



MASHANTUCKET PEQUOT



NATIVE YOUTH WELLNESS WARRIOR CAMP EAST COAST



NATIVE WELLNESS
Institute

Training provided by the Native Wellness Institute
www.NativeWellness.com

*The Native Wellness Institute exists to promote the well-being of
Native people through programs and trainings that embrace
the teachings and traditions of our ancestors.*

Native Youth Wellness Warrior Camp East Coast

Wednesday, August 26, 2020 - Eastern Time Zone

ZOOM Session I: 1:00 pm - 3:00 pm

1:00 pm	Opening Ceremony Welcome Blessing/Prayer Overview of the Week Why We're Virtual Schedule of the Week
1:15 pm	Introductions Participants Ice-Breaker
1:45 pm	Building Team
2:15 pm	Small Group Work Team Building Name, Positive, Grateful, 1-10, How are you? Show and Tell
2:45 pm	Healthy Risk Taking
2:55 pm	Closing
3:00 pm	Adjourn

ZOOM Session II: 5:00 pm - 6:00 pm

5:00 pm	Welcome Back
5:05 pm	Icebreaker
5:10 pm	Living in Balance
5:20 pm	Historical Wisdom
5:30 pm	Teachings of the Fire
5:40 pm	Pow Wow Sweat
6:00 pm	Closing Adjourn

ZOOM Session III: 7:00 pm - 9:00 pm

7:00 pm	Welcome Back Cultural Sharing Night Traditional Storytelling
8:00 pm	Cultural Sharing
8:50 pm	Closing
9:00 pm	Adjourn

Native Youth Wellness Warrior Camp

Thursday, August 27, 2020 - Eastern Time Zone

ZOOM Session IV: 1:00 pm - 3:00 pm

1:00 pm	Opening Ceremony Welcome Blessing Ice-Breaker
1:20 pm	Visualization: Seeing Yourself in the Future
1:40 pm	Small Group Work
2:30 pm	Large Group Healthy Risk Takers to Share
2:40 pm	Conversation: Vision What do you need to get there? Who will be your support?
2:55 pm	Closing
3:00 pm	Adjourn

ZOOM Session V: 5:00 pm - 6:00 pm

5:00 pm	Welcome Back
5:05 pm	Icebreaker
5:10 pm	Nike N7 Video 1
5:20 pm	Nike N7 Video 2
5:30 pm	Power of Positive Thinking
5:40 pm	Leadership Development
5:50 pm	Healthy Risk Takers
5:55 pm	Closing
6:00 pm	Adjourn

ZOOM Session VI: 7:00 pm - 9:00 pm

7:00 pm	Welcome Back Live Concert
8:00 pm	Talent Show
8:55 pm	Closing Words
9:00 pm	Adjourn