Cultural Routines

Please complete the survey below.

Thank you!

Below are some questions about the cultural routines your family has participated in over the past few months. Please tell me how much you agree or disagree with each of the following statements.

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1. I participated in traditional healing ceremonies with my family to help with reducing stress

◯ Strongly agree
◯ Agree
◯ Disagree
◯ Strongly disagree
◯ Don't know/Refuse to Answer

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2. I utilized the services of a traditional healer (e.g., medicine man or woman)

◯ Strongly agree
◯ Agree
◯ Disagree
◯ Strongly disagree
◯ Don't know/Refuse to Answer

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3. I gathered traditional medicines, plants, or herbs for my family

◯ Strongly agree
◯ Agree
◯ Disagree
◯ Strongly disagree
◯ Don't know/Refuse to Answer

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4. I prepared ancestral foods for my family

◯ Strongly agree
◯ Agree
◯ Disagree
◯ Strongly disagree
◯ Don't know/Refuse to Answer

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5. I hunted wild game or fished for food for my family

◯ Strongly agree
◯ Agree
◯ Disagree
◯ Strongly disagree
◯ Don't know/Refuse to Answer

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6. I read or told stories about my culture to my family

◯ Strongly agree
◯ Agree
◯ Disagree
◯ Strongly disagree
◯ Don't know/Refuse to Answer

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7. I talked to my children in my heritage language (e.g., Apache or Navajo)

◯ Strongly agree
◯ Agree
◯ Disagree
◯ Strongly disagree
◯ Don't know/Refuse to Answer

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8. I read to my children in my heritage language (e.g., Apache or Navajo)

◯ Strongly agree
◯ Agree
◯ Disagree
◯ Strongly disagree
◯ Don't know/Refuse to Answer

9. I participated in Indigenous farming methods with my family	◯ Strongly agree ◯ Agree ◯ Disagree ◯ Strongly disagree ◯ Don't know/Refuse to Answer
10. I participated in traditional sports or wellness activities (e.g., running) with my family	◯ Strongly agree ◯ Agree ◯ Disagree ◯ Strongly disagree ◯ Don't know/Refuse to Answer
11. I sang traditional songs to my family	◯ Strongly agree ◯ Agree ◯ Disagree ◯ Strongly disagree ◯ Don't know/Refuse to Answer
12. I participated in traditional sweats with my family	◯ Strongly agree ◯ Agree ◯ Disagree ◯ Strongly disagree ◯ Don't know/Refuse to Answer
13. I worked on Indigenous arts and crafts (e.g., weaving, beading, jewelry making, sewing, etc.) with my family	◯ Strongly agree ◯ Agree ◯ Disagree ◯ Strongly disagree ◯ Don't know/Refuse to Answer
14. I felt like I participated in more cultural routines during the COVID-19 pandemic	◯ Strongly agree ◯ Agree ◯ Disagree ◯ Strongly disagree ◯ Don't know/Refuse to Answer
15. I feel like I spoke more in my heritage language during the COVID-19 pandemic	◯ Strongly agree ◯ Agree ◯ Disagree ◯ Strongly disagree ◯ Don't know/Refuse to Answer
16. I feel like my children had more time to learn about their culture during the COVID-19 pandemic	◯ Strongly agree ◯ Agree ◯ Disagree ◯ Strongly disagree ◯ Don't know/Refuse to Answer
17. I feel like my children had more time to learn about their language during the COVID-19 pandemic	◯ Strongly agree ◯ Agree ◯ Disagree ◯ Strongly disagree ◯ Don't know/Refuse to Answer