

Directions: This poem is a form poem, meaning there is a format to follow. For each line, the first two words are given. It is up to you to complete the line by following the directions in the parenthesis. Be creative and have fun!

I Am

(1st Stanza)

I am (two specific characters you have)	I am
I wonder (something you are actually curious about)	I wonder
I hear (any sound you hear in your daily life)	I hear
I see (anything you see, real or imaginary)	I see
I want (something you want)	I want
I am (repeat the first line)	I am

I find strength in (something or someone inspiring)	I find strength in
I feel (an emotion you are feeling right now)	I feel
I worry (something that bothers you)	I worry
I cry (something that makes you very sad)	I cry
I forgive (something you can let go of)	I forgive
I am (repeat the first line of the poem)	I am

I understand (something you know is true)	I understand I say
I say (something you believe in)	I say
I dream (something you actually dream about)	I dream
I try (something you really make effort for/about)	I try
I hope (something you actually hope for)	I hope
I am (repeat the first line of the poem)	I am

Sample "I Am..." Poem

I am strong and loving
I wonder about the stars
I hear my kids playing
I see the sunset
I want to be happy
I am strong and loving

I find strength in my family
I feel calm
I worry about the future
I cry when people are mean
I forgive mistakes
I am strong and loving

I understand guilt
I say OMG
I dream about my Nana
I try to forgive myself
I hope to see her again
I am strong and loving

These are a few examples of Traditional Native values, beliefs and behaviors. (HeavyRunner, 1997)

Core Values, Beliefs & Behaviors	
<ul style="list-style-type: none"> • Spirituality- it could be tied to religion or nature, it's a state of mind not a place • Child-rearing/Extended family – the idea that it's not just the parents' job to raise and care for children • Veneration of age/Wisdom/Tradition – respect for our elders and our culture • Respect for Nature – Mother Earth and sacred land • Generosity and sharing – we are giving people 	<ul style="list-style-type: none"> • Cooperation/Group harmony – the idea that everyone has a voice • Autonomy/Respect for others – we have our beliefs but we respect others' beliefs as well • Composure/Patience – we are not in a hurry, we can wait and remain calm • Relativity of time – sometimes things happen when they are supposed to , not because the clock says so • Non-verbal communication- our body language, or a look can tell more than a string of words

Values Defined:

Values are a principle, standard, or quality considered worthwhile or desirable. Values are also the beliefs of a person or social group in which there is an emotional investment (either for or against something). Values are regarded highly, and one's personal values are usually difficult to change.

Instructions:

Fill in the leaves and roots as best you can. Go with your first instinct. This is not a boastful exercise, it is about recognizing your strength; just as you did when we listed and discussed the strengths and traits of strong native women in your life.

Leaves – readily visible

Roots – not easily visible

Your partner's Thoughts

In session 1, Being a Proud Native American Woman, we discussed what it means to be a Native American. You had an opportunity to identify and discuss positive role models in your lives and the importance of having personal values, prioritizing them and how they affect your decision-making.

Instructions:

Your take-home activity for Session 1 is to share with your partner or significant other what you learned in class today. However, if you are not in a relationship, or don't have a supportive partner, you may discuss the take-home activity with a trusted friend or family member.

After the discussion, write your partner's or friend's reactions and responses below. Bring this sheet with you the next time we meet or at the Booster Session. We will discuss the take-home activity during that time.

TODAY

Today, I am more native than yesterday,
I didn't hurry so fast, running from my past,
I sat real still when I was alone,
didn't have to call someone on the phone,
listening to the silence until my head heard,
my heart speaking to me....
And my heart spoke of purpose in my life,
of seeking integrity in myself,
of walking a solitary path of peace,
seeking harmony instead of wealth,
of seeing the strength in a prayer,
sharing with my children the power there,
of honoring everything that is alive,
being one with nature, not strife....
On this journey I walk,
my heart continues to talk,
turning me into what I was born this day,
for I am more Native than yesterday....

Melody Jackson

Alaska Native