

SEEDS OF WELLNESS:

A HOPI FAMILY WORKBOOK AND COLORING BOOK



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Chapter One

Food As Medicine

Chapter 1



Food As Medicine

Your Healthy Eating Journey

Food is more than just a meal... It is medicine! What we eat fuels our energy, helps us heal, and keeps our families strong.

Here is what we will explore

The Power of Produce

- Why “eating the rainbow” of fruits and vegetables is the best way to get nature’s vitamins and protect your body from illness.

Smart Choices on a Budget

- How to make healthy meals accessible to everyone. You’ll learn why frozen and canned options are nutritious, wallet friendly.

Balancing Your Plate

- Breaking down Macronutrients (Proteins, Carbs, and Fats).

Healthy Habits

- Healthy eating is a journey, not a destination. It isn’t about being perfect; it’s about consistency.
- We will explore how small choices
 - Like swapping soda for water or using the “Balanced Plate” method with affordable ingredients add up to a sustainable lifestyle that keeps your family happy and healthy for the long term.

Let’s get started on fueling your body the right way!

Honoring Food and Corn

Corn represents our mother. When she is cared for, she cares for us in return.

Respect food as a living entity. Food gives life and nourishment, and deserves honor.

Share and never waste. Food should always be shared, never refused, and never thrown away.

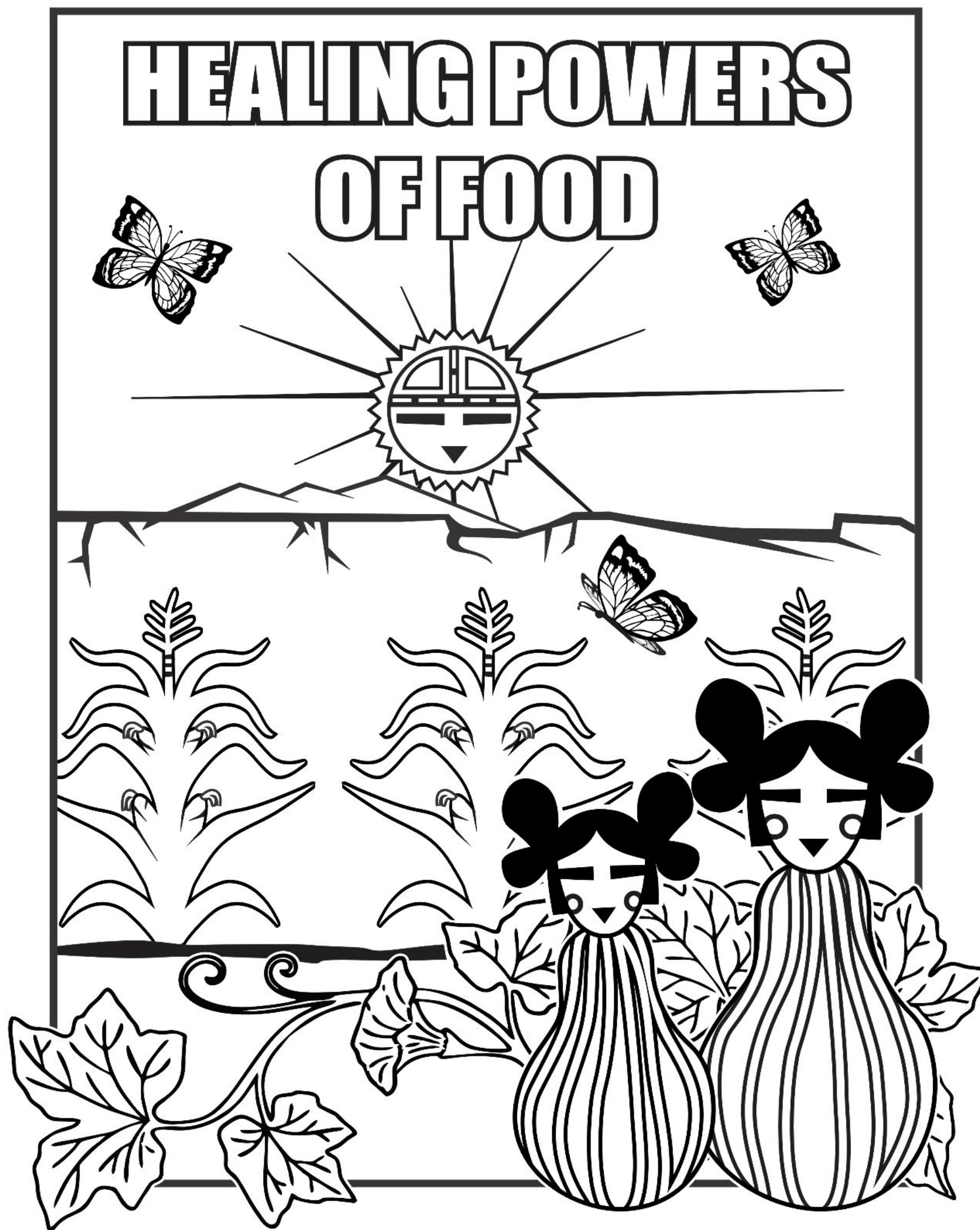
Cook with a calm heart. Emotions are believed to transfer into the food, so preparing meals with care matters.

Give thanks after eating. Expressing gratitude for the meal completes the cycle of respect.

Reflection

Think about a meal you shared recently. How did you show respect for the food and the people you shared it with?

Write your thoughts here:



Fruits and Vegetables for Health

Let's Eat the Rainbow!

Healthy foods help our bodies grow, fight germs, and stay strong. Let's learn about fruits and vegetables in a fun way!

Meet the Veggie Groups

1. Leafy Greens

- Spinach
- Lettuce
- Kale

2. Cruciferous Vegetables

- Broccoli
- Cauliflower

3. Crunchy Stem & Leaf Vegetables

- Cabbage
- Brussels sprouts

4. Root Vegetables (Grow underground)

- Carrots
- Potatoes
- Sweet potatoes
- Beets

5. Vegetables with Seeds (Grow above ground)

- Tomatoes
- Cucumbers
- Bell peppers
- Zucchini
- Squash

6. Strong-Smelling but Super Healthy!

- Onions
- Garlic

7. Legumes (Pods with seeds inside)

- Green beans
- Peas
- Beans

What about Corn?

Corn is special!

- Corn on the cob = vegetable
- Popcorn or cornmeal = grain

Let's See What You Know

Draw a line to match the vegetable to its group!

Leafy Greens

Onions, garlic

Cruciferous Vegetables

Spinach, lettuce, kale

Root Vegetables

Cabbage, brussel sprouts

Veggies with Seeds

Broccoli, cauliflower

"Smelly-but-Healthy" Veggies

Cabbage, potato, sweet potato

Legumes

Tomato, cucumbers, bell peppers

Bonus Question:

Corn can be a grain or a vegetable. Can you name two ways people eat corn?

Circle your favorites!

Berries:	strawberries	blueberries	raspberries	
Citrus Fruits:	oranges	mandarins	grapefruit	lemons
Other Favorites:	apples	bananas		
Melons:	cantaloupe	watermelon		

Draw your favorite fruit below:

What's in Season?

Buying fruits and vegetables in season can help save money and taste better!

Fall–Winter (Oct–March)

Oranges • Lemons • Grapefruit • Mandarins • Carrots • Cabbage • Lettuce • Spinach

Spring (Feb–April)

Strawberries • Citrus fruits • Tomatoes

Summer (May–Sept)

Corn • Squash • Tomatoes • Sweet potatoes • Cucumbers • Zucchini • Watermelon • Cantaloupe

What season is it now? _____

Name one fruit or vegetable in season: _____

Eat the Rainbow Challenge!

Try to eat 3 different color fruits and vegetables next time with you next meal.

Did you know?

Different color fruits and veggies help your body in different ways!

Fun Facts

Orange vegetables (like carrots)
Help your eyes see better at night.

Orange fruits (like oranges)
Have vitamin C to help fight sickness.

Blue and red berries (like strawberries and blueberries)
Have antioxidants that protect your body and fight infection.

Fun Foods

Eat the Rainbow Plate Activity

Color in each box when you eat that color today!

- Red
- Orange
- Yellow
- Green
- Blue/Purple

Did you eat at least 3 colors today? Yes / Not yet

Remember, Food Is Medicine!

Healthy food helps:

- Build strong bones
- Give you energy
- Help your body heal
- Fight germs

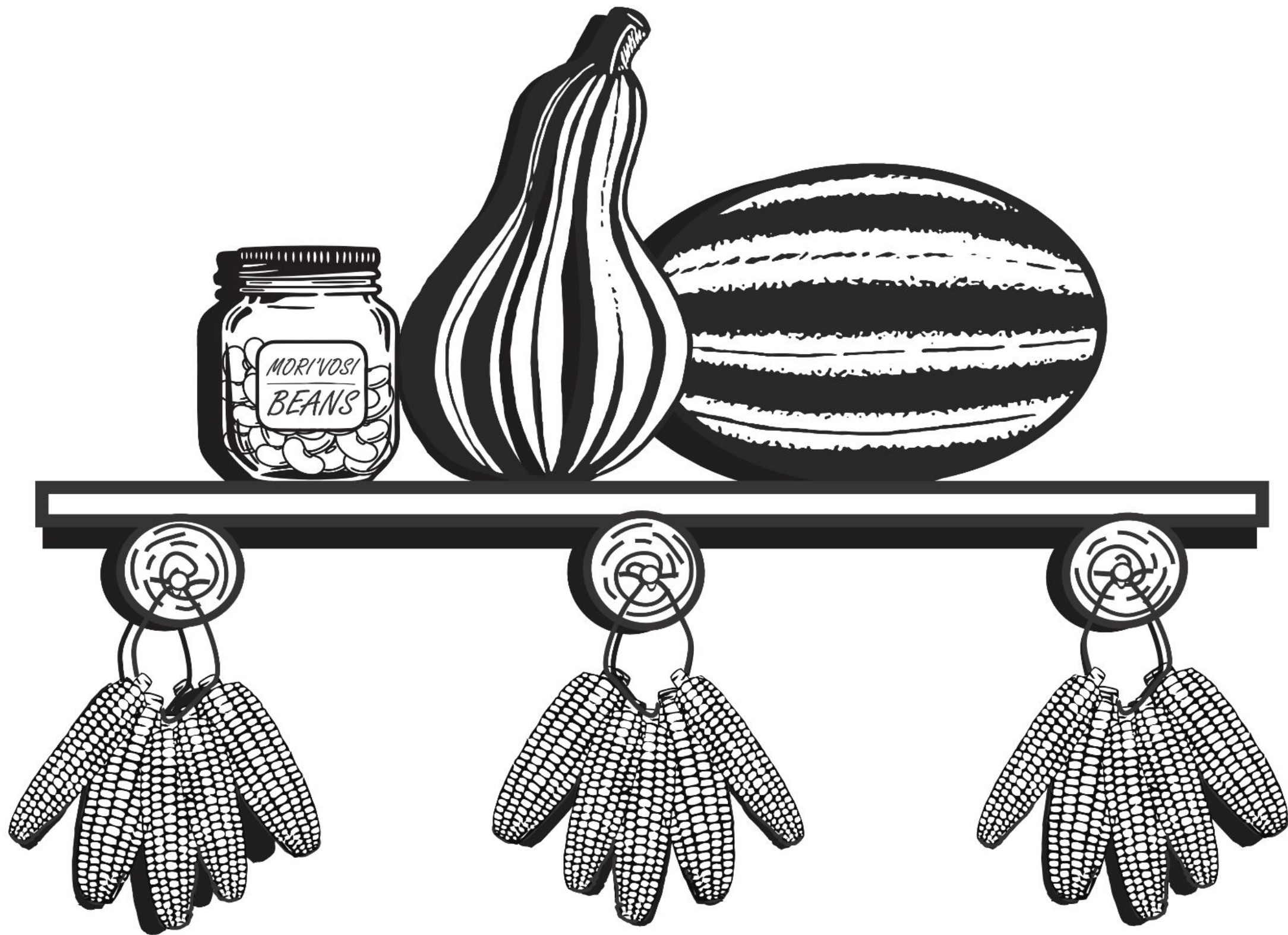
Finish the sentence:

Healthy food helps me _____.

Important note:

It is important to understand sometimes fresh produce may not be available. Canned foods and other nonperishable foods can be a good choice. Many canned fruits, vegetables, and beans still have important nutrients that our bodies need to stay strong and healthy. By choosing these options, we can still have balanced meals even when fresh food is hard to find.





Longer Shelf-Life Options for produce

Canned Vegetables

- Can be high in sodium, be aware if you need to avoid
 - Can look for low sodium and/or rinse under water to decrease

Canned Fruit

- Utilize options that are in water to avoid additional added sugar

Frozen Fruits and Vegetable

- Long shelf life
- Always fresh, less worry for food and money waste

Draw an arrow from commonly eaten foods to the affordable and healthier swap

Red Meat

Coffee or Tea

Spam

Nuts, Granola, Fruit

Chips

Canned Tuna

Energy Drinks

White meat

Pasta

Adding Vegetables

What Are the Major Sources of Fuel?

Carbohydrates (Quick Energy)

- Corn
- Squash
- Potatoes
- Fruit (mango, bananas)




 **4 calories per gram**

Proteins (Build & Repair)

- Chicken
- Beans
- Fish



 **4 calories per gram**


Fats (Long-lasting Energy)

- Avocado
- Butter
- Chips/ processed foods



 **9 calories per gram**

- How Many Calories Am I Eating? -

 Use this rule: Carbs = 4 cal/g 
Protein = 4 cal/g • Fat = 9 cal/g 

✓ Meal Example #1

50g carbs + 20g protein

• Carbs: $50 \times 4 = 200$ cal

• Protein: $20 \times 4 = 80$ cal

★ Total = 280 calories

✓ Meal Example # #2

30g carbs + 10g fat

• Carbs: $30 \times 4 = 120$ cal

• Fat: $10 \times 9 = 90$ cal

★ Total = 210 calories

✓ Practice Problem #3

40g protein + 15g fat

• Protein: $40 \times 4 =$ cal

• Fat: $15 \times 9 =$ cal

★ Total = calories

✓ Practice Problem #4

60g carbs + 25g protein + 10g fat

• Carbs: $60 \times 4 =$ cal

• Protein: $25 \times 4 =$ cal

• Fat: $10 \times 9 =$ cal

★ Total = calories

Tips for Shopping Every Aisle

- **Fruits and Vegetables:**
 - Buy "In Season": Fresh produce often costs less and tastes better when it is in season.
 - Go for Frozen: Frozen fruits and veggies are picked at their peak, last longer, and are just as nutritious as fresh. Look for options without added sauces or sugar.
 - Check the Cans: Canned fruits (in water or juice) and vegetables (low sodium) are great low-cost options that last a long time in your pantry.
- **Grains (Breads, Pasta, Rice):**
 - Make Half Whole Grains: Look for "whole wheat" or "whole grain" as the first ingredient.
 - Budget Winners: Rice and pasta are very affordable. You can cook large batches and freeze portions for later.
 - Snack Smart: Try popcorn or whole-wheat crackers instead of sugary snacks.
- **Proteins:**
 - Plant Power: Beans, peas, and lentils are some of the cheapest protein sources available.
 - Buy in Bulk: Family-sized packs of meat are usually cheaper per pound. You can freeze what you don't use right away.
 - Don't Forget Eggs & Canned Fish: Eggs, canned tuna, and salmon are affordable, easy-to-store protein options.
- **Dairy:**
 - Check the Fat: Low-fat or fat-free milk has the same calcium as whole milk but fewer calories.
 - Buy Big: A large container of plain yogurt is cheaper than small, flavored cups. You can add your own fruit for flavor!

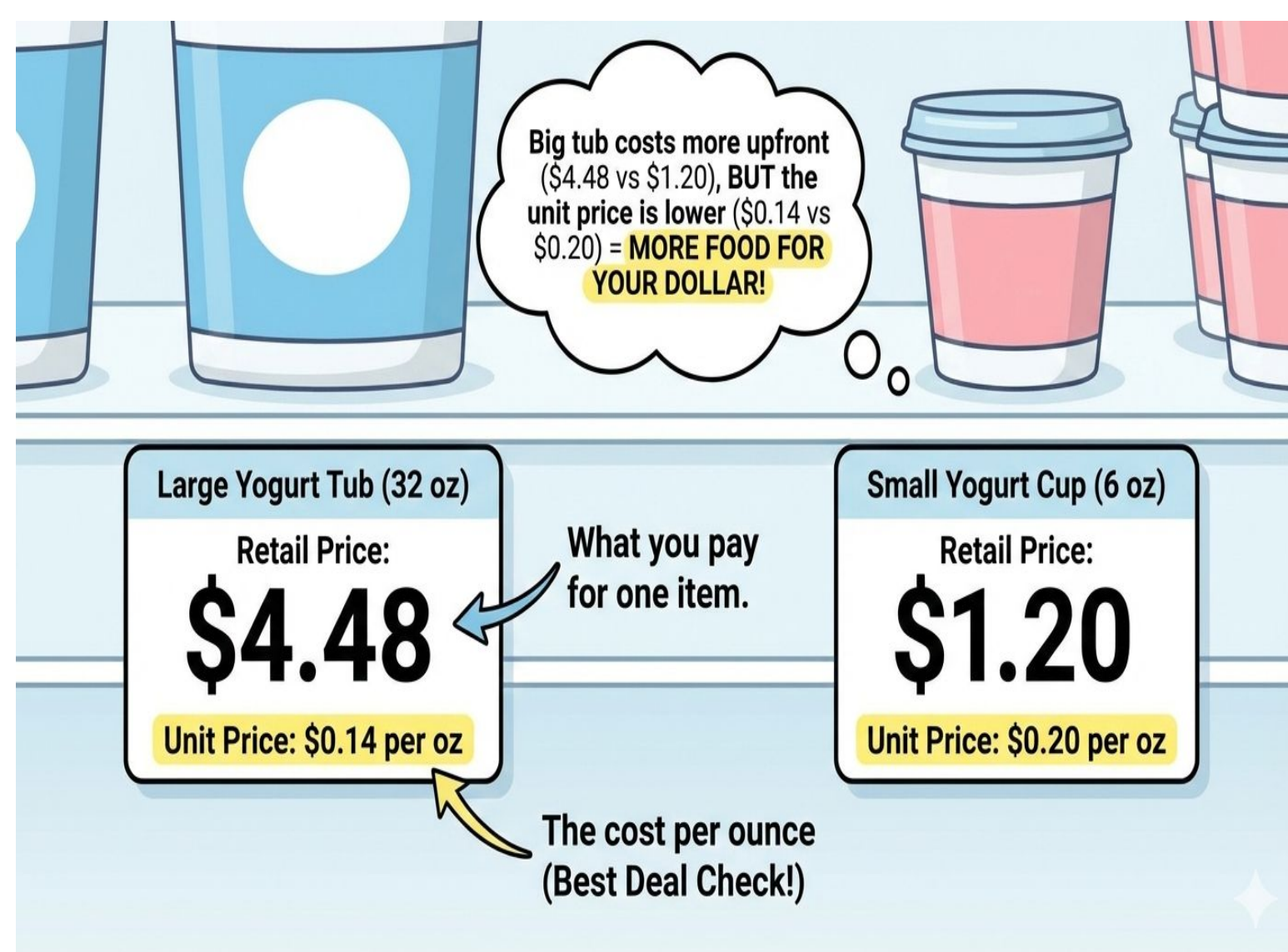
Smart Shopping Habit

- **Drink Water:** Choosing water over soda saves money and cuts down on sugar.
- **Skip the Sweets:** Avoid the chip and cookie aisles to save money and calories.
- **Checkout Strategy:** Pick a checkout lane without candy to avoid last-minute temptation

How to Read Price Tags

To find the best deal, look at the Unit Price (usually in a small colored box on the shelf tag), not just the final price.

- **Retail Price:** What you pay for the one item.
- **Unit Price:** The cost per ounce or pound.
 - Example: A big container of yogurt might cost more upfront, but the unit price is often lower, meaning you get more food for your dollar compared to a small cup.



The Village Feast Challenge

Word Bank:

Three Sisters • Blue • In Season • Candy • Large • Family-Sized • Peaches • Unit

It was a special weekend for the family. They had spent the morning working in the garden, tending to their traditional 1. _____ crops (corn, beans, and squash). But to prepare for the village feast, young Eli and his grandmother (So'o) needed to drive to the grocery store to buy a few extra things they couldn't grow themselves.

First, they went to the produce section. Eli spotted a bag of shiny imported grapes, but So'o shook her head gently. "We should wait for our own 2. _____ to ripen in the orchard," she said. "For now, let's buy these melons because they are 3. _____, so, they cost less and taste sweet right now."

Next, they needed grain. They had plenty of 4. _____ corn at home to make piki bread, but they needed rice for a side dish. So'o picked up a large bag of brown rice. "See this?" she asked. "It has the word 'whole' on the package. It is healthier for our hearts than white rice."

They moved to the protein aisle. "We have our tepary beans at home," Eli said. "Yes," So'o agreed, "but we need a little meat for the stew." Instead of expensive steaks, they bought a 5. _____ pack of chicken. "We will use what we need for the feast and freeze the rest," So'o explained. "This is good Sumi'ngwa—we save money so we can share more with our relatives."

Finally, they looked at yogurt for the children's dessert. Eli grabbed a small cup, but So'o showed him a 6. _____ container of plain yogurt instead. "We can sweeten this with our own dried fruit," she said. She pointed to the small colored square on the shelf tag. "Look at the 7. _____ price. This big tub costs less per ounce than the small cups."



Answers:

1. Three Sisters; 2. Peaches; 3. In Season; 4. Blue; 5. Family-Sized; 6. Large; 7. Unit; 8. Candy

"Shop Smart" Grocery List

Produce (Fruits & Vegetables) Look for: "In Season" items & whole fruits/veggies

- _____
- _____
- _____
- _____

Grains (Bread, Cereal, Rice, Pasta) Look for: "Whole Grain" as the first ingredient

- _____
- _____
- _____
- _____

Protein (Meat, Beans, Eggs, Nut Butter) Look for: Family-packs (to freeze) & plant proteins (beans/lentils)

- _____
- _____
- _____
- _____

Dairy (Milk, Yogurt, Cheese) Look for: Low-fat/Fat-free & Large tubs of plain yogurt

- _____
- _____
- _____
- _____

Frozen Aisle Look for: Plain veggies (no sauce) & frozen fruit (no sugar)

- _____
- _____
- _____
- _____

Pantry & Canned Goods Look for: Low-sodium veggies & Fruit in 100% juice/water

- _____
- _____
- _____
- _____

Why Do We Need Water?

Think of water as the "oil" that keeps your body's engine running smoothly. Our bodies are made mostly of water, and we lose some, every time we sweat, use the bathroom, or even breathe!

- **Temperature Control:** Just like a car radiator, water helps keep your body cool when it's hot outside or when you are playing sports.
- **The Mover:** Water helps move food through your body and carries important vitamins to your muscles and brain.
- **Joint Jelly:** It keeps your joints (knees and elbows) moving smoothly so you can run and jump without creaking.

Tips: Drink More Water, Less Sugar

Sugary drinks (like soda, sports drinks, and fruit punch) are like "liquid candy." They have a lot of sugar and calories but don't help you feel full.

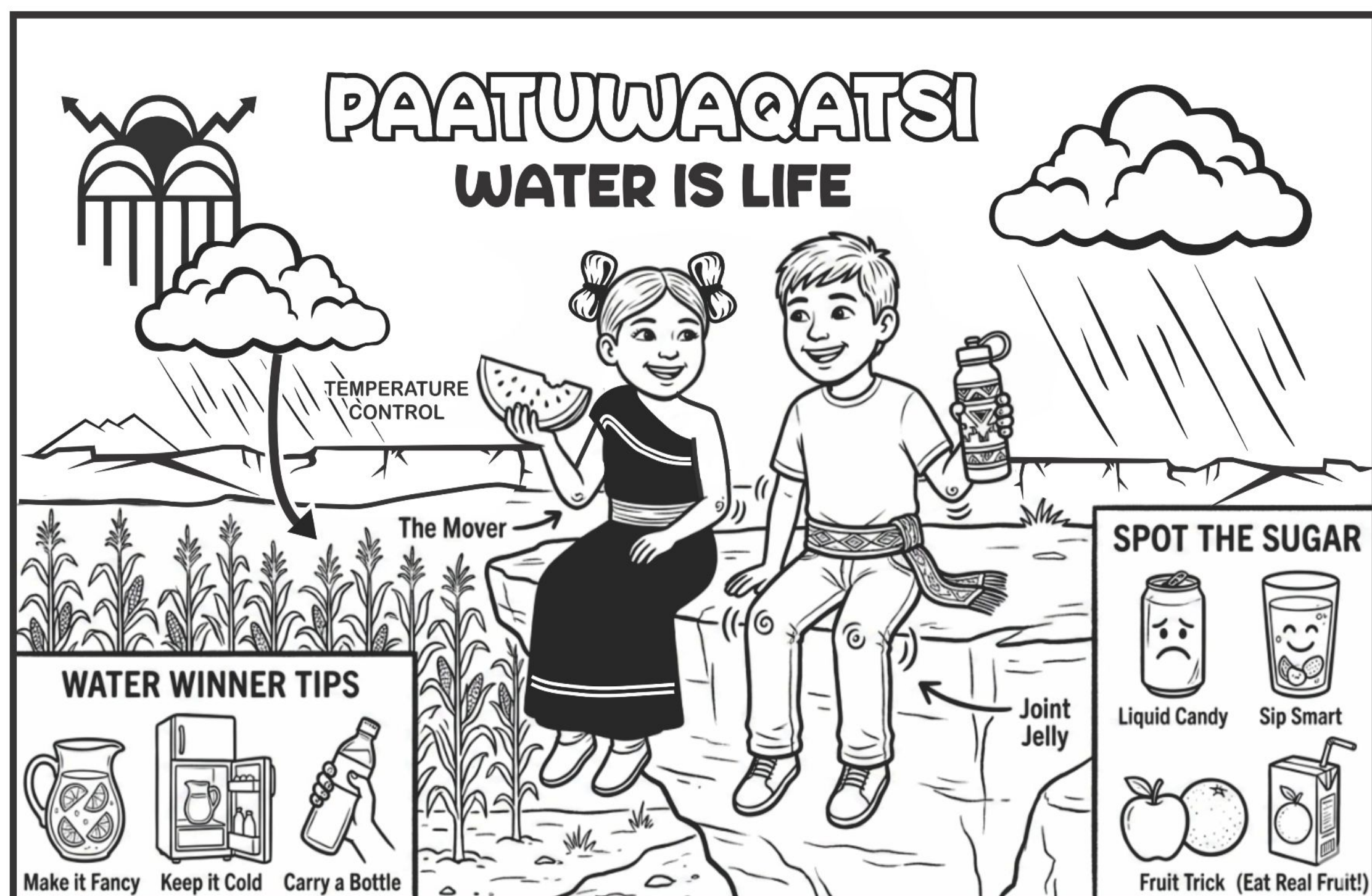
1. **Water is the Winner**
 - **Make it Fancy:** If plain water sounds boring, add a slice of lemon, lime, cucumber, or even watermelon to give it a fun flavor without the sugar.
 - **Keep it Cold:** Keep a pitcher of water in the fridge so it's always cold and ready to drink.
 - **Carry a Bottle:** Give everyone in the family their own reusable water bottle to take to school or work.
2. **Spot the Sugar**
 - **Read the Label:** Look at the "Nutrition Facts" label on drinks. If you see a high number for "Added Sugars," put it back.
 - **The "Fruit" Trick:** Be careful with drinks that say, "Fruit Drink" or "Fruit Punch." They usually have very little real fruit. Look for "100% Juice" instead, or better yet, eat a whole piece of fruit!
 - **Sip Smart:** Save sugary drinks for special occasions, not everyday meals.

Weekly Challenge: The Flavor Lab

Pick one "Special Water" recipe to try this week (write it here):

Recipe Name: _____




































Ingredients: (Circle one) Cucumber • Lemon • Berries • Mint • Orange



My Family's Water Garden "Water Tracker Challenge"

Instructions:

1. Write each family member's name on the left.
2. For every glass of water you drink, cross out or color in a Raindrop next to your name.
3. Goal: Try to reach 6 to 8 raindrops a day!

Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							
							
							
							
							

Three Sisters Soup

Prep time: 15 mins | **Cook time:** 25 mins | **Serves:** 4-6

Ingredients (The "Shop Smart" List)

- **Corn:** 1.5 cups frozen corn OR 1 can (15 oz) corn kernels (drained).
- **Beans:** 2 cans (15 oz each) of beans (Pinto, Kidney, or Black beans work best). *Rinse them well!*
- **Squash:** 1 medium butternut squash (peeled and cubed) OR 2 cups frozen squash cubes (easier & faster!).
- **The Base:** 1 onion (chopped) and 2 carrots (sliced circles).
- **The Liquid:** 4 cups vegetable or chicken broth (low-sodium is best).
- **Flavor:** Salt and Pepper to taste (Optional: 1 teaspoon cumin, ½ teaspoon dried thyme, and a pinch of pepper)
- **Optional:** 1 can (14.5 oz) diced tomatoes (for extra color).

Instructions (Steps Kids Can Do!)

1. **The Sauté:**
 - *Adult Step:* In a large pot, heat a splash of oil over medium heat. Add the onion and carrots. Cook for about 5 minutes until they smell good and get soft.
2. **The Simmer:**
 - *Kid Step:* Carefully pour the **Broth** and the **Squash** into the pot.
 - *Adult Step:* Bring it to a boil, then lower the heat. Cover it and let it simmer for 10–15 minutes until the squash is soft enough to poke with a fork.
3. **The Sisters Unite:**
 - *Kid Step:* This is the fun part! Dump in the **Corn**, the **Beans**, and the **Tomatoes** (if using).
 - Add the cumin and thyme.
4. **The Finish:**
 - Stir everything together. Let it cook for another 10 minutes so the flavors become friends.
 - Serve warm! (Great with a piece of cornbread or whole-wheat toast).

"Shop Smart" Tips for This Recipe

- **Frozen is Fine:** If fresh squash is too hard to peel or too expensive, **frozen squash cubes** are often cheaper and require zero chopping!
- **Save for Later:** This soup freezes perfectly. Pour leftovers into your **"Family-Sized"** container and save it for a busy night next week.
- **Mix & Match:** Any bean works! If kidney beans are on sale, use those. If you have leftover green beans, toss them in too.





Chapter Two

Movement for Strength and Balance

Chapter 2



Movement for Strength and Balance

Moving Makes Us Strong!

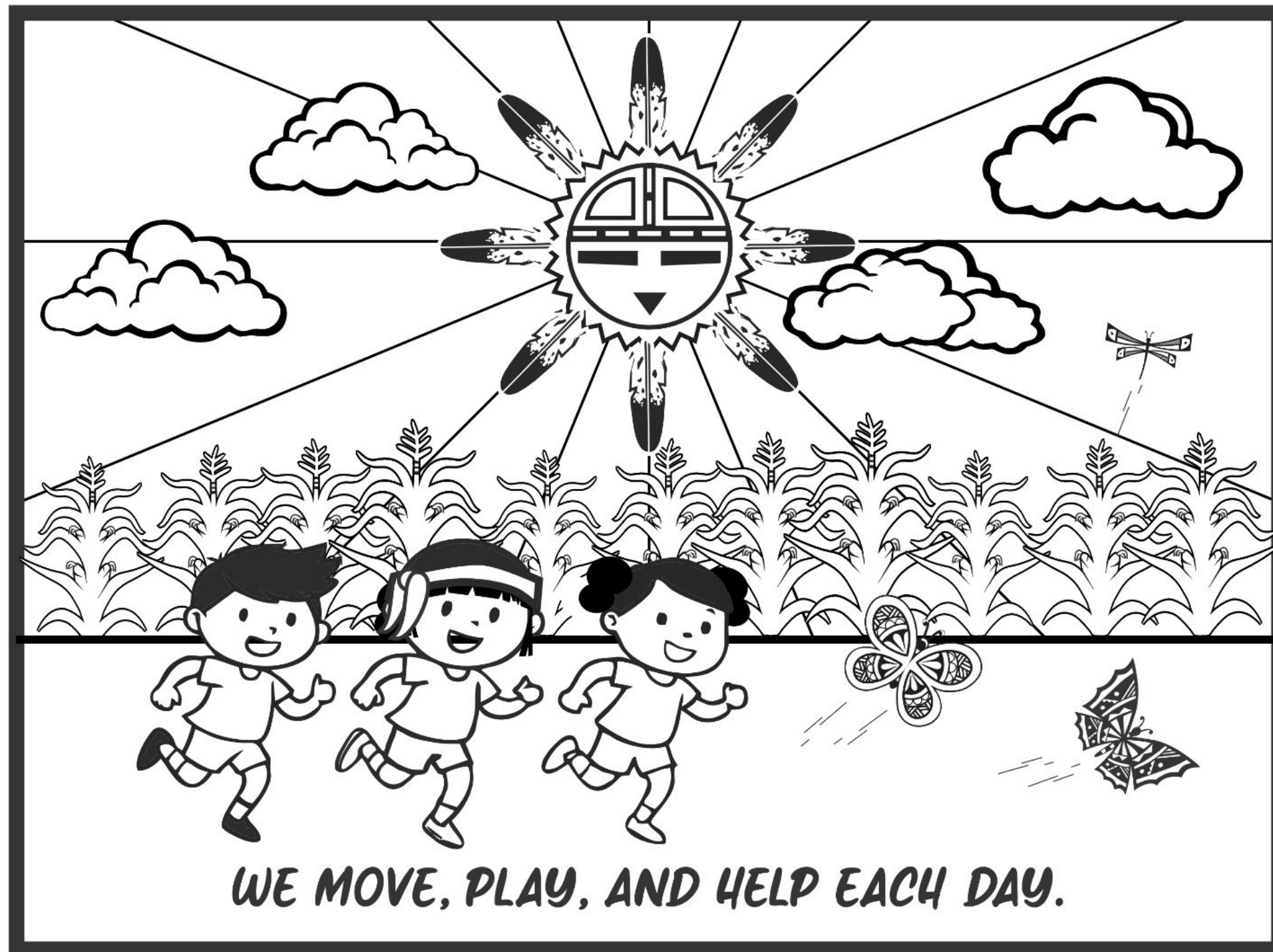
Our bodies are like the corn that grows in the fields. They need care and movement to stay tall and tough. When we move, we keep our hearts happy and our muscles strong like the mesas.

In this section, we will learn many ways to move together:

- **Every Day Activity:**
 - You are moving when you tend the garden, walk to the plaza, or play with your friends. Every bit of movement is like a gift to your body!
- **Strong Bodies at Home:**
 - You do not need a gym. You can use things in your house, like water bottles or towels, to make your arms and legs strong.
- **Chair Power:**
 - Even if you need to sit down, you can still move! These gentle stretches help your joints feel good and keep your blood flowing.
- **Breathing:**
 - We will learn how to breathe deep. This helps your body relax and makes your mind feel as peaceful as a quiet morning.
- **Fall Prevention:**
 - We will practice staying steady. We want our feet to be sure and strong so we can walk safely on our beautiful land.

Let's move together to stay healthy for our families and our community!

STAY ACTIVE



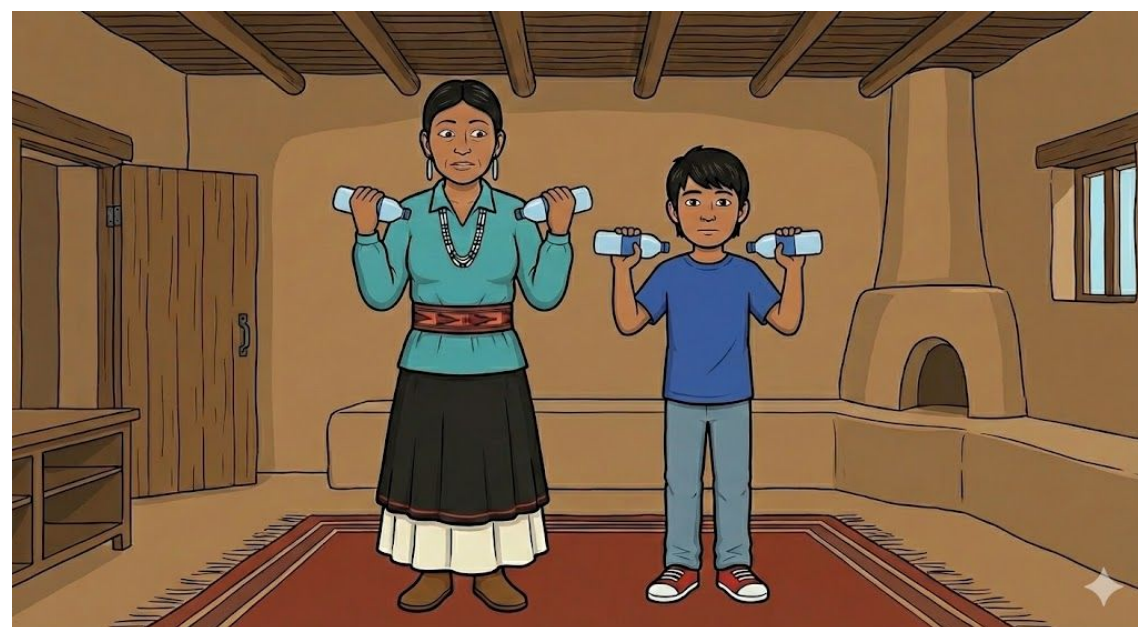
Everyday activities help Hopi families stay well through movement, connection, and care for the land. Walking, helping with daily tasks, playing outdoors, and spending time with family are all ways wellness grows naturally each day.

Strong Bodies At Home

We can stay strong like the Hopi mesas right inside our homes! You do not need a gym. You only need the things you already have!

Arm Curls:

- Hold a water bottle or a can of corn in each hand. Keep your arms at your sides. Bend your elbows to bring the bottles up to your shoulders, then back down!
 - This will help make your arms strong for carrying wood or groceries!



Overhead Press:

- Hold your bottles at your shoulders. Push them high to the sky like you are trying to touch the sun, then bring them back down.
 - This helps you reach high shelves at home!



Towel Pulls:

- Hold a towel with both hands in front of you. Try to pull your hands apart as hard as you can! Hold for 5 seconds, then relax!
 - This makes your chest and shoulders stay tough!



Seated Rows:

- Sit down and put a towel under one foot. Hold the ends of the towel and pull back while pushing your foot forward.
 - This is like pulling a heavy rope and it makes your back strong for work!



Chair Power



Seated Marches:

- While sitting tall, lift one knee up toward the sky, then put it back down. Switch to the other knee. Keep your feet “walking” while you sit!
 - If you want to mix it up, instead of just lifting up and down you can also step side to side while in your seat!



Toe Taps:

- Keep your heels on the ground and lift your toes up high. Then, keep your toes down and lift your heels up!



Diaphragmatic Breathing:

- Sit in a comfortable chair and relax your shoulders. Put one hand on your belly. Imagine your belly is a balloon and you're filling it up with air and then deflating it.

Pursed Lip Breathing:

- Sit in a comfortable chair and take a deep breath in through your nose. Now, purse your lips like you are trying to blow out a candle or whistle and slowly blow all the air out through your mouth.



Paced Breathing:

- Sit in a comfortable chair and slowly breathe in through your nose and exhale out your mouth. You are going to follow a 1:2 ratio, so when you breathe in for 2 seconds you exhale for 4 seconds.
 - This can also be used while you exercise!

Prevent Falls

1. Wear Safe Footwear

- Wear shoes or moccasins that fit well
- Avoid loose sandals or worn-down soles
- Choose non-slip bottoms when possible

2. Take Your Time

- Stand up slowly from sitting or lying down
- Pause before walking to make sure you feel steady
- Do not rush, especially at night

3. Use Support When Needed

- Use a cane or walker if recommended
- Hold railings or walls when walking
- Asking for help is a sign of wisdom, not weakness

4. Clear Walking Paths

- Remove loose rugs or cords
- Keep floors free of clutter
- Move objects out of walkways

5. Improve Lighting

- Use lights at night, especially to the bathroom
- Keep a lamp or flashlight near the bed
- Bright light helps see uneven ground

6. Watch the Ground Outside

- Be careful on uneven paths or rocky ground
- Use extra caution in rain, snow, or ice
- Walk where the ground is firm and clear





Chapter Three

Whole Person Wellness

Chapter 3



Whole Person

In this chapter, we explore simple, powerful habits that support lifelong wellness for individuals, families, and communities.

Healthy Sleep Routines

- ❖ Consistent bedtimes and wake times matter
- ❖ Supporting growth, healing, and daily energy
- ❖ Improved focus, mood, and overall health

Reducing Stress in Meaningful Ways

- ❖ Listening to stories and wisdom from elders
- ❖ Prayer and spiritual grounding
- ❖ Creative expression and mindfulness practices

Making Healthy Choices

- ❖ Understanding the impact of alcohol and tobacco
- ❖ Choosing healthier alternatives
- ❖ Honoring our bodies, our community, and Hopi values

Whole-Person Wellness

- ❖ Habits that support both adult and child well-being
- ❖ Improve mood and productivity
- ❖ Enhance sleep quality
- ❖ Reduce negative thoughts and unhealthy patterns

A Shared Path Forward

Together, these habits remind us that wellness is not only about the individual. It is about caring for one another, strengthening our community, and passing resilience and wisdom to future generations.

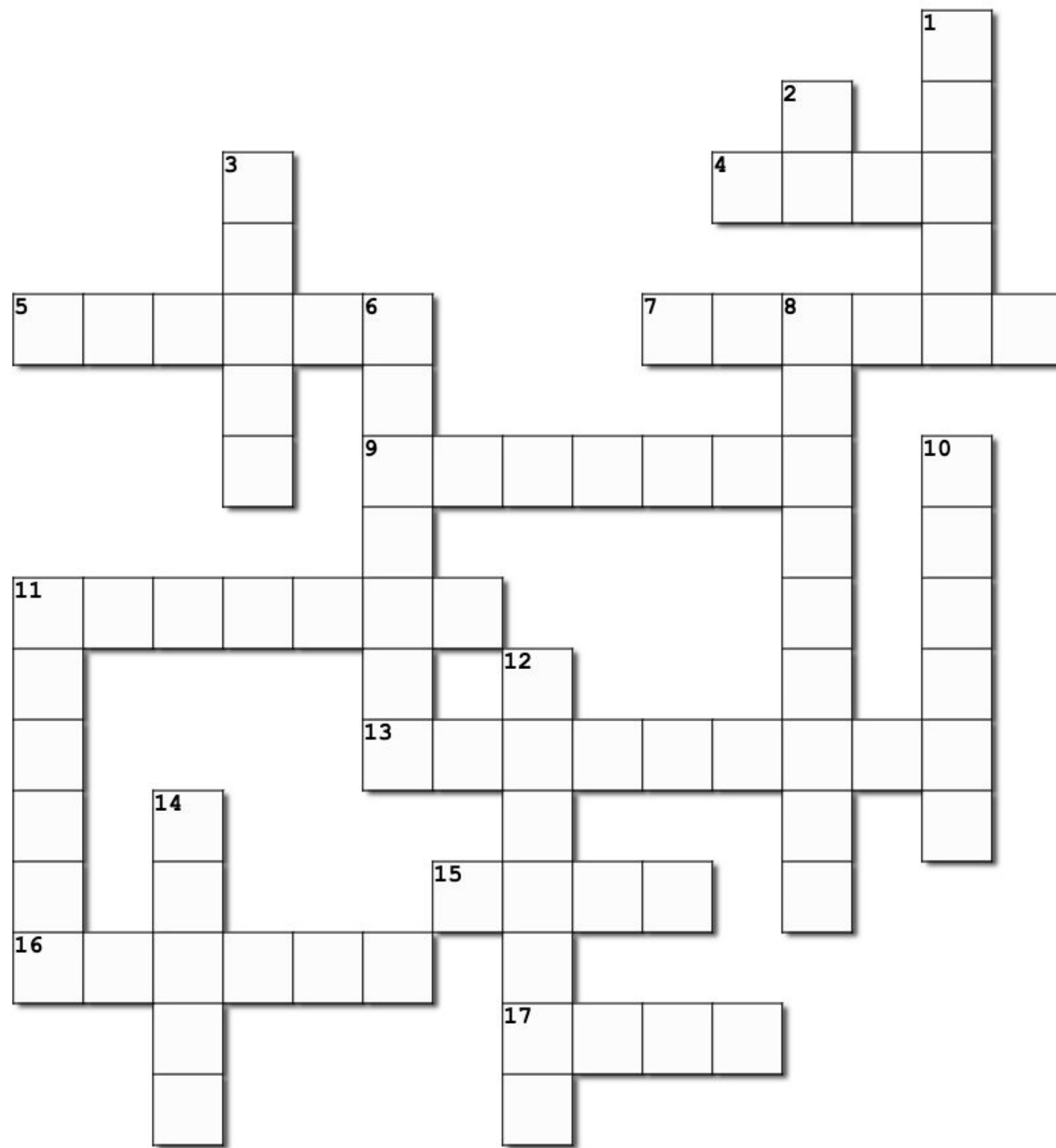
Healthy Habits



When the sun slips low behind the mesas,
screens are set aside and the house grows calm.
A story is shared like an old song by the fire,
teaching young minds when it's time to rest.

Sleeping early helps the body grow strong,
like corn reaching up to greet the dawn.

With quiet hearts and dreaming thoughts,
morning comes bright to those who rest well.



SLEEP DARK NIGHT NO CALM QUIET BREATHING TOBACCO CRAFTS HABITS
 SPIRIT ROUTINE SONG STORYTIME CHOICES PRAYER SCREENS ELDERS

Across

- 4. A Hopi tradition used for prayer and peace.
- 5. Family members who share stories and guidance.
- 7. Actions you practice every day, like waking up at the same time.
- 9. A set of steps you follow in the same order each day.
- 11. What you make when you decide to avoid alcohol and tobacco.
- 13. A quiet activity before bed, often using kachina dolls or family stories.
- 15. How your room should look to help you fall asleep faster.
- 16. Alcohol and tobacco can harm the body and this part of your mind and _____.
- 17. How you want to feel before bed.

Down

- 1. The best time to turn off screens, set them far away from you, and rest.
- 2. A strong and respectful word you can use to protect your wellbeing.
- 3. What our bodies need 8 hours of every night to feel strong and healthy.
- 6. Something to turn off before bed to help your eyes and brain rest.
- 8. A mindfulness practice that slows the heart and mind and uses your lungs.
- 10. A traditional way to calm the mind right before bedtime.
- 11. A creative activity that helps express emotions through art.
- 12. A substance that can harm the lungs and health when used unsafely.
- 14. How your sleep space should sound to help your brain relax.



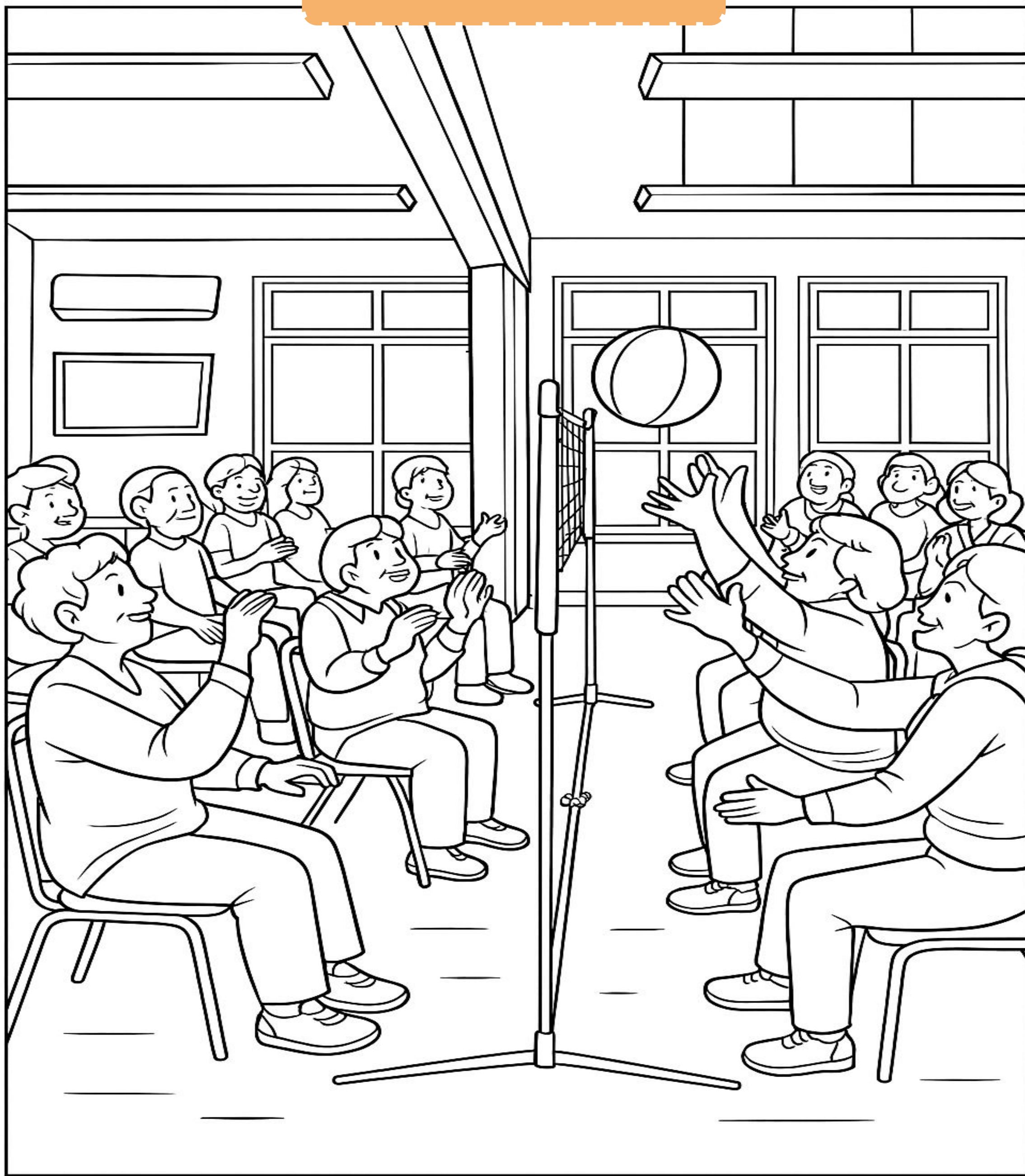
When grandparents and children share stories and create things together, they build a loving, calming connection. These experiences help to keep your heart full and your mind calm while feeling peaceful, which is an important part of staying healthy.

What are your favorite stories or songs that your grandparents shared with you?

What is your favorite thing to create and why?

When you spend time with your family, what does it make you feel?

Active and Social



Staying active with activities like chair volleyball, walking and light exercise keep the body moving, the mind active and the spirit connected. Regular movement helps keep you healthier, social, happier and more independent.

List your favorite activities to stay active

Wellness for Children

Spending too much time on our phones or in front of the TV can keep kids from growing and developing like they need to!

Let's brainstorm other ways we can play:

1. Run outside
2. Play with Kachina dolls
3. Basketball
4. Ride a bike
5. Coloring book

Come up with your own down below!

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

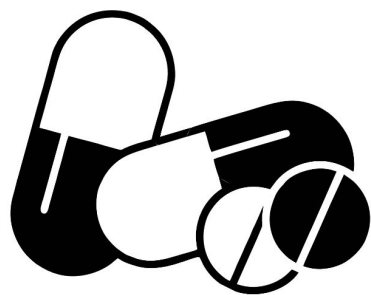
How many can you do this week?



Medication Management

- Scheduling appointments ahead of time
- Keep your medicines in one safe place so they're easy to find.
- Take medicines at the same time each day to build a simple routine.

“Just as Hopi families prepare for planting season, preparing your medicines ahead of time keeps your body in balance. Refill early and keep a simple routine so your health stays steady.”



NGAHU
MEDICINE

HON'NGAAPI
BEAR ROOT



NGÖMAAPI
JUNIPER

KUUYI
WATER





Chapter Four

Community and Culture

Chapter 4



Community and Culture

Family and community are at the heart of staying healthy and happy. Time spent together like cooking, playing, exercising, and taking part in traditions helps supports shared well-being and strengthens connection.

What This Section Invites You to Explore

- How family and community help build strength
- Ways to include traditions, cultural practices, and celebrations in daily life
- How to balance traditional ways and modern resources for better health
- Working together as a family to set goals and offer support

Honoring Hopi Values

This chapter reflects important Hopi teachings that guide wellness

Kyaptsi

- ❖ Respect for self, elders, family, and community
- ❖ Honoring traditions and shared wisdom

Sumi'ngwa

- ❖ Supporting one another through unity and care
- ❖ Building health through connection and cooperation

Wellness Is Shared

Wellness is something built together. Through learning, practicing, and supporting one another, individuals, families, and communities grow stronger while carrying culture forward for future generations.

Community Support

“Spending time with family and community can improve physical and mental health! Even everyday activities together can help everyone stay healthy.”

SUMI'NANGWA



We Are Stronger Together

Purpose:

Highlight the role of community, family, and mutual support in maintaining wellness.

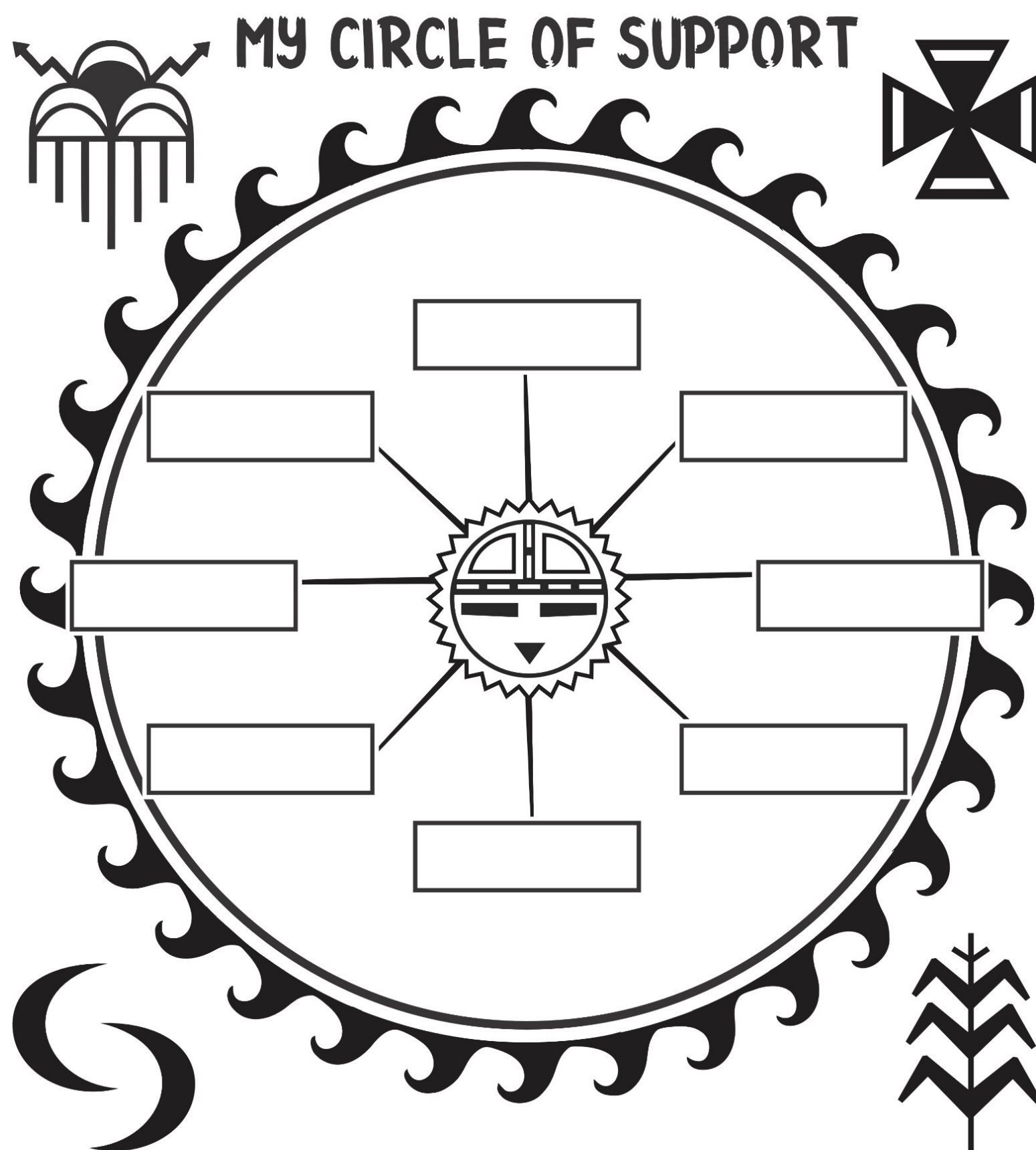
Content:

In the Hopi way of life, community is at the heart of wellness. Families, neighbors, and elders support one another through ceremonies, daily life, and shared responsibilities. When we spend time with others, help one another, and listen to the wisdom of elders, we strengthen not only our community but also our physical, emotional, and spiritual health.

Even small acts - sharing a meal, checking in on a neighbor, or participating in community gatherings, help build connection and resilience.

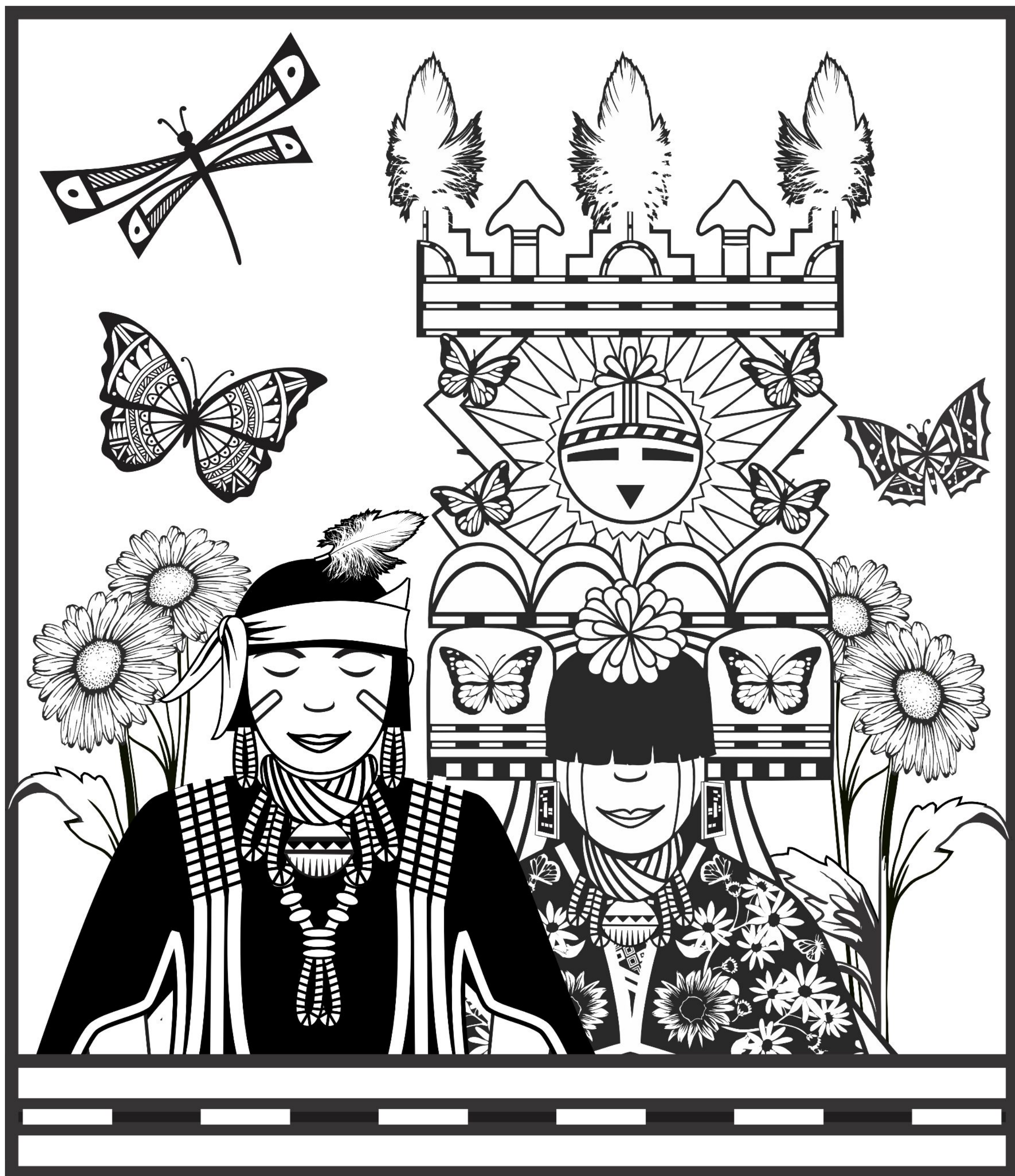
MY CIRCLE OF SUPPORT

Think about the people who help you feel supported and strong. Write their names in the spaces below.



Tradition & Wellness

When we dance, sing, and celebrate our traditions together, we are taking care of our health! Our Hopi traditions keep us strong, happy, and connected to our families and community. When we take care of ourselves, we can continue to pass down our culture to the next generations.

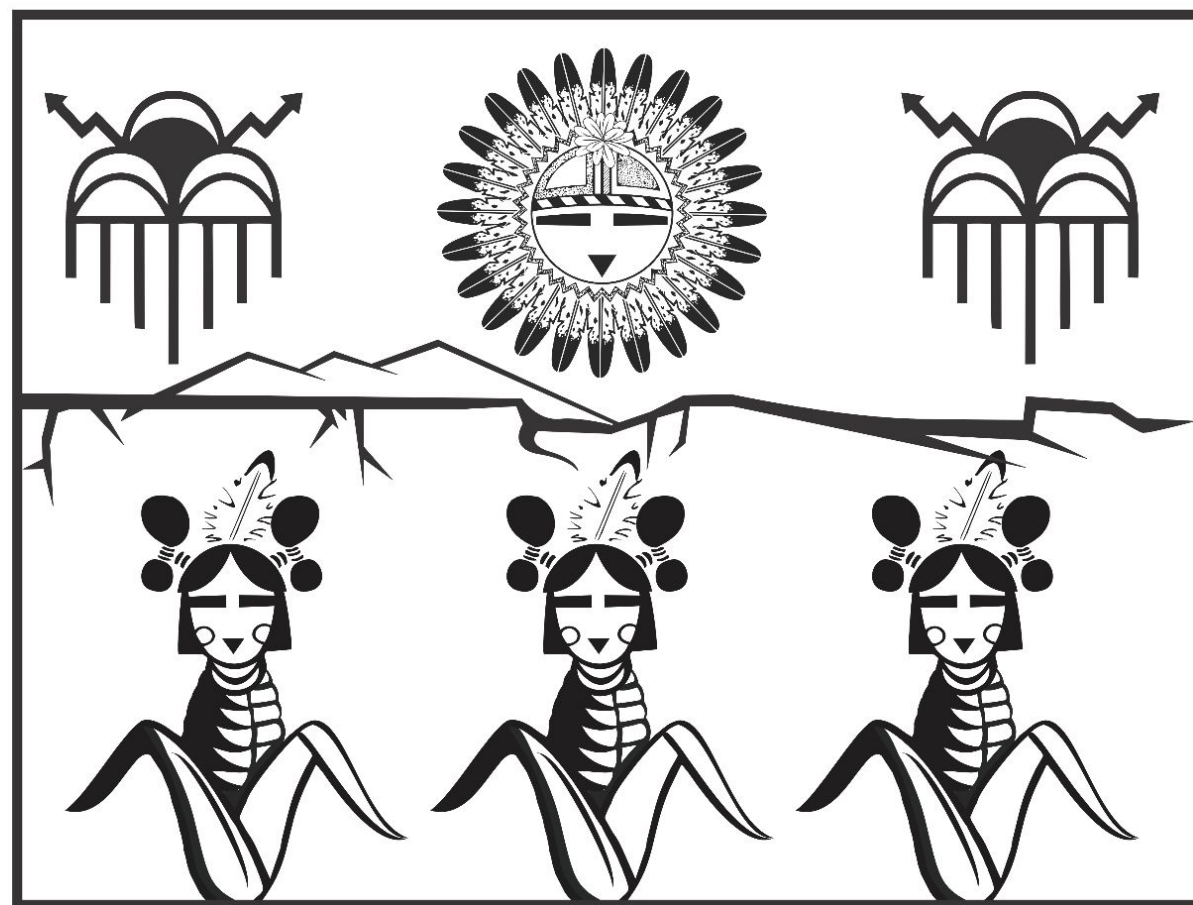


Tradition as a Path to Wellness

Hopi traditions have long supported balance and wellness. Cultural practices such as farming, preparing traditional foods, storytelling, ceremonies, and caring for the land all contribute to a healthy life.

These traditions connect people to their ancestors, their community, and the natural world. Practicing and honoring these traditions helps strengthen identity, purpose, and well-being across generations.

Color the symbols below that represent Hopi traditions and think about which traditions bring wellness and balance to your life.



A TRADITION THAT IS IMPORTANT TO ME IS:

Show how traditional practices contribute to mental, physical, and spiritual health.

Adapting to Today's Challenges

This activity focuses on **Hiksi** (the breath of life) and the **Three Sisters** to help children (ages 5+) and families build mental resilience against modern stressors like technology overload or family busy-ness.

use traditional Hopi values of **Kyaptsi** (respect) and **Sumi'nangwa** (working as one) to manage emotions.

Content ideas

- "The Corn Mother" Matching Game
 - outlines of a corn plant for children to label.
 - **Task:** Match traditional Hopi foods to the parts of the body they help.
 - **Blue Corn Piki Bread:** Energy for running (Physical Activity).
 - **Tepary Beans:** Strong muscles for helping elders (Strength).
 - **Water from Springs:** Hydration for a clear mind (Mental Health).
- Guided breathing
 - **Breath as a Tool: The "Hiksi" Anchor**
 - **The Concept:** In Hopi culture, breath (*hiksi*) is seen as essential for restoring balance between mind and body.
 - **The Activity:**
 - **Guided Breathing:** Have children sit comfortably and imagine they are a small corn seedling in the wind.
 - **The Exercise:** Inhale slowly through the nose (imagining the sun warming them) and exhale through the mouth (imagining rain cooling them).
 - **Modern Adaptation:** Teach children that when they feel "stormy" (angry or stressed by a tablet or a school deadline), they can use their *hiksi* to find their "calm center" just like a rooted plant.
 - Little ear of corn activity/story
 - **The Story:** Share the Hopi emergence story where the Hopi people chose the smallest ear of corn.
 - **The Lesson:** Explain that while the ear was small, it was the most resilient and could grow in the hardest, driest ground.
 - **Mental Health Decision:** Discuss how "small" actions (like a hug or a quiet moment) give us the same "toughness" as the Hopi corn. Use the book [Coming Home: A Hopi Resistance Story](#) as a modern example of maintaining cultural identity through challenges.
 - The "Sumi'nangwa" Garden of Strength
 - Families create a "Connection Tree" or "Family Garden" on a large piece of paper.
 - **The Task:**
 - **The Roots:** Write names of elders or ancestors who provide support.
 - **The Leaves:** List modern challenges (e.g., "too much screen time," "feeling lonely").
 - **The Fruit:** Write down specific Hopi values—like **Nami'ngangwa** (helping one another)—to solve these
 - "Kachina-Inspired" Emotion Dolls
 - **The Activity:** Children use clay or wooden sticks to create a simple figure representing a "protector" of their feelings.
 - **Health Goal:** When a child feels overwhelmed by modern pressures, they can talk to their "protector" figure to externalize and process their emotions.

References



- Refer to the [Hopi History Curriculum](#) for accurate plant labeling and cultural stories.
- Utilize the [Hopi Wellness Center](#) guidelines for age-appropriate physical activities.
- **Hopi Behavioral Health Services (HBHS):** Check the [Hopi Tribe website](#) for digital resilience toolkits and local 2026 mental health workshops.
- **Virtual Storytelling:** Look for "January Kindness & Community" series hosted by [Native Health Phoenix](#) for 2026 family-focused sessions.
- [Shop Smart:](#) Tips for shopping at the grocery store
- [Make Better Beverage Choices](#)
- Beatty, J., Shelnut, K., & Kauwell, G. (2013). Choose MyPlate: Drink water instead of sugary drinks. *EDIS*, 2013(4). <https://doi.org/10.32473/edis-fy1358-2013>
- Bresin, S., Shelnut, K., & Kauwell, G. (2024). Choose MyPlate: Drink water instead of sugary drinks. *EDIS*, 2024(4). <https://doi.org/10.32473/edis-fy1541-2024>
- [Three Sisters Soup • Native American recipe!](#)

Page, J. K., Jr. 1975. A rare glimpse into the evolving way of the Hopi. *Smithsonian*, 6, 8, 90-101.

To the Hopi people,

With deep respect and gratitude, the 2025-26 AIH-AHEC group thanks you for opening your hearts and your community to us. To witness your ceremonies, to hear your stories, and to walk for a moment in the rhythm of your daily life has been a gift beyond measure. Through your teachings, we have seen the strength of your spirit, the care for one another, and the enduring wisdom that has carried your people through generations.

Your traditions, your connection to the land, and your devotion to Summi'nangwa, working together for the benefit of all, have left a lasting impression on our hearts. We are humbled by your generosity, inspired by your resilience, and grateful for the lessons shared. May future visitors approach your community with the same reverence, humility, and honor that you have shown us.

The gift of this experience, the stories, the ceremonies, and your guidance will remain with us always, a light we carry forward with gratitude and respect for the Hopi way of life.

With sincere appreciation,

AIH-AHEC