

# GRADE 7 WORKSHOPS

## **Opening session (communication workshop):**

Introductions, talk about the buffalo riders' program, give student their letter to future self from grade 6. Reflection discussion on this.

Attitude workshop, quick PowerPoint presentation and then we do the spider web activity. We also do the paper money crumble activity which support the spider web activity to discuss bullying and how addictions play a role in coping with bullying. We also touch on the risks of suicide attached to bullying.

## **Blanket Exercise:**

History class combination to better understand the historical facts of our people and the impacts of this history and substance abuse in our communities.

## **Drug prevention bingo:**

In tis workshop we have a guest speaker come in to share their story of addiction and recovery with the students. We then play drug prevention bingo which is about drugs facts and awareness.

## **Emotions:**

We do a review of emotions workshop from grade 6 and talk about how things may have changed since we have entered high school. Discussion with students about what they are experiencing.

Play doe activity, art therapy, to create discussion about change, tools and going through difficult times in our lives.

## **Thoughts, feelings, and actions:**

In this workshop we do a cbt exercise to show students how our thought impact how we feel and how we behave. We go through examples and discuss the impacts of this. We also go through some slow down skills to help cope through our thoughts and behaviors.

## **Drug awareness:**

Ice breaker is to ask students what they know by asking them a series of questions and moving around the room to select either yes, no, or maybe. Small discussion

In this workshop we go through the different categories of substance use, the stages of use and the impacts of use. Then we play family feud game to see what students have retained.

## **Land base activity:**

This activity will depend on the season we are in, but the goal is to bring youth on the land to foster development of identity and culture. We participate in activities that are hands on and during workshop and we discuss how our people have strengths connected to the land and language. We also create discussion around substance abuse.

## **Pride of my Nation or Pride in myself:**

This last activity involves students choosing things they are proud of, this could be culture, family, sports, pretty much anything. We bring in magazines and they make their own collage and present it to their group.



# BUFFALO RIDERS PROGRAM

By Wanaki MWT

# GRADE 6 WORKSHOPS

## **Strengths and Values:**

In this workshop we go over the 7 grandfather teachings and create discussion about the ways in which values help us make decisions in our life about many things and with substance abuse.

We also give teachings about “dodems” clan teachings and how different clans hold different skills and strengths and come and support family and community wellbeing.

Activity attached to this workshop is “dodem” building. Students are given pictures of each animal and they cut them out and build their own and then share with their class how they feel connected to these animals and identify how they see these strengths in their own lives and the ways they think they will use these strengths to make good decisions about drugs and alcohol.

## **Emotions:**

In this workshop we have a short PowerPoint presentation that explains what emotions are, feelings and the ways in which these influence our behavior. A short video is played as well to show different sets of emotions.

Then we have an activity combined with this workshop which is called taming your buffalo “emotions”.

Materials used is a picture of a person where we ask children to identify symptoms in their physical that is felt when they are experiencing different emotions.

Then we have a board that show different levels (high, medium, low and very low) along with a variety of emotion cards. The facilitator will ask questions about certain experiences or situations and youth will be encouraged to come and post their emotion card there.

Space for discussion, opening the floor for youth to talk about their own experiences or provide situations for their cards.

## **Dream Catchers:**

In this workshop we bring materials to build a dream catcher for each student. We start by giving the teachings of the dream catcher and then explain how when we are struggling with addictions the teachings work in the opposite way.

Guest speaker can share about their struggle with addictions and how their dreams faded because of this.

As students are making their dream catchers you can ask them what kind of dreams and goals they have and the ways in which they see addictions stopping them from achieving these goals and dreams.

## **Bringing it altogether:**

Circle sharing session bringing all our learning about drugs and alcohol together. Letter to my future self about drugs and alcohol. We hold on to these letters and pass them on when they are in grade 7 with us again.

## **Land base:**

Usually this would be a final workshop where we take the kids outdoors to enjoy being on the land. The activity can suit the season they are in during this time. The goal is to help youth connect, learn hands on things.

Some activities could be harvesting, outdoor cooking, choosing something in nature as a metaphor for how they have been feeling and discussing it with their peers.



**IF YOU ARE INTERESTED IN  
PARTICIPATING, PLEASE  
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