

## SESSION SIX: MY FAMILY GOALS

**Directions:** First, write down a short term (during the duration of the Bii-Zin-Da-De-Dah program), a midterm (over the next few months), and a long term (over the next few years) goal that YOU wish to accomplish. Next, write down some goals for your family and then for your child.

### INDIVIDUAL:

Short Term:

Mid Term:

Long Term:

### FAMILY:

Short Term:

Mid Term:

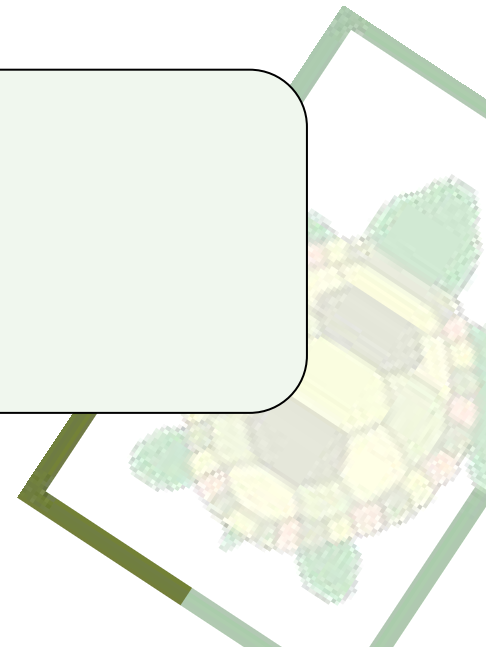
Long Term:

### CHILD:

Short Term:

Mid Term:

Long Term:



## SESSION SIX TAKE HOME ACTIVITY

## HELP-SEEKING

## Part I.

Offer tobacco to an Elder for help translating the words below into Ojibwe.  
Ask the Elder to sign below.

Date completed: \_\_\_\_\_

Elder: \_\_\_\_\_



## Part II.

Translate the following English words into Ojibwe.

Happy: \_\_\_\_\_

Sad: \_\_\_\_\_

Hurt: \_\_\_\_\_

Scared: \_\_\_\_\_

Angry: \_\_\_\_\_