

ACTIVITY BOOK

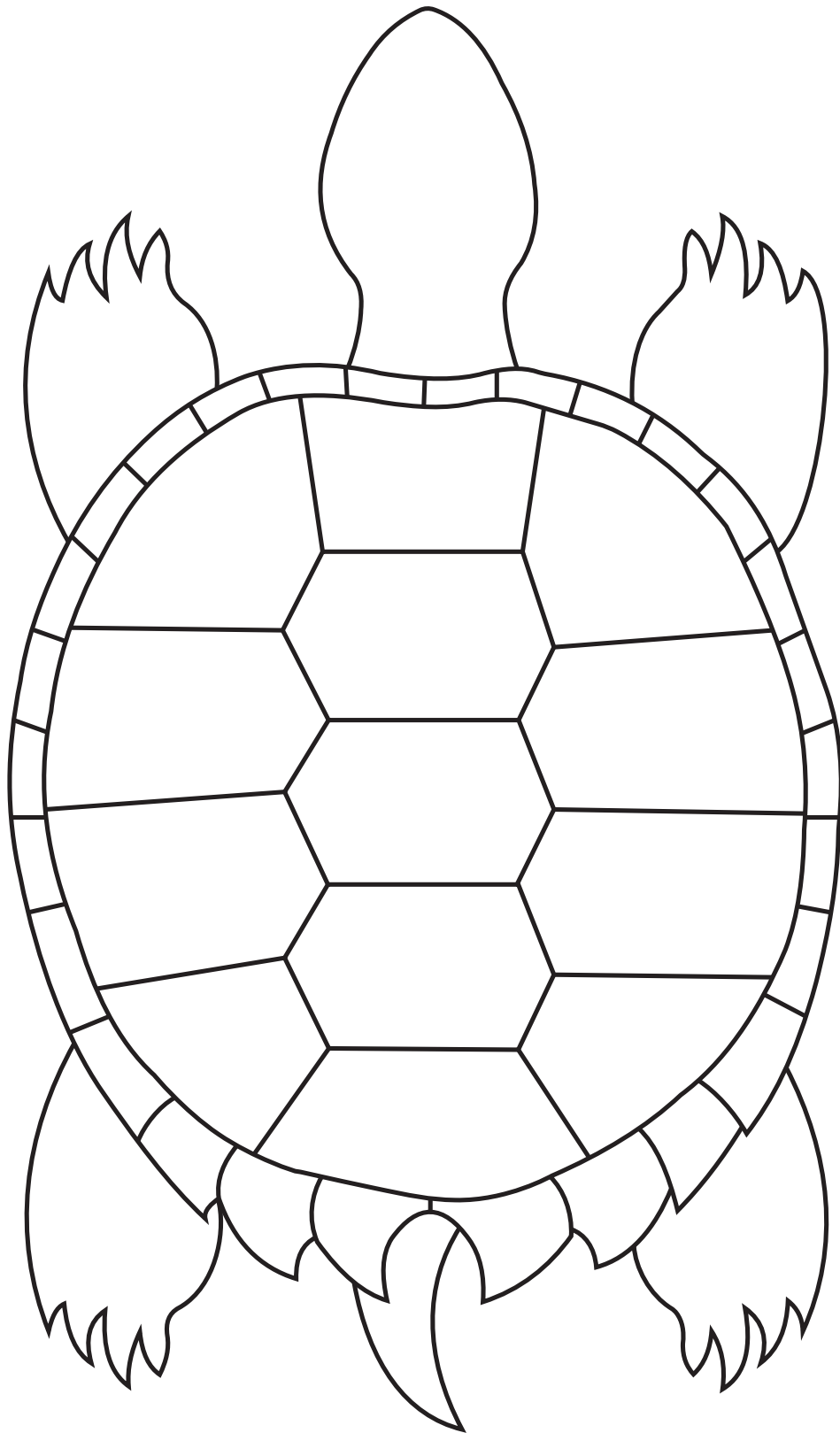
FOR KIDS



THIS ACTIVITY BOOK BELONGS TO

COLORING

Do you know the Turtle Island creation story?



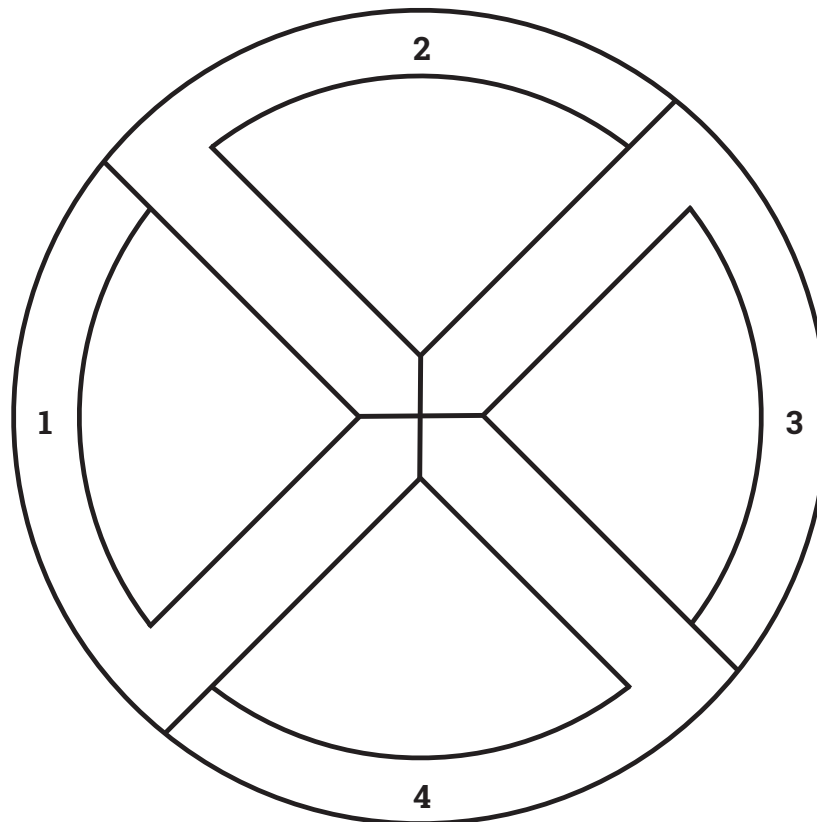
COLOR BY NUMBER

Color the medicine wheel with these colors:

1 = black 2 = white 3 = yellow 4 = red

The **white section and North direction** represent Mental Health. It is okay to feel sad, angry, or anxious. It happens to all of us. Make sure to talk to your family when you are feeling down.

The **black section and West direction** represent Physical Health. Physical health is important as you grow, so keep running, playing, swimming, and doing all the things you love to do. Bring your friends too!

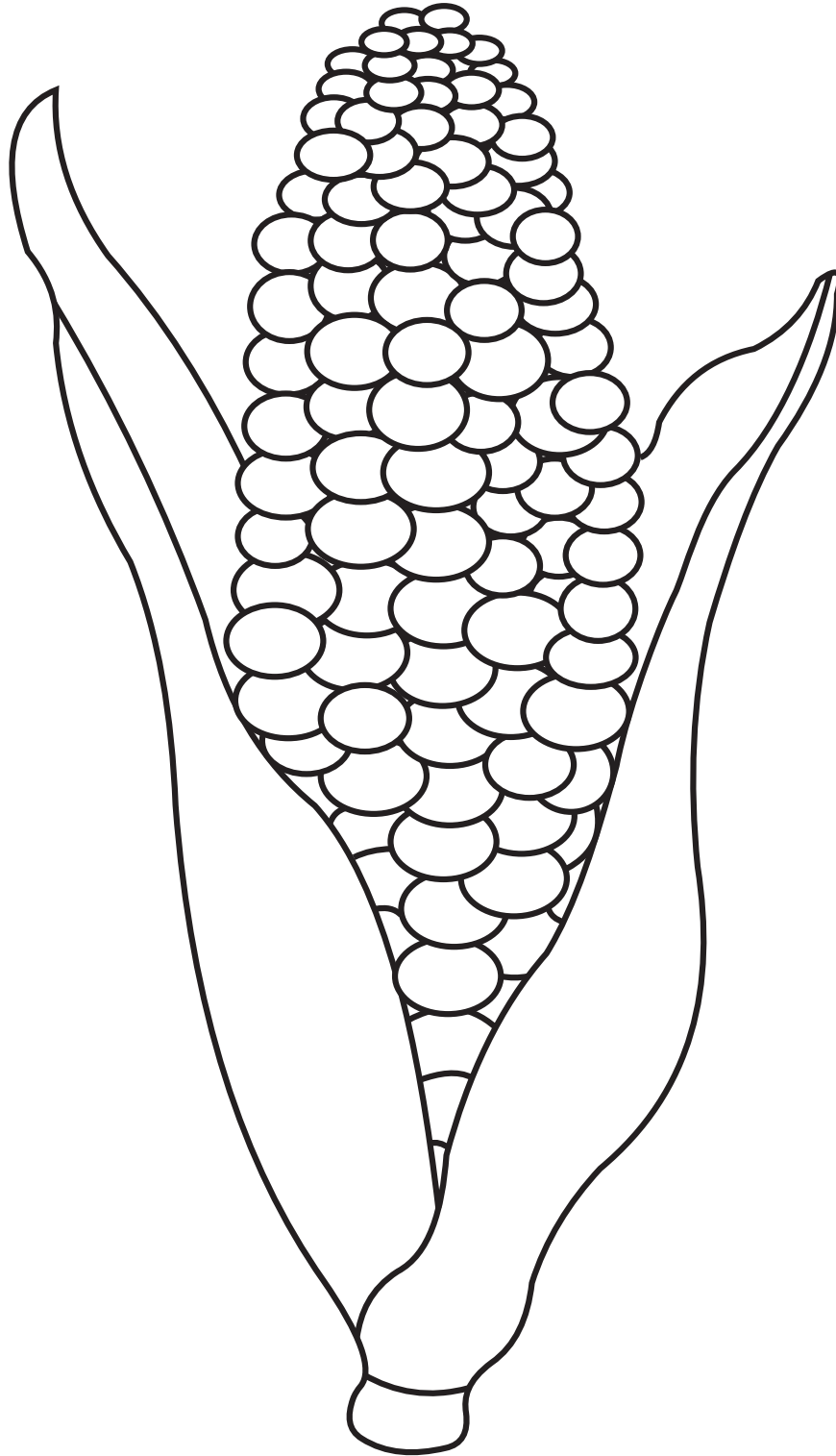


The **yellow section and East direction** represent Spiritual Health. You come from a spiritual tradition that has helped your community survive. These traditions will make you stronger.

The **red section and South direction** represent Emotional Health. Emotions change and not all emotions are fun. Luckily, you have your family, friends, and community to help you feel better.

COLORING

Have you ever grown a Three Sisters garden?



COLORING

What do ribbon shirts and ribbon skirts mean in your community?



WORD SEARCH

Words here, words there, words everywhere! Find the words listed on this page in the box.

Canoe
Tribe
Corn
Culture
Health

Doll
Chief
Clan
Hunt
Tradition

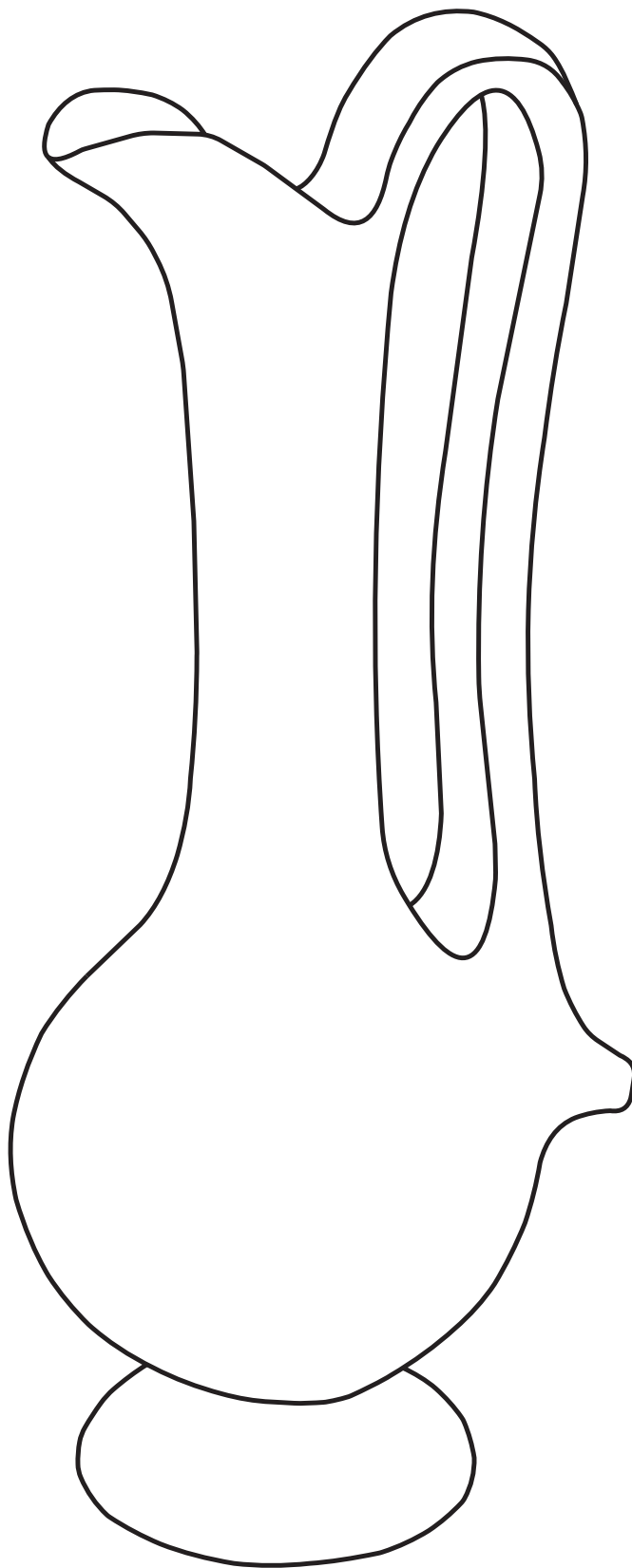
Pottery
Basket
Family
Bead
Ribbon

Unity
Elder
Strength
Indigenous
Sovereignty

T	H	H	F	S	I	C	W	N	N	U	Z	Y	Q	I
R	U	J	S	F	H	N	A	N	O	D	M	O	N	B
A	N	V	E	I	X	C	D	N	H	K	A	S	X	E
D	T	S	E	R	A	Y	R	I	Q	T	S	W	G	A
I	K	F	M	N	U	O	R	W	G	N	L	H	L	D
T	P	I	O	X	C	T	V	E	G	E	T	A	X	C
I	H	E	B	Q	Y	A	L	J	T	G	N	K	E	C
O	Q	F	A	M	I	L	Y	U	N	T	J	O	Q	H
N	R	T	E	K	S	A	B	E	C	G	O	P	U	U
U	Y	T	N	G	I	E	R	E	V	O	S	P	U	S
N	B	E	K	P	W	T	D	V	T	R	I	B	E	T
I	A	L	T	N	S	J	Z	Z	D	C	P	J	U	G
T	A	D	R	I	B	B	O	N	O	C	L	O	F	G
Y	Y	E	Q	L	M	E	Y	M	L	U	L	A	O	R
N	I	R	U	C	C	C	R	C	L	A	M	H	N	Z

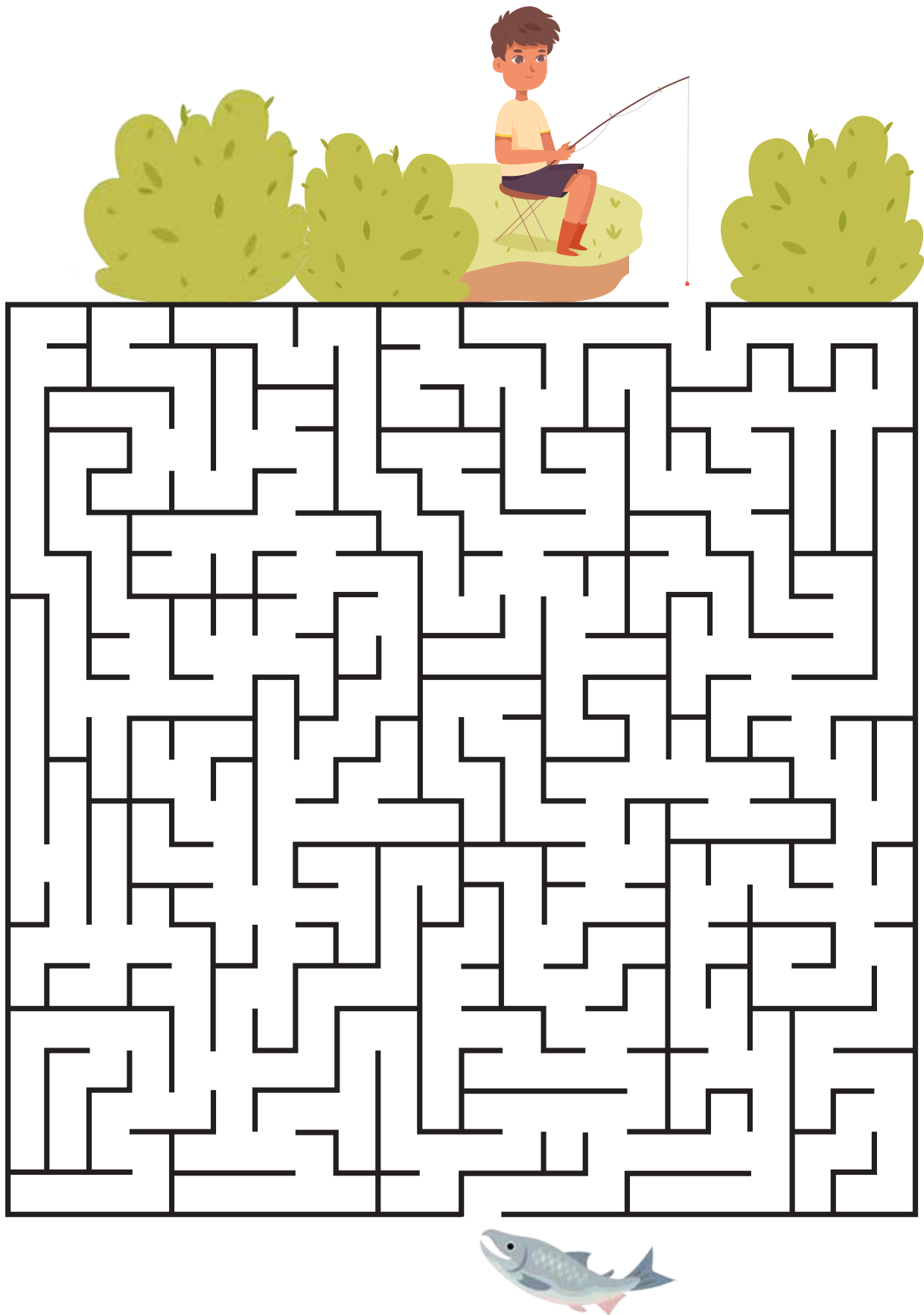
COLORING

Does in anyone in your family or community make pottery?



MAZE

River needs your help! The fish is stuck on the other side of the maze. Complete the maze to catch the fish with the fishing pole.



EMOTIONS FOR DAYS

Did you know that you can feel more than one emotion? There are SO many emotions you feel, some fun and others less fun. Let's learn about some of these emotions together!



HAPPY

Feeling silly and excited? You are happy! Happiness is about being content and sharing that energy with those around you.



NERVOUS

Have you ever felt the first day of school jitters? Being nervous is normal and is usually a sign of good things to come.



LOVED

You know that feeling after your friend gives you a hug? You feel all warm and gooey. That's love, and it's very special.



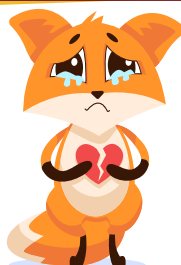
ANGRY

You are frustrated, tense, and mad. It happens! Luckily, anger is an emotion you can use to share negative feelings.



BORED

You have tried everything, and still, no fun is being had. Boredom is well, boring. Luckily, it will pass!



SAD

We all feel sad for a number of reasons—losing your favorite toy or having your friend move. It is okay to feel sad.



SURPRISED

Surprises come in many shapes and sizes—from a surprise party to being spooked in the hallway. Be prepared always!

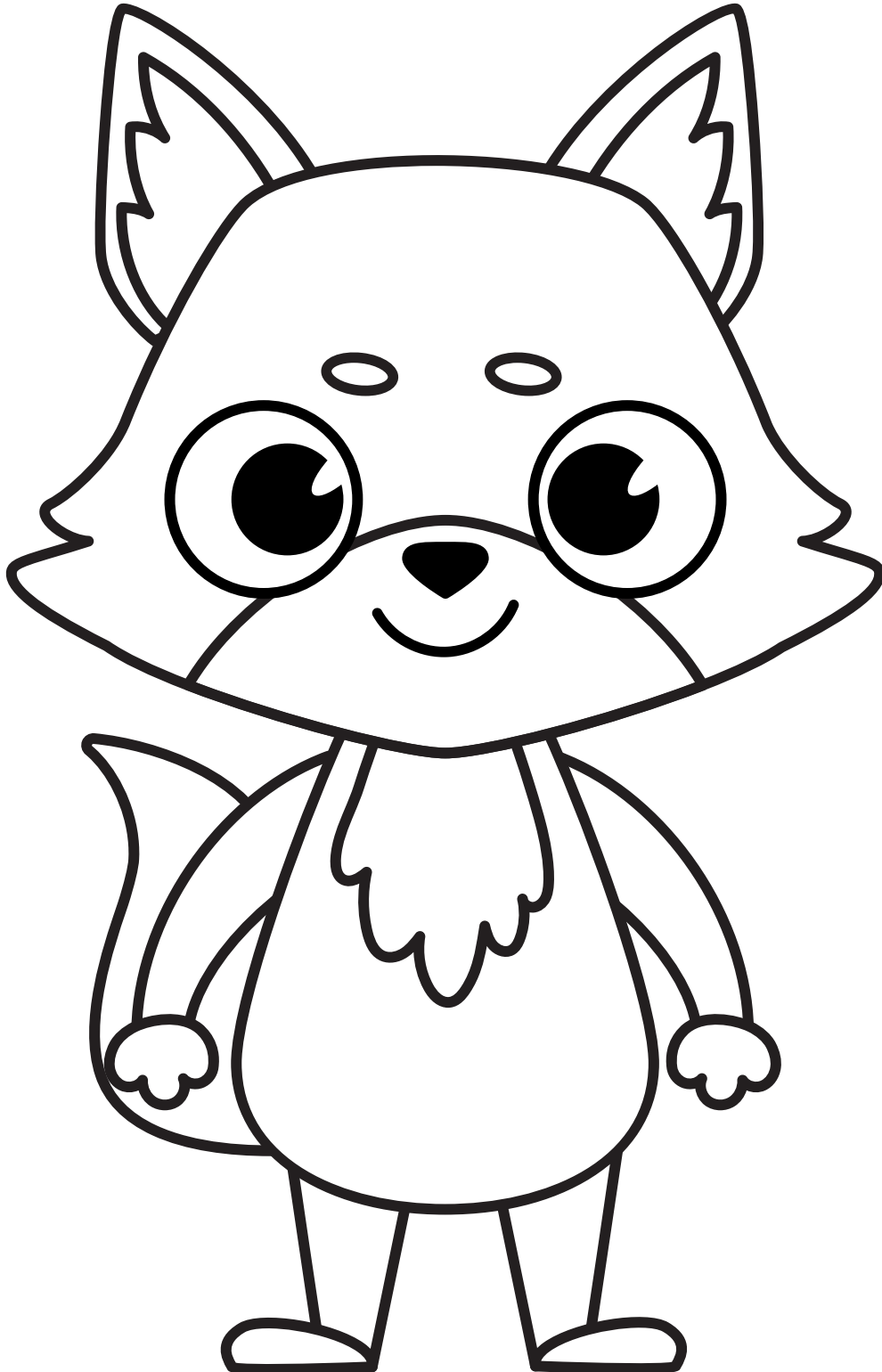


SCARED

You watched a scary movie and now you can't sleep. Being afraid is not fun, but it is an important emotion that can keep you safe.

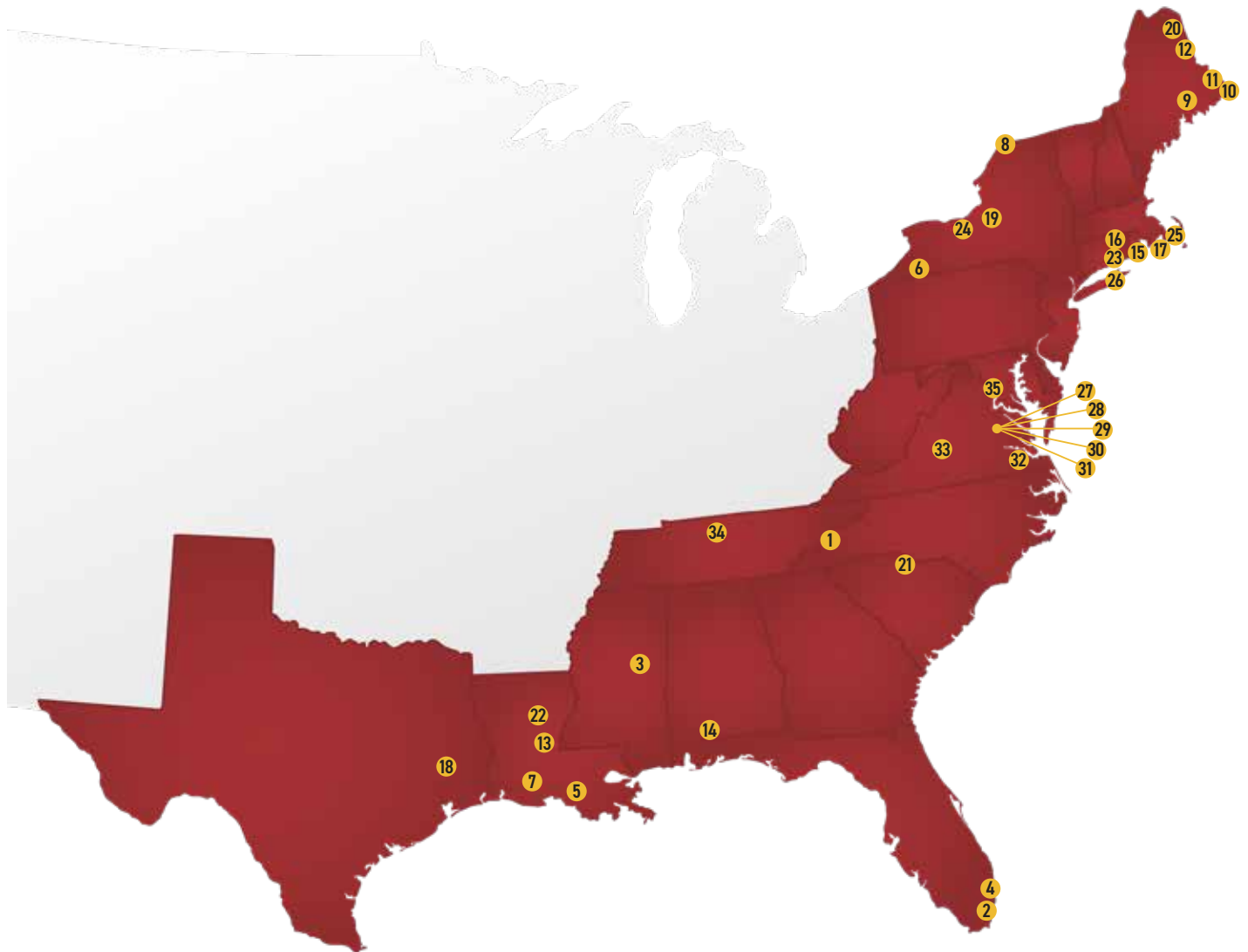
X MARKS THE SPOT

You feel emotions all over your body—from your toes to your head. Draw an X to show where you feel each of the emotions listed on the previous page.



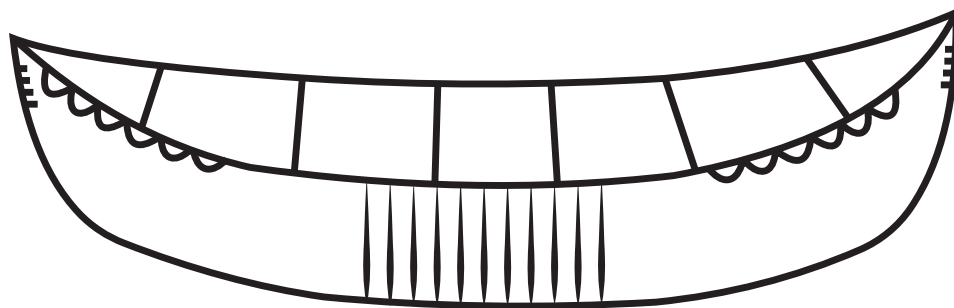
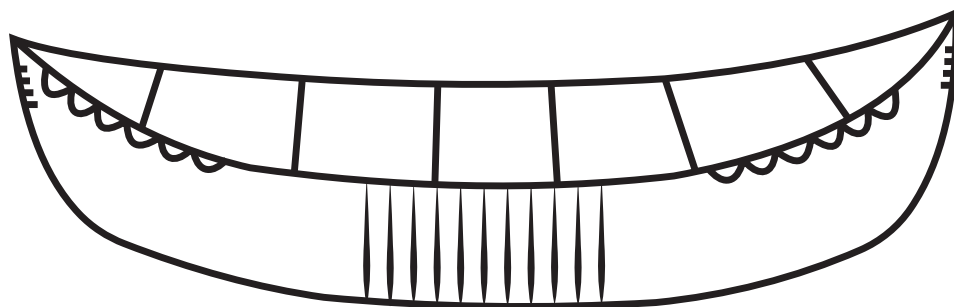
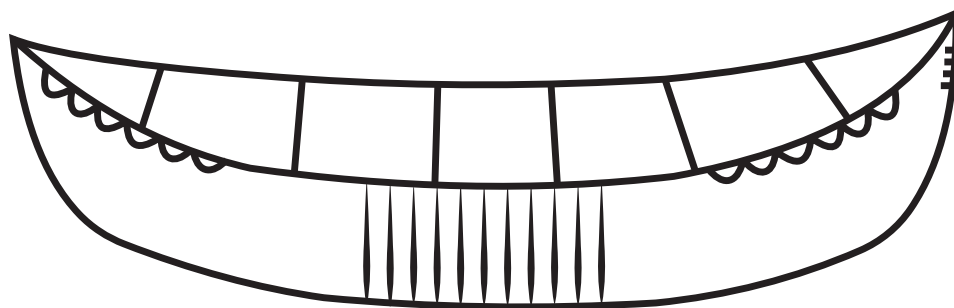
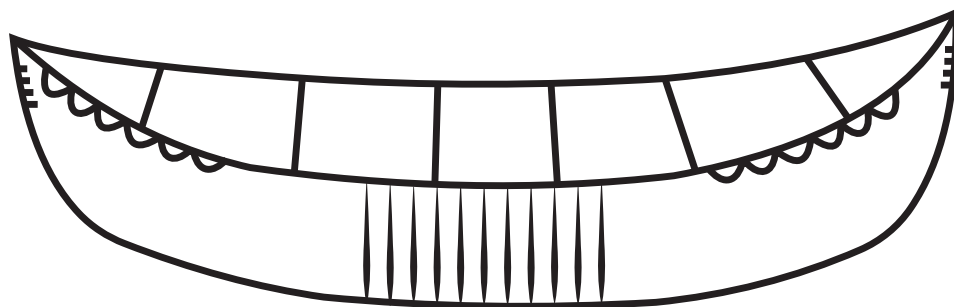
FIND YOUR TRIBAL NATION

Look at the map below. What number represents your Tribal Nation? Write the number in the box:



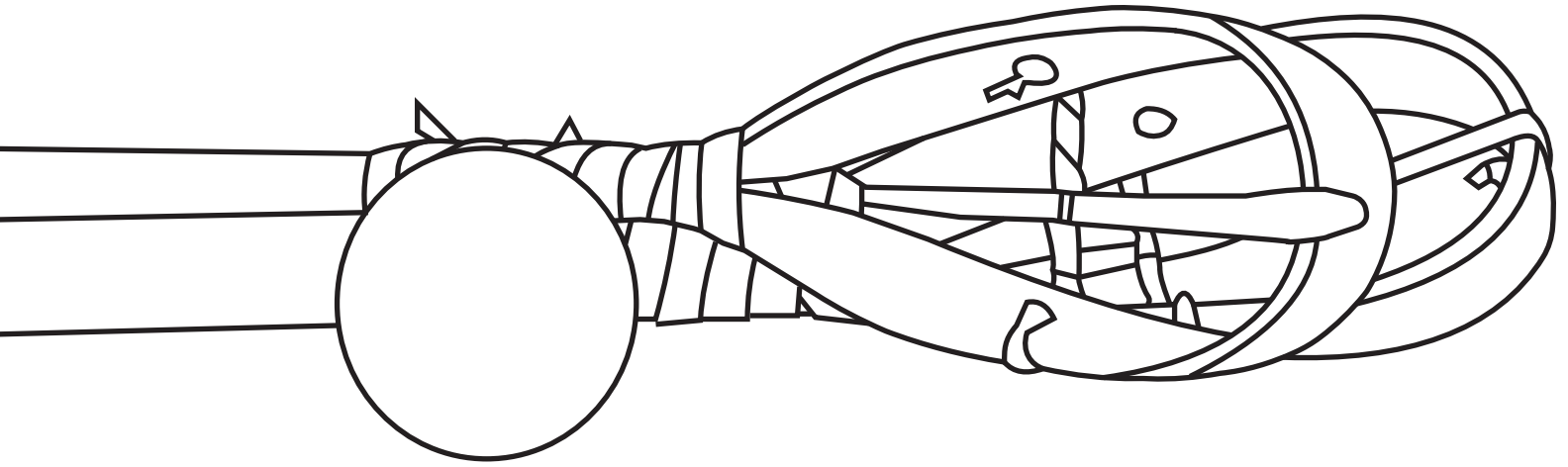
ONE IS NOT LIKE THE OTHERS

Wait a minute! Though these objects look the same, they are not. Which one is different?



COLORING

Some people call this game lacrosse, and some call it stickball.
What is this game called in your community?

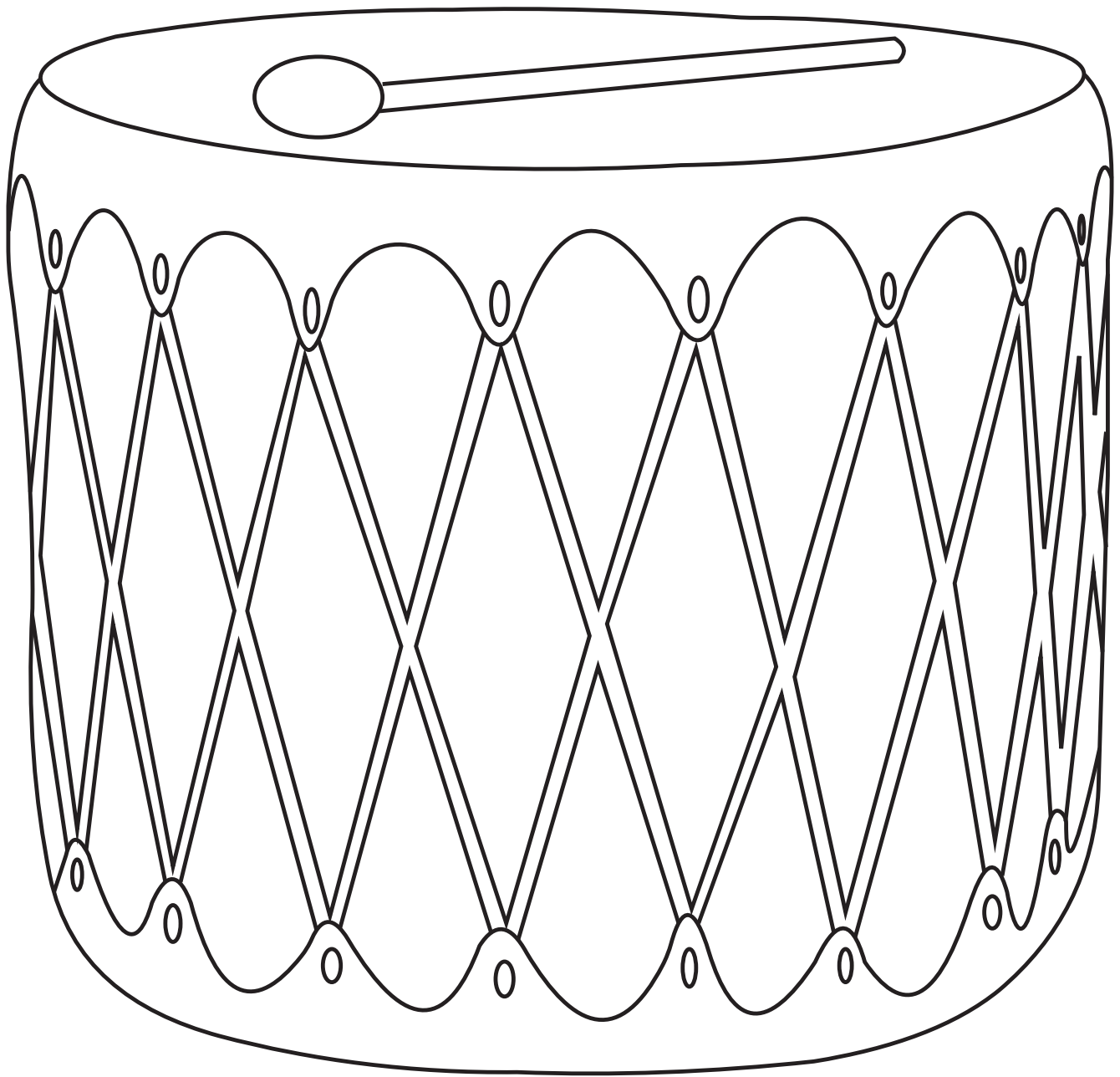


DRAWING

What is your favorite sport? Draw it here!

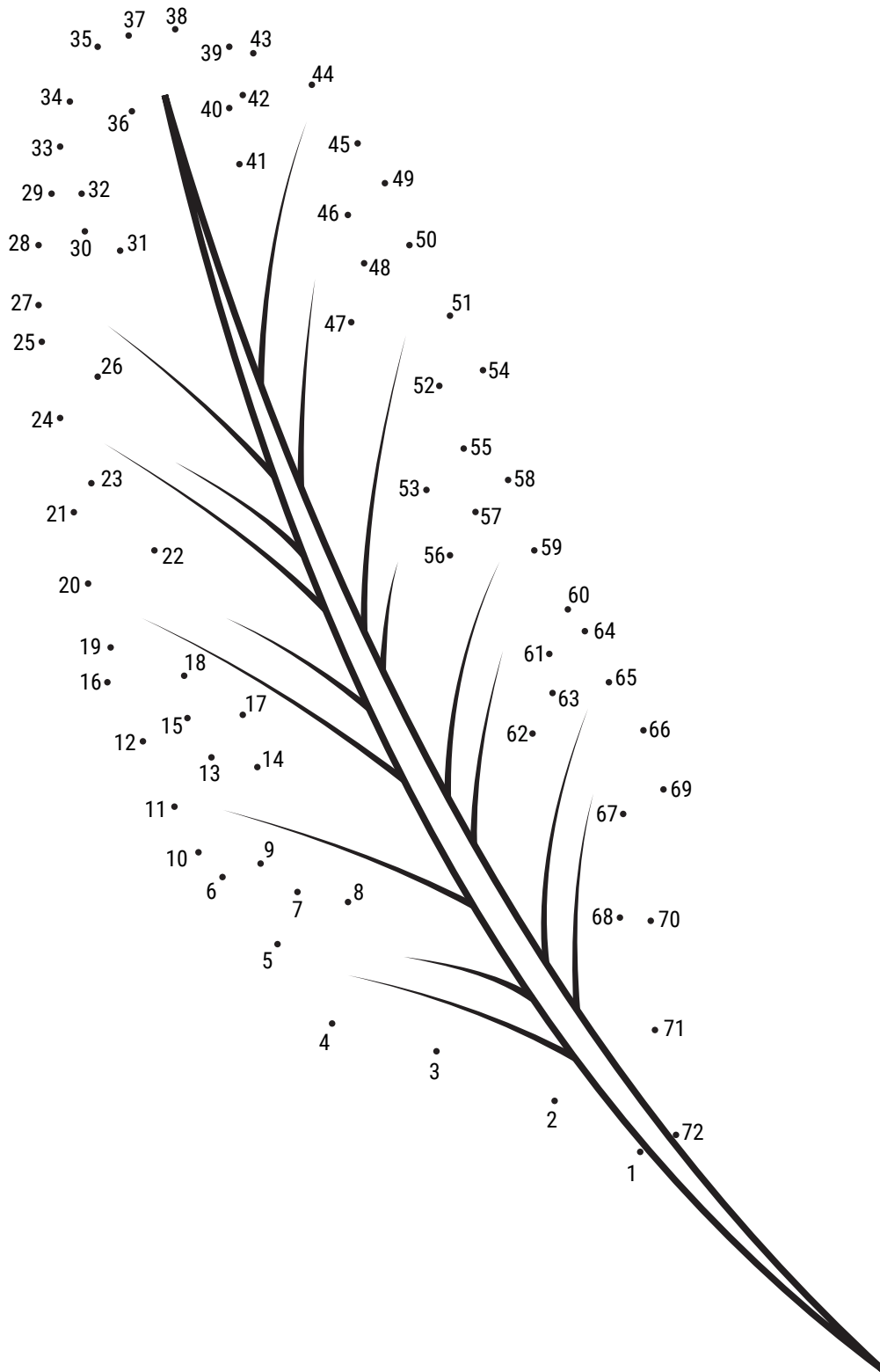
COLORING

What instruments are played in your community?



CONNECT THE DOTS

Can you see it? There's an eagle feather somewhere here.
Connect the dots and you'll see it too!



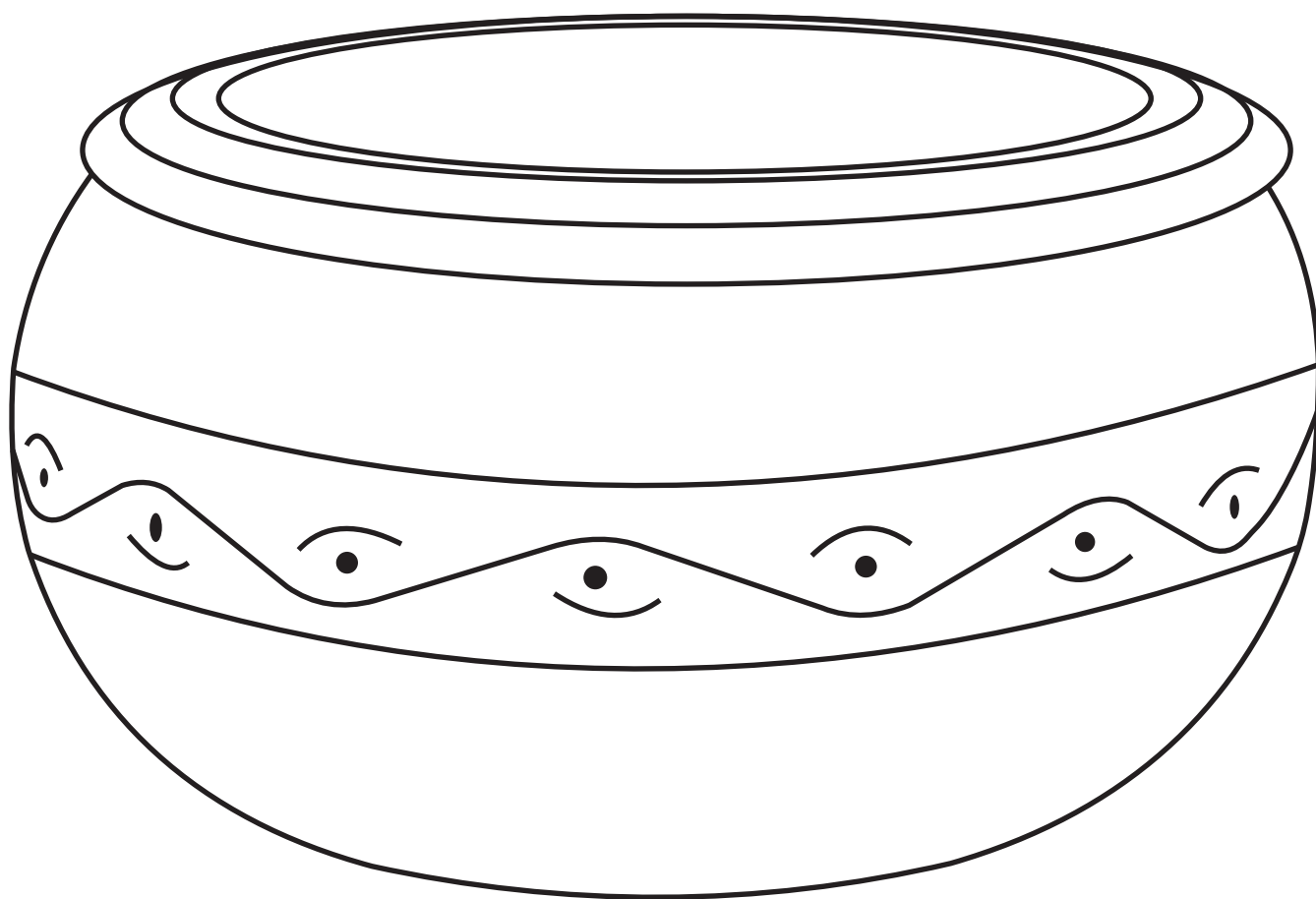
COLORING

Who are the craftspeople in your community? What kinds of artwork do they make?



COLORING

What is your favorite craft to make?



You're a rock star! You completed the entire workbook. We hope this book helped you learn more about yourself and your feelings.

As you continue to experience new feelings, remember that you can always count on your family, friends, and community to help you get by. Here's to the adventures to come!



