

I am so
excited!




HOFANTI
CHOKMA

the
Chickasaw
Nation

Wally woke up this morning and was full of energy!
He has many ways to get his energy out, but today
he decided to go on a walk with his family.
Ayoppa kanihka (He is excited)!

CHALLENGE

- ▶ Draw a picture of five things you might see when you go for a walk outside.
- ▶ Write down three ways you like to exercise.
- ▶ Ask your family to exercise with you this week.
- ▶ Make a list of five songs that will encourage you to move your body.



the
Chickasaw
Nation

When I am
sad I find my
cat, Figgis!




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CHOKMA

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Nation

Wally had a bad dream about monsters that woke him up in the middle of the night. Bad dreams always make Wally nokhánglo (feel sad).

CHALLENGE

- ▶ Make a plan of what you should do when you have a bad dream. Can you sing a fun song or read your favorite book?
- ▶ List out things you do to comfort yourself when you are scared.
- ▶ Act out how you can defeat the monster from Wally's dream.



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Nation

I guess I will have
to wait to visit
the zoo.




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CHOKMA

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Nation

Wally hashaa (is mad) because he wants to visit the zoo today, but he has to wait until next week. Wally is learning that sometimes we have to be patient for the things we want.

CHALLENGE

- ▶ How do you tell someone you are hashaa (mad)?
- ▶ With an adult, practice a breathing exercise that you can do when you feel hashaa (mad).
- ▶ Describe a time when you were glad you waited for something.



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Nation

What do you
do when you are
disappointed?




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CHOKMA

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Nation

Wally has been planning for a fun day in the park and invited his class from school. Even though most of the class participated, Wally was nokhánglo (disappointed) because his best friend was not able to attend.

CHALLENGE

- ▶ Describe what it is like when you feel nokhánglo (disappointed).
- ▶ What is one thing you like to do with friends?
- ▶ Draw your favorite thing to do at the park.



When I am worried,
I try to think of
my favorite things!




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CHOKMA

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Nation

Wally is a Chickasaw boy who lives in Oklahoma.
He is aware of Oklahoma having tornadoes
sometimes and ishtanokfilli (worries) when he
hears his town testing the tornado
sirens for safety.

CHALLENGE

- ▶ Work with an adult to develop your tornado safety plan.
- ▶ Draw your favorite type of weather (sunny day, rainy day, etc.)
- ▶ Use your voice to make a siren sound.



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Nation

What are you
curious about?




HOFANTI
CHOKMA

the
Chickasaw
Nation

Wally is learning about math at school and ithana banna (wants to learn) how to count to five in the Chickasaw language.

CHALLENGE

- ▶ Write out the Chickasaw words for each number 1-5.
Chaffa (one), Toklo (two), Tochchi'na (three), Oshta (four), Talhlahá'pi (five)
- ▶ How do you share when you ithana banna (want to learn)?
- ▶ Think about your culture. Discuss one thing you like about it and one thing you want to learn more about.



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Nation

Breathe in,
breathe out!




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CHOKMA

*the
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Nation*

Mindfulness is being focused on the present moment. At school, Wally's teacher does five minutes of quiet time every day to encourage everyone to be mindful.

CHALLENGE

- ▶ Name five things around you.
- ▶ Put your hand on your heart and take five deep breaths.
- ▶ Touch three things that are nearby. Describe how they feel. Are they soft or hard? Fuzzy or smooth?



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Nation

Change is
difficult.




HOFANTI
CHOKMA

the
Chickasaw
Nation

Wally planted flowers in his front yard in the spring. They were bright pink and so pretty. Now that it is getting colder outside, the flowers are turning brown and losing their petals. Wally misses the color of the petals and seeing the beautiful flowers when he plays.

CHALLENGE

- ▶ Discuss with an adult how you can make yourself feel better when things change unexpectedly.
- ▶ How do you feel when the seasons change? Do you like it? Why or why not?
- ▶ Draw a picture of your dream garden.



the
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Nation

What
happened?




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CHOKMA

*the
Chickasaw
Nation*

Wally woke up this morning to his cat barking and his dog meowing.

CHALLENGE

What happened the night before or what happened while everyone was sleeping that caused the cat and dog to switch their way of talking?

- ▶ Draw the story out as a comic strip.
- ▶ Write the story and share.
- ▶ Perform the story for others.



the
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Nation

Guess what
I want
right now!




HOFANTI
CHOKMA

*the
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Nation*

If Wally could have anything he wanted right now, what do you think it would be, and would he share?

CHALLENGE

What is Wally wanting, and would he share?

- ▶ Draw a picture and perhaps include him enjoying it.
- ▶ Write or tell a story of how he magically got it.
- ▶ Play charades by acting it out and see who guesses first.

If you could have anything, what would it be? Would you share?

- ▶ Draw a picture and perhaps include you and someone else enjoying it.
- ▶ Write or tell a story of how you magically got it.
- ▶ Play charades by acting it out and see who guesses first.



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Nation

Wow!
Thank you!




HOFANTI
CHOKMA

*the
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Nation*

**Wally just received an unusual surprise.
It's a miniature pet giraffe the has butterfly wings to fly.**

CHALLENGE

What two animals would you love to combine and have given to you as a surprise?

- ▶ Draw the miniature pet giraffe with wings that Wally received or the new animal you would be surprised to get.
- ▶ Write a story about how you were surprised with your new kind pet. What is it called? What would you name it? How would you care for it? Would it live in your house?
- ▶ Write a play about how this new animal came to be.
- ▶ Make a sculpture of Wally's miniature giraffe with butterfly wings or your new animal.



*the
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Nation*

What do you
do when you
get mad?




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CHOKMA

*the
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Nation*

We all experience things that can make us hashaa (mad).
It is what we do with our feelings that matters.
Do you have ways to calm yourself down?

CHALLENGE

Do you remember a time you were hashaa (mad), and what made you hashaa?
How did you calm down or what helped you to calm down?

Try adding one of these activities to help next time.

- ▶ Write out your feelings and why you had them.
- ▶ Act out a peaceful solution to the situation.
- ▶ Draw or tell what you wish would have happened.
- ▶ Add relaxing music to one of these activities.

More tips: The ABCDE method (Awareness, Breathe, Count, Distance, Express feelings once calm) www.youtube.com/watch?v=DbpTohPUhMw



the
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Nation

Practicing
gratitude invites joy
into your life!



*the
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Nation*

Yakkookay immaachitok (gratitude) is thankfulness or feeling appreciation towards something or someone.

Practicing yakkookay immaachitok (gratitude) could be as simple as noticing how enjoyable the smell of cookies baking is or how the warmth of the sun peeking through a cloudy day feels. It could also be from something unexpected like sharing something you were hesitant to share with someone and then feeling happy and thankful you shared.

CHALLENGE

Taking time to recall when you were feeling joyful or happy for the people or things in your life.

- ▶ Set a timer for one minute and write down what you are thankful for.
- ▶ Draw one item from your list, maybe from an unusual angle such as a bird's eye view or a bug's view.
- ▶ Describe something on your list without naming it and explain what it is about this that makes you grateful.
- ▶ Sit or lay quietly, eyes closed, and describe to yourself why and how something brings you joy.

