



# WERNATIVE

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## YOUTH LEADERSHIP HANDBOOK

[www.weRnative.org](http://www.weRnative.org)

You are the change that your  
ancestors called for.



One good deed can change everything.

**CONGRATULATIONS  
ON BEING  
SELECTED AS A  
WE R NATIVE  
YOUTH  
AMBASSADOR!**



**YOU ARE THE CHANGE YOUR  
ANCESTORS CALLED FOR**

# Welcome Session

## Purpose:

The purpose of this session is for ambassadors to meet each other and learn about the ambassador program.

## Ambassadors will...

- name fellow We R Native ambassadors
- understand overall Ambassador program

## Session Outline

- Welcome Youth Ambassadors!
- 'Get to Know You' Icebreakers
- Group Expectations & Ambassador Agreements
- Ambassador Program Details
- Closing  
Self-Assessment Survey  
Next Steps

# Youth Ambassador Agreements

## Meeting Times

100% attendance for the six sessions, unless arrangements are made ahead of time.

## Group & Individual Activities

100% completion rate, unless arrangements are made ahead of time.

## Active Participation

We ask that you be an active member of this group. A person we can count and rely on.

As an individual and member of the We R Native Youth Ambassador team, I pledge to be an active participant and to do my best to show up for myself and my team mates.

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Signature

Date

We R Native



# What is We R Native About?

## Purpose:

The purpose of this session is for you to learn about the health topics covered in We R Native and begin to connect these health topics to your current and future goals.

## I will...

- research the health topics covered by WRN
- connect WRN's health topics to my current and future goals

## Session Outline

- Welcome video
- 'What is WRN about' activity
- 'My Vision' for the future activity
- Bonus activity - 'Turning Action into Art'
- Closing  
Final Reflections

# WHAT IS WE R NATIVE ABOUT?

Type in internet browser: [www.wernative.org](http://www.wernative.org)

**Instructions:** Find the menu on the top of page. **Select the topic assigned to you** (e.g. ask auntie/ uncle, my culture, my life, my relationships, my mind, my impact, ambassadors, gear up).

**Click on that topic to learn more.**



What topic were you assigned?

“

”

List internal pages for your topic:

“

- 1.
- 2.
- 3.
- 4.
- 5.

”

# BECOME THE EXPERT!

Pick three pages to share about:

NAME OF PAGE:

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What can you share about this page?

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What did you like?

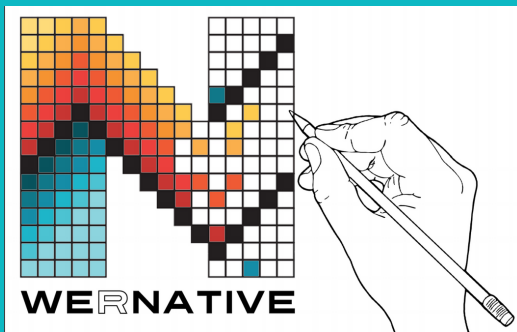
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What didn't you like?

--	--	--

What would you change?

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**\*Bonus - What Social Media Channels does WRN have? What is their text-message service about?**

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# My Vision for the Future

Think, then write your vision and goals for each of the following areas of your life...

## My Culture

My vision for helping my community

## My Impact

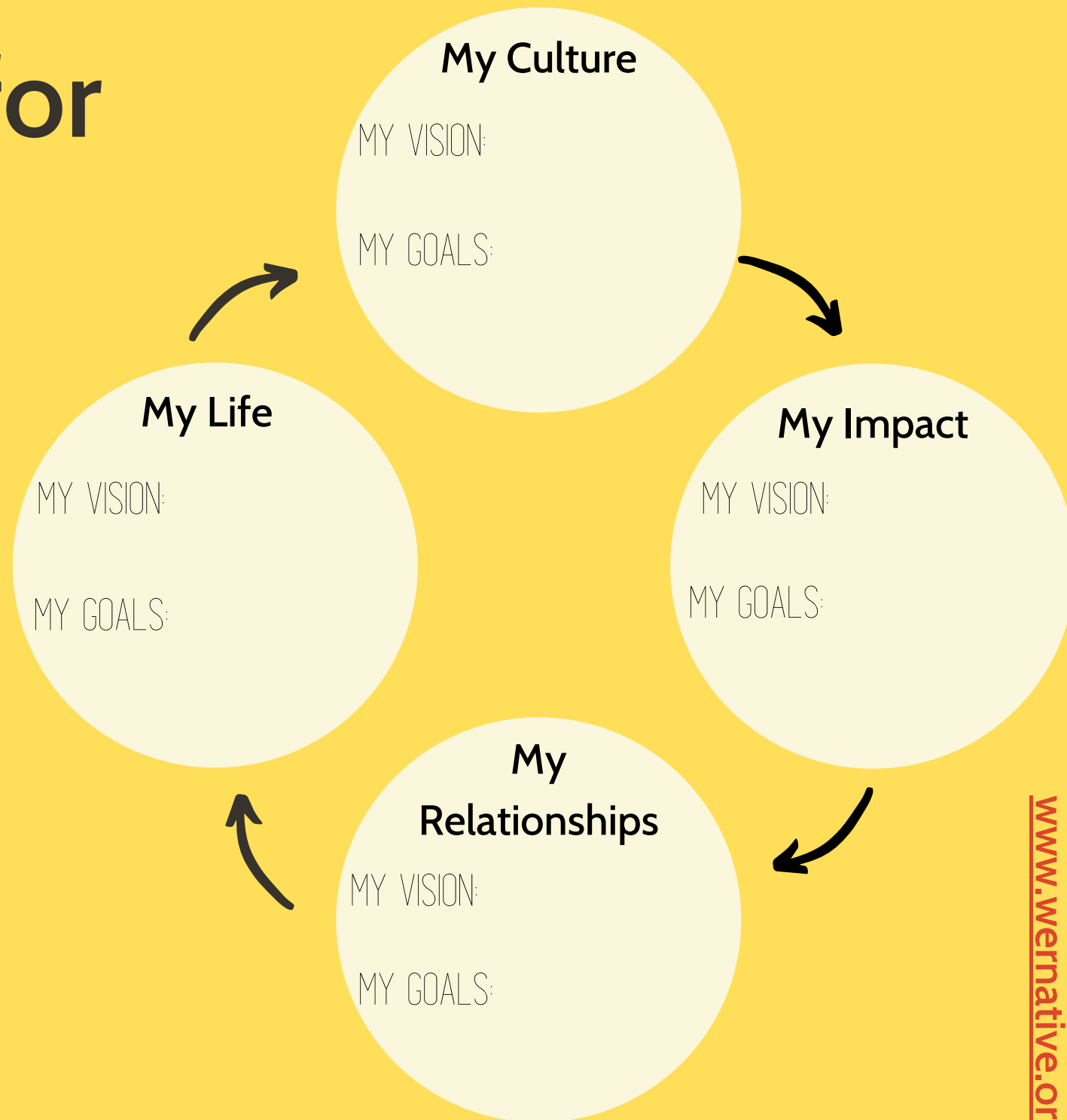
My vision for keeping my traditions alive and strengthening my identity and environment

## My Relationships

My vision for healthy relationships with family and friends

## My Life

My vision for keeping my body and mind strong



# MY SMART GOALS

What is your My Impact goal (see My Vision for the Future for help).

TIMELY

When will you achieve your MY IMPACT goal?

RELEVANT

Why is your MY IMPACT goal significant to your life?

ACHIEVABLE

Is achieving your MY IMPACT goal realistic with effort and commitment? Do you have the resources needed to achieve this goal? If not, how will you get them?

MEASURABLE

How will you know when you have reached your MY IMPACT goal?

SPECIFIC

What exactly will you accomplish with your MY IMPACT goal?

Verify that your MY IMPACT goal is SMART (i.e., Specific, Measurable, Achievable, Relevant, and Timely).

# TAKE ACTION

My Impact goal is important because:

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The benefits of achieving My Impact goal will be:

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Write in below the potential obstacles you may run across with your MY Impact goal. For each obstacle, write down a potential solution and who can help.

## Potential Obstacles

- 1.
- 2.
- 3.

## Potential Solutions

- 1.
- 2.
- 3.

Who can help?

# Action Steps

What steps are needed to get you to your goal?

List your steps:

Step 1:

- 1.
- 2.
- 3.
- 4.

Expected  
Completion  
Date:

Actual  
Completion  
Date:

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

Step 2:

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

Step 3:

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

Step 4:

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

## \*BONUS ACTIVITY

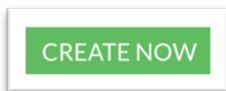
### Turning Action Into Art: My Vision for the Future

Instructions: Select several one-word descriptions from your goals and/or *My Vision for the Future* handout to create a wordcloud that shows your unique words of art.

#### Get Started:

1. Click on <https://wordart.com/>

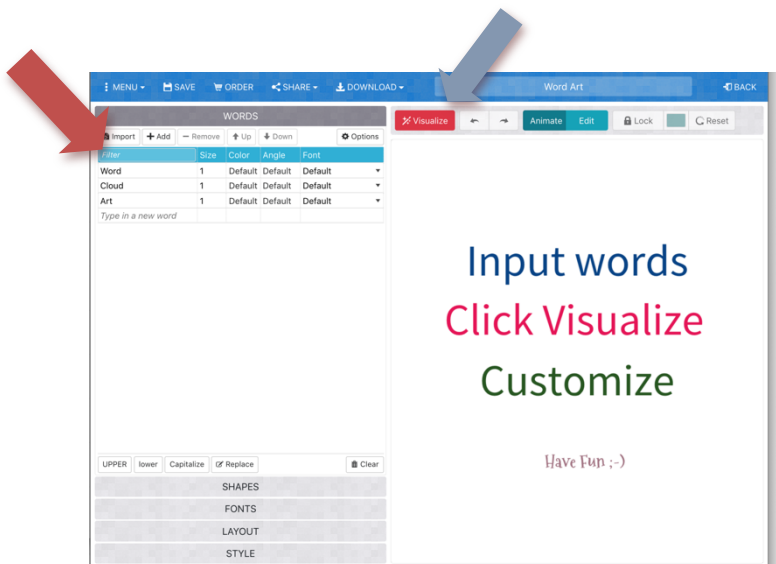
2. Click on



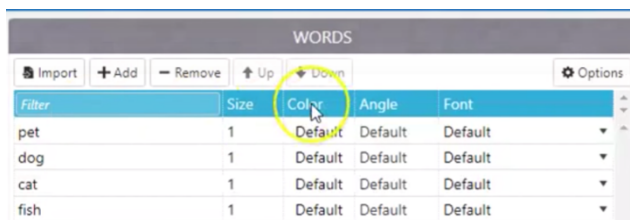
3. You will follow three steps: 1) Input Words, 2) Click Visualize, then 3) Customize your design

4. Input words into the “Filter” column on the left. See red arrow.

5. Click “Visualize” to see your wordcloud. See blue arrow.

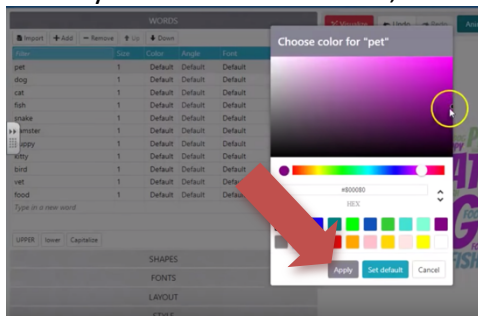


6. If you want to customize your wordcloud by changing the colors of the text, under the “Color” column, click “Default” to select your color for each word.

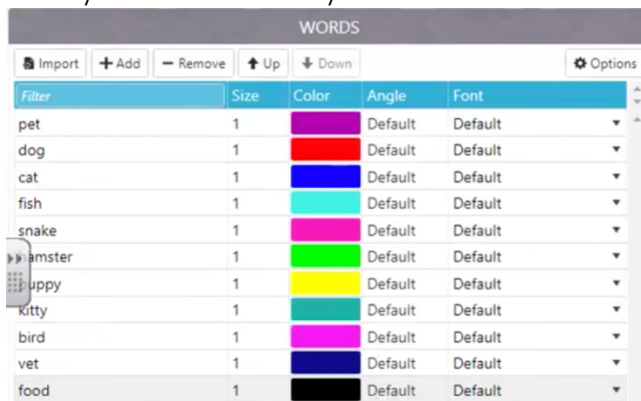




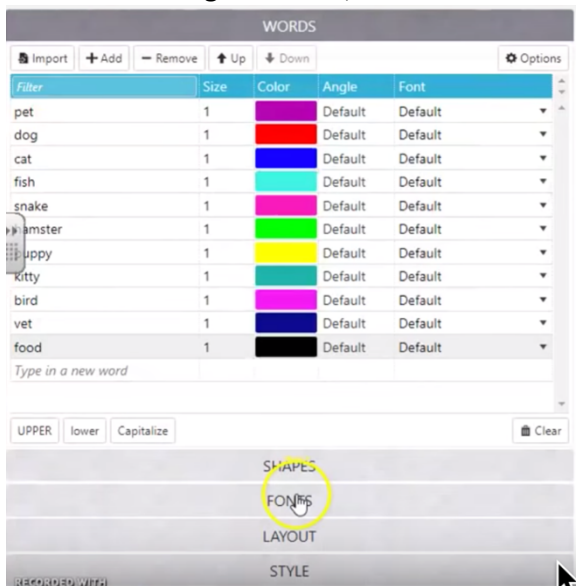
When you've selected a color, click 'Apply'.



Once you've selected all your colors for each word, this is what it will look like:



7. To change the font, click on "Font".



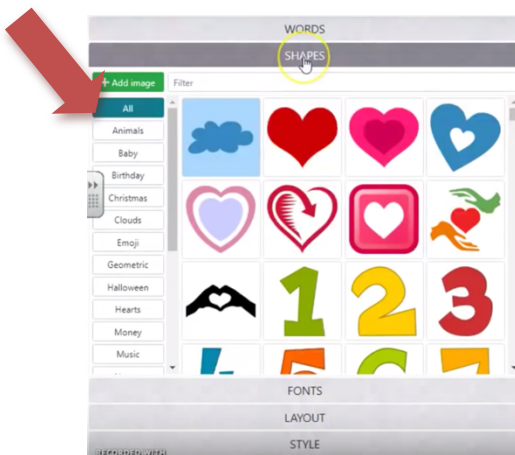
Scroll through the different types of font to see which one you like.

Then, just like the colors, next to each word you will select which type of font you want. Under “Font” click on “Default” and select your font for each word.

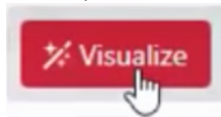
Filter	Size	Color	Angle	Font
pet	1		Default	Default
dog	1		Default	Default
cat	1		Default	Default

Now, if you want to get real crazy and change the shape of your wordcloud...

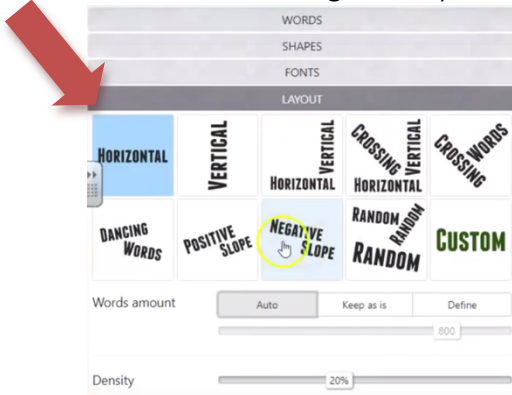
8. Click on “Shapes”. You’ll see different categories on the left.



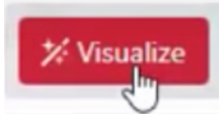
Once you’ve selected your shape, click “Visualize”.



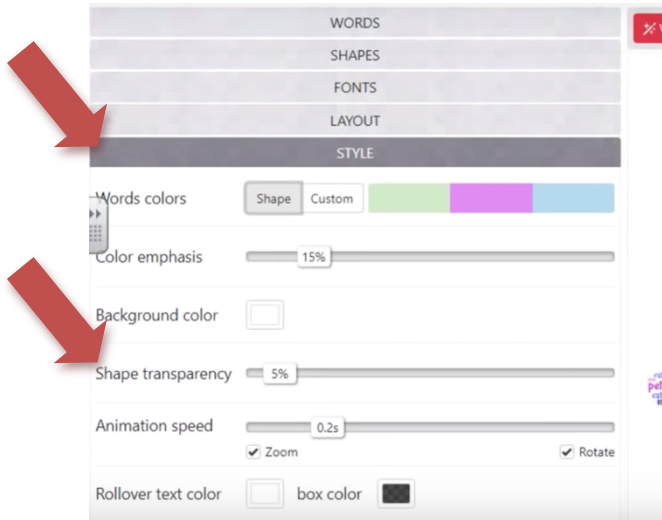
You can even change the layout of your words by selecting “Layout”.



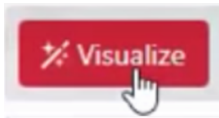
Click “Visualize” each time to see how it changes.



To change the “Style”, click on “Style”. Play with the “Shape transparency” to see the background colors come through.

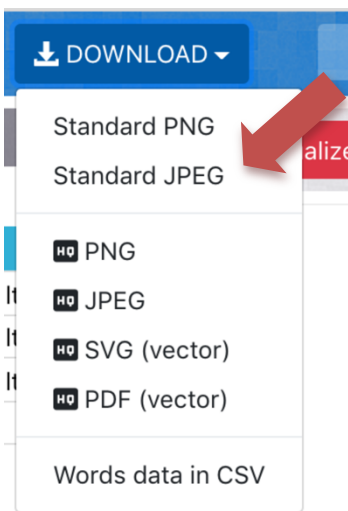


When you’re happy with what you have, click on:

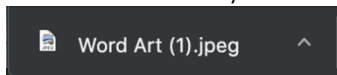


## Save your Work

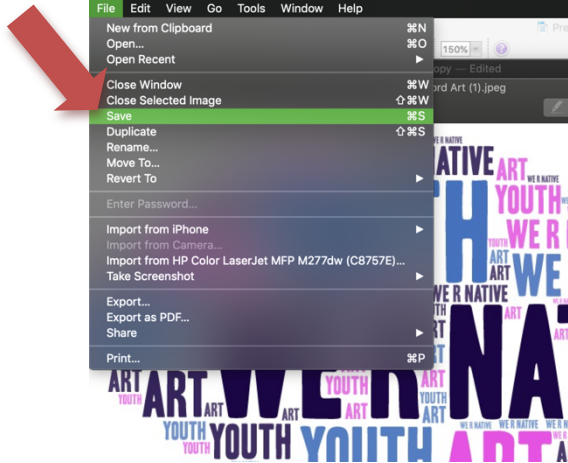
Click “Download” and select “Standard JPEG”.



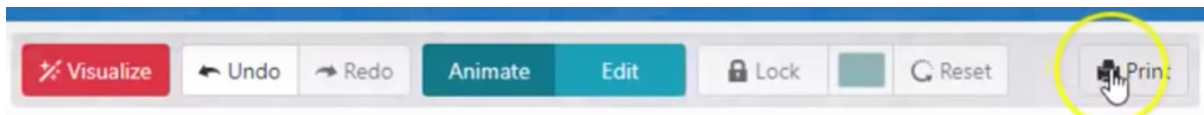
Find and click on your document on the bottom left side of your browser.



Go to “File” and “Save” to your USB drive.



If you're connected to a printer, select “Print”.



Well done! You're a We R Native graphic design artist!

# My New Crew

## Purpose:

The purpose of this session is for you to help create a safe, supportive, and inclusive space for yourself and fellow ambassadors to grow. You will teach your fellow ambassadors about your selected health topic from the We R Native website. You will also share how We R Native's health topics connect to your future goals.

## I will...

- teach my fellow ambassador about my assigned WRN health topic
- share how WRN's health topics connect with my future goals

## Session Outline

- Welcome!
- Jigsaw 'What is WRN about' activity
- Share 'My Vision' for the future activity
- Self-Assessment Survey Results
- Closing  
Shout-outs  
Final Reflections

# EXPERT PAGE: WHAT'S WE R NATIVE ABOUT?

Use this sheet to organize your thoughts to share with the group.

NAME OF ASSIGNED TOPIC:

ATTENTION GRABBER:

(What's the most important thing people should know?)

## Main Points

List three things people should know:

1.

2.

3.

What did you like?

What didn't you like?

## Sharing is Caring!

Conclusion: Write out what you will share...



# NOTES PAGE

USE THIS PAGE TO TAKE NOTES OR DOODLE, AS YOUR GROUP SHARES ABOUT THEIR TOPICS

ASK  
AUNTIE

MY  
CULTURE

MY LIFE

MY  
RELATION-  
SHIPS

MY MIND

MY  
IMPACT

# CONSTRUCTIVE FEEDBACK

As folks from your group share, think about some constructive feedback you could give by selecting an example sentence starters from each category (e.g. Positive Feedback, Area for Growth, Questions I Have).

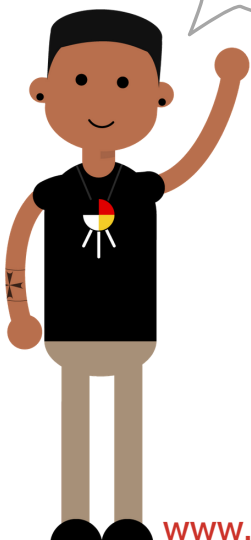
## Positive Feedback

- I love how you...
- Great job on...
- My favorite part was because...
- The strongest part of your plan is...
- I like how you...
- I can tell you really worked hard on...
- I enjoyed hearing about because...
- Awesome work on...

## Area for Growth

- I think you could add because...
- I think you could take out because...
- One suggestion I have is...
- What if you tried...
- One thing I noticed was...
- I think this part could be even better if you...
- An idea to consider is...

I think you are awesome!



## Questions I Have...

How will you	?
Why	?
What if	?
When will	?
Where will	?
What happens if	?
What do you think about	?



# Indigenous Leaders

## Purpose:

The purpose of this session is for you to explore the core values of Indigenous leadership styles, skills, and attributes. You will identify which styles and skills you currently possess and what skills you would like to further develop.

## I will...

- identify which Indigenous leadership style I'm drawn to
- classify my skills into the four ways leaders are motivated to approach tasks
- imagine who I see myself becoming

## Session Outline

- Welcome video
- 'My Respected Leader' activity
- 'What Type of Leader Am I' activity
- Closing  
Final Reflections  
Journal Space - 'Who do I See Myself Becoming'

# LEADERSHIP STYLES

Think about which leadership style you are drawn to and how that might work in your community. Consider times when it might be good to use another leadership style(s).

## LEADERSHIP STYLE

## WHAT IS IT?

## THE UPSIDE

## THE DOWNSIDE

### AUTOCRATIC

Relies heavily on getting others to do what you want them to do, by commanding others to follow their policies without consulting them

The upside of autocratic leadership is the speed at which decisions are made

The downside is that decisions made by one person or a small group of people do not take into account the needs of others, which can hurt the group

Do what I tell you!

### LAISSE-FAIRE (OR FREE-REIN)

Allows people to make their own decisions, putting responsibility on the individual

The upside is the freedom to make your own decisions

The downside is that some people need help and resources to figure out what is best. If everyone is helping themselves, there's usually no thought about the future or building sustainable practices, which can be harmful to individuals and the group

Eh, whatever you think is best...?

### HORIZONTAL OR TRADITIONAL

Consults with all members of the group and hears what is and is not important to them. The group works together to put policies in place, and they talk regularly about those policies and how they are working, or not

The upside to traditional leadership is that the groups needs are being met

The downside is slow decision and policy making, which can be harmful to individuals when decisions need to be made now

What's best for everyone??

# VISUALIZE

Below is a visual of what each Leadership Style might look like.



Think about what Leadership Style you gravitate towards.  
Draw or write what images come to mind below.

# LEADERSHIP SKILLS

BELOW ARE SOME EXAMPLES OF WHAT TYPES OF LEADERSHIP SKILLS YOU MAY POSSESS. THINK ABOUT WHAT SKILLS DESCRIBES YOU, OR WHAT SKILLS YOU WOULD LIKE TO WORK TOWARDS. 1) READ THROUGH, AND 2) CIRCLE THOSE THAT APPLY TO YOU.



## Honesty and Integrity

Honesty and integrity are two important ingredients which make a good leader. How can you expect others to be honest when you lack these qualities yourself? Leaders succeed when they stick to their values and core beliefs.



## Confidence

Having confidence means you are sure about your own decisions and qualities.



## Inspire Others

To inspire, you must set a good example. People notice what you do, younger kids look up to you and see how you react to the situation. If you handle it well, you can inspire others to do the same.



## Commitment and Passion

People look up to those who are committed and passionate about the work they do. They want to be a part of that energy.



## Good Communicator

A good communicator can be a good leader. Words have the power to motivate people and make them do the unthinkable. If you use them effectively, you can also achieve better results.



## Decision-Making Capabilities

A leader should think long and hard before making a decision but once the decision is taken, stand by it. Talk to others to make sure you have the full picture before making a decision that will affect others.



# MORE LEADERSHIP SKILLS



## Accountability

Hold yourself accountable for the decisions you make. Everything is a learning opportunity. If it doesn't work, think about why, and what you can do next time. To build trust, be upfront and honest about what you've learned.



## Delegation and Empowerment

You cannot do everything. Share tasks with others to accomplish goals. This can help build trust and a stronger sense of teamwork.



## Creativity and Innovation

Creative thinking and constant innovation is what makes you and your team stand out from the crowd. Think out of the box to come up with unique ideas and turn those ideas and goals into reality.



## Empathy

Understanding the problems of others and feeling their pain can help you be an empathetic leader.



## Resilience

No matter how difficult things may get, you stay positive and rally.



## Emotional Intelligence

The better aware you are of your feelings and emotions, the better you can control them, which prevents negative emotions from influencing your decision-making skills.



# MORE LEADERSHIP SKILLS



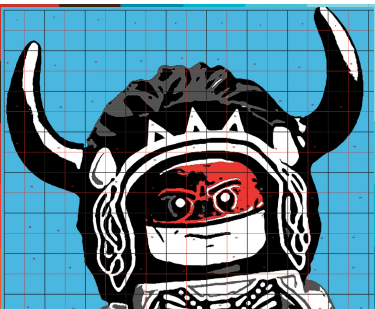
## Humility

A good leader is always selfless and always think about others.



## Transparency

To build trust, be open with others. It also makes your plans and goals clear.



## Vision and Purpose

Good leaders always have a vision and purpose. They visualize the future, share their vision, so that others can see where they are heading and share their plan for getting there.

# ATTRIBUTES

BELOW ARE SOME EXAMPLES OF LEADERSHIP ATTRIBUTES THAT YOU MAY POSSESS. THINK ABOUT WHAT ATTRIBUTES BEST DESCRIBE YOU. CIRCLE THOSE THAT APPLY TO YOU.

generous  
competent  
ambitious  
charming  
responsible  
eager  
trustworthy  
determined  
productive  
flexible  
sincere  
focused  
positive  
funny  
humble



WERNATIVE

# MY RESPECTED LEADER

Think about a person you admire and respect as a leader. This may be an elder, relative, friend, community member, or someone from history.

What has this person done to show you they are a leader?

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What Indigenous leadership styles do they possess?

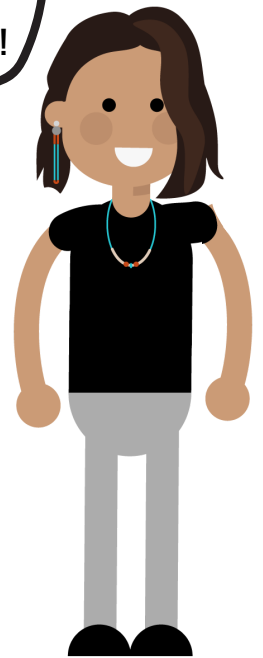
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List three things that make them a good leader.

- 1.
- 2.
- 3.

You are a part of the next generation of Indigenous Leaders!



In what ways are you like them?

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# WHAT TYPE OF LEADER AM I?

Leaders approach tasks in four different ways, they:

- Positively GET TO what They Want
- Positively WILL DO what Others Want
- Negatively HAVE TO do what Others Want
- Negatively MUST DO what Others Want

Write examples for each box.



## POSITIVE ATTITUDE

I'm Positive and WILL DO what others want

I'm Positive and GET TO what I want



OTHERS WANTS

YOUR WANTS

I'm Negative and HAVE TO do what others want

I'm Negative about what I MUST DO

## NEGATIVE ATTITUDE



# Who Do I see myself becoming?

Imagine. Then draw, doodle, write, or record a video.  
How do you want to show yourself to others?

Journal  
Space:



# Reppin' WRN & Finding Balance

## Purpose:

The purpose of this session is for you to learn tips and strategies for speaking comfortably and confidently to others about yourself and WRN.

You will also learn the core values of We R Native: I am Strong in Mind and Spirit. By sharing with one another, we can teach each other lessons about self-confidence, self-respect, pride, courage, and spirituality.

## I will...

- practice strategies for public speaking
- develop a plan to deliver an award-winning speech
- identify ways to strengthen my spiritual, mental, emotional, and physical health

## Session Outline

- Welcome!
- Improv 'Yes, and...' activity
- '45 second speeches' activity
- 'Medicine Wheel Connection' activity
- Mindfulness Activity - Breathing Meditation
- Closing  
Shout-outs  
Journal Space - Let it Go!



# Medicine Wheel Connection

## Mental

As we learn more about our thoughts, they become less negative, making way for more positivity. By not constantly dwelling upon sad or painful memories, we can create room for more positive memories.

## Physical

Taking care of what we eat, how we sleep, and exercise can give us more energy and motivation.

## Spiritual

The better connected we are to the world and our creator, the better we can connect to the feeling of being a part of something bigger than ourselves.

## Social

The better connected we are to the world and our creator, the better we can connect to the feeling of being a part of something bigger than ourselves.

Read about each type of health to find out what it means to take care of every wonderful part of you!





# Taking Care of My Whole Self

Think of things you can do to take care of your: Spiritual, Mental, Emotional, and Physical Health.

Instructions: In each box, write three ways you can strengthen your health and write how you will protect it.

Notice if one type of health is easier to take care of than the others...

## Physical

*I can strengthen my Physical Health by...*

- 1.
- 2.
- 3.

*I will protect it by...*

## Mental

*I can strengthen my Mental Health by...*

- 1.
- 2.
- 3.

*I will protect it by...*

## Spiritual

*I can strengthen my Spiritual Health by...*

- 1.
- 2.
- 3.

*I will protect it by...*

## Social

*I can strengthen my Social Health by...*

- 1.
- 2.
- 3.

*I will protect it by...*



# "GLOW & GROW" FEEDBACK

Good friends help each other to 'glow' and 'grow' by providing them with feedback that encourages them to be the best versions of themselves.

You can chose a sentence starter to give feedback:

## Glow Feedback

- "I like how you..."
- "I really like the way you..."
- "I liked (insert) the best..."

## Grow Feedback

- "It might also be helpful to..."
- "Your next step might be to..."
- "One suggestion would be to..."

# Let it Go!

Sometimes we get upset over things we can't control or change. It can help if we tell ourselves to "let it go". What can you let go of? Draw or write in the balloons and choose to *let them go!*

Journal  
Space:



# Ambassadors In Action! Share My Story

## Purpose:

The purpose of this session is for you to learn the types of ways you can represent yourself and We R Native.

You will select at least one way to represent WRN (e.g. booth, SMS, art/ media, blog, advocacy, or presentation/ event) and put that into an action plan. You will also put your 'story' together to share and inspire others.

## I will...

- write or draw the six ways you can rep WRN
- plan and organize how you will rep WRN
- demonstrate your plan by sharing your story with others

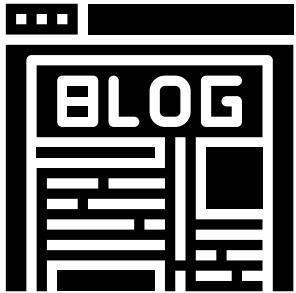
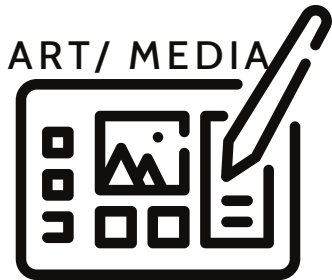
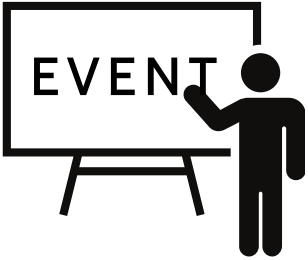
## Session Outline

- Welcome and Reflect on Session 2 Goals
- Watch tutorial videos from WRN team
- 'What Ways Can I Rep WRN' activity
- 'Plan & Act' activity
  - Ambassador Feedback
- Mindfulness Activity - Breathing Meditation
- Closing
  - Shout-outs
  - Journal Space - My Self-Care Plan

# WAYS TO REP WRN

WRITE OR DRAW THE WAYS THAT YOU ENVISION YOURSELF REPPIN' WE R NATIVE FOR EACH OF THE EXAMPLES BELOW...

**BOOTH**



**ADVOCAY**





# PLAN & ACT



GOAL: to plan and organize how you will represent We R Native, as a Youth Ambassador.

Step 1:  
Identify How You will 'Rep' WRN

Step 2:  
Plan Your Event

Step 3:  
Invite Folks

Step 4:  
Share Your Story

[www.wernative.org](http://www.wernative.org)

Let your mentor know  
if you need any help  
with this!



# STEP 1

## Identify How You Will 'Rep' WRN

### What is my Message (My Impact Goal)?

*I want my audience to know...*

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### What is Your Objective (the Benefits of My Impact Goal)?

*I am hoping to achieve...*

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### Who do you want to invite?

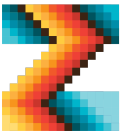
- |   |  |
|---|--|
| <input type="checkbox"/> youth                | <input type="checkbox"/> cultural department |
| <input type="checkbox"/> elders               | <input type="checkbox"/> health educators    |
| <input type="checkbox"/> school staff         | <input type="checkbox"/> clinicians          |
| <input type="checkbox"/> government officials | <input type="checkbox"/> List Others:        |

Think about your message and the audience you want to hear that message:

### What's the Best Venue for your message?

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> booth        | <input type="checkbox"/> presentation             |
| <input type="checkbox"/> SMS          | <input type="checkbox"/> host or co-host an event |
| <input type="checkbox"/> art          | <input type="checkbox"/> fun event                |
| <input type="checkbox"/> media        | <input type="checkbox"/> after-school program     |
| <input type="checkbox"/> social media | <input type="checkbox"/> cultural event           |
| <input type="checkbox"/> blog         | <input type="checkbox"/> health event             |
|                                       | <input type="checkbox"/> List Others:             |

# HOW & WHEN



Identify whether you will attend or co-host an upcoming event/ activity, OR if you will create a new event/ activity. Select which you will do and fill out the questions from the left column.

SELECT  
OPTION:

Upcoming Event

New Event

Name of  
Event or  
Activity

Date(s) &  
Time(s)

Location(s)  
– Who can  
help you  
book this?

Name(s) of  
People who  
Can Help

Who will be  
Attending?

# STEP 2

## Plan Your Event

Start to create Action Steps for how you will plan your event or activity.

### Will you partner with others?

- Native youth group
- Tribal Clinic
- After-school Club(s)
- Sports team(s)
- Boys & Girls Club
- Other:

### What resources will you need?

- Tables/ chairs
- Audio/ AV equipment
- Refreshments
- Incentives
- Transportation
- Other:

### Will it cost money? Who can help?

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### Need to Fundraise? What can you do?

- Sell Traditional Art
- Traditional Food Sale
- Host Cultural Event
- Fun Run/ Fun Event
- Donations
- Car Wash
- Other:

### Who can help?

- Donations
- Elders
- Parents/ Caring Adults
- Teachers/ Coaches
- Sports Team(s)
- Local Businesses
- Other:

### How will you know if you've reached your goal?

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# STEP 3

## Invite Folks

The more folks know about the details of your event like; Where, When, and Why – the more folks will hear your message. #EventGoals

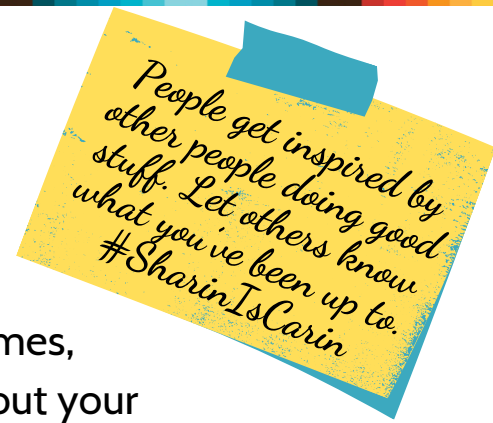
*Remember who your event is for.  
What's the best way(s) to reach them?*



Invite Strategy	Who can help?
<input type="checkbox"/> Newspaper/ Tribal Newsletter	
<input type="checkbox"/> Local or Tribal Radio Station	
<input type="checkbox"/> Social Media Channels	
<input type="checkbox"/> Flyers/ Posters (school or Tribal bulletin boards, etc.)	
<input type="checkbox"/> School Announcements (morning/ afternoon, newsletter, etc.)	
<input type="checkbox"/> Email listservs (ask Tribal office if they can forward your email to their lists)	
<input type="checkbox"/> Mail flyers/ letters (ask Tribal office to help with postage)	
<input type="checkbox"/> Other ways:	

# STEP 4

## Share Your Story



Think of sharing your story from start to present. Sometimes, the hardest thing to do is to get started. If others hear about your journey, they could be inspired to start theirs, especially if you're honest about your challenges and triumphs.

### What Platform will You Use to tell Your Story?

- |   |  |
|---|--|
| <input type="checkbox"/> Digital Story      | <input type="checkbox"/> Social Media Series |
| <input type="checkbox"/> Video/ Documentary | <input type="checkbox"/> Blog Post           |
| <input type="checkbox"/> Photo's/ Collage   | <input type="checkbox"/> Art/ Media Gallery  |
| <input type="checkbox"/> Presentations      | <input type="checkbox"/> Other:              |

How will you share your story?	Who can help?
<input type="checkbox"/> Newspaper/ Tribal Newsletter	
<input type="checkbox"/> Local or Tribal Radio Station	
<input type="checkbox"/> Social Media <input type="checkbox"/> WRN's SM	
<input type="checkbox"/> Flyers/ Posters (school or Tribal bulletin boards, etc.)	
<input type="checkbox"/> School Announcements (morning/ afternoon, newsletter, etc.)	
<input type="checkbox"/> Email listservs (ask Tribal office if they can forward your email to their lists)	
<input type="checkbox"/> Mail flyers/ letters (ask Tribal office to help with postage)	
<input type="checkbox"/> We R Native blog	
<input type="checkbox"/> Other ways:	

# APPENDIX

You might find  
some of these  
helpful...



# WE R NATIVE EVENT PROPOSAL

## To Whom it May Concern:

I am a We R Native ambassador. We R Native is a multi-media health resource for Native youth, by Native youth.

As a part of this leadership program, I am learning to draw from my strengths to support and uplift other youth and my community.

I am writing to you to seek your assistance.

### I would like to connect with:

- youth
- elders
- school staff
- government officials
- cultural department
- health educators
- clinicians
- other

### I would like to:

- present
- host a booth
- arrange a meeting
- host a fun educational event
- co-host with another department
- write social media or blog posts
- host art/ media event
- other

The message I would like my audience to know is...

I am hoping that my audience will understand...

Is this something you can help me with, or can you connect me with others who can?

Thank you kindly,

*Name*

We R Native Youth Ambassador

[www.weRnative.org](http://www.weRnative.org)





# SIGN-IN SHEET & COMMUNITY CALENDAR

## NAME & ROLE

(E.G. YOUTH, PARENT OR GUARDIAN, ELDER, PREVENTION SPECIALIST, PROFESSION, ETC.)

## E-MAIL & PHONE #

\*PLEASE WRITE DOWN ANY FUTURE COMMUNITY EVENTS YOU'RE INVOLVED WITH.

## WHAT TALENTS COULD YOU SHARE?

(E.G. TRADITIONAL ART/STORIES, VOLUNTEER, TUTORING, DISCUSSION OR PLANNING GROUPS, PREPPING MATERIALS, MEAL PREP, ETC.)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

# CONSTRUCTIVE FEEDBACK

As folks from your group share, think about some constructive feedback you could give by selecting an example sentence starters from each category (e.g. Positive Feedback, Area for Growth, Questions I Have).

## Positive Feedback

- I love how you...
- Great job on...
- My favorite part was because...
- The strongest part of your plan is...
- I like how you...
- I can tell you really worked hard on...
- I enjoyed hearing about because...
- Awesome work on...

## Area for Growth

- I think you could add because...
- I think you could take out because...
- One suggestion I have is...
- What if you tried...
- One thing I noticed was...
- I think this part could be even better if you...
- An idea to consider is...

I think you are awesome!



## Questions I Have...

How will you	?
Why	?
What if	?
When will	?
Where will	?
What happens if	?
What do you think about	?

# Peer Feedback



For each person sharing write down 1) Positive Feedback , 2) one suggestion for Area for Growth, and 3) a question you may have for their project.

Name of Person Sharing:

Positive Feedback

Area for Growth

Question I have...

*With love and respect, from:*

Name of Person Sharing:

Positive Feedback

Area for Growth

Question I have...

*With love and respect, from:*

Name of Person Sharing:

Positive Feedback

Area for Growth

Question I have...

*With love and respect, from:*

Name of Person Sharing:

Positive Feedback

Area for Growth

Question I have...

*With love and respect, from:*

# Peer Feedback



For each person sharing write down 1) Positive Feedback , 2) one suggestion for Area for Growth, and 3) a question you may have for their project.

Name of Person Sharing:

Positive Feedback

Area for Growth

Question I have...

*With love and respect, from:*

Name of Person Sharing:

Positive Feedback

Area for Growth

Question I have...

*With love and respect, from:*

Name of Person Sharing:

Positive Feedback

Area for Growth

Question I have...

*With love and respect, from:*

Name of Person Sharing:

Positive Feedback

Area for Growth

Question I have...

*With love and respect, from:*

NAME:

DATE:

# My Self-Care Plan



Instructions: Think about what self-care activities make most sense for you, your lifestyle, and your goals. Select *three* activities (from the list given, or create your own) and put them in your self-care activity plan. For each activity, write down how, where, when you will do them. And, what will you do to make sure these activities are a part of your life?

## #1 Self-Care Activity

## #2 Self-Care Activity

## #3 Self-Care Activity

## Example Self-Care Activities

Start an Art Journal,  
Dance, Write, Unplug,  
Take a Walk, List 3  
Things I'm Grateful for,  
Pray, Talk to a Friend or  
Elder, Take a Shower,  
Cut my Nails, Do my  
Hair, Smudge, Breathing  
Exercises, Sweat,  
Traditional Art, Listen to  
Music, Sit by a Body of  
Water, Read a Book,  
Make a Funny Video,  
Connect with my  
Culture, Sing, Be Nice to  
Someone, Laugh,  
Volunteer, Look at Stars,  
Nap, Daydream, Speak  
My Language, Cook,  
Create Your Own...

How:

Where:

When, will I do this?:

How will I make sure this happens?

How:

Where:

When, will I do this?:

How will I make sure this happens?

How:

Where:

When, will I do this?:

How will I make sure this happens?

## Time to Talk Myself Up!

How we talk to ourselves matters! Here are some ways to help change the way you talk to yourself:

1. Listen - to what you say to yourself. Notice if it's mostly negative or positive.
2. Challenge - what you say to yourself. Would you say this to a friend?
3. Change - how you talk to yourself. Try asking yourself, "What can I do to help me do this"?

Instructions: Think about one statement (or more!) you can tell yourself when you're feeling down or could use a little encouragement. Use the list you're given or create your own. Put that statement(s) below:

You're here  
for a reason!





# My Self-care Vision

How do I envision my self-care plan looking on the daily, or in times when I could use some self love?

Imagine. Then draw, doodle, write, or record a video.

Journal  
Space:





# What have I learned about myself?

What changes have you seen in yourself throughout this program? What are you proud of? What would you like to continue to work on? Imagine. Then draw, doodle, write, or record a video.

Journal  
Space:





One good deed can change everything.

**WELL DONE ON  
COMPLETING THE  
WE R NATIVE  
YOUTH  
AMBASSADOR  
PROGRAM!**

**KEEP ON ROCKING!**



**YOU ARE THE CHANGE YOUR  
ANCESTORS CALLED FOR**





**WERNATIVE**

# Congratulations!

THE WORLD BETTER GET READY FOR YOU!  
LOOKING FORWARD TO SEEING ALL THE  
WONDERFUL THINGS YOU WILL DO!

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[WWW.WERNATIVE.ORG](http://WWW.WERNATIVE.ORG)