loss**
- **Strengthen social connections**
- **Be Mindful**

10 min break

30 min

Being physically active is a self-care option you can take to help your emotional wellness

[Warriors Institute - Movement Exercises with Youth](#)

- Complete video with youth

10 min break

20 min

- Smart Goals Plan and Exercise Weekly Planner
- Xia can showcase basic stretching or workout movements that youth could include on their exercise plan based on their workout ideas

SMART GOALS

PLAN

Goal _____

20 min

Rainbow Snack Activity

- Bring in fruits and vegetables the color of the rainbow for the youth to try and build a list of healthy snack ideas with Xia
- Have youth write down in their journals some of their new snack ideas they can try dealing with fruits and veggies

10 min

- Everyone can share some of the snack ideas

Exercise Weekly-Planner

Use this table to find time in your schedule you can fit in exercise. Fill in your typical week and take a look at blocks of time where exercise is an option.

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12pm
Sunday																			
Monday																			
Tuesday																			
Wednesday																			
Thursday																			
Friday																			
Saturday																			

150 min of moderate physical activity (Aerobic) each week (Ex: 30 min 5 times per week) or 75 min of vigorous physical activity (Aerobic) each week (Ex: 25 min 3 times per week)

Image Sources (or sourced on the infographic itself)

- 2) North Coast Journal - 57th Annual Klamath Salmon Festival
- 3) Tohono O'odham Nation: **tóka/Women stick games** - <https://borderlore.org/shaping-sticks-traditions-of-toka/>
- 4) Bear River Drum photos - <https://www.facebook.com/bearriverculturaldepartment/photos/pcb.914868331940561/914867708607290>

Resources

Thosh Collins: Wellness for culture videos Youtube and website

<https://www.wellforculture.com>

Two Feathers NAFS

Warriors Institute

Karuk The Upriver People

Julian Lang - Karuk/Wiyot/Shasta, Lyn Risling - Karuk/Yurok/Hoopa, Kathleen Lynch -P.E teacher Fortuna High

<https://www.cnay.org/native-youth-are-medicine/> (Center for Native American Youth) - Native Youth Wellness PDF

<https://www.dictionary.com/browse/wellness> - definitions

<https://aihrea.org/blog/self-care-during-the-pandemic> - self- care infographic

www.mysoulcuriosity.com - Medicine Wheel

<https://www.actaonline.org/tyithreeha-allens-ihuk-ceremony/> - Ihuk/Karuk Coming of Age Ceremony

<https://www.mindful.org/meditation/mindfulness-getting-started/> - mindfulness

<https://www.nwpc.com/10-minute-workouts/> - micro workouts

<https://www.youtube.com/watch?v=GFmBrkplS4o> - yoga workout