



# Tribal PREP

Personal Responsibility and Education Program



At the end don't forget to fill out the Cultural Teachings Youth Evaluation online.

Cultural Teachings Youth Evaluation Survey	
Please select your site <small>* must provide value</small>	Saginaw Chippewa Indian Tribe ▼
How old are you?	20 or older ▼
What is your sex?	Female ▼
What grade are you in?	Do not attend school ▼
Which of the following describes your race?	<div><input type="checkbox"/> American Indian or Alaska Native</div> <div><input type="checkbox"/> Asian</div> <div><input type="checkbox"/> Black or African American</div> <div><input type="checkbox"/> Native Hawaiian or Pacific Islander</div> <div><input checked="" type="checkbox"/> White</div> <div><input type="checkbox"/> Other</div> <div><input type="checkbox"/> Missing</div> <div>Check all that apply</div>

<https://chc.mphi.org/surveys/index.php?s=PKF4WT93RK>

# 4 sessions this month

[www.sagchip.org/news.aspx?newsid=3192#.X1ED1JV0zLz](http://www.sagchip.org/news.aspx?newsid=3192#.X1ED1JV0zLz)

▶ **Wednesday, Sept. 9, 2020 @ 4 p.m.**

Laughter is Healing by Christina Osawabine prevention specialist and Anna Hon with intro to Laughter Yoga.

▶ **Thursday, Sept. 10 @ 4 p.m.**

We Need You Here Tribal PREP Lesson about suicide prevention by Anna Hon from Nimkee Tribal PREP program

▶ **Wednesday, Sept. 16 @ 4 p.m.**

What's the difference between sad/depression and nervous/anxiety. Where and When can I get help? Andrea Hall, Clinical Therapist from SCIT Behavioral Health

▶ **Wednesday, Sept. 23 @ 4 p.m.**

Viewing of short clips to submitted by youth to show how they are staying healthy (physically/mentally) during the Pandemic of 2020.

*\* If you are unable to see the live broadcast, you have until Monday, Sept. 28 to access the sessions*

# Submitting short videos:

- **Videos are due by:** Tuesday, Sept. 15, 2020
- **Email videos to:** [samachippeway@sagchip.org](mailto:samachippeway@sagchip.org) or [Ahon@sagchip.org](mailto:Ahon@sagchip.org)
- Video clips can be taken on your phone, or from TikTok, Boomerang or Snap Chat. No longer than 10 minutes.
- Please include your name, Tribe, age and show us what you did during the pandemic (examples: singing, dancing, playing video games, etc.)



## Swag clothes

On Wednesday, Sept. 30 we will have a drop by curb pick up for your swag clothes (jogging pants and T-shirts.)



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  - Ahon@sagchip.org
- Video clips can be taken on your phone, or from TikTok, Boomerang or Snap Chat.
- No longer than 10 minutes.
- Show us a clip of you doing what you did. (example: sang, dance, played video games, etc.)
- **Please include the following information:**

My Name: \_\_\_\_\_  
 My Tribe: \_\_\_\_\_  
 My Age: \_\_\_\_\_  
 During the corona virus pandemic I: \_\_\_\_\_

### Who? Native Youth Ages 12-19

#### When? Live webcast at:

[www.sagchip.org/news.aspx?newsid=3192#.X1ED1JV0zLz](http://www.sagchip.org/news.aspx?newsid=3192#.X1ED1JV0zLz)

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**Saginaw Chippewa Indian Tribe of Michigan**

*"Working Together for Our Future"*

7500 Soaring Eagle Blvd.  
 Mount Pleasant, MI 48858  
 989-775-4000  
[www.sagchip.org](http://www.sagchip.org)

# Introductions:

**Christina Osawabine**

**Prevention specialist**

- **Worked for the tribe:**
  - **What she does?**
- **Will be presenting about**
- **Laughter is a good medicine**

**Laughter is a Good Medicine**

**I.T. will play her presentation**



Proverbs 17:22

New International Version (©1984)

**A cheerful heart is good medicine, but a crushed spirit dries up the bones.**

New Living Translation (©2007)

**A cheerful heart is good medicine, but a broken spirit saps a person's strength.**

**Next Presenter:**

**Anna Hon**

**What is Laughter Yoga?**



[https://www.youtube.com/watch?v=4nwcMxARBSQ&feature=player\\_embedded](https://www.youtube.com/watch?v=4nwcMxARBSQ&feature=player_embedded)

# Practice

## Classic Laughter Yoga Exercises

- **Cell Phone Laughter:** Hold an imaginary cell phone to your ear and laugh.
- **Gradient laughter:** Fake a smile; giggle, then laugh slowly and gradually increase in tempo and volume.
- **Greeting Laughter:** Greet everybody the way you normally greet (e.g. shake hands) and replace words with laughter.
- **Hearty Laughter:** spread your arms up, look up and laugh heartily as you direct your laughter to come straight from your heart.
- **Think Of A Socially Awkward Situation And Laugh At It** (e.g. shoe laces untied, shaving cream behind your ears...)

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- 
- **Hearty Laughter:** spread your arms up, look up and laugh heartily as you direct your laughter to come straight from your heart.

When you think you have things  
under control...well take a look at  
this.....



Shortcut to [Aliensong.mpeg.lnk](#)

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