

Making 4 Directions Bracelets

3 sizes - Lg, Sm, Xs

All bracelets start with: 3 Black, then 3 White, 3 Black, 3 White, The only difference is you change the total number of sets per size* **(*3 beads is one set)**.

L: is 11 sets

S: is 8 sets

X-Sm: 5 sets

1. Begin by putting on your 3 black, 3 white...(11, 8, or 5 sets).
2. The next step is to put on the BIG green bead
3. Then 7 Red, 7 Black, 7 White, and 7 Yellow
4. Then the next step is to put on the BIG blue bead

Now you finish by putting on 3 Black, 3 White...**(11, 8, or 6 sets)**

Over and over until you have almost 1 centimeter of wire left....

And then you ask an Instructor to help you to turn* the wire to finish.

*Turning wire is something you should practice before you make bracelets, it will take several attempts before you are successful. (BEND up & over, like a pigs tail) The gap MUST be completely closed. EXTREME care must be taken when bending the wire.

KNOW the story and meaning behind the colors.

MM<><>Λ<><>MM<><>Λ<><>MM<><>Λ<><>MMM<><>MM<><>MM

This item uses colors to symbolize the choices we make, positive and negative (black & white), Green for the Mother earth, the 4 directions and all the nations or races of people (Red, Black, White & Yellow), Blue for the sky, reminding us of our responsibility to live in harmony, to show respect and kindness to all creatures, the Earth and Sky. We are reminded of our elders message, to be aware, to listen, and to live in a way that is respectful of our *mind, body and the environment* in which we exist. To remember the importance of creating a space that is safe. Recognizing that when we abuse alcohol or drugs (including tobacco), or when we are abusive to ourselves, or other people/ animals/the earth, it is disrespectful to others or our own mind/body, and we are not being safe.

MM<><>Λ<><>MM<><>Λ<><>MM<><>Λ<><>MMM<><>MM<><>MM

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*When you make this bracelet, please answer this question **How many of you know someone who drank alcohol, did drugs, or got so angry... that the next day they could not remember what they did?** I want to share about one of my teachers, who taught me that when I am angry, or abusive, or abuse my body with alcohol or drugs, that my spirit will not feel safe, and will NOT be with me. So now I ask you, **doesn't it make sense, that if we aren't really ourselves unless our spirit is with us, that when our spirit leaves we might not remember what we did?** This is one example that helps people to grasp the concept of being a spiritual person. Please share what you learn with others, in this way by making and taking the time, you become the **Teacher**.*

Thank You!

4 Directions Workshop Narrative

Our presentation is simple but profound - ideal time for the session is 2 hours. Youth are recruited to be trained as facilitators. They gain skills of presenting before a group, and serve as role models for other youth. The workshop is interactive for participants and teaches about how one can use the concept of Native culture and spirituality to be in balance. The workshop objectives include the following:

The workshop has several objectives:

- ❑ Non-Violence
- ❑ Oral Tradition - Storytelling
- ❑ Alcohol, Tobacco & Other Drug Prevention
- ❑ Abstaining from sex (respecting yourself & others)
- ❑ Diversity between races/spirituality-inter-relatedness
- ❑ Living your life in a way that is respectful (to self/others)
- ❑ Connecting with your “roots” where you come from & who you come from

Respect for ones self, as well as other people, creatures and the earth, as we are taught by our Elders. We also share about the importance to treat others how we wish to be treated. Using the full value contract...

I Agree to Be Honest and Kind, I will not make comments or behave in a way that might hurt or devalue another person or myself

I ask workshop facilitators to give an example: They say to another facilitator – “That drawing I did was so awful... I’m such a dork”... Then the person who heard the comment would respond using a gesture of two thumbs up (one thumb represents our obligation to remember to be Honest, the other to be Kind), and the person who made the comment would say, “Oops, I’m sorry... what I said to about myself was not Honest... I am a human being who is entitled to draw what ever I want, however I want, plus it was not Kind to say that thing about myself.... (and the person recites the FVC out loud)... I agree to be honest and kind, I will not make comments or behave in a way that might hurt or devalue another person or myself. I apologize to myself for saying that” The same example is referenced when we speak about television programs... that make jokes about people, and are actually unkind and degrading. To treat others with respect shows respect for ourselves. The same is true with our bodies, what we Natives refer to as Mind, Body and Spirit. I reference other cultures speak about our bodies being a temple. How we should respect them and not use alcohol and drugs. About our obligation to be a teacher, mentor and friend to those who do not know better, or need someone to show them the path.

We use an icebreaker exercise..... participants are seated in a circle.... The person in the middle is asked to think of something about themselves, their past experiences, things they like to do... things that they struggle with, etc.... They say, “All my friends _____”... Some examples:

“ _____ are wearing tennis shoes” “ _____ Have been to an AA meeting”

“ _____ have a family member who has been in jail because of alcohol or drugs”

“ _____ love to ride horses” “ _____ Have been to a Powwow”

“ _____ believe violence has no place in our society”

“ _____ are wearing jeans” “ _____ know someone who has been to treatment”

We also share about our culture and gift giving. As participants are sitting at tables making their bracelet they are required to read the story, youth and adult facilitators visit tables, asking questions "what does the green bead represent"... "... the black and white"... " what is the full value contract"... Telling the participants that we will ask questions later, and give out prizes for answers.... Which are necklaces, bracelets, key chains, and other items we have made.

The presentation is an interactive workshop and can usually be done in 90 minutes, but we prefer 2 hours, as we start off with "icebreakers", a brief intro by facilitators, as well as cultural information. Then we break into "groups" or tables with approx. 8 to a table, and youth and adult facilitators float throughout the room helping the participants.

When participants leave they have made a bracelet, and are reminded, the their obligation in attending the workshop, is that if someone admires their bracelet, that they tell them the story, as is the way of the Native way of "oral tradition". Please note: We do offer scholarships or reduced fee for this workshop – please contact us and we will try to work with you or your group so we might train youth or adults in your community to facilitate this workshop. The work we are doing is important: Our elders say: *"We Are The Ones We Have Been Waiting For"* Please help us to help others.

Bracelet Kits: Recommended Tools to purchase 2-3 pair of roundnose pliers \$5 each, Please add \$1.00 per bracelet for materials (beads & wire) I will e-mail you hardcopies of handouts to use with your co-facilitators.

4 Directions Bracelet Script

"These colors represent the choices we make, positive and negative... and also the consequences of those choices... positive and negative"

(you might share an example... that kids could relate to... maybe like studying for a drivers license test... like if you study before the test the consequence would be you would pass, if you didn't study for the test the consequence could be you'd fail...)

Then you get to the Green Bead, "this bead represents the earth, and it helps us to realize the importance of the things on the earth, reminding us of our obligation to respect and honor these things... *(then you ask the person - this is what makes the workshop interactive)* What do you think is the most important thing on the Earth, which we cannot live without???

....many will say trees, but I share how our elders of the sweatlodge share (Walt & Rick) about water (it is the most humble, "lives" in the lowest of places, the most patient (can work it's way thru rock)... etc) *With out water we would die.* Earth things that are important: People, Trees, Animals, plants (medicines), etc.

(You can use a flip chart to write things the kids say, have them raise their hands, and take turns to suggest things they think are important)

Then the next 4 colors represent each of the 4 directions *(I do not identify a certain color for each of the directions as there are several tribes that have a different opinion),* AND they also symbolize all races of the people, who come from these directions (because if you mix & match these colors you can come up with the skin color of all the peoples of the world).

Then, this Blue bead represents the Sky – you ask: *What do you think is the most important thing on the Sky, that we cannot live without???* (Use your flip chart again)

(Air).. other important things, Sun (without it we could freeze), Moon (no tides), Planets, clouds, etc. Then again, black and white to represent choices.

4 Directions Bracelet Workshop expense ***Training of the Trainers or Group Workshop***

Instructor fee: \$100 (or \$50)
Supplies: \$1.00 per student (or 20% discount)
Tools: \$5.00 roundnose pliers,
\$15 Wire Cutters (or 20% discount)
Handouts: Hard copy free - facility makes copies

I can offer Tribes and social service agencies a 20 % discount, if travel exceeds one hour I charge mileage (at CFR mileage rate). Should travel time exceed 150 miles we request funding for lodging/meal.

I am now 45 years old, that is considered “vintage”... almost an elder, time/effort/energy to conduct this workshop is important and we prefer to be able to take the time to honor the students whom we’ll be sharing with, if exhausted it could be likely that we will not have the energy to do this in a good way. Therefore, lodging prior to and following if we plan for a full day of training peer educators is preferred. We usually plan to travel the day before workshop, set up, meet w/ staff night before, or early the next day. Then workshop at 11? Or 2pm? Or 6pm? We could even do 3 workshops? Fee for this endeavor to include 1 full day as consultant (\$100.00) plus travel (mileage/room)

What we offer: An interactive workshop, where we will identify youth with leadership skills, whom we will mentor to serve in the capacity of peer educators in your community.

Your obligation: You select several youth who you see as role models (or a youth who is “at-risk” and has the ability to present the information to his peers), and we train these youth to be your co-facilitators for the workshop. They present this workshop to other youth, and even schedule to take it out into the community (church groups, head start classes, senior centers etc.)

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