

CULTURAL RECONNECTIONS

- participate in traditional ceremonies
- learn from tribal elders about cultural practices and traditions
- explore the rich history and heritage of Native Amrican cultures

EMBRACE ANCESTRAL TRADITIONS

- engage in language revitalization programs
 - attend language immersion camps or classes
 - use langauge learning apps and resources to reconnect with native tongues

PARTICIPATE IN CULTURAL EVENTS

attend powwows, festivals, and gatherings
engage in storytelling sessions that
preserve cultural narratives

 join cultural clubs or organizations at your schools

CONNECT WITH NATURE

spend time outdoors, connecting with the land

- learn traditional ecological knowledge from tribal elders
- engage in hunting, fishing, or foraging

EXPRESS CULTURAL IDENTITY

- wear traditional regalia
- display indigenous artwork and crafts
- share cultural knowledge and customs with peers and community members

SEEK GUIDANCE FROM TRIBAL ELDERS

respect and honor the wisdom of elders

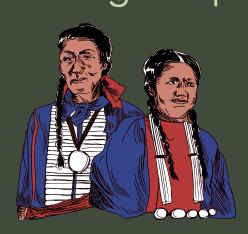
elders, passing down cultural heritage

seek their guidance and mentorship
learn traditional songs and stories from



PRESERVES HERITAGE

Upholding ancestral traditions and languages preserves indigenous heritage for future generations, ensuring cultural continuity and pride.



STRENGTHEN RESILIENCE

cultural connection
provides a sense of
identity, belonging,
and purpose,
enhancing resiliance in
the face of challenges



PROMOTES WELL-BEING

reconnecting with cultural roots fosters emotional, mental, and spiritual well-being, reducing the risk of substance abuse and mental health issues



