

Ideas For Activities of the 5 Themes of StrongLife

Family	Go to park or library or museum	Gather ancestor, grandparent, parent stories	Family
	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	
Emotional	Sweat lodge	yoga class	Emotional
	become a mentor	attend place of worship	
	volunteer for community groups	read a spirtual 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	
Physical	Learn family stories	seek mental health, behavior health if needed	Physical
	get your annual physical	eat healthy food	
	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	
Social	participate in storytelling	do some arts & crafts	Social
	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	
Financial	job core or job training	educate/learn financial basics	Financial
	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	