Little Earth Strong
Afterschool Health Intervention Program
Spring 2016 Pilot Curriculum

Little Earth Strong is an afterschool intervention program in partnership with Little Earth in Minneapolis, Minnesota and the Research for Indigenous Community Health Center at the University of Minnesota.

The program takes place for 10 Weeks with 1 session held per week for 2 hours each session. Youth take an active role in their own intervention for healthy living during game-inspired curriculum where they become superheroes and complete Powerup Challenges to activate gifts informed by the Seven Teachings. Challenges include the Attitude Powerup (mental health promoted through making arts and crafts themed around wellbeing), Fill Up Powerup (physical health promoted through learning about balanced nutrition), the Active Powerup (physical health promoted through physical activity), and the Mindfulness Powerup (overall health promoted through relaxation and stress relief). Each challenge takes between 10-45 minutes. Powerups are recorded in the Superhero journal that youth decorate in the first session and use throughout the program to track their progress and their moods.
Week 1: Reawakening

Takeaways:

- We are all already superheroes and everyone can become aware of their gifts.
- Self-determination is making decisions for your own life and your community.
- You need to put your own health first and then contribute to your community by setting an example.

Rev Up – 10 Minutes

Introduction: “Welcome to the Little Earth Strong afterschool program! We’re here on a journey to be self-determined superheroes. Self-determined means we get to say what it means to be a superhero. Every day we will talk about health, go to the gym, and make something. Today we’re going to learn superhero moves, choose superhero powers, and imagine what we look like as superheroes.”

Journal Introduction: “Start on the first page of your Self-Determined Superhero Journal. We’ll use our journal every day we meet. You’ll circle the face that shows how you feel for the day at the beginning of class and again at the end of class when you get to color in the gifts you activated! Before we go to the gym, circle the face that shows how you feel right now.”

Individual Physical Activity: “Everyone stand up! Put your hands on your hips in a superhero pose. Count to 120! … Great! When you put your hands on your hips and fill space for at least two minutes, you’re telling the world that you’re strong. It’s good for your mind, your body, your emotions, and your spirit.” Holding the “superhero pose” for at least 30 seconds generates more testosterone in the body, which increases confidence.

Fill Up Powerup – 15 Minutes

Individual Journal Activity: “Superheroes take care of and protect people, but to be the best superhero you can be, you need to take care of yourself too. What do you eat to fill up on energy?”

Journal: Images of typical junk foods mixed with typical healthy food groups.
“Color the top five foods you eat most. What are your traditional foods?”

Materials needed: Journals & colored pencils and/or crayons and/or markers

Transition to Gym or Outside – 5 Minutes

Active Powerup – 40 Minutes

Group Physical Activity (Play Music): Zombies and Superheroes Tag – “We’re going to play Zombies and Superheroes Tag. I’ll be It first. I’m a zombie and when I tag one of you, you join my zombie team and tag other people. The game is over when we’re all zombies. Then we flip it! I turn into a Superhero and everyone who gets tagged changes from a zombie into a superhero. The game is over when everyone is turned into a
superhero! … What other types of tag games do you know? Tag is a good way to get your heart rate up and all you need is some friends and a good place to play.”

Connection Ball – “We’ll toss one ball into the air and work together to keep the balls in the air as long as you can. Use any part of your body to keep it up. I’ll surprise you by adding another ball so look out!”

     *Materials needed:* beach ball or any ball

**Mindfulness Powerup – 5 Minutes**

**Mindfulness Exercise:** “Shake your whole body all over! Shake your arms, shake out your legs. Shaking and then calming down is a great way to take away stress.”

**Mindfulness Breathing:** “Put your hands on your belly or lower back. Breathe in and fill your lungs. Feel the abdomen and ribs inflate. Breathe out and empty the lungs. Feel the chest and abdomen relax. Bring mindfulness to your breathing. The numbers will rotate in circles, just like your breathing. Count 1 for inhale, 2 for exhale, 3 for inhale, 4 for exhale, 5 for inhale, 1 for exhale, 2 for inhale, 3 for exhale, 4 for inhale, 5 for exhale…”

**Transition to Classroom – 5 Minutes**

**Attitude Powerup – 30 Minutes**

**Art Activity (Play Music):** “Make your superhero! … Great! … Now go back to the first page. Draw or write words about your superhero self. What are your superhero powers? Before we go home, circle the face that shows how you feel right now.”

     *Journal:* Youth will draw and color superhero outfit pieces onto a superhero child silhouette on the cover of a permanent journal.

     *Materials needed:* journals & colored pencils and/or crayons and/or markers

**Closing – 10 Minutes**

**Journal:** “Go to the Reawakening page. Draw or write words about your superhero self. What are your superhero powers? Circle the face in the mood tracker that shows how you feel right now.”

     *Journal:* Youth will fill the circle on the Mood Tracker page with drawings or words that describe their superhero selves. They will circle one emoji face that they identify with at the end of the session.

     *Materials needed:* journal & pencils & colored pencils and/or crayons and/or markers
Week 2: Hope

Takeaways:
- Everyone has different abilities and all abilities are equally valuable.
- You can make yourself feel happier just by moving your body in happy ways.
- You need one hour of exercise every day.

Rev Up – 10 Minutes

Introduction: “Welcome back superheroes! Today is about hope—hope for ourselves and for our communities.”

Journal Introduction: “Go to the Hope page. Circle the face that shows how you feel right now.”

Individual Physical Activity: “Smile! Smiling helps you feel better even when you don’t feel like it. Moving those muscles activates a message in your brain that improves your health and happiness.”

Fill Up Powerup – 15 Minutes

Individual Journal Activity: “Superheroes need to be physically healthy. In fact, you need one hour of exercise every day. We each have physical abilities and those can be different things. For example, some people are strong, some people are fast, and some are both. What are your abilities? What ways do you like to stay physically active?”

  Journal: Images of superhero powers including Speed, Strength, Flexibility, etc.
  “Color your top superhero power. How do you maintain your superhero power?”
  Images of fitness goals including weights, running, swimming, etc.
  “Color the top three activities you enjoy. What other ways do you stay active? What is one new physical activity you want to try? For example, skiing, hockey, gymnastics, playing dance video games, and anything you can think of.

Materials needed: Journals & pencils & colored pencils and/or crayons and/or markers

Transition to Gym or Outside – 5 Minutes

Active Powerup – 40 Minutes

Group Physical Activity (Play Music): Superhero Powers – “Keep your journals with you. We’re going to break into superhero groups based on our superhero powers. If your superpower is Speed, time your runs from one wall to another. If your superpower is Strength, do pushups and/or pullups and count how many times. If your superpower is Flexibility, do moves that show how flexible you are and keep track of those moves and how many you do. If you have another superpower and ideas about how to show your power, come up with your own way to measure your powers.”

  Journal: Track superpowers.

Materials needed: Journals and pencils
Mindfulness Powerup – 5 Minutes

Mindfulness Breathing: “Put your hands on your belly or lower back. Breathe in and fill your lungs. Feel the abdomen and ribs inflate. Breathe out and empty the lungs. Feel the chest and abdomen relax. Bring mindfulness to your breathing. The numbers will rotate in circles, just like your breathing. Count 1 for inhale, 2 for exhale, 3 for inhale, 4 for exhale, 5 for inhale, 1 for exhale, 2 for inhale, 3 for exhale, 4 for inhale, 5 for exhale…”

Transition to Classroom – 5 Minutes

Attitude Powerup – 30 Minutes

Art Activity (Play Music): “Make yourself a superhero symbol or a symbol for your community. What animals, traditional figures, or spirits can you think of? For example, Thunderbirds might have a lightning strike or a thundering cloud.”

Materials needed: Paper & construction paper & pencils & colored pencils and/or crayons and/or markers

Closing – 10 Minutes

Journal: “Go to the Hope page. Draw or write words about hope. What does hope look like to you? What are your hopes for yourself? What are your hopes for your community? Before we go home, circle the face in the mood tracker that shows how you feel right now.”

Journal: Youth will fill the circle on the Mood Tracker page with drawings or words that describe hope. They will circle one emoji face that they identify with at the end of the session.

Materials needed: journal & pencils & colored pencils and/or crayons and/or markers
Week 3: Respect

Takeaways:
- Show respect for your body, mind, emotions, and spirits by setting physical boundaries.
- Show respect for yourself by filling up with water instead of sugary drinks.
- You need eight glasses of water every day.

Rev Up – 10 Minutes

Introduction: “Welcome back superheroes! Today is about respect—respect for ourselves, our bodies, and everyone else around us.”

Journal Introduction: “Go to the Respect page. Circle the face that shows how you feel right now.”

Individual Physical Activity: “Stand up. Imagine you have a bubble around you. That’s your boundary. No one should cross that boundary without your permission. You create that boundary with your voice. Practice saying ‘no’ with a yell that comes from your stomach. Think of it like the word is coming from the very center of your body. Shout, ‘No!'”

Fill Up Powerup – 15 Minutes

Individual Journal Activity: “Superheroes show respect for themselves by taking care of their bodies and minds. Hydration is one of the most important ways to be healthy. Without water, our bodies and minds won’t work. Sugary drinks might taste good but they only give you empty calories that fill you up without giving your body nutrients. They can also rot your teeth!”

Journal: Youth will draw the paths of water that run through a superhero body silhouette showing internal organs and answer questions about water intake and the effects of sugary drinks.

Materials needed: Journals & pencils & colored pencils and/or crayons and/or markers

Transition to Gym or Outside – 5 Minutes

Active Powerup – 40 Minutes

Group Physical Activity (Play Music): Crab Race: “Sometimes, even if we are respectful to ourselves, someone we know forgets how to be respectful to our communities. Does anyone know about the saying ‘crabs in a bucket’? When crabs are in a bucket, they pull each other down and none of them can get out. Sometimes some of our own community members say this about each other, but that’s not very nice either. Let’s change the way we think about crabs and what we can do as a team. We’re going to form groups and have a relay race moving like crabs on our hands and knees
with our backs to the floor. Now split your team up—an even group of members on one side of the room and the rest on the other. When one team member makes it to you and tags you, you crab walk to the other side and tag your next team member. The first team that gets all of their crabs to cross the room wins.”

*Materials needed:* Journals and pencils

**Mindfulness Powerup – 5 Minutes**

**Mindfulness Breathing:** “Put your hands on your belly or lower back. Breathe in and fill your lungs. Feel the abdomen and ribs inflate. Breathe out and empty the lungs. Feel the chest and abdomen relax. Bring mindfulness to your breathing. The numbers will rotate in circles, just like your breathing. Count 1 for inhale, 2 for exhale, 3 for inhale, 4 for exhale, 5 for inhale, 1 for exhale, 2 for inhale, 3 for exhale, 4 for inhale, 5 for exhale…”

**Transition to Classroom – 5 Minutes**

**Attitude Powerup – 30 Minutes**

**Art Activity (Play Music):** “Decorate a sports bottle to take home with you! Draw or write whatever you want on your sports bottle using permanent markers. You can sketch your design on paper first if you want to. Be careful not to color on yourself. If you want to make sure your design stays a long time, paint over it with clear nail polish.”

*Materials needed:* Plain sports bottles, permanent markers, paper, pencils, clear nail polish

**Closing – 10 Minutes**

**Journal:** “Go to the Respect page. Draw or write words about respect. What does respect look like to you? How do you show respect for yourself and others? How do you expect to be shown respect? Before we go home, circle the face in the mood tracker that shows how you feel right now.”

*Journal:* Youth will fill the circle on the Mood Tracker page with drawings or words that describe respect. They will circle one emoji face that they identify with at the end of the session.

*Materials needed:* journal & pencils & colored pencils and/or crayons and/or markers
Week 4: Wisdom

Takeaways:
- Wisdom is about experience and honing instincts.
- Failure is just a learning opportunity.
- A balanced meal includes protein, carbohydrates, and fats.

Rev Up – 10 Minutes

Introduction: “Welcome back superheroes! Today is about wisdom. Wisdom isn’t the same as being smart. Wisdom comes from experience, experimenting, failing, and learning. It’s okay to fail. It makes you wise.”

Journal Introduction: “Go to the Wisdom page. Circle the face that shows how you feel right now.”

Individual Physical Activity: “Stand up! Close your eyes and walk backwards slowly. Count how many steps you can go before you feel like stopping. You might bump into something or someone and that’s okay.”

Fill Up Powerup – 15 Minutes

Individual Journal Activity: “A balanced meal includes protein, carbohydrates, and fats. Fats are good! You need good fats in your meals. You also need meals throughout the day.”

Journal: Youth will draw or write a typical breakfast, circle distractions that are usually around while eating, write carbohydrates they like, and write proteins that they like.

Materials needed: Journals & pencils & colored pencils and/or crayons and/or markers

Transition to Gym or Outside – 5 Minutes

Active Powerup – 40 Minutes

Group Physical Activity (Play Music): Medicine Wheel Rounds – Choose one player to wear a blindfold place them in the center of the room. Once the player is blindfolded and in position, the other players must stand in one of the four corners. They must do this very quietly. The player counts to 10. If a player is not in a corner by the time you’re done counting, that player is out of the game. At the end of the 10 seconds, the player that is blindfolded points to one of the corners and all the players in that corner will be out of the game. To be fair you cannot go to one corner, make noises, and then quickly move to another corner. If no one is in a selected corner, the players have 5 seconds to get to another corner before a new corner is selected. The one person that was never found will be the new player in the middle.

Materials needed: Blindfolds
Mindfulness Powerup – 5 Minutes

**Mindfulness Breathing:** “Put your hands on your belly or lower back. Breathe in and fill your lungs. Feel the abdomen and ribs inflate. Breathe out and empty the lungs. Feel the chest and abdomen relax. Bring mindfulness to your breathing. The numbers will rotate in circles, just like your breathing. Count 1 for inhale, 2 for exhale, 3 for inhale, 4 for exhale, 5 for inhale, 1 for exhale, 2 for inhale, 3 for exhale, 4 for inhale, 5 for exhale…”

Transition to Classroom – 5 Minutes

Attitude Powerup – 30 Minutes

**Art Activity (Play Music):** “Take construction paper and design a medicine wheel with red, white, black, and yellow based on the four directions taught by your community. You can put phrases from your language on it or write in ‘mind, body, emotions, spirit.’

*Materials needed:* Paper & construction paper & scissors & glue & & pencils & colored pencils and/or crayons and/or markers

Closing – 10 Minutes

**Journal:** “Go to the Wisdom page. Draw or write words about wisdom. What does wisdom look like to you? How do you make wise choices? Before we go home, circle the face in the mood tracker that shows how you feel right now.”

**Prep:** “Bring an old shirt next week and we’ll turn it into a gym bag! I’ll give a shirt to anyone who doesn’t have one.”

*Journal:* Youth will fill the circle on the Mood Tracker page with drawings or words that describe wisdom. They will circle one emoji face that they identify with at the end of the session.

*Materials needed:* journal & pencils & colored pencils and/or crayons and/or markers
Week 5: Bravery

Takeaways:
- Bravery is about facing issues as well as trying new things.
- Activities can be low impact, moderate impact, or high impact based on the heart rate increase they generate.
- Steps for checking heart rates.

Rev Up – 10 Minutes

Introduction: “Welcome back superheroes! Today is about bravery. Bravery can mean standing up for yourself, standing up for others, being dedicated to goals, and also trying new things. When you try new food, it can take eight to fifteen tries before you like it! So just keep trying.”

Journal Introduction: “Go to the Bravery page. Circle the face that shows how you feel right now.”

Individual Physical Activity: “Stand up! Check your heart rate before we begin. Put two fingers between the bone and the tendon on your radial artery on the thumb side of your wrist. Count the number of pulses until I tell you to stop. Ready? Set? Go. (Count for 15 seconds). Stop! What’s the number? Multiply this number by 4. This is your heartbeats per minute. Now we’re going to race in place and see how our heart rate changes. Run!” (Count to 60 seconds. Repeat heart rate check.) “Great!”

Fill Up Powerup – 15 Minutes

Individual Journal Activity: “Fitness includes activities that need low energy, moderate energy, and high energy. You need to balance energy in and energy out, so it’s important to have balanced food and water relative to your activities.”

Journal: Youth will identify low energy activities, moderate energy activities, and high energy activities and draw one new activity they want to try.

Materials needed: Journals & pencils & colored pencils and/or crayons and/or markers

Transition to Gym or Outside – 5 Minutes

Active Powerup – 40 Minutes

Group Physical Activity (Play Music): Garbage Ball – “We’re going to play garbage ball and get rid of all the garbage that we don’t want in our lives anymore.” Hand out paper. “Write down a word of something you don’t want in your life. Then wad up the paper and throw it in the center of the gym.” Form two equal teams and mark their territory in the gym by lines or sections. Each team starts with the same amount of items. At the signal each team throws whatever it can get their hands on onto the other team’s territory. Players continue to throw until the signal to stop (or until the music...
stops). The winning team is the side with the least amount of garbage on its side. To play more rounds—divide the garbage evenly again and continue. The “losing team” has to pick up all the garbage, open the papers, and read them out loud.

**Materials needed:** Paper & pencils

**Mindfulness Powerup – 5 Minutes**

**Mindfulness Breathing:** “Put your hands on your belly or lower back. Breathe in and fill your lungs. Feel the abdomen and ribs inflate. Breathe out and empty the lungs. Feel the chest and abdomen relax. Bring mindfulness to your breathing. The numbers will rotate in circles, just like your breathing. Count 1 for inhale, 2 for exhale, 3 for inhale, 4 for exhale, 5 for inhale, 1 for exhale, 2 for inhale, 3 for exhale, 4 for inhale, 5 for exhale…”

**Transition to Classroom – 5 Minutes**

**Attitude Powerup – 30 Minutes**

**Art Activity (Play Music):** “Make a t-shirt into a gym bag! If you didn’t bring a t-shirt, I have extras. What will you carry in your bag? What kinds of drinks and snacks could you carry in your bag while you’re active?”

**Materials needed:** Old shirts & scissors

**Closing – 10 Minutes**

**Journal:** “Go to the Bravery page. Draw or write words about bravery. What does bravery look like to you? How do you make brave choices? Before we go home, circle the face in the mood tracker that shows how you feel right now.”

**Journal:** Youth will fill the circle on the Mood Tracker page with drawings or words that describe bravery. They will circle one emoji face that they identify with at the end of the session.

**Materials needed:** journal & pencils & colored pencils and/or crayons and/or markers
Week 6: Generosity

Takeaways:

- Generosity is about sharing in many ways.
- Generosity is an important aspect to a supportive community.
- A healthy community returns to original foods, medicines, and activities.

Rev Up – 10 Minutes

Introduction: “Welcome back superheroes! Today is about generosity. Generosity can be about sharing anything, even good intentions. You don’t always have to give stuff. You can share your ideas, knowledge, or encouragement.”

Journal Introduction: “Go to the Generosity page. Circle the face that shows how you feel right now.”

Partner Physical Activity: “Pick a partner. Your partner will hold the back of your chair in place while you slide to the edge of your chair. Hold the sides of your chair, then slide off using your arms to hold you up. Lower yourself to the ground and then use your arms to lift you back up while your partner holds your chair. Now switch!”

Fill Up Powerup – 15 Minutes

Individual Journal Activity: “Fitness includes activities that need low energy, moderate energy, and high energy. As a reminder, you need at least one hour of exercise every day.”

Journal: Youth will identify low energy activities, moderate energy activities, and high energy activities and draw one new activity they want to try.

Materials needed: Journals & pencils & colored pencils and/or crayons and/or markers

Transition to Gym or Outside – 5 Minutes

Active Powerup – 35 Minutes

Group Physical Activity (Play Music): Round Dance – One youth dances side step and takes another youth’s hand, and they continue that way, with more and more people joining the circle until the music ends. Follow this with open powwow dancing where each youth can choose to dance in whatever style they are interested in.

Mindfulness Powerup – 10 Minutes

Mindfulness Exercise: “Pretend you are squeezing a whole lemon in your left hand. Squeeze it hard. Try to squeeze all the juice out. Feel the tightness in your hand and arm as you squeeze. Now drop the lemon and relax. See how much better your hand and arm feel when they are relaxed. Repeat with your other hand.”
Mindfulness Breathing: “Put your hands on your belly or lower back. Breathe in and fill your lungs. Feel the abdomen and ribs inflate. Breathe out and empty the lungs. Feel the chest and abdomen relax. Bring mindfulness to your breathing. The numbers will rotate in circles, just like your breathing. Count 1 for inhale, 2 for exhale, 3 for inhale, 4 for exhale, 5 for inhale, 1 for exhale, 2 for inhale, 3 for exhale, 4 for inhale, 5 for exhale…”

Transition to Classroom – 5 Minutes

Attitude Powerup – 30 Minutes
Art Activity (Play Music): “We’re going to make a community chain with good thoughts for what we want for our communities and what we want to see come from our communities. Cut construction paper (pre-cut for younger youth) in strips. Write your thoughts. We will loop the construction paper into connected chains and hang them on the wall.”

Materials needed: Construction paper & scissors & colored pencils and/or crayons and/or markers

Closing – 10 Minutes
Journal: “Go to the Generosity page. Draw or write words about generosity. What does generosity look like to you? What can you give other than things? Before we go home, circle the face in the mood tracker that shows how you feel right now.”

Journal: Youth will fill the circle on the Mood Tracker page with drawings or words that describe generosity. They will circle one emoji face that they identify with at the end of the session.

Materials needed: journal & pencils & colored pencils and/or crayons and/or markers
**Week 7: Love**

**Takeaways:**
- Genuine love is about not having expectations or conditions but it’s also important to choose friends who are truly supportive and caring.
- Foods such as salmon, kale, and dark chocolate benefit the heart.
- Meal plans are helpful for ensuring healthy eating.

**Rev Up – 10 Minutes**

**Introduction:** “Welcome back superheroes! Today is about love. Genuine love is about caring for yourself and other people without any expectations or conditions. However, self-love is about looking out for yourself and making choices to be around people who really support you and your dreams.”

**Journal Introduction:** “Go to the Love page. Circle the face that shows how you feel right now.”

**Individual Physical Activity:** “You can stay sitting. Hold your hand over your heart and breathe for one minute. Connecting with your heart calms your body, mind, emotions, and spirit.”

**Fill Up Powerup – 15 Minutes**

**Individual Journal Activity:** “Heart foods and medicines help all of your body because the heart is vital for blood flow. Strawberries are known as heart medicine but it’s actually the leaves that give you the most boost. Have you ever eaten strawberry leaves or had strawberry leaf tea? If you’re not into eating leaves, there are lots of other ways to get heart boosts from food. Make a day long meal plan using heart boosting foods!”

*Journal:* Youth will make a meal plan for breakfast, lunch, and dinner that includes foods that benefit the heart.

*Materials needed:* Journals & pencils & colored pencils and/or crayons and/or markers

**Transition to Gym or Outside – 5 Minutes**

**Active Powerup – 35 Minutes**

**Group Physical Activity (Play Music):** Find Your Friends – “Everyone put on blindfolds and stand in place. I’ll spin you and then you can walk around looking for your friends. When you find someone, link arms. The game is over when everyone is connected.”

*Materials needed:* Blindfolds

**Mindfulness Powerup – 10 Minutes**
**Mindfulness Breathing:** “Put your hands on your belly or lower back. Breathe in and fill your lungs. Feel the abdomen and ribs inflate. Breathe out and empty the lungs. Feel the chest and abdomen relax. Bring mindfulness to your breathing. The numbers will rotate in circles, just like your breathing. Count 1 for inhale, 2 for exhale, 3 for inhale, 4 for exhale, 5 for inhale, 1 for exhale, 2 for inhale, 3 for exhale, 4 for inhale, 5 for exhale…”

**Mindfulness Exercise:** “We are going to send loving kindness to ourselves and other people in our lives. Sit down in a comfortable position. You can close or open your eyes. If you keep your eyes open, look at the ground. You will send wishes of love and kindness to yourself and to everyone in your life. Picture yourself and send yourself love. Then picture other people in your life and send them love.”

**Transition to Classroom – 5 Minutes**

**Attitude Powerup – 30 Minutes**

**Art Activity (Play Music):** “Fold a paper in half. You’re going to make a letter to someone you either want to give more respect to or you want to have more respect from. You can draw or write or both. Write down how you want to show respect or how you want to be shown respect. You can choose keep these letters to yourself or share them with the person you write them to.”

*Materials needed:* Construction paper & scissors & colored pencils and/or crayons and/or markers

**Closing – 10 Minutes**

**Journal:** “Go to the Love page. Draw or write words about love. What does love look like to you? How do you show genuine love to yourself? How do you show genuine love to others? Before we go home, circle the face in the mood tracker that shows how you feel right now.”

*Journal:* Youth will fill the circle on the Mood Tracker page with drawings or words that describe love. They will circle one emoji face that they identify with at the end of the session.

*Materials needed:* journal & pencils & colored pencils and/or crayons and/or markers
**Week 8: Truth**

**Takeaways:**
- Truth is relative and changing.
- Look for hidden sugars in drinks and foods.
- The colors of fruits and vegetables relate to their health impacts.

**Rev Up – 10 Minutes**

**Introduction:** “Welcome back superheroes! Today is about truth. Truth is always up for discussion. What’s true for you might not be true for someone else.”

**Journal Introduction:** “Go to the Truth page. Circle the face that shows how you feel right now.”

**Partner Physical Activity:** “We’re going to play health charades. Find a partner. One of you will be handed a phrase or word and then have to act it out without talking for your partner to guess. Then switch roles.” Hand out index cards or paper with words or phrases including hopscotch a.k.a. low impact activity, hula-hooping a.k.a. medium impact activity, swimming a.k.a. high impact activity, heart foods, etc.

*Materials needed:* index cards or paper

**Fill Up Powerup – 15 Minutes**

**Individual Journal Activity:** “Your sense of taste is not just through your mouth. It’s through your nose too! No wonder we like sweet things. They have strong smells. But we need to be careful about hidden sugar and instead choose fruits and vegetables.”

*Journal:* Youth will identify their favorite fruits and vegetables and relate them to their affects on health.

*Materials needed:* Journals & pencils & colored pencils and/or crayons and/or markers

**Transition to Gym or Outside – 5 Minutes**

**Active Powerup – 40 Minutes**

**Group Physical Activity (Play Music):** False or True – “Split into two equal teams standing on either side of a line. Make a goal marker for each team away from the center line. When I say a true statement, the True team needs to run for their goal, chased by the False team. If tagged, the members of the True team become members of the False team, and vice versa for a False statement. The team with the most members at the end wins.”

True Statements: “One can of regular soda has 13 teaspoons of added sugar.”
False Statements: “Blueberries have as much sugar as sour candy.”

**Mindfulness Powerup – 5 Minutes**
**Mindfulness Breathing:** “Put your hands on your belly or lower back. Breathe in and fill your lungs. Feel the abdomen and ribs inflate. Breathe out and empty the lungs. Feel the chest and abdomen relax. Bring mindfulness to your breathing. The numbers will rotate in circles, just like your breathing. Count 1 for inhale, 2 for exhale, 3 for inhale, 4 for exhale, 5 for inhale, 1 for exhale, 2 for inhale, 3 for exhale, 4 for inhale, 5 for exhale…”

**Transition to Classroom – 5 Minutes**

**Attitude Powerup – 30 Minutes**

**Art Activity (Play Music):** “We’re going to make a plan for our ideal community garden. What fruits and vegetables should we plant? How much of each should we have? Make fruits and vegetables out of construction paper and drawing materials. We’ll tape it all on a wall when we’re done. How can we bring these ideas to our communities and put them into action?”

*Materials needed:* Construction paper & scissors & tape & colored pencils and/or crayons and/or markers

**Closing – 10 Minutes**

**Journal:** “Go to the Truth page. Draw or write words about truth. What does truth look like to you? How do you honor truth? Before we go home, circle the face in the mood tracker that shows how you feel right now.”

*Journal:* Youth will fill the circle on the Mood Tracker page with drawings or words that describe truth. They will circle one emoji face that they identify with at the end of the session.

*Materials needed:* journal & pencils & colored pencils and/or crayons and/or markers
Week 9: Humility

Takeaways:

• Humility is letting actions and choices speak for themselves.
• Activities such as breathing, stretching, and doing yoga calm and relax the body, mind, emotions, and spirit.

Rev Up – 10 Minutes

Introduction: “Welcome back superheroes! Today is about humility. Humility is about believing in yourself but letting your actions and choices speak for themselves. You don’t need to talk yourself up, you just need to walk the walk.”

Journal Introduction: “Go to the Humility page. Circle the face that shows how you feel right now.”

Individual Physical Activity: “Taking care of yourself can mean keeping it simple. We’re going to try stretches. For 20 seconds each, reach for the sky… touch your toes… do arm circles… do neck circles.”

Fill Up Powerup – 15 Minutes

Individual Journal Activity: “Sleep is just as important to our health as physical activity and nutrition. Nothing replaces sleep, and as youth and adults, we need to get eight hours a night. Not getting enough sleep can affect your ability to break down food, to grow, and to function.”

Journal: Youth will write or draw what they do to get ready for bed.

Materials needed: Journals & pencils & colored pencils and/or crayons and/or markers

Transition to Gym or Outside – 5 Minutes

Active Powerup – 40 Minutes

Group Physical Activity (Play Music): Calming Yoga – Take Five Breaths: Sit in a comfortable position, raise one hand like a power-to-the-people fist, and extend your fingers while inhaling to the count of five. Then, exhale to the count of five while curling your fingers slowly back in. Slowing the breath slows the mind and creates focus and relaxation.

Tree Pose: Standing on one foot, bring the other foot to rest on the standing leg, above or below the knee. Think of your standing leg as a tree trunk rooted into the ground and extend your arms like tree branches. For fun, try slowly moving your arms like branches in the breeze for "windy tree" while keeping balance.

Relaxation Pose: Lie on your back with legs and arms flopped open and relaxed. Try not to move or wiggle, but get very very still. For variation, try "Starfish pose" in which you
lie with arms to the side in the shape of a star. Think of having suction cups on the bottom of your arms and legs and being stuck to the bottom of the ocean floor.

Downward Facing Dog: Make your body into an upside-down V shape with hands placed shoulder-width apart and feet hip-width apart. Have you seen a dog stretch in this way? Turn it into "Walk the Dog" by walking in your downdog, trying to keep your arms and legs straight.

Candle: Lying on your back, bring your hands to the small of your back and push your legs up into the air. Try moving your feet like a flickering candle flame. For variation, move your legs into tree position for "Upside Down Tree."

**Mindfulness Powerup – 5 Minutes**

**Mindfulness Breathing:** “Put your hands on your belly or lower back. Breathe in and fill your lungs. Feel the abdomen and ribs inflate. Breathe out and empty the lungs. Feel the chest and abdomen relax. Bring mindfulness to your breathing. The numbers will rotate in circles, just like your breathing. Count 1 for inhale, 2 for exhale, 3 for inhale, 4 for exhale, 5 for inhale, 1 for exhale, 2 for inhale, 3 for exhale, 4 for inhale, 5 for exhale…”

**Transition to Classroom – 5 Minutes**

**Attitude Powerup – 30 Minutes**

**Art Activity (Play Music):** “We’re going to make ankle or wrist weights out of socks! You can walk around anywhere with these and do anything while improving your endurance. Take socks and fill them up with something like wild rice, rice, or dry beans. Use string, rubber bands or shoe lace to tie the ends closed. Tie them up in the front around your ankles or wrists to wear them."

*Materials needed:* Socks & scissors & ribbons & wild rice or rice or sand

**Closing – 10 Minutes**

**Journal:** “Go to the Truth page. Draw or write words about truth. What does truth look like to you? How do you honor truth? Before we go home, circle the face in the mood tracker that shows how you feel right now.”

*Journal:* Youth will fill the circle on the Mood Tracker page with drawings or words that describe truth. They will circle one emoji face that they identify with at the end of the session.

*Materials needed:* journal & pencils & colored pencils and/or crayons and/or markers
Week 10: Empowerment

Takeaways:
- Empowerment happens over time and also through immediate action.
- Spending time in front of a screen reduces health and requires replacing screens with alternative activities or alternative ways of using screens.

Rev Up – 10 Minutes

Introduction: “Welcome back superheroes! Today is our last session together and it’s all about YOU! You’ll get grab bags at the end of the day. Thanks for being here!”

Journal Introduction: “Go to the Empowerment page. Circle the face that shows how you feel right now.”

Individual Physical Activity: “Empowerment happens over time and it also happens in quick bursts. For a quick kick, let’s stand up and do as many jumping jacks as we can. On days when you can’t be active for a whole hour at one time, do jumping jacks a few times throughout the day to keep your blood flowing and your body working.”

Fill Up Powerup – 15 Minutes

Individual Journal Activity: “Screen time is the biggest reducer of health. Think about ways you can use screens and still be active or what you can do with your time instead of using screens. What can you do at home to be physically active? For example, you can take regular breaks from screens to do jumping jacks for bursts of activity.”

Journal: Youth will reflect on how many hours they typically spend in front of screens as well as identify alternatives to screen activities and/or ways in which screen activities can also be physical activities.

Materials needed: Journals & pencils & colored pencils and/or crayons and/or markers

Transition to Gym or Outside – 5 Minutes

Active Powerup – 40 Minutes

Group Physical Activity (Play Music): Final Fitness – Design a fitness performance with youth that they can do anywhere even without any equipment. Give them free time to test their muscular strength, muscular endurance, body composition, flexibility and cardio respiratory endurance. Ideas include sit ups, push ups, right sideway leg lift, left side-way leg lift, run in place, shoulder rolls, jumping jacks, hop on right foot, hop on left foot, jump up and down, scissor jump-steps, swimming from waist motion, and jump rope in place-without a rope.

Mindfulness Powerup – 5 Minutes
Mindfulness Breathing: “Put your hands on your belly or lower back. Breathe in and fill your lungs. Feel the abdomen and ribs inflate. Breathe out and empty the lungs. Feel the chest and abdomen relax. Bring mindfulness to your breathing. The numbers will rotate in circles, just like your breathing. Count 1 for inhale, 2 for exhale, 3 for inhale, 4 for exhale, 5 for inhale, 1 for exhale, 2 for inhale, 3 for exhale, 4 for inhale, 5 for exhale…”

Attitude Powerup – 30 Minutes
Art Activity (Play Music): “We’re going to make life size versions of your superhero selves! Help each other by laying out poster paper and tracing as much of your body on that paper as you can. If you only fit your head and torso, that’s fine. Write and/or draw your superhero symbol, your community symbol, your powerups, and anything else that inspires you.” Then hand out grab bags!

Materials needed: poster paper & pencils & colored pencils and/or crayons and/or markers

Closing – 10 Minutes
Journal: “Go to the Empowerment page. Draw or write words about empowerment. What does empowerment look like to you? How can you be empowered? How can you empower other people? Before we go home, circle the face in the mood tracker that shows how you feel right now.”

Journal: Youth will fill the circle on the Mood Tracker page with drawings or words that describe empowerment. They will circle one emoji face that they identify with at the end of the session.

Materials needed: journal & pencils & colored pencils and/or crayons and/or markers
Little Earth Strong

Superhero Journal

Your Name:

Developed by:

Research for Indigenous Community Health Center
Little Earth of United Tribes
Superhero Self

Draw or write words describing your superhero self.
Week 1: Reawakening
Mood Tracker

Beginning
How do you feel? At the beginning of class, circle one face.

😄 😊 😞 😠 😢 😴
Happy    Excited    Worried    Angry    Sad    Tired

Reflecting
Draw or write words that you think of when you think about being a superheroe. What are your superpowers? For example, Speed, Strength, Flexibility, and Mindfulness.

Ending
How do you feel? At the end of class, circle one face.

😄 😊 😞 😠 😢 😴
Happy    Excited    Worried    Angry    Sad    Tired
Week 1: Reawakening
Fillup Powerup

In the top circle, draw or write the top three foods you eat most.

In the bottom circle, draw or write your traditional foods. For example, wild rice, maple syrup, and deer.
Week 2: Hope
Mood Tracker

Beginning
How do you feel? At the beginning of class, circle one face.

😊  😊  🙁  😠  😞  😴  😴
Happy  Excited  Worried  Angry  Sad  Tired

Reflecting
Draw or write words that you make you think about hope. What are your hopes for yourself? What are your hopes for your friends, family, community, and the world?

Ending
How do you feel? At the end of class, circle one face.

😊  😊  🙁  😠  😞  😴  😴
Happy  Excited  Worried  Angry  Sad  Tired
Week 2: Hope
Fillup Powerup

Even superheroes need to work to maintain their powers!

Draw or write about the top activity you enjoy. For example, lifting weights, running, or swimming.

Is this activity a boost for Speed, Strength, Flexibility, Mindfulness, or another superpower?

____________________

How many times a week do you get to do your favorite activity?

____________________

Track your superpowers! If your superpower is Speed, time your runs from one wall to another. If your superpower is Strength, do pushups and/or pullups and count how many times. If your superpower is Flexibility, stretch and keep track of those moves and how many you do. What’s your record?

____________________
Week 3: Respect
Mood Tracker

**Beginning**
How do you feel? At the beginning of class, circle one face.

😊  😃  🙁  😡  😞  😴
Happy  Excited  Worried  Angry  Sad  Tired

**Reflecting**
Draw or write words that you think of when you think about respect. What does respect look like to you? How do you show respect for yourself and others? How do you expect to be shown respect?

**Ending**
How do you feel? At the end of class, circle one face.

😊  😃  🙁  😡  😞  😴
Happy  Excited  Worried  Angry  Sad  Tired

Little Earth Strong Superhero Journal
Research for Indigenous Community Health Center
Little Earth of United Tribes
Week 3: Respect
Fillup Powerup

Draw or write all things that can happen if you drink sugary drinks instead of water. For example, rotting teeth or tiredness.

What would you mix into water to make it taste interesting? Circle your preferences.

Honey    Lemon    Fruit Ice Cubes    Mint    Protein Powder

Not enough water can make you weak. Too much water can make you sick. Circle the average number of cups of water you drink every day.

One can of regular soda has 13 teaspoons of added sugar! Circle the average number of cups of soda you drink every day.
Week 4: Wisdom
Mood Tracker

Beginning
How do you feel? At the beginning of class, circle one face.

😊  😊  💔  😠  😞  🛌
Happy  Excited  Worried  Angry  Sad  Tired

Reflecting
Draw or write words that you think of when you think about wisdom. What does wisdom look like to you? How do you make wise choices?

Ending
How do you feel? At the end of class, circle one face.

😊  😊  💔  😠  😞  🛌
Happy  Excited  Worried  Angry  Sad  Tired
A balanced meal includes protein, carbohydrates, and fats. You need balanced meals for breakfast, lunch, and dinner. Write or draw what is usually on your plate for breakfast.

Mindfulness eating is when you eat food with no distractions. Write or draw what distractions are usually around when you eat, like TV, games, and tablets.

How many days a week do you usually have these distractions around you?

______________
Week 5: Bravery
Mood Tracker

**Beginning**
How do you feel? At the beginning of class, circle one face.

😊 Happy ☺️ Excited 😞 Worried 😡 Angry 😞 Sad 😼 Tired

**Reflecting**
Draw or write words that you think of when you think about bravery. What does bravery look like to you? How do you make brave choices?

**Ending**
How do you feel? At the end of class, circle one face.

😊 Happy ☺️ Excited 😞 Worried 😡 Angry 😞 Sad 😼 Tired
Week 5: Bravery
Fillup Powerup

Fitness includes low impact activities, moderate impact activities, and high energy activities. Impact is measured by your heart rate.

❤️ Low Impact Activities
Draw or write about your favorite low impact activity. For example, walking, rollerblading, light dancing, or yoga.

How many days a week do you do this? ____________________________

❤️ ❤️ Medium Impact Activities
Draw or write about your favorite impact activity. For example, biking, skiing, and snowboarding.

How many days a week do you do this? ____________________________

❤️ ❤️ ❤️ High Impact Activities
Draw or write about your favorite impact activity. For example, running, jumping jacks, skipping, dancing.

How many days a week do you do this? ____________________________
Week 6: Generosity
Mood Tracker

Beginning
How do you feel? At the beginning of class, circle one face.

😊 Happy  😊 Excited  😞 Worried  😠 Angry  😞 Sad  😴 Tired

Reflecting
Draw or write words that you think of when you think about generosity. What does generosity look like to you? What can you give other than things?

Ending
How do you feel? At the end of class, circle one face.

😊 Happy  😊 Excited  😞 Worried  😠 Angry  😞 Sad  😴 Tired
Week 6: Generosity
Fillup Powerup

Generosity is the foundation of a supportive community. Draw or write what a strong community looks like to you.

Communities can return to foods, medicines, and activities to be healthy. Draw or write community activities you have tried. For example, dancing, singing, gathering berries, and hunting.

How many days a week do you usually participate in community activities?

______________
Week 7: Love
Mood Tracker

Beginning
How do you feel? At the beginning of class, circle one face.

😊 Happy
😀 Excited
😢 Worried
😡 Angry
😔 Sad
😴 Tired

Reflecting
Draw or write words that you think of when you think about love. What does love look like to you? How do you show genuine love to yourself? How do you show genuine love to others?

Ending
How do you feel? At the end of class, circle one face.

😊 Happy
😀 Excited
😢 Worried
😡 Angry
😔 Sad
😴 Tired
Week 7: Love
Fillup Powerup

Fruits and vegetables like strawberries (especially the leaves!) are heart medicine. **How many servings of fruit and vegetables (the size of the palm of your hand) do you eat each day?** Circle the answer.

1 2 3 4 5 6 7 8 9 10 11 12

Meal plans help you make sure you’re getting the daily boosts you need to your mind, body, emotions, and spirit. Draw or write a super heart boosting meal plate that uses as many of the following foods as you can: salmon, oatmeal, blueberries, dark chocolate, oranges, grapefruits, soy, potatoes, tomatoes, almonds, green beans, broccoli, spinach, kale, avocado, pomegranate, flax seeds.
Week 8: Truth
Mood Tracker

Beginning
How do you feel? At the beginning of class, circle one face.

😄 😊 😞 😡 😞 😴
Happy    Excited    Worried    Angry    Sad    Tired

Reflecting
Draw or write words that you think of when you think about truth. What does truth look like to you? How do you honor truth?

Ending
How do you feel? At the end of class, circle one face.

😄 😊 😞 😡 😞 😴
Happy    Excited    Worried    Angry    Sad    Tired
Week 8: Truth
Fillup Powerup

Eating a wide variety of different colored fruits and vegetables helps your body get all of the vitamins and nutrients you need to be healthy!

Do you eat fruits and vegetables as snacks? Circle the answer.

Sometimes  Often  Always

Health Boosts!

<table>
<thead>
<tr>
<th>Color</th>
<th>Fruits and Vegetables</th>
<th>Health Boost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>Tomatoes, Red Bell Peppers, Radishes, Beets</td>
<td>Heart Boost</td>
</tr>
<tr>
<td>Green</td>
<td>Spinach, Collard Greens, Kale, Broccoli</td>
<td>Eyes Boost + Bones Boost</td>
</tr>
<tr>
<td>Orange</td>
<td>Sweet Potatoes, Pumpkin, Squash, Carrots</td>
<td>Immunity Boost</td>
</tr>
<tr>
<td>Yellow</td>
<td>Yellow Squash, Yellow Bell Peppers</td>
<td>Immunity Boost</td>
</tr>
<tr>
<td>Purple</td>
<td>Eggplant, Purple Asparagus, Purple Carrots</td>
<td>Prevention Boost</td>
</tr>
<tr>
<td>White</td>
<td>Garlic, Cauliflower, Chives, Parsnips, Potatoes, Turnips</td>
<td>Infection Prevention Boost</td>
</tr>
</tbody>
</table>

Draw or write at least two fruits or vegetables that you already eat in the left side and two fruits or vegetables that you will try soon in the right side.
Week 9: Humility
Mood Tracker

Beginning
How do you feel? At the beginning of class, circle one face.

😊 Happy
😀 Excited
😟 Worried
😡 Angry
😔 Sad
😴 Tired

Reflecting
Draw or write words that you think of when you think about humility. What does humility look like to you?

Ending
How do you feel? At the end of class, circle one face.

😊 Happy
😀 Excited
😟 Worried
😡 Angry
😔 Sad
😴 Tired

Little Earth Strong Superhero Journal
Research for Indigenous Community Health Center
Little Earth of United Tribes
Week 9: Humility
Fillup Powerup

You need eight hours of sleep every night!

How many hours of sleep do you usually have each night? Circle the answer.

1  2  3  4  5  6  7  8  9  10  11  12

Write or draw how you get ready for bed.

Sleep is a great way to expand your superpowers! Our minds repeat whatever we do right before bed over and over while we sleep.
**Week 10: Empowerment**

**Mood Tracker**

**Beginning**
How do you feel? At the beginning of class, circle one face.

😊 😃 😞 😡 😞 😴
Happy Excited Worried Angry Sad Tired

**Reflecting**
Draw or write words that you think of when you think about empowerment. What does empowerment look like to you? How can you be empowered? How can you empower other people?

**Ending**
How do you feel? At the end of class, circle one face.

😊 😃 😞 😡 😞 😴
Happy Excited Worried Angry Sad Tired
Week 10: Empowerment
Fillup Powerup

Spending time in front of screens instead of being active can hurt your superpowers.

How many hours of screen time do you usually have each day? Circle the answer.

1  2  3  4  5  6  7  8  9  10  11  12

Write or draw alternatives to screen time or a way screen time can also be active (like standing desk, sports video games, dancing video games).