

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 * must provide value	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?	 American Indian or Alaska Native Asian Black or African American Native Hawaiian or Pacific Islander White Other Missing Check all that apply 	

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

4 sessions this month

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 or 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.)

#StickAround

#WeNeedYouHere

Send us your videos!

Show us how your are staying healthy both physically and mentally during the Pandemic of 2020.

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- 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:

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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

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

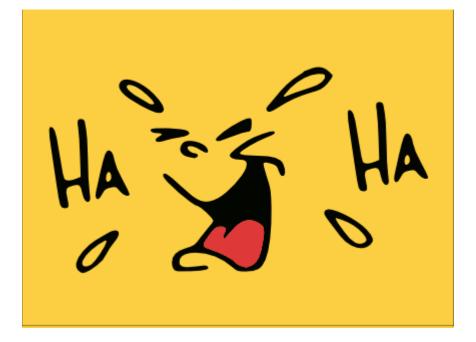
I.T. will play her presentation

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

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...)

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.

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



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