

## SESSION FOUR

# The Way of a Good Life

## *Minobimaadiziwin*

### SUMMARY:

The session's activities focus on identifying what a good way of life is for each of us at our various ages. As Anishinabe youth and parents, this session helps us to think about the positive aspects of our lives. We will talk about role models in our communities and ways to keep ourselves living the good way of life.

### SESSION OVERVIEW

- **Bii-Zin-Da-De-Dah Video:**  
A Good Way of Life
- **FAMILY: Individual Activities**  
Stages of Life  
Defining "A Good Way of Life"  
My Life: History Timeline
- **FAMILY: Group Activity**  
Minobimaadiziwin Board Game

### OBJECTIVES

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

1. Know what "Minobimaadiziwin" means.
2. Be able to discuss characteristics of a good way of life.
3. Be able to identify positive role models in the community.

### MATERIALS

- |   |   |
|---|---|
| <input type="checkbox"/> Minobimaadiziwin Board Games | <input type="checkbox"/> BZDDD Video: <b>A Good Way of Life</b> |
| <input type="checkbox"/> Smudge Kits                  | <input type="checkbox"/> _____                                  |

### PREPARATION CHECKLIST:

- You will want to play the Minobimaadiziwin Board Game before the session to be sure that you understand the rules of the game.
- Ask the Guest Elder to review the information on the Four Sacred Plants on **page 19** of the Adult Workbook before the session starts.
- Have enough smudge kits for each family to receive one at the end of the session.
- Review and set up the video – test the video before participants arrive.

## As the Families Arrive

**15 min**



Welcome each family as they arrive. Ask any new family members to fill out a name tag and put them on. If the adult who attended last week is not in attendance, they can use the lanyard from the family folder. Give each returning family their workbooks and lanyards as they check in. 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. Write their name on the ticket we keep and put it into the Raffle Jar.

*While we are waiting for all the families to arrive, kids can take a few minutes and look at the pages in the back of your workbook – 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.*

## 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

**10 min**

Introduce yourself to the group, if needed. Welcome families to the session. Reinforce to the families how important their participation is.

*It has already been a month and we are so thankful that each and every one of you is part of this program. Before we start our session, does anyone have any questions or thoughts they would like to share with the group?*

Briefly discuss the Take Home Activity from last session. Families were supposed to hold a family talking circle and complete their family genogram.

*Let's take a few minutes and discuss the Take Home Activity from last session. First, how many of you were able to hold a talking circle in the past week? Did you enjoy having a talking circle? How about the Family Genogram? Was the genogram fun? Was it hard to fill in names as you went farther back?*



Give raffle tickets to the youth who completed their Take Home Activity. If they completed both the family talking circle and the genogram they get two raffle tickets! Write their name on the tickets we keep and put them into the Raffle Jar.



## **BZDDD VIDEO: A Good Way of Life**

**10 min**

Have everyone find a seat in the room, facing the television or screen, and explain that the next activity is a video called "**A Good Way of Life.**" This video focuses on cultural identity, role models, the stages of life, and living a good life. Begin the Good Way of Life video either from the BZDDD DVD or online.

### **Video Discussion**

**10 min**

Give families some time to discuss what they learned from the video. Some questions may be:

- *What have we learned about a good life?*
- *How would you describe someone who lives a good life?*
- *How can you apply those ideas to your day-to-day life?*
- *Do you know people in your community who are living a good way of life?*

Ask if families have any questions before continuing onto the next activity.

### **Family Group Activity: Stages of Life**

**15 min**

Ask families to get with their family members and have them turn to the "**Stages of Life**" worksheet in their Workbooks (**pages 15-17** in the Youth Workbook and **pages 14-17** in the Adult Workbook).

*As we think about what makes a good way of life, we want to think about how we define Minobimaadiziwin and how that definition might change throughout our lives. Look at **page 15** for youth and **page 14** for adults – and see if you can find which stage of life you are in.*

*Then on **page 16** for youth and **page 15** for adults, there are a few questions at the bottom of the page. Use the information from the stages of life pages to help you answer these questions.*

*My direction is: \_\_\_\_\_ . I fit into stage \_\_\_\_\_ .*

*The good things in my life include \_\_\_\_\_ and \_\_\_\_\_ .*

*My favorite things are \_\_\_\_\_ .*

*I am looking forward to \_\_\_\_\_ .*

*Look at the next pages on "**A Good Way of Life**" and check off the things that you have done or would like to do. Think about what makes "**A Good Way of Life**" for you.*



Allow a few minutes for families to fill out their workbook pages. This would be a good time to take pictures of families for the scrapbooks! After the sheets are filled out, ask the participants to share their answers with their family to learn what things they like to do and what fits in each person's stage of life.

*Would anyone like to share what kinds of things they marked on their list? Was there anything that you thought should be added to the list? Was it fun to hear what family members liked to do? Did anybody in your family do anything that you did not know about?*

*As an Anishinabe adolescent, teenager, parent, grandparent, or Elder, it is important to recognize that life is good. There are many good, special, unique, and positive things in our lives as Anishinabe individuals. Being Anishinabe is A GOOD WAY OF LIFE.*

## **Family Journal Activity: My Life History Timeline** **15 min**

Let families know it is time to work on the journal activity, **"My Life History Timeline"** found on **page 18** of the Youth Workbooks and **page 18** of the Adult Workbooks.

*This next journal activity **"My Life History Timeline"** will be completed by both children and parents. Adults have a space to create a timeline with your birth date on the left and the present year on the right. In the box, describe important events or experiences in your life that are a part of your life history.*

*For kids, you will start at the bottom and put in your birthday and put your current age at the top. Fill in the spaces with some of the significant things that you have done. Some ideas may include your first day of school, learning to ride a bike, or getting an Anishinabe name.*

Ask participants to share their timelines with each other once they have finished.

## **Minobimaadiziwin Board Game** **45 min**

Distribute the Minobimaadiziwin Board Games and explain the objectives of the game using the game instructions. Families may have to join with another family to play the game, or they may choose to play just as their own family if there are enough copies of the game for each family to use. Encourage the Guest Elder to join a team if they would like to play.

*The Minobimaadiziwin Game was designed Anishinabe Elders for Anishinabe people. The goal of the game is to reinforce the importance of Anishinabe values. Each participant will roll one die. The player with the highest roll will go first and the game will continue in a clockwise direction. Each participant must read the Value Cards out loud. We will play the short version of the game and just play around the outside ring – the winner will be the person who is able to collect all seven of the different Value Cards.*



Move around the room and observe the family activity. It is very important that you encourage the families to talk about the spaces and cards. This would be a great time to take family pictures for the scrapbooks! Remember to be respectful, encouraging, make suggestions, and ask questions.



Let families know when 5 minutes remain and ask them to try and finish the game. Give each child with the highest number of value cards in each group a raffle ticket. Write their name on the ticket we keep and put it into the Raffle Jar.

Optional Raffle Drawing – You can ask the Guest Elder to draw two raffle tickets and send two copies of the Minobimaadiziwin Board Game home as a prize for two eligible children who are present at the session. Be sure to return the two raffle tickets drawn back to the Raffle Jar for future raffles!

## Group Gathering

5 min

Gather your families back together for announcements and reminders.

## Announcements and Reminders

5 min



Hand out one smudge kit to each family and explain the **Take Home Activity** for the session.

*This week's Take Home Activity is to read about the "Four Sacred Plants" on pages 6 and 7 in the adult **Take Home** booklets and on pages 5 and 6 in the youth **Take Home** booklets and answer the questions at the bottom of the second page. Then you get to decide how and when you want to use the smudge kits as a family.*

Remind families about the "keepsake" scrapbook using materials from throughout the program. Encourage families to take pictures related to this week's topic.

*For this week's pictures, take photos of something or someone that represents a "Good Way of Life."*

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 how sincerely you appreciate their participation. Let the families know you look forward to seeing them next session.

If there is time, ask the Guest Elder to give a short talk on the four sacred plants. 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 here.*

*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.