



National American Indian & Alaska Native

**PTTC**

Prevention Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**IOWA**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# Back to School, Back to Tradition

August 16, 2023

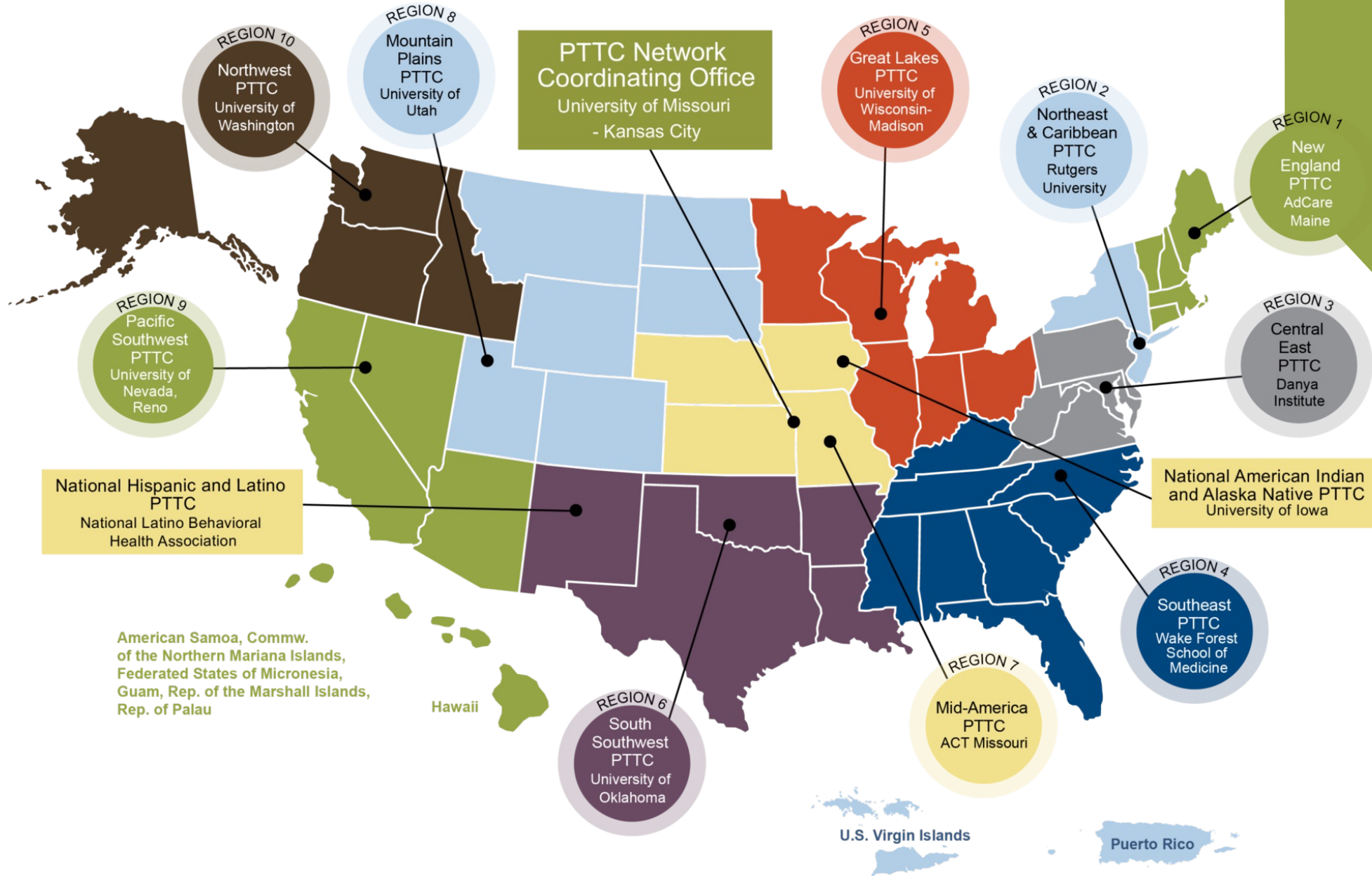


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PTTC Network

# American Indian & Alaska Native Prevention Technology Transfer Center





Substance Abuse and Mental Health  
Services Administration

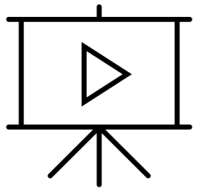
The National American Indian and Alaska Native Prevention Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

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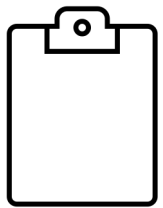


# Follow-up

Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Link to our evaluation survey (GPRA)

<https://ttc-gpra.org/P?s=304302>

# Land Acknowledgement

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We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse Indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations

Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations

Ki-o-kuk, Sean A. Bear, 1<sup>st</sup>. Meskwaki



# Today's Presenter



## Tanaya Winder

Tanaya Winder is an author, singer/songwriter, poet, and motivational speaker. She comes from an intertribal lineage of Southern Ute, Pyramid Lake Paiute, and Duckwater Shoshone Nations where she is an enrolled citizen. Tanaya's performances and talks emphasize "heartwork" – the life path one is meant to follow by using their gifts and passions. She blends storytelling, singing, and spoken word to teach about different expressions of love. Her specialties include youth empowerment and healing trauma through art.



# **BACK TO SCHOOL, BACK TO TRADITION**

## **Part I**

A scenic landscape photograph of a calm lake surrounded by mountains and trees under a bright sun. The sun is high in the sky, creating a strong lens flare and reflecting on the water. The mountains in the background are covered in dense evergreen forests. The foreground shows a rocky shoreline with some dry grass and small shrubs. The overall atmosphere is peaceful and natural.

# AGENDA

- Overview
  - About Me
  - Walk In My Mocs
  - Put Some Medicine On It
  - Heart Beats For\_\_\_\_\_
  - Tradition Heals
- 7. Between a Rock
  - 8. From the Doorway In
  - 9. Healthy Outlets
  - 10. Put It On The Shelf
  - 11. Contact Info
  - 12. Questions?

# OVERVIEW

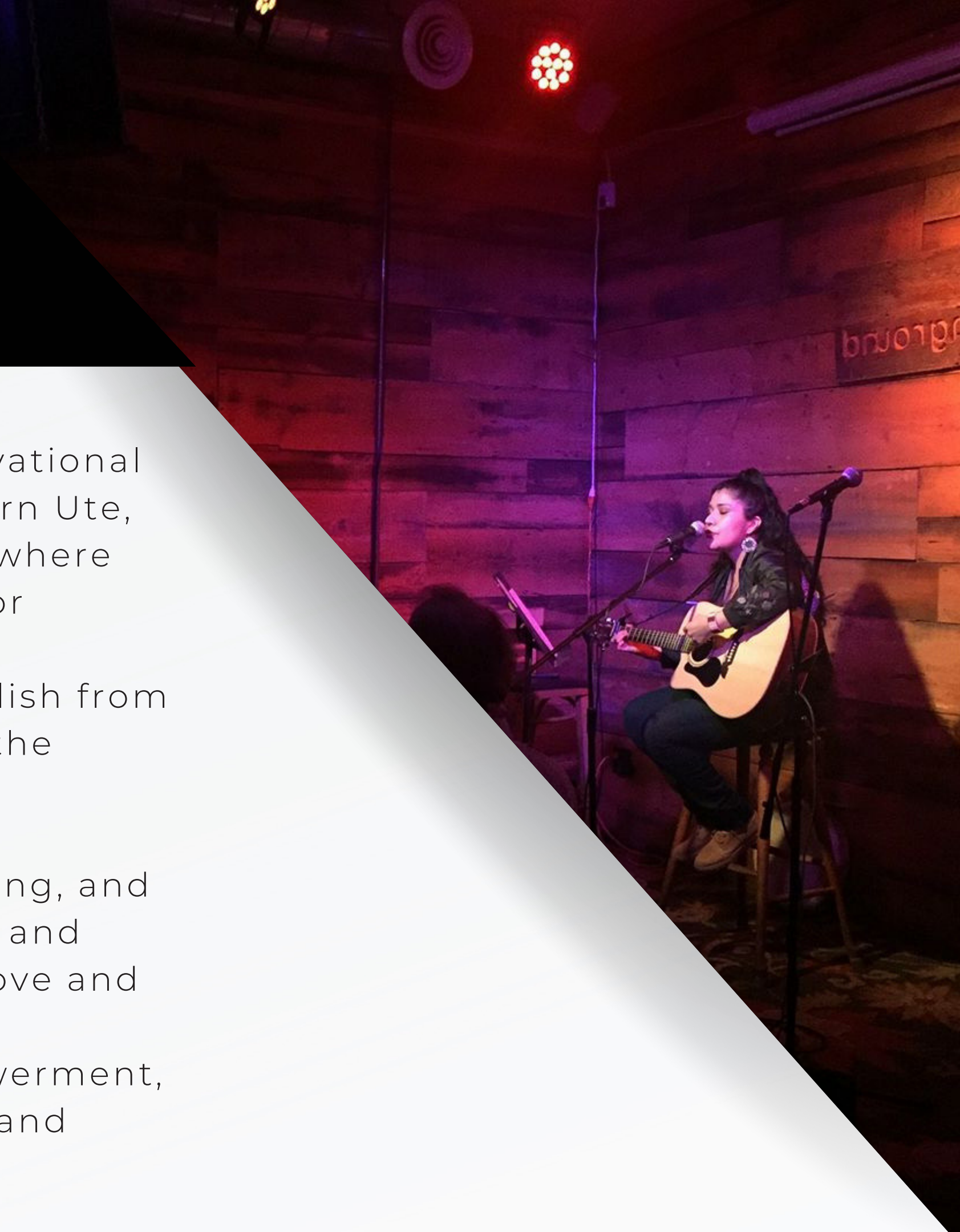
Join us to learn and share about Traditional ways to start the school year off in a good way. Having important conversations with our youth and their families can begin the year on a positive note. Addressing some key ways to support our youth as they grow is important for both educators and families for healthy outcomes. The 2-part series will provide you with some tools and ideas and allow you to share some of your best practices for prevention, too!



# ABOUT ME

Tanaya Winder is an author, singer/songwriter, and motivational speaker who comes from an intertribal lineage of Southern Ute, Pyramid Lake Paiute, and Duckwater Shoshone Nations, where she is an enrolled citizen. She is a 2016 National Center for American Indian Enterprise Development “40 Under 40” emerging American Indian leader. She holds a BA in English from Stanford University and an MFA in creative writing from the University of New Mexico.

Winder’s performances and talks blend storytelling, singing, and spoken word to teach about different expressions of love and “heartwork.” Her poetry collections include Words Like Love and Why Storms are Named After People and Bullets Remain Nameless. Her specialties include youth & women empowerment, healing trauma through art, creative writing workshops, and mental wellness advocacy.



# WALK IN MY MOCS

Each of us has a different journey,  
a different way we walk upon  
Mother Earth.

What are  
moccasins used for  
in your Tribe or  
culture?

Use an outline of a  
moccasin or shoe  
and have students  
write (or draw!)  
what a day  
walking in their  
mocs looks like.  
What does it look  
like to be in your  
shoes?

Let them use  
colored pencils,  
markers, etc.

This is a good  
general "check in"  
activity.

Afterwards, you  
can use what they  
come up with to  
help shape future  
activities or share  
out if they feel  
comfortable.



 Heart Berry

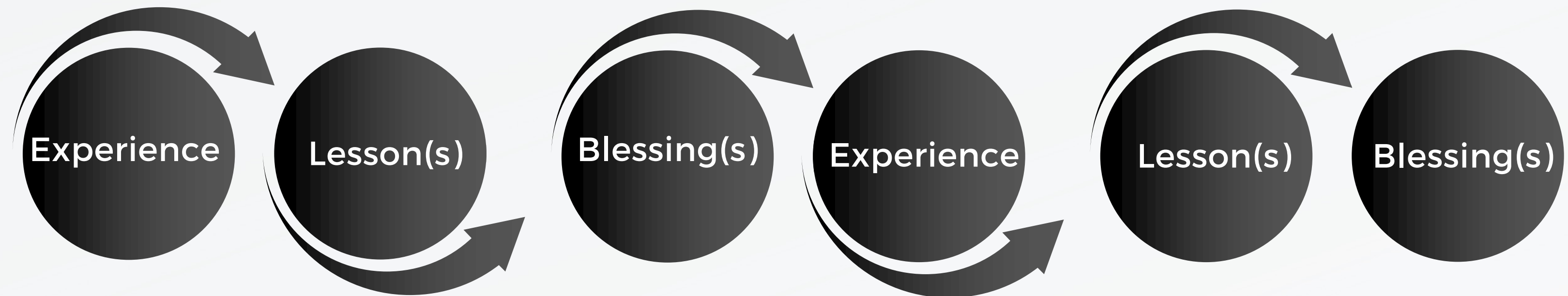
# WALK IN MY MOCS (5-minute writing activity)

What is it like to live in your shoes? Who do you see or interact with? What do you celebrate with each step? What do you work to overcome? Describe a day in your moccasins / shoes.



Heart Berry

**What do you do when you're hurt?**  
**What do you do when you need healing?**



**PUT SOME  
MEDICINE ON IT**

Sometimes the source of the hurt can also be the source of the healing.

Breaking cycles of trauma or unhealthiness starts with leaning into and embracing ***our opportunity to engage in generational healing.***

# **PUT SOME MEDICINE ON IT (Activity)**

What does medicine mean to you?  
Medicine can mean people or activities that make you feel good about yourself, help get your mind off of negative things, or help ground you in your body and emotions.

Use the medicine wheel to identify 4 medicines in your life. This could be 4 people who or 4 activities that make you feel good/happy.

Then, write down 4 medicines that you carry (characteristics or traits about you) that help others around you feel happy, safe, grounded, or seen.



# HEART BEATS FOR \_\_\_\_\_

Who or what does your heart beat for? Spend these next three minutes finishing out this sentence with a different answer each time.



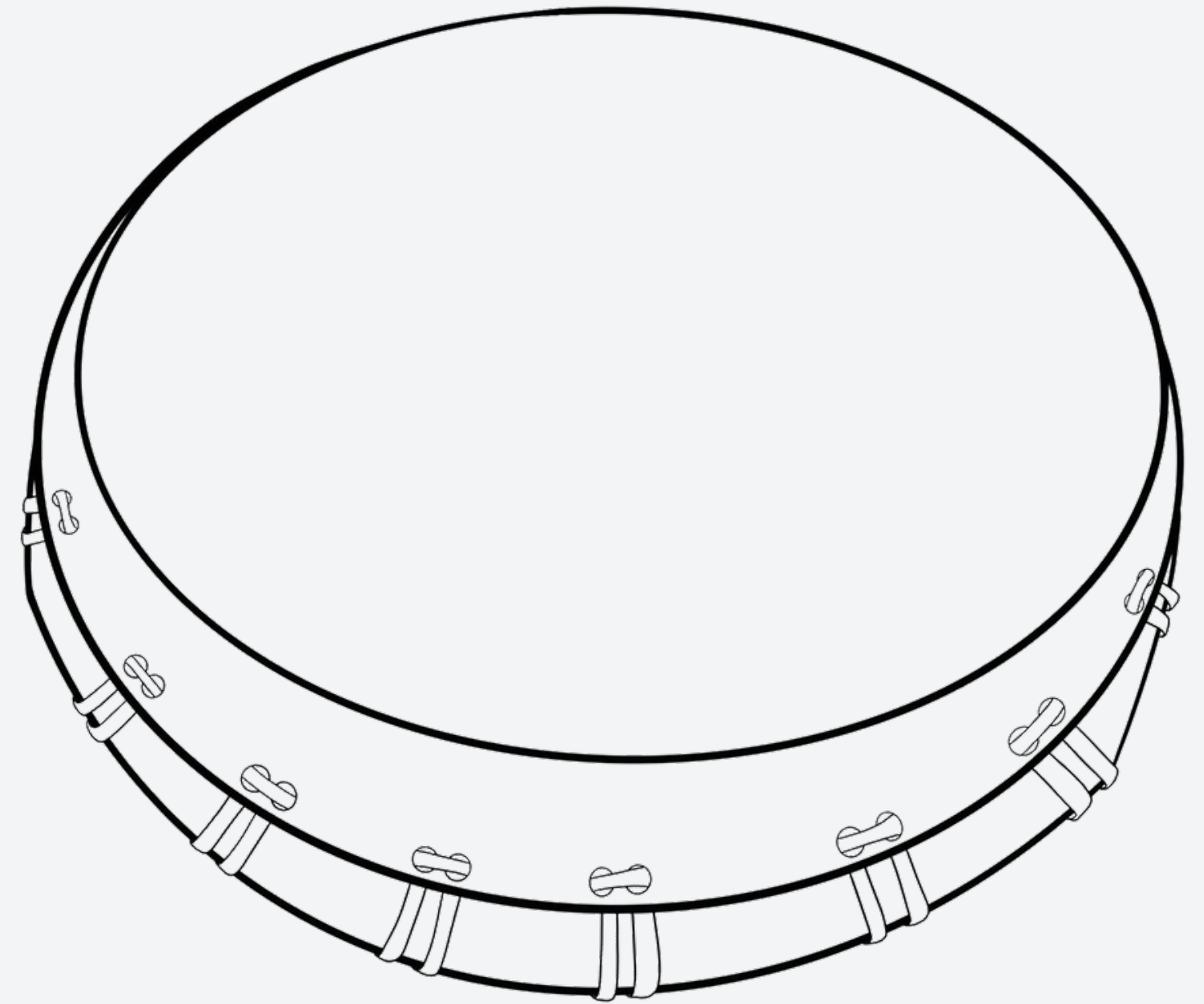
- My heart beats for \_\_\_\_\_
- My heart beats for \_\_\_\_\_
- My heart beats for \_\_\_\_\_
- My heart beats for \_\_\_\_\_
- My heart beats for \_\_\_\_\_



# TRADITION HEALS

\*\*\* Music Break \*\*\*

MUSIC HEALS.  
WRITE A SONG OR PRAYER.



POST PUBLIC WITH #ISSITOHBI TO SHARE!



# BETWEEN A ROCK

Mother Earth and its inhabitants have so much to teach us. Whenever we feel disconnected or ungrounded, it's so important to find ways to reconnect. Whether it's going for a short walk outside, stepping outside to take a few deep breaths or fresh air, standing on the land helps ground us. This simple act of stepping on the earth can be a powerful method of thinking of who/what grounds you when you're between a rock and a hard place.

**What is a grounding practice for you?**

**What do you do when you're between a rock and a hard place?**



# BETWEEN A ROCK

Think of the eagle feather. How each piece is connected to the quill in the middle. This can be a lesson for how we are connected in life.

You start your life at the bottom of the feather and as you grow, your feather is formed. And no matter which direction you grow, you are always connected back to the middle.

**Make a list of all the people, family, friends, coaches, teachers, etc who help you remember that you are connected, that your life is connected to theirs, that you are a part of a community.**



# FROM THE DOORWAY IN, TO THE DOORWAY OUT



## Caring For Everyone In The Circle

Something as simple as a circle can remind us that we are all connected. Tradition means everyone has a place in the circle.

A landscape photograph of a dry, grassy field with mountains in the background under a sunset sky. The sun is low on the horizon, casting a warm glow over the scene. The sky is filled with soft, wispy clouds. The mountains in the distance are silhouetted against the bright sky. The foreground is a mix of dry grass and small, green shrubs.

# HEALTHY OUTLETS

**We experience many inlets in life from what we're told by society, by our school, our families, and just from living and interacting with people. We take in information, stories, even trauma or hurt. Remember that for every inlet, you need an outlet.**

**Find healthy outlets. Find the activities that remind you who you are when you feel safe, brave, and present.**

# PUT IT ON THE SHELF

## 01 Coloring Books

Share copies or pages from Indigenous coloring books to encourage your students to embrace mindfulness and creativity.

## 02 Journal of Radical Permission

This is a daily guide from adrienne maree brown and Sonya Renee Taylor. It includes awesome prompts like *"what would it feel like to let my body be enough, as it?"* Or, *"In what areas of life have I closed myself off to support and care from others?"*

## 03 Drum or musical instruments

Music can be medicine. Put a drum or guitar or Native flute on your shelf so if a student needs to reset or get in their body, the music and beat can help center and ground them.

## 04 Traditional Medicines

Put some sweetgrass, sage, or cedar in an area where students can access it to pray or put together in fabric to smell and hold when they need to be reminded of something bigger than themselves.

## 04 Words to Love by

This is a book of positive affirmations written by yours truly that are written from an Indigenous perspective with our people in mind. Follow up with me for school copies at a discount rate.

# CONTACT INFO

## Tanaya Winder

motivational speaker, singer, poet

- Twitter/IG: @tanayawinder
- [www.tanayawinder.com](http://www.tanayawinder.com)
- [tanaya.winder@gmail.com](mailto:tanaya.winder@gmail.com)





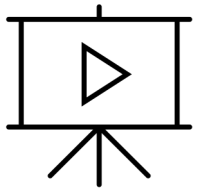
# For more information

[cph-nativecenter@uiowa.edu](mailto:cph-nativecenter@uiowa.edu)

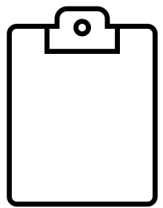
Our next series is Back to School, Back to Tradition, session 2

Register here: <https://uiowa.zoom.us/meeting/register/tJMldO2oqT4sGdQL5Le1IOVoS-ZxKUoUIb6x>

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