

## SESSION ONE

# Welcoming Feast *Ashangewin*

### SUMMARY:

This session's activities focus on welcoming families to the program. We will be reviewing the format of the meetings and talking about the different types of activities the families will be doing together. It is very important to emphasize to the families the importance of their attendance and participation throughout the entire program.

### SESSION OVERVIEW

- **Welcome and Introduction**
- **Overview of Program**  
Expectations and Activities
- **Bii-Zin-Da-De-Dah Video**  
The Sacred Tree
- **YOUTH: Individual Activity**  
Sacred Tree Puzzle
- **PARENT: Group Activity**  
Talking Circle with Worksheet
- **FAMILY: Group Activity**  
My Family Values

### OBJECTIVES

**By the end of the session, we hope participants will:**

1. Feel welcomed to the program and be enthusiastic about upcoming sessions.
2. Understand what is going to happen during each session.
3. Be able to identify three or more Anishinabe values.

### MATERIALS:

- |  |  |
|--|--|
| <input type="checkbox"/> BZDDD Lanyards and Name Tags        | <input type="checkbox"/> Sacred Tree Puzzles               |
| <input type="checkbox"/> BZDDD Video: <b>The Sacred Tree</b> | <input type="checkbox"/> Sacred Tree Story Puzzle Handouts |
| <input type="checkbox"/> _____                               | <input type="checkbox"/> _____                             |

### PREPARATION CHECKLIST:

- Before the session starts, ask the Guest Elder to review the Sacred Tree Story Puzzle Handout.
- Set out enough Sacred Tree Puzzles for each eligible youth.
- Have enough Sacred Tree Story Puzzle Handouts for each eligible youth.
- Review and set up the video – test the video before participants arrive.
- Identify what objects you will use for Talking Circle Symbols.

## **As the Families Arrive**

**15 min**

Welcome each family as they arrive. Give each family their workbooks as they check in and ask them to write their names on the front of the workbooks and booklets. Have all participants sign the "Session Sign In and Photo Consent" form. Ask the kids to put a sticker on the family Attendance Chart. Hand out an attendance raffle ticket to each child as they sign in, writing their name on the ticket we keep and put it into the Raffle Jar. If the families have questions, you can let them know you will explain the raffle when all the families have arrived. Ask families to put their name on their family folder and let them know this is where we will keep their workbooks and also photos for the scrapbooks. Youth can decorate the folders if they would like to while they wait for the other families to arrive.



Have the families do a starting activity while waiting for everyone to arrive.

*While we are waiting for all the families to arrive, you can decorate your family folders if you would like, or kids can turn to the back of the Youth Workbook and you will see an activities section. We are building pages for the scrapbook we will make in Session 13, so if you want to use crayons or colored pencils, you can work on some of those activities.*

**(If meal is held at the end of the session, proceed to Welcome.)**

## **Meal**

**30 min**

Once all of the families have arrived, introduce the Guest Elder to the group and thank them for attending. Present tobacco (asemaa) to the Guest Elder and invite him/her to perform an opening prayer and a blessing of the food. After the prayer is complete, let families know where plates, silverware, and beverages may be found and where the garbage cans are located. Remind families to throw away their items and clean up their area after the meal.

Mingle with the families during the meal. Please spread out and sit with the families. After people have finished eating, make sure that the area is cleaned up and ask others to help if necessary. Set aside any leftover food and redirect the group to their seats.

## **Welcome and Overview of the Program**

**25 min**

Introduce yourself to the group and welcome everyone to the session. Reinforce to the families how important their participation is. Make sure all adults and youth have their workbooks.

*We couldn't do this program without you. Thank you for taking time out of your busy schedules to join us. We are excited to have you here!*

*Please turn to the first page in your workbooks where it says Welcome! Boozhoo!*

*Boozhoo! Thank you for joining us for this 14 week program! The ultimate goal of the Bii-Zin-Da-De-Dah Prevention Program is to promote the mental health and well-being of Anishinabe youth and families.*

*We will utilize the traditional teachings of our Anishinabe Elders and ancestors as tools toward reaching our goals. It is our belief that traditional culture offers healthy alternatives to unhealthy acculturated behaviors, ideals, morals, values, and knowledge.*

*Native American people have been exposed to years of acculturation that have left a damaged cultural self-esteem and self-concept and feelings of apathy and helplessness. Throughout this program we will talk about Minobimaadiziwin "A Good Way of Life" and what that means to Anishinabe people. We will assist program participants to discover and strengthen their cultural identities and to develop holistic community wellness through the teachings and practices of traditional Anishinabe philosophies.*

*It is also our belief that we cannot promote the mental health and well-being of youth without working with the family as a whole. During the course of the 14-week program we will be working with families together as well as having adults and kids working separately. Raising kids is difficult, but can also be very rewarding. We will be taking the good aspects of parenting from the two cultures, the Anishinabe and the White or Anglo culture. We believe that we can still be proud Anishinabe and hold onto some of our old ways, while changing with time and adapting to new ways of living and parenting.*

*All of our ideas are only ideas. It is up to YOU to make the actual changes to become stronger and healthier Anishinabe families. You make the choice to be the kind of person you want to be. One family at a time, we can make our reservations a happier, healthier, and safer environment for our children and for the generations to come.*

Give families a minute to flip through the workbooks and ask questions. Share the following important information:

- *The sessions will be held \_\_\_\_\_ (give specific days and times).*
- *The sessions will each last about two and a half hours.*
- *A meal will be served at every session. Please help clean up after the meal.*
- *The sessions will consist of group activities, worksheets, journal activities, and videos. Sometimes parents and youth will separate for activities and sometimes you will be working together.*
- *Everyone is expected to be respectful of the others in the session.*
- *Each eligible youth will be given a Youth Workbook for the session activities and a Youth Take Home Booklet. Facilitators will collect the workbooks at the end of each session and they will be in the family folder for the next week. Each family will receive one Adult Workbook and one Adult Take Home Booklet to share.*
- *Take home activities are suggested. These are in the Take Home booklets.*
- *We will be holding two raffle drawings: one about halfway through the program and another at the last session. Youth will be eligible to get a raffle ticket each week for attendance. Youth will also they will receive a raffle ticket for each Take Home assignment they have completed. We will also give out raffle tickets for different activities during the sessions. So, if you attend each week and you get the Take Home assignments done each week you increase your chance of winning!*
- *We also want to say that we will be using the word "parent" throughout the sessions, but we are not referring to only a biological mother or father. We think of anyone responsible for raising a child and helping them grow up to be happy, healthy and whole individuals to be a person in the role of a "parent."*

## **Name Game Icebreaker**

**15 min**

Ask if families have any questions before moving on to the icebreaker activity. Hand out name tags and BZDDD lanyards to the eligible youth and adult participants. Additional family members may use a name tag. Ask everyone to write their name and a word that describes them on their nametags. Suggest that families may want to use the example Ojibwe words on **Page 2** of the Adult Workbook and **Page 2** of the Youth Workbook.

*We have a little game we would like to play since this is our first session. We are handing out name tags and we hope you will be a little silly with us. What we'd like you to do is write your first name with a word that describes you, like "Happy Harriet" or "Shy Sam." If you can't think of a word or you would prefer to use an Ojibwe word, you can turn to your workbooks on **Page 2** and choose one of the words listed there!*

Once everyone has their name tag done, call everyone to the center of the room, making sure there is enough room for everyone to move around. Ask everyone to mingle for 5 minutes to find at least two other people to talk to about why they chose their word.

After about 5 minutes, ask individuals to sit in a circle to introduce themselves and present to the group their descriptive word and why they chose it.

Explain that in future sessions families will get their lanyards from their family folder when they check in.

## **BZDDD VIDEO: The Sacred Tree**

**10 min**



Have everyone find a seat in the room, facing the television or screen, and explain that the first activity you will do is watch a short video on "**The Sacred Tree.**" The Sacred Tree is a story that is often used to teach Anishinabe values. Begin the Sacred Tree video either from the BZDDD DVD or online.

## **Parent and Youth Breakout Activities - 20 Minutes Total Time**

Explain that throughout the program, parents will sometimes be splitting out into a separate group from their children. This is a time for the adults to discuss the issues they face as parents and youth to talk about issues they have at school and with friends. Let parents and youth know where they will be moving to and how much time they will be apart. One facilitator should be with each group. We recommend two adjacent rooms so you can easily check on the other group's progress. Ask the Guest Elder to stay with the youth for this activity. Adults should move to a different area for the breakout activity.

## **YOUTH**

### **Sacred Tree Puzzle Activity**

**20 min**

Allow the youth time to get settled. Give each child a Sacred Tree Puzzle from the supply boxes and the Sacred Tree Story Puzzle Handout from the facilitator folder in the plastic facilitator

tote. Make sure each child has enough space so that their puzzle pieces don't get mixed up with someone else's puzzle. Let them know that you will be reading the Sacred Tree story together as a group. If the Guest Elder is willing to, you may ask them to read the story out loud.

### *The Sacred Tree*

*For all the people of the earth, the Creator has planted a Sacred Tree under which they may gather, and there find healing, power, wisdom, and security. The roots of this tree spread deep into the body of Mother Earth. Its branches reach upward like hands praying to Father Sky. The fruits of this tree are the good things the Creator has given to the people: teachings that show patience, wisdom, justice, courage, respect, humility, and many other wonderful gifts.*

*The ancient ones taught us that the life of the Tree is the life of the people. If the people wander far away from the protective shadow of the Tree, if they forget so seek the nourishment of its fruit, or if they should turn against the Tree and attempt to destroy it, great sorrow will fall upon the people. Many will become sick at heart. The people will lose their power. They will cease to dream dreams and see visions. They will begin to quarrel among themselves over worthless trifles. They will become unable to tell the truth and to deal with each other honestly. They will forget how to survive in their own land. Their lives will become filled with anger and gloom. Little by little they will poison themselves and all they touch.*

*It was foretold that these things would come to pass, but that the Tree would never die. And as long as the tree lives, the people will live. It was also foretold that the day would come when the people would awaken, as if from a long, drugged sleep; that they would begin, timidly at first but then with great urgency, to search again for the Sacred Tree.*

*The knowledge of its whereabouts, and of the fruits that adorn its branches have always been carefully guarded and preserved within the minds and hearts of our wise elders and leaders.*

*These humble, loving, and dedicated souls will guide anyone who is honestly and sincerely seeking along the path leading to the protecting shadow of the Sacred Tree.*



Once you are done reading the pamphlet, tell the youth it's time for a puzzle race. The first child to complete the puzzle and raise their hand is the winner and will get an extra raffle ticket.

*All right, does everyone have their puzzle ready to race? Is everyone ready? Once you finish, remember to raise your hand. On your mark, get set, go!*



Encourage the youth and give them help if they get stuck. This would be a great time to take pictures for the scrapbooks! When the puzzles are complete, let the youth know that the puzzles are theirs to keep and assist them with putting the puzzle pieces and the sacred tree story puzzle handout in their puzzle box. Have youth write their name on their puzzle box.

## PARENTS



### Talking Circle

20 min

Introduce the talking circle format for people who may not be familiar with how it works.

*The talking circle represents a continuing cycle of Anishinabe life. During these sessions, we will be using talking circles for many of our discussions. The talking circle is a time to share and be respectful to others by listening with all of our senses. Our Elders remind us that we communicate on several different levels, and people who listen with their hearts can "hear" what others are feeling as well as what they are saying. When we listen with our hearts, people feel respected.*

*Using a talking circle, we will come together during this time to share information, give encouragement, make plans, solve problems, and so forth. It is not our role to judge each other or to tell others how to parent, but to offer ideas. We want to encourage you to use the ideas you find useful. This is also a time for parents to share experiences, learn from one another, and provide support for each other.*

*In Sessions Two and Three, we will be discussing ways you can incorporate talking circles into your family. We will be passing a talking circle symbol or talking stick around to signify who has the floor – if you don't feel like talking you are free to pass the talking circle symbol without saying anything. For tonight's session, we will be using a \_\_\_\_\_ as our talking circle symbol.*

*Please turn to **page 3** in your Workbook, labeled '**Parenting Questionnaire.**' This activity is a worksheet on parenting. Parenting is one of the most important jobs we will have in our lives. Like most jobs, parenting requires the development of special skills in order to be successful.*

*Let's look at the first four questions. I will give you time to write down your answers and we will share our ideas in a talking circle. Let's look at the first four questions:*

**1. Where did you learn to parent?**

- a. How were you parented? Who was your role model?
- b. Do you find yourself doing things or saying things that were said or done to you when you were a child?

**2. What are some people, places, or experiences that have taught you valuable lessons in parenting?**

- a. What role did Grandparents, Uncles and Aunties have in teaching you?
- b. What did you learn outside the home (others' homes, school, and clubs)?
- c. What are the Anishinabe cultural values and teachings regarding families and raising children?

*Each parent has strengths and areas where they might improve their skills.*

**3. What are your strengths as a parent? List at least 3.**

**4. Where would you like to improve as a parent? List at least 3.**

Give families time to write down their answers. Ask the parents to form a circle. Using the talking circle symbol, ask participants to share what they wrote in a talking circle. After everyone who wants to share has had an opportunity, introduce the next section.

*Children develop in a variety of ways, including in physical, cognitive, social, emotional, and moral. Children are constantly developing and changing. Understanding the different levels and different ways that children grow and learn means you can provide support and assistance to nurture your child's growth in all of these areas. Being able to change your parenting style as your children mature is one way in which you can develop secure and lasting relationships. Take a minute to answer question 5 on the 'Parenting Questionnaire' in your Workbook.*

**5. How can you encourage the development of your child's various abilities? Consider all areas of growth including physical, cognitive, social, emotional, spiritual and moral.**

If you still have time left, ask parents to look at the additional questions in their workbook:

**6. How can you use your own actions to model Anishinabe values for your children?**

**7. What are some of the difficulties you have experienced in your own transition from child to adult to parent?**

**8. In what ways were your own values and beliefs about parenting formed?**

Give the parents a few minutes to finish with this activity and, if you have time, ask them to share their answers from questions 5 through 8 in a talking circle format.

After about 20 minutes, ask the parents to rejoin the youth for the next activity.

## **Group Gathering**

**5 min**

Gather the families back together to complete the next activity together.

## **My Family Values**

**15 min**

*We have learned about Anishinabe values from the Sacred Tree story – now we are going to talk about your family's values. Sometimes we have rules about how we live together and we know they matter, but we haven't really thought about why they matter. By reflecting on our values, we can have a better understanding of why we choose to behave, or not behave in certain ways. If we know what values are most important to us, we can make better decisions.*

*Please look at the "Seven Sacred Values" and "My Family's Values" pages in your workbooks on **pages 3 & 4** for youth and **pages 5 & 6** for adults. Work together to pick two values from the Seven Sacred Values that are important to your family and discuss what those values mean to you. Let's take about 10 minutes to do this. Once you are done, pick one value of the two values you chose that you are willing to share with the group.*



Walk around the room while the families are discussing what values are important to them. Encourage a discussion and give them ideas if a family seems stuck. Answer any questions that the families may have. This would be a great time to take family pictures for the scrapbooks! After the families have completed the **"My Family's Values"** activity, ask each family to share with the group what values were important to them and why. Go around the room until every family has been able to share with the group.

*Now that you have had a chance to discuss with your families what the two most important values are in your family, let's go ahead and share. Will someone share one of the values they chose and why?*

Let everyone know that we are almost done with activities for the night and ask if there are any questions or suggestions for the next session.

## Announcements and Reminders

5 min



Let families know that one of the future activities is creating a "keepsake" scrapbook using materials from throughout the program. Each family will get a scrapbook album that they will decorate with photographs and other fun items that they create during the program. In order to have plenty of photos to include, invite families to take pictures of themselves each week. You may want to encourage them to take pictures related to each week's topic.

*At the end of the program, we will spend time creating a special keepsake scrapbook that your family can take with you. We are hoping to fill the scrapbook with fun pictures and memories from the program. We will be taking pictures each week while you are at the session, but we also hope your family will take fun pictures throughout the week that you can use in the scrapbook. Each week we will give you an idea to help you along. For this week's pictures, find time to take a picture of your family next to your favorite tree.*

Hand out the **Take Home** booklets to one parent and each eligible youth. Ask them to write their names on their **Take Home** booklets. Remind them to bring them back to the next session.

Ask the youth to put the sacred tree puzzle together again with their families during the week and draw their version of the sacred tree on the **Take Home Activity "Sacred Tree Puzzle and Drawing"** (page 1 of the youth **Take Home** booklet.)

Ask parents to complete the **Take Home Activity "Parenting Strengths and Improvement"** worksheet (page 2 of the adult **Take Home** booklet) and to continue to think about their family's strengths and areas of improvement.

Remind the youth to bring their take home assignment back next session:

*Remember to bring your **Take Home** booklets back with you next session so you can get the raffle ticket for completing your assignment!*

## Closing

5 min

Tell the families that you appreciate their participation. You may want to ask a family member or Guest Elder to give a closing prayer before ending.

*I just want to tell you how much we appreciate your participation and how excited we are to have everyone back here next session which will be on Anishinabe History.*

*We want to especially thank our Guest Elder (Elder's name) \_\_\_\_\_ for being with us!*

*Please be sure to put your workbooks and lanyards in your family folders.*

*Be sure to get your gift cards and sign your receipts!*

*If you can help straighten up the supplies and the room before you leave, we would really appreciate it.*

As people are preparing to leave, be sure to collect the lanyards and the Parent and Youth Workbooks or ask them to put them in their family folder in the plastic facilitator tote.

Have one adult from each family sign the \$20 visa gift card receipt (purple paper) and give them their gift card envelope. Have each eligible child sign the \$10 visa gift card receipt (blue paper) and give them their gift card envelope. Ask the Guest Elder to sign the \$50 visa gift card receipt (white paper) and give them their gift card envelope. Thank participants for their attendance and participation this week.

Complete the brief one-page 'Weekly Session Evaluation' form for your records. Remember to go online to the online fidelity survey <https://tinyurl.com/bzdddeval> to complete the overall weekly session evaluation BEFORE your next session.

Check to make sure that you have picked up all your supplies before leaving. Be sure that the area is clean and tidy. Check all bathrooms and eating areas to be sure that we aren't leaving any messes behind. Turn off lights and locks doors as directed by the facility. the facility.