

## Ideas For Activities of the 5 Themes of StrongLife

<b>Family</b>	Go to park or library or museum	Gather ancestor, grandparent, parent stories	<b>Family</b>
	Read a book together consistent for a month	Cookouts, Cook outs	
	Go to a chicken scratch dance/teach someone chicken scratch	Family-get -togethers 1x per rmonth	
	Attend a movie as a family	Worship together	
	Family nights with immediate family	Family Talking circle 1x per month	
	Attent a culture event together	Create a family photo album	
	Research your Family history	Eat dinner together for 3 times a week for 2 months	
	Pizza nights	Family Reunion	
	Schedule breaks to turn off social media	Talk more together	
	Family dinners	Game nights	
<b>Emotional</b>	Sweat lodge	yoga class	<b>Emotional</b>
	become a mentor	attend place of worship	
	volunteer for community groups	read a spirutal book	
	volunteer for community events	listen to motivational speakers via YouTube, CD, or in person	
	volunteer for food bank	start a gratitude journal	
	mindful meditation	prayer walks, suicide walks or for good causes	
	storytelling	practice daily affirmations	
	help someone in need at least once a month	make a vision board	
	visit an elder	complete a random act of kindness	
	service project within a 3 month period	take emotional quiz	
Learn family stories	seek mental health, behavior health if needed		
<b>Physical</b>	get your annual physical	eat healthy food	<b>Physical</b>
	learn about food categories, i.e., protein, fat, carbohydrates	physical workouts for 3x a week for a quarter	
	control your food portions	walk or jog for 20 minutes per day, 3x/week	
	drink water 15.5 cups/men-1.5 cups for women daily	try a new exercise like yoga, zumba, pilates, weights, kettle ball	
	stop any negative habit that affects your physical wellbeing	attend a wellness or sports camp	
	get enough sleep	get Diabetes in check/improve A1C for 3 months	
	keep your clinical appointments	take your medications consistently	
	make sure you immunizations are up-to-date	prepare healthy dishes @ least 2x a week	
	Get a mental health screening (PHQ9)	Lose 10% of your weight	
<b>Social</b>	participate in storytelling	do some arts & crafts	<b>Social</b>
	Learn legends	participate in learning something new	
	support a Coming-Out Ceremony	o'odham/Piipaash songs, stories, traditions	
	sweat lodge	Dance at a Chicken Scratch dance	
	learn about SRPMIC history	prepare a traditional dish to share	
	Go to river	learn basket weaving, shell etching, gourdmaking or other tribal craft	
	hike Red Mountain	smudges	
<b>Financial</b>	job core or job training	educate/learn financial basics	<b>Financial</b>
	job counseling	create your own financial plan for Per Capita	
	attend financial education class	educate yourself on budgets, financial literacy, investing	
	become debt free	create your own budget plan	
	create a retirement plan	attend a job fair	
	get consulting on retirement plan	seek higher education	