

**Coloring Pages**

**TELL YOUR HEART STORY**

**HEART**

AK

Dark Winter

Singing

WINTER!

MORNING SUN

BAD INFLUENCES

SUBSISTENCE

Faith

ELDER'S WISDOM

Blue Berry

The Future

FORWARD MOTION

TRICKSTER

TRADITIONAL WAYS

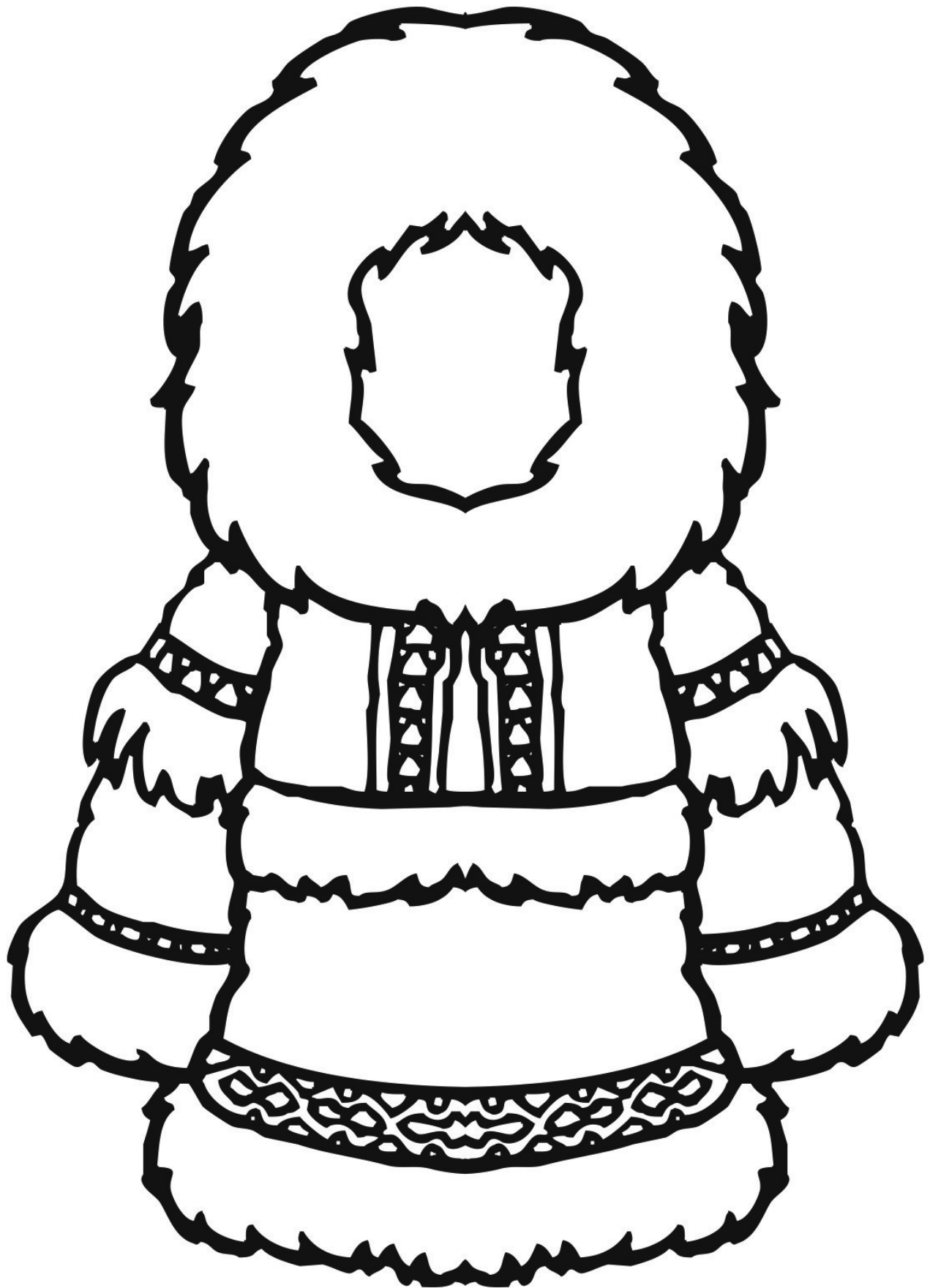
Our Stories

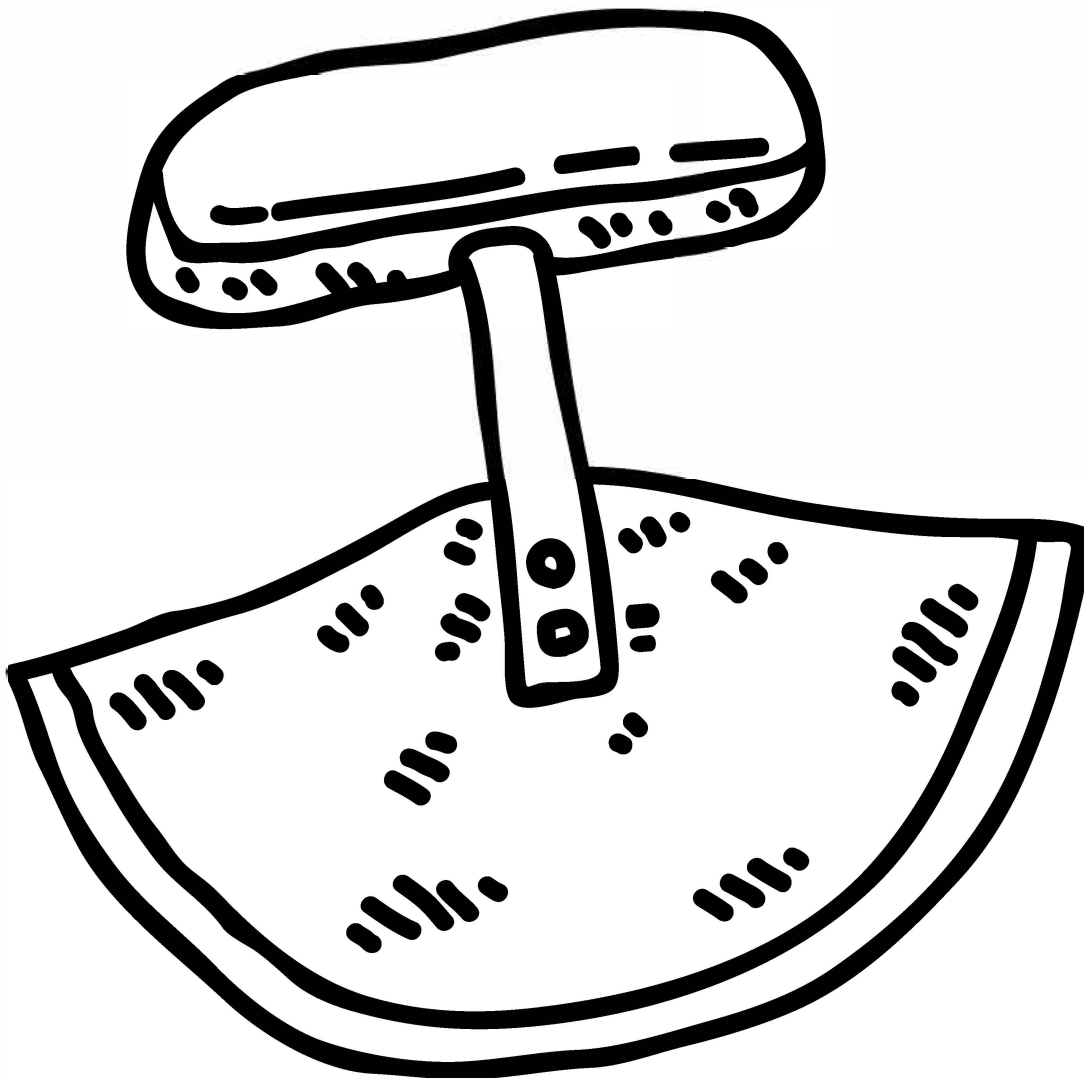
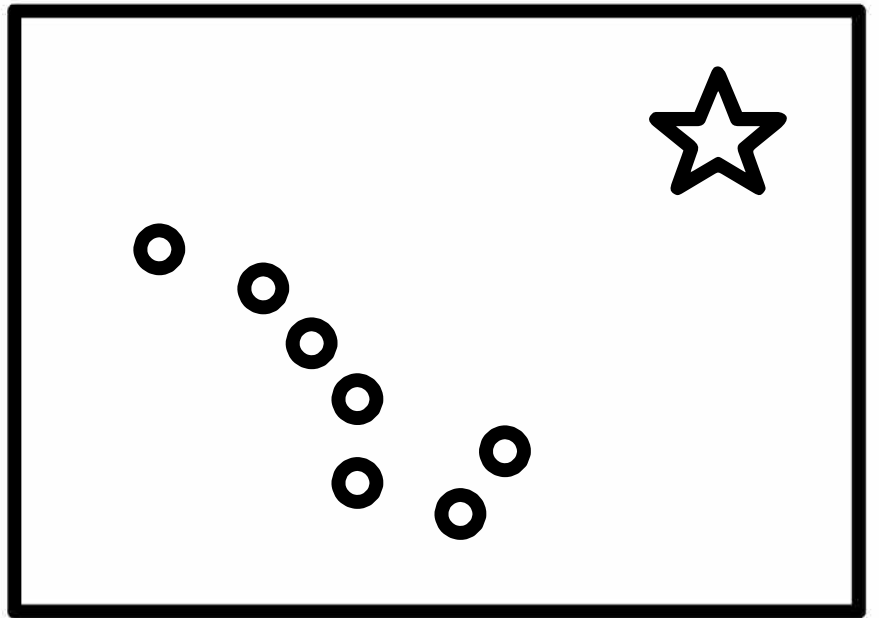
Responsibility

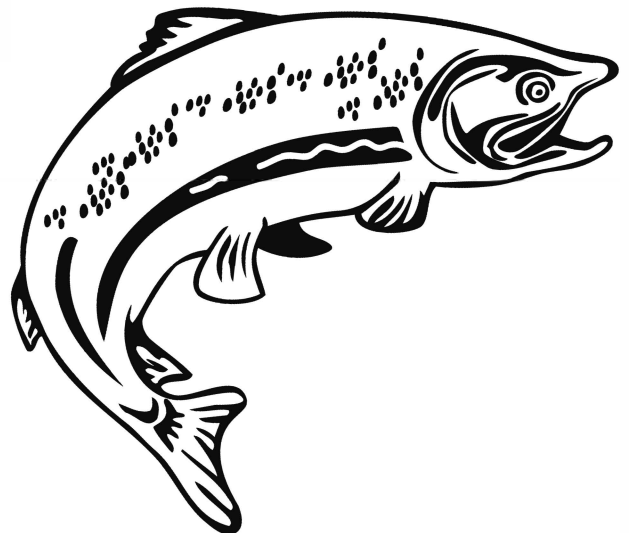
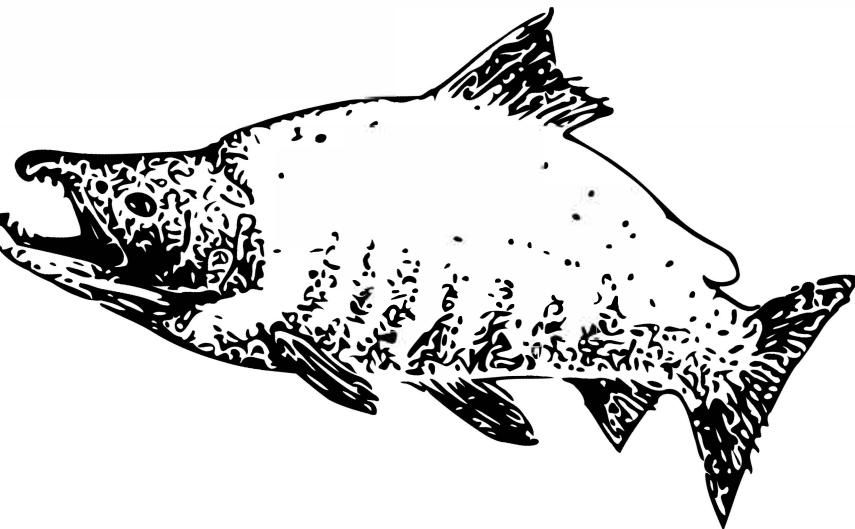
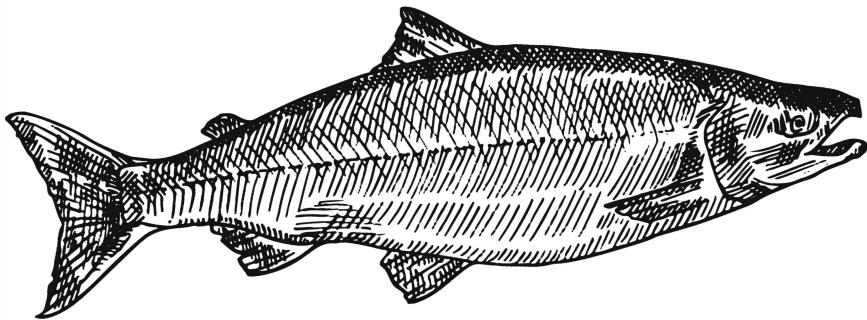
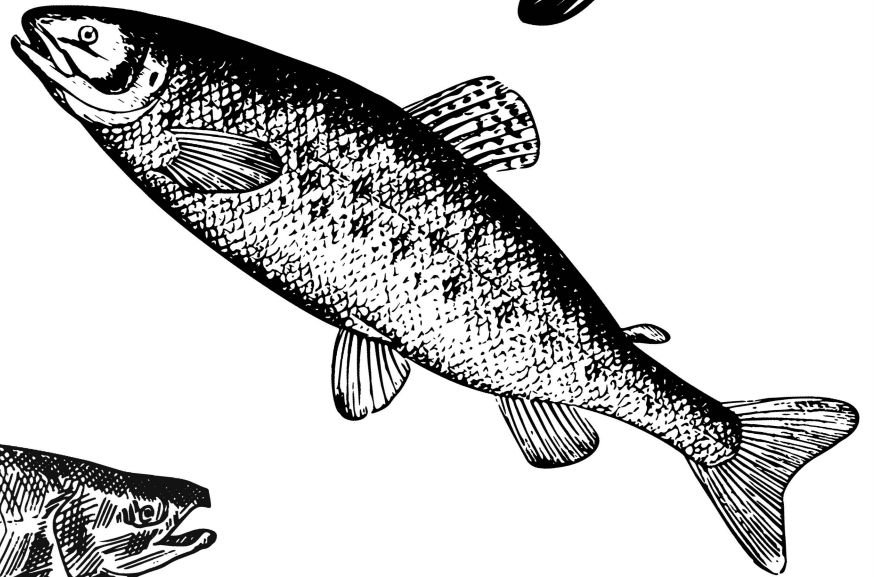
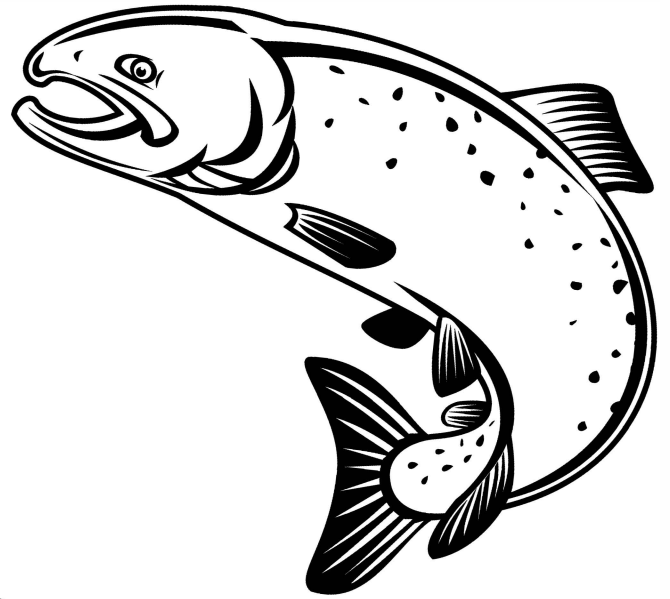
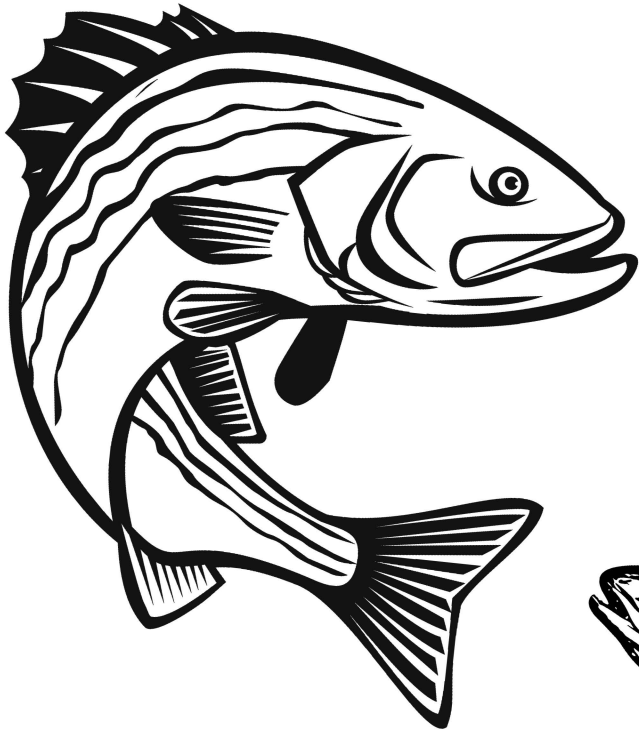
# MUKLUK LAND





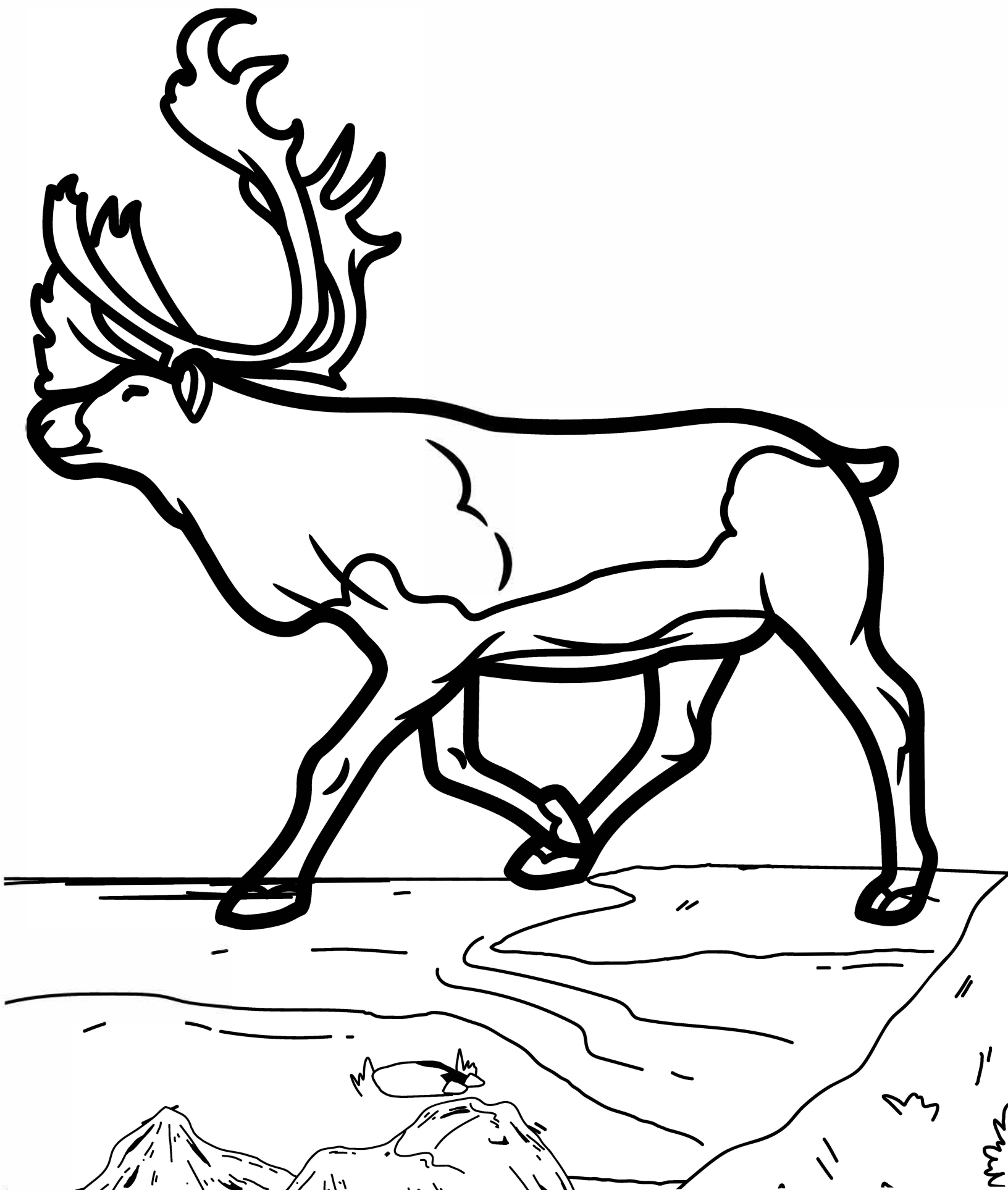


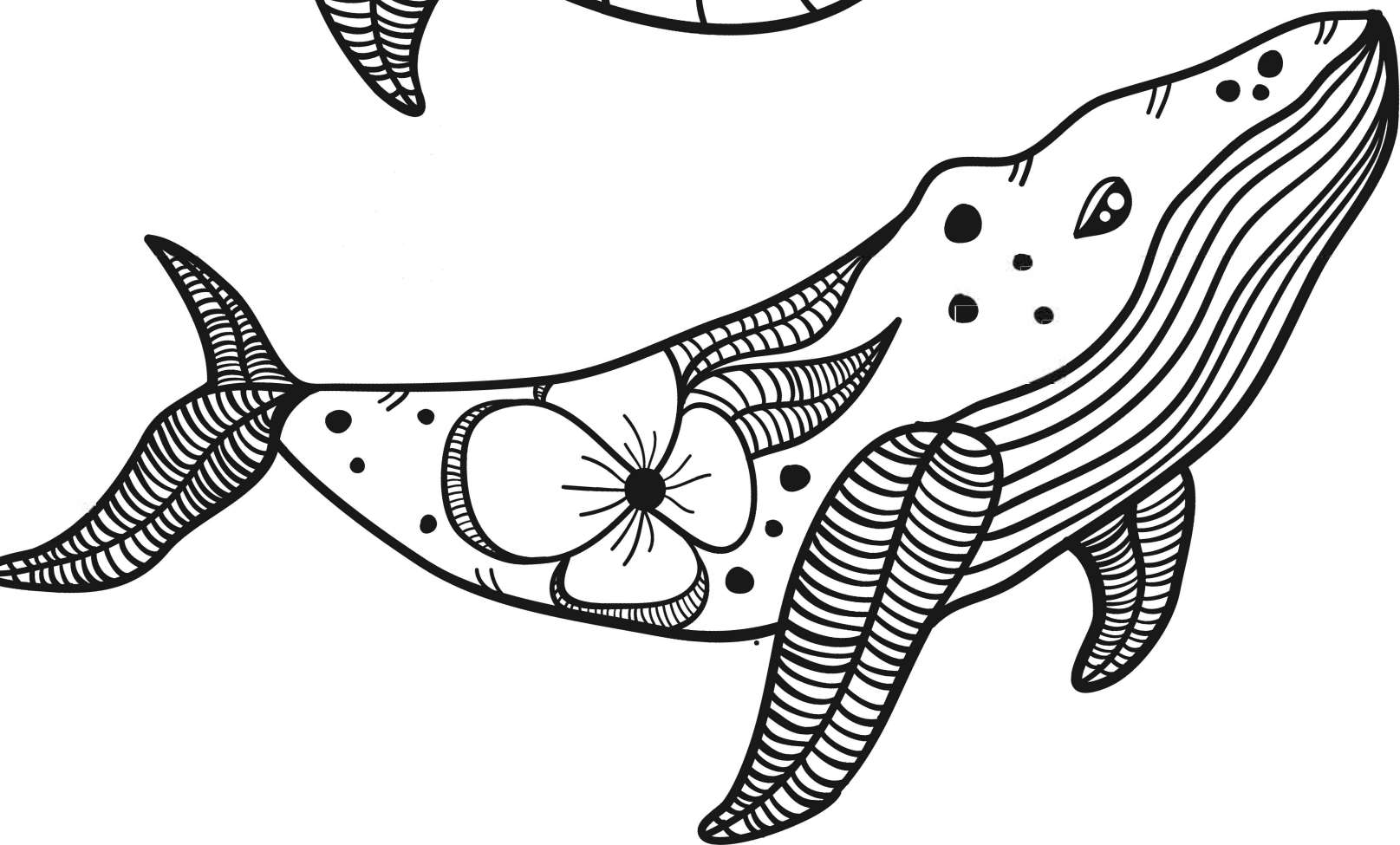




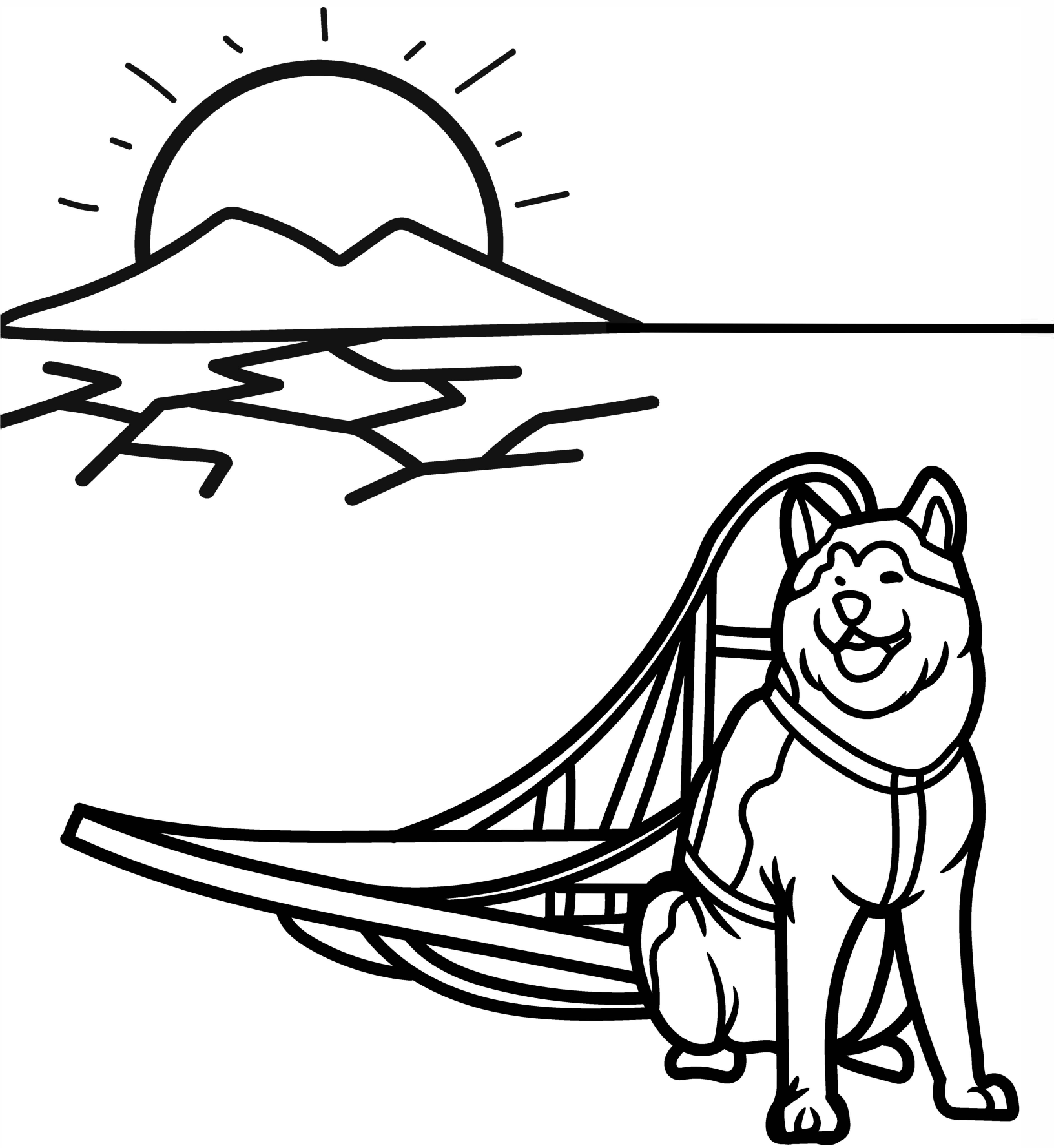




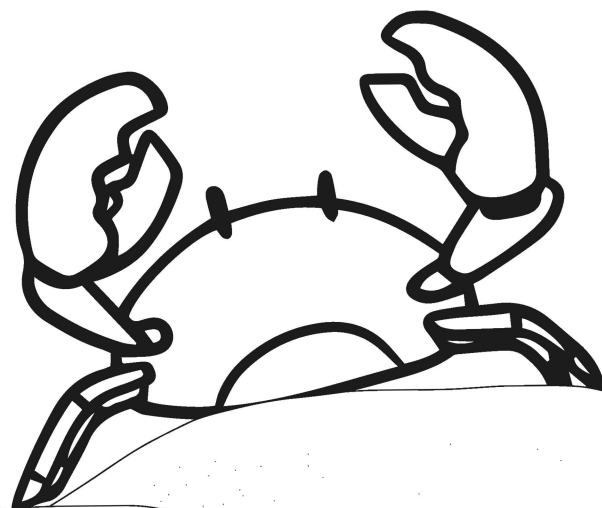
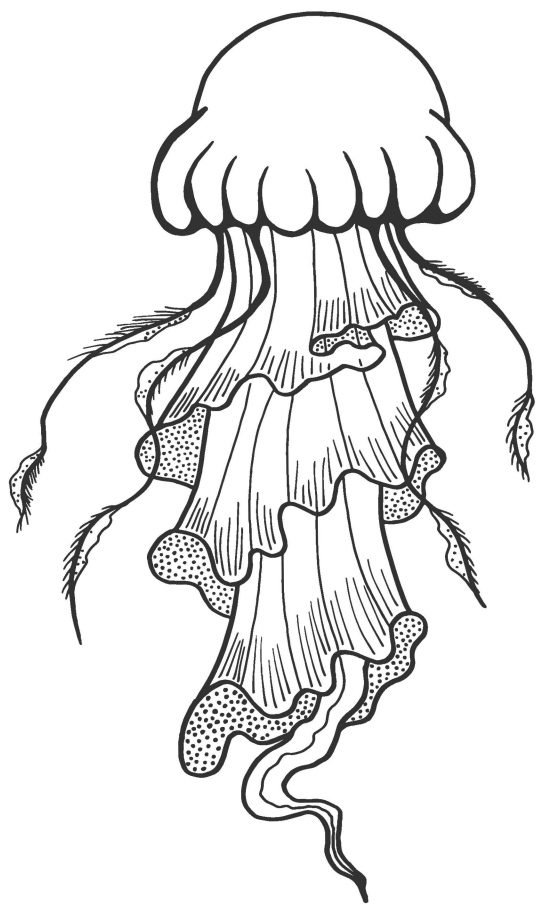
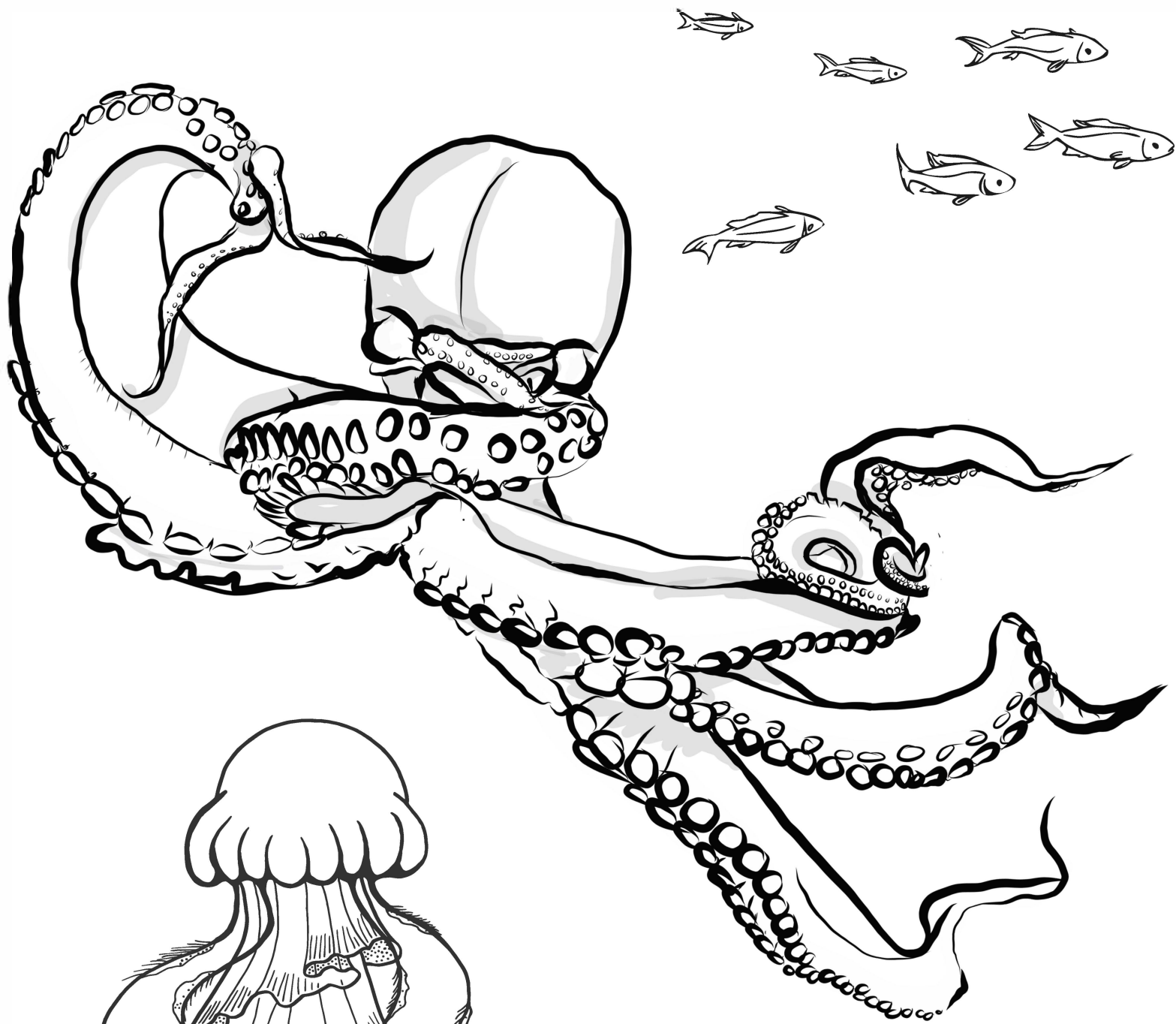




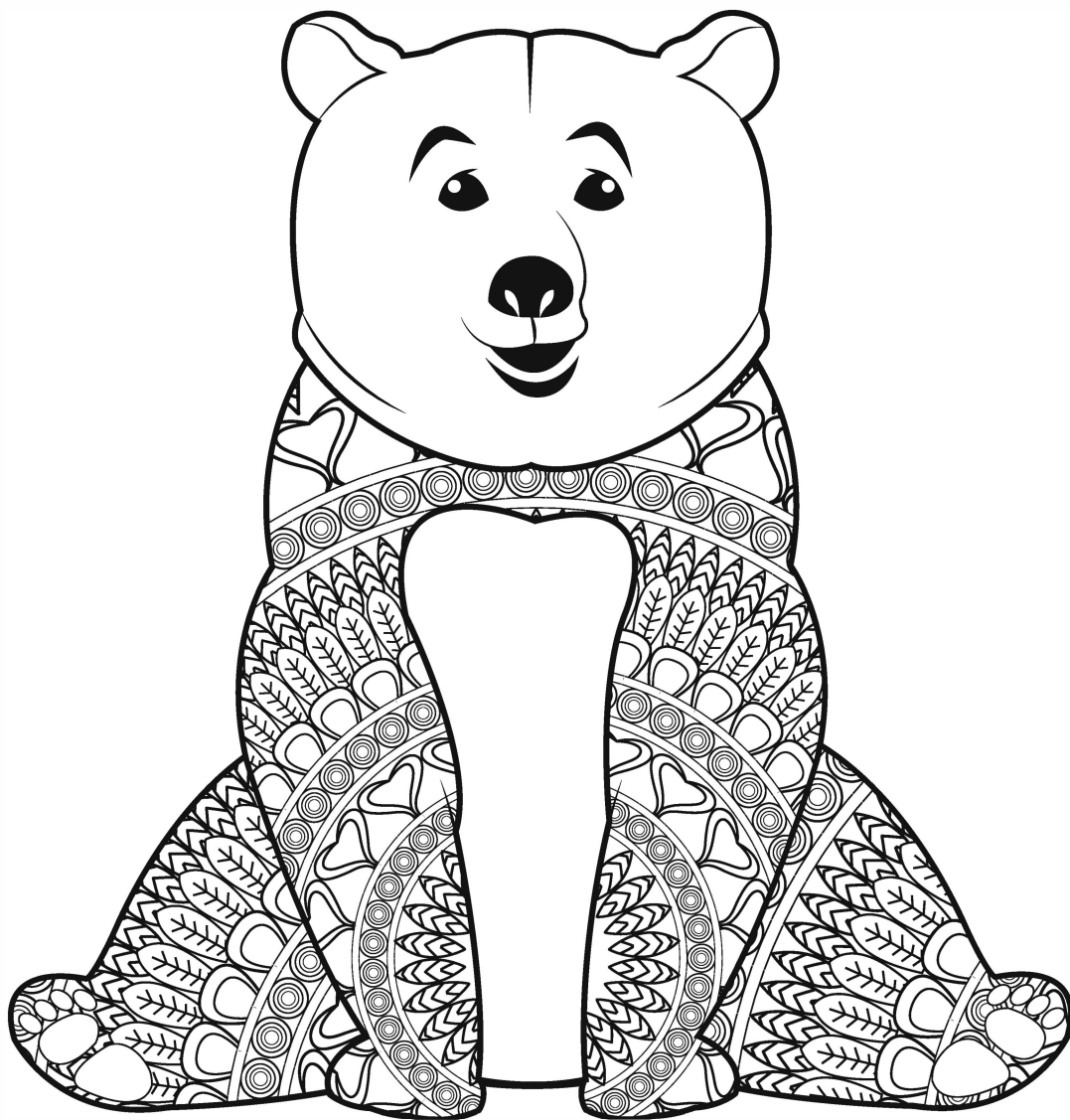


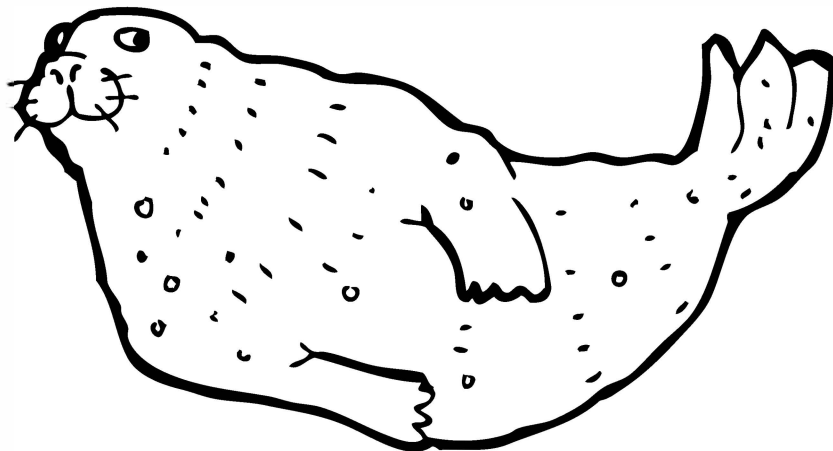
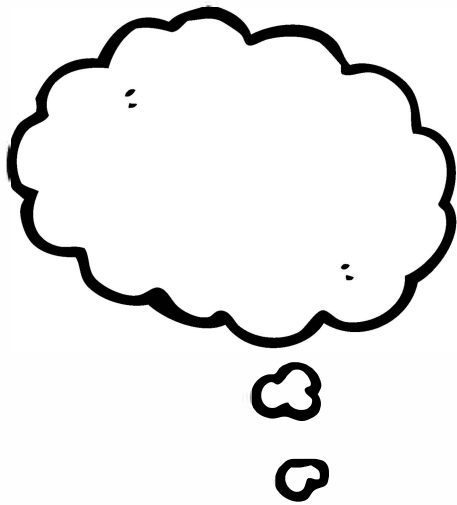
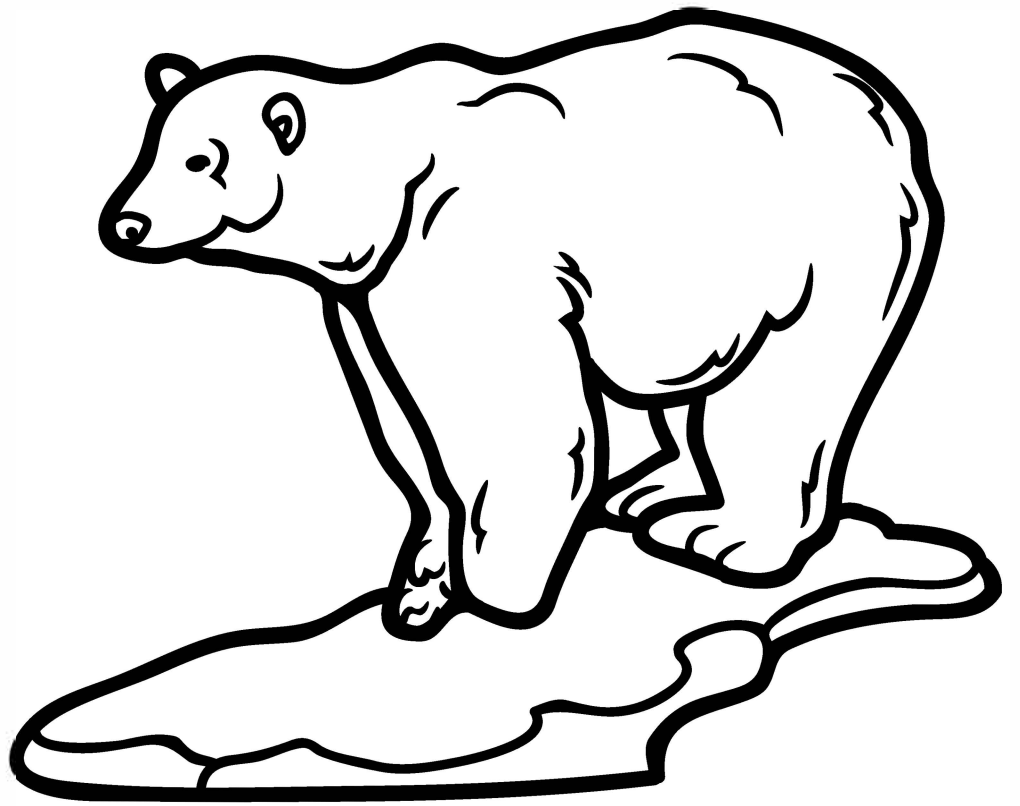


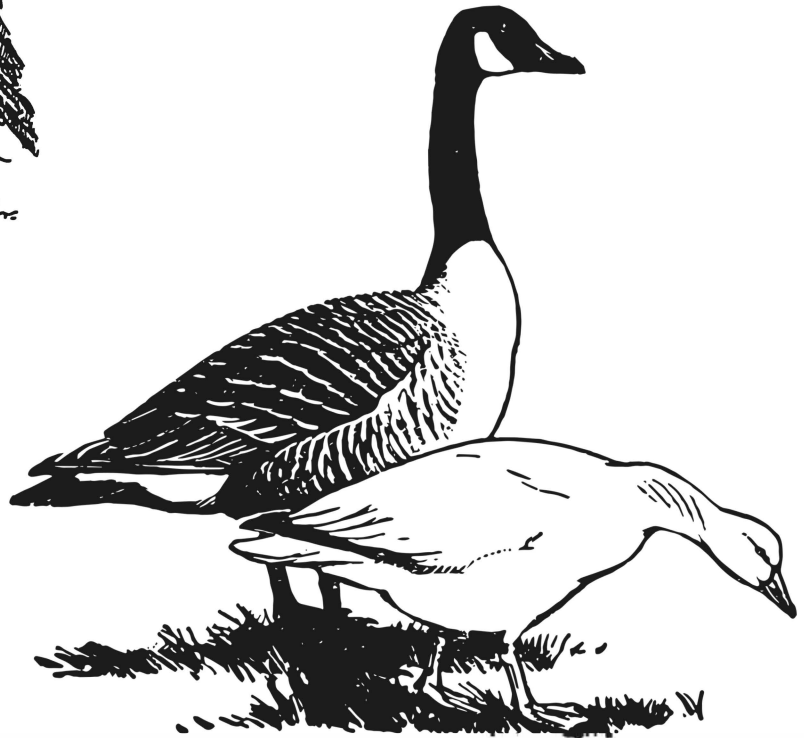
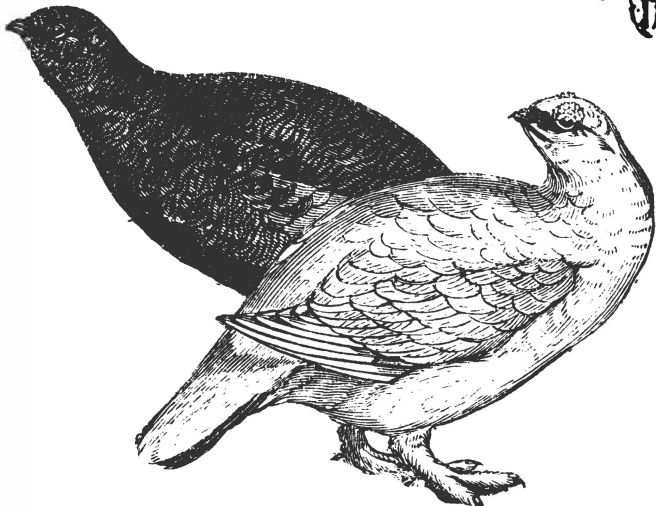
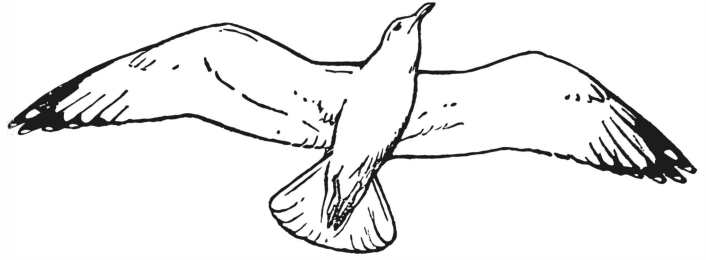
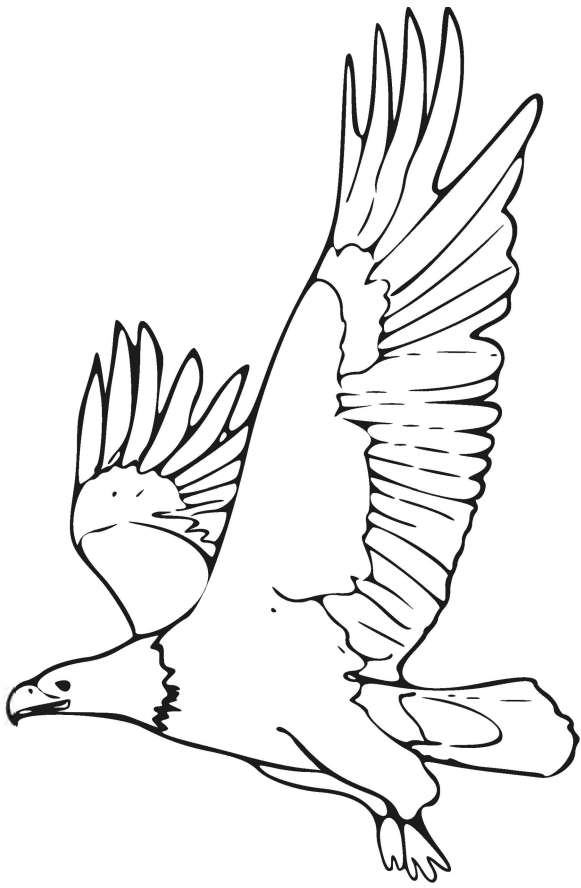




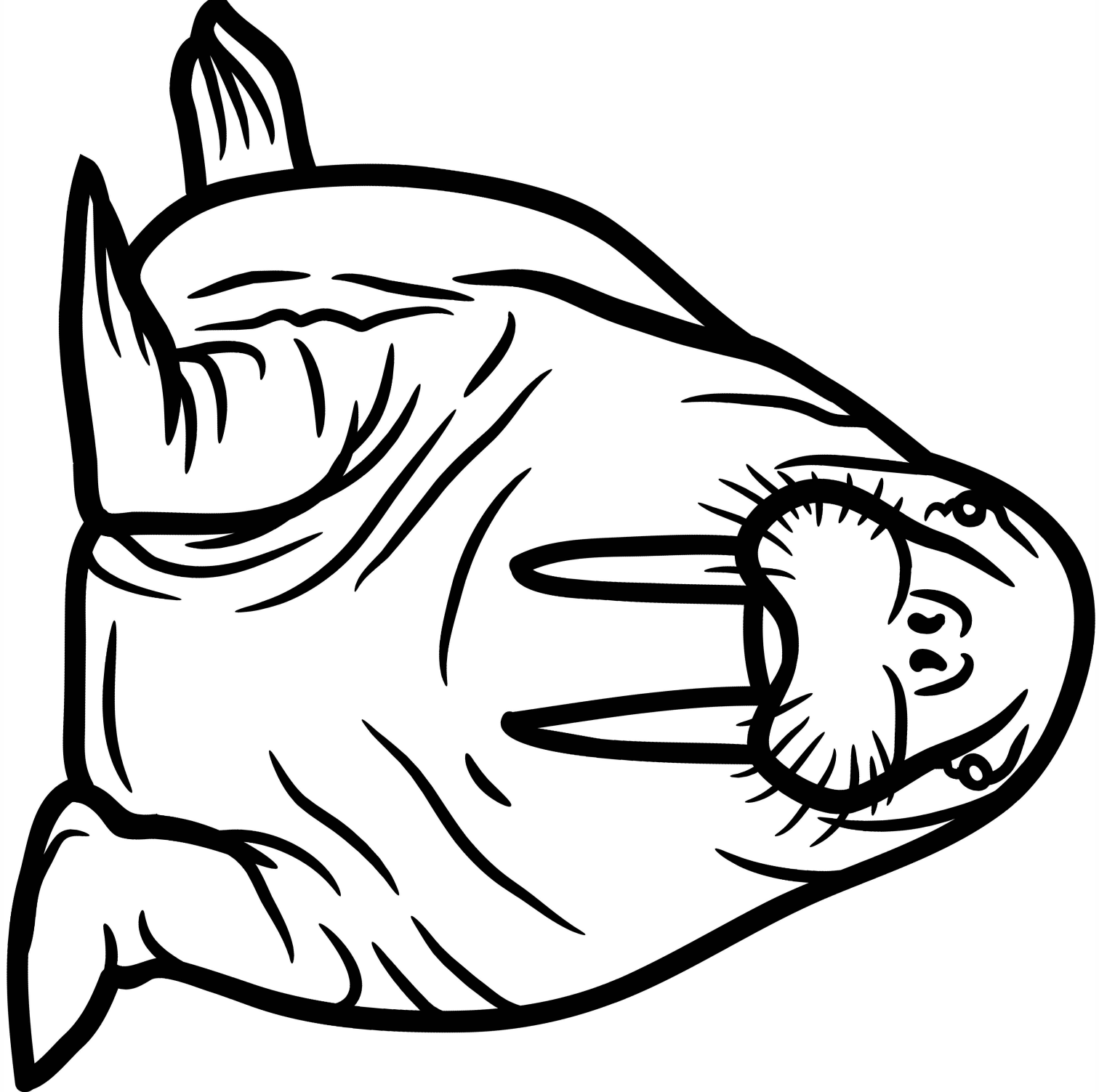


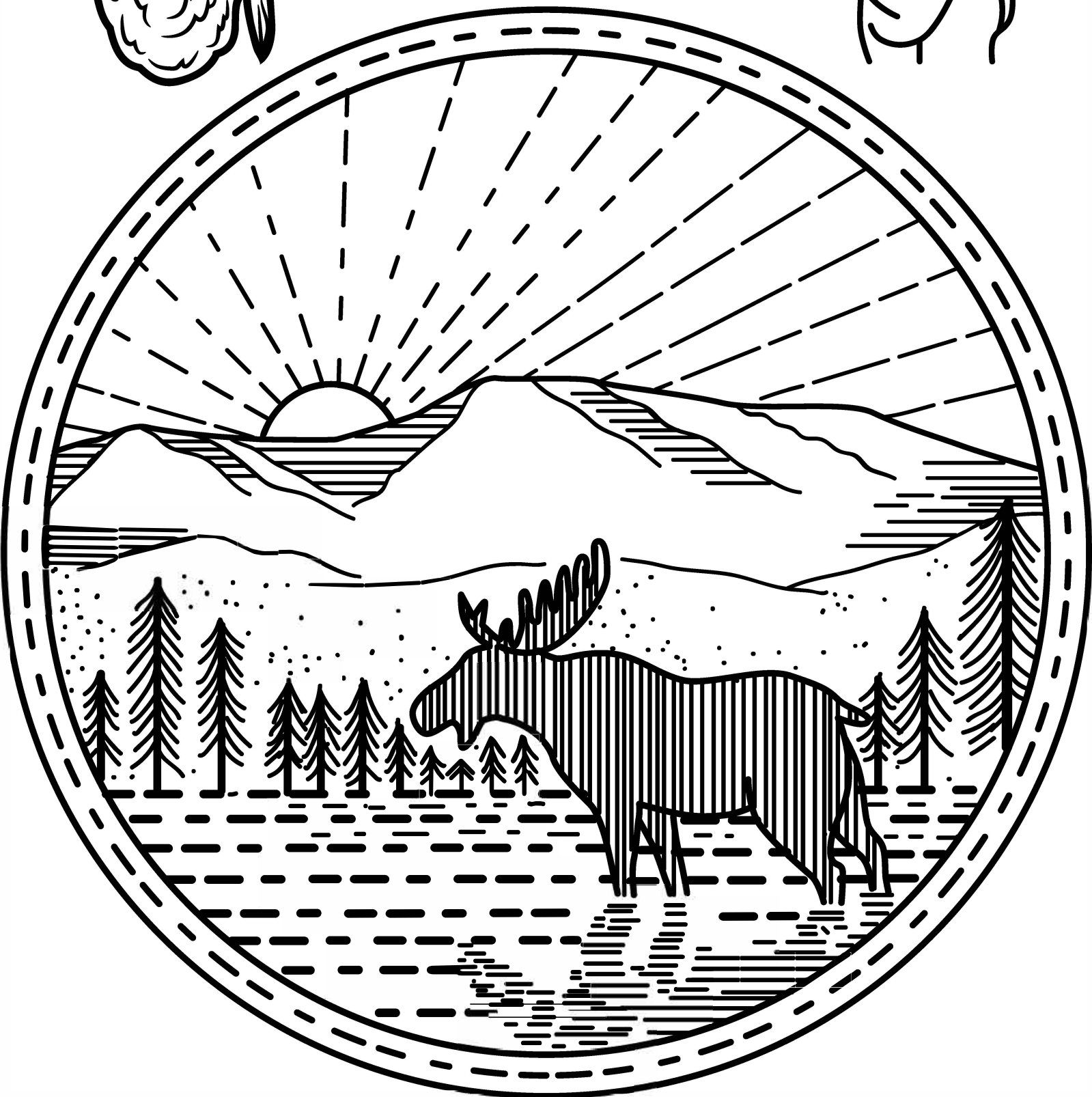
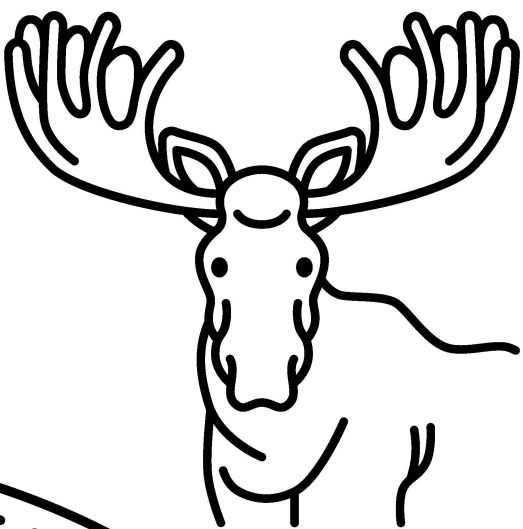












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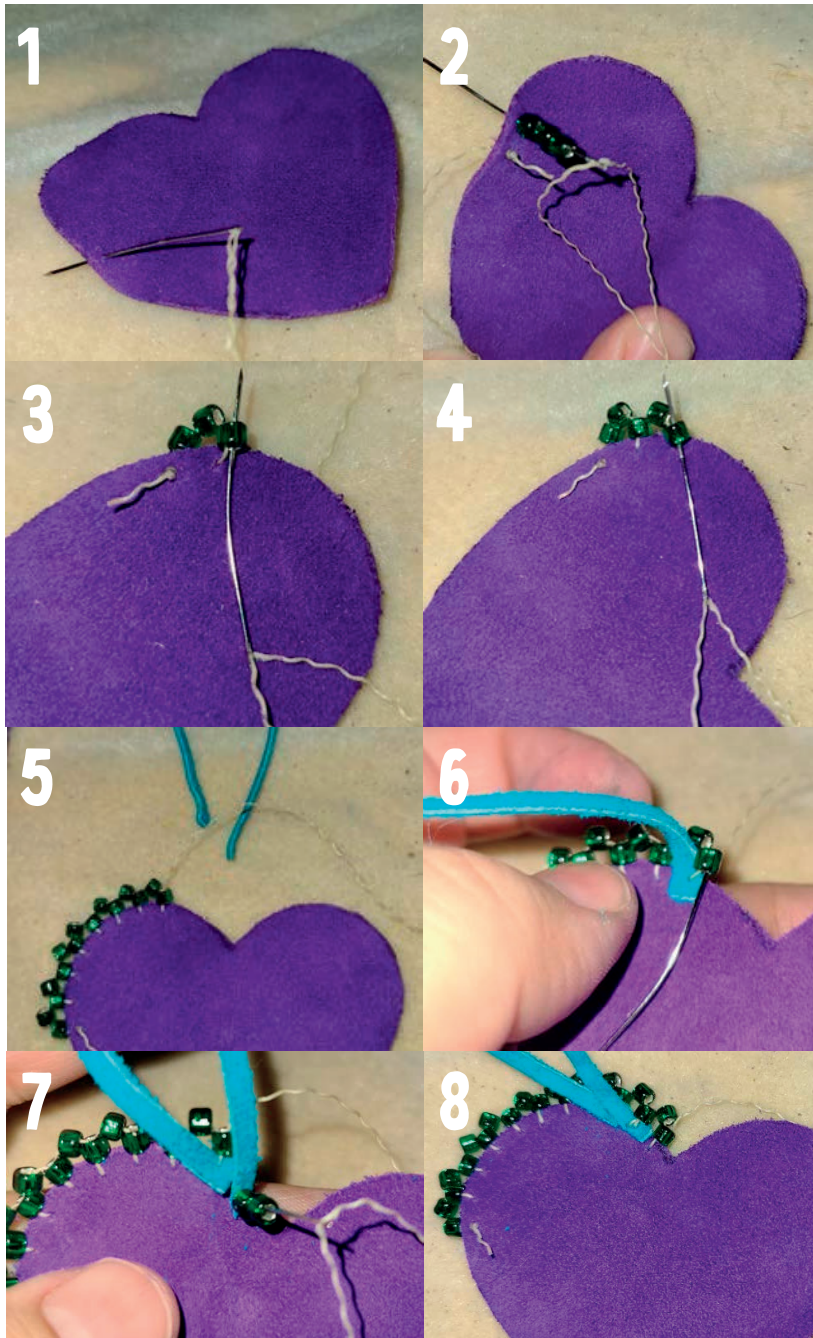
# Beaded Heart Ornament

**SUPPLIES:** Heart, leather, beads, needle and thread.



## DIRECTIONS:

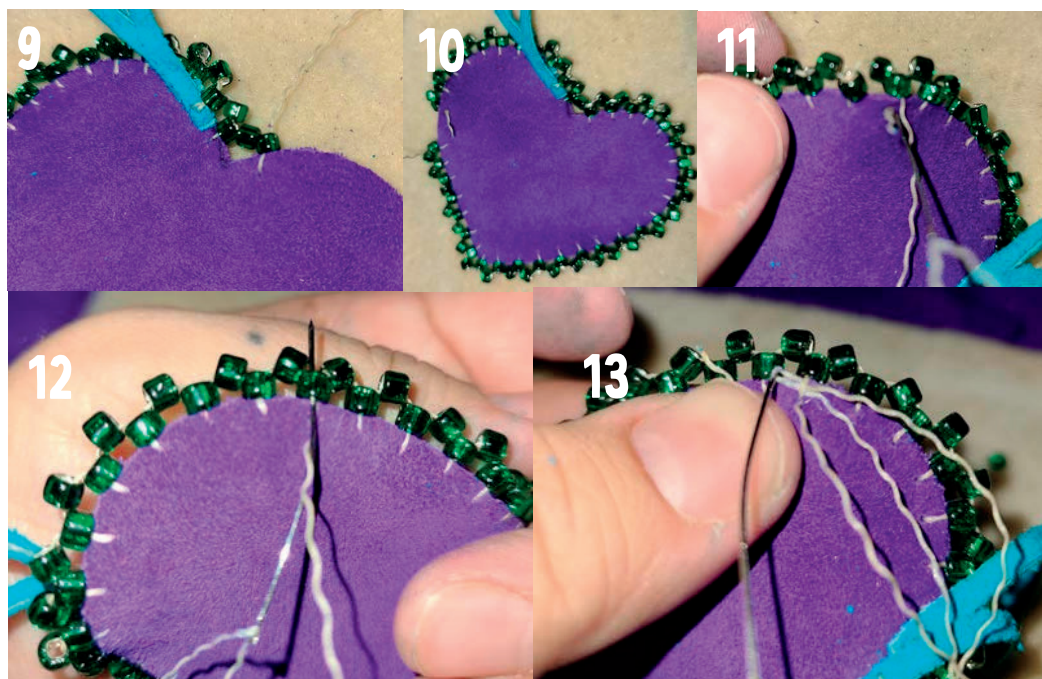
- Tie knot in thread and pull needle thread through suede.
- Add three beads put thread all the way through.
- Put needle up through last bead. Pull thread all the way through.
- Add two beads, put needle through last bead added, pull thread all the way through.
- Repeat Steps
- At curve take leather strip and attach it. Add 2 beads and poke needle through both, leather and heart to attach together.
- Do same to other side, add two beads on other side of leather strip. Go back and tack more, follow through beads, take down to secure strips. When one you can continue with beading.





## DIRECTIONS, CONTINUED:

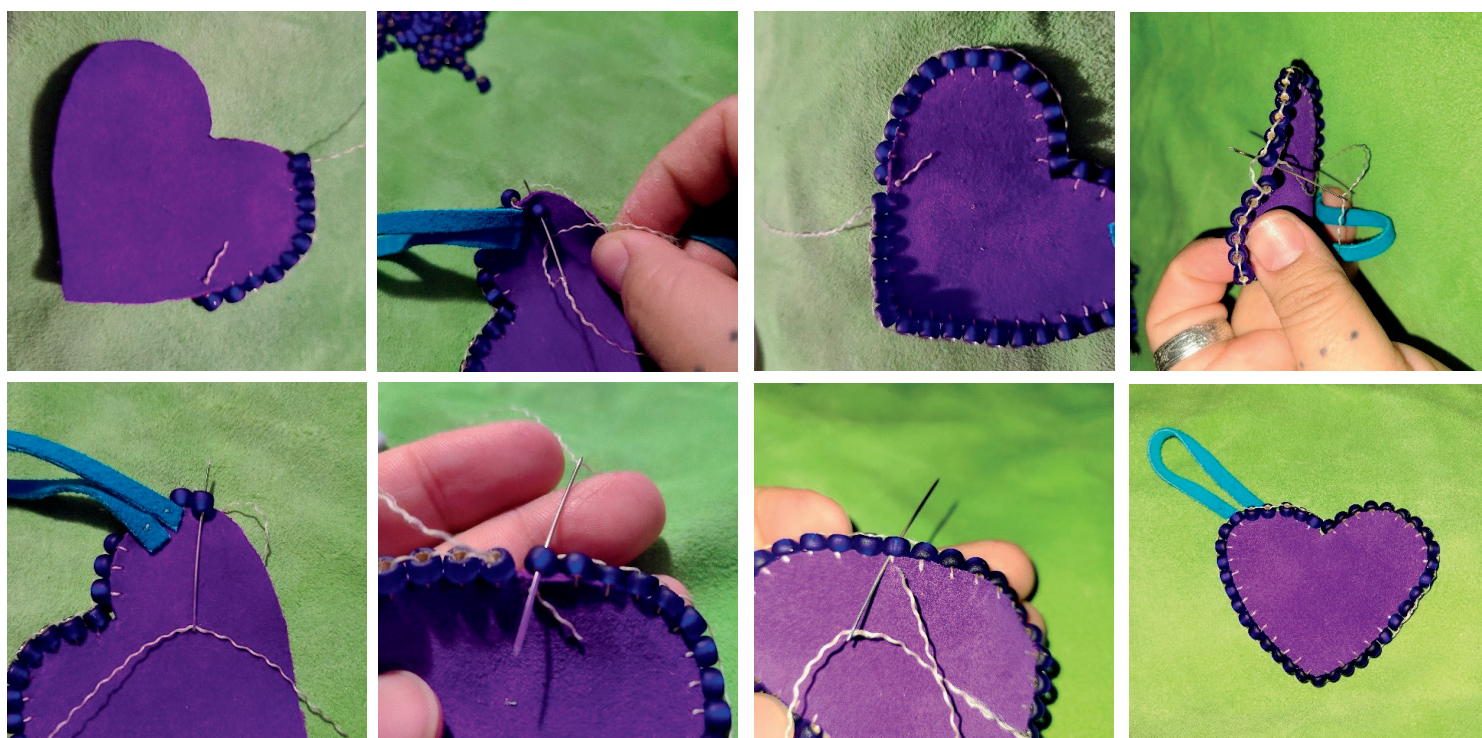
- At the middle part, add two beads and connect to the other side, shown in picture 9 and 10. Continue beading around the heart.



- Once you are back at the start, add one bead to connect to one bead. Connect beads through the heart and back up through the bead.
- Thread to next section of beads where the suede and beads meet and tie two knots.

## Using bigger beads? Use one bead at a time

Start with two beads, then one bead at a time. Attach the strip to the heart. Work around heart. Once you are back at the start attach ends together.





[illegible]



## 5 MINUTE JOURNALING

# Daily Journal



### TOP 3 THINGS YOU ARE GRATEFUL FOR TODAY:

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### WHAT EMOTIONS DID YOU FEEL TODAY?



### HOW WOULD YOU RATE THE DAY?



### HOW DID YOU CONNECT TO FRIENDS OR FAMILY TODAY?

Large empty rectangular area for writing or drawing.

### 3 THINGS I WISH FOR TOMORROW

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A large, empty rectangular box with a light gray background, intended for writing a response to the question above.

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Play the memory game where you cut and match squares with the same image.








## DIRECTIONS, CONTINUED...

### STEP #2: Tape string to your ravens

Take different sized a lengths of your string or twine  
Tape the ravens to the different points on the string. You can have the strong be as long or short as you like, but having them different lengths will ensure the ravens aren't crashing into each other!

For the 'mother' and 'baby' raven, position the string so it hangs behind the mother raven's middle, and tape the baby raven so it hangs inside the circular space of the mother.

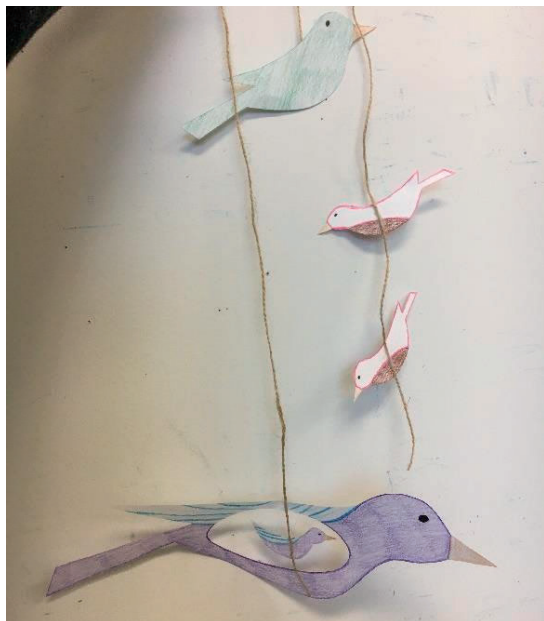
### STEP #3: Tie ravens on strings to your hanger/stick

Take the ends of the string that aren't taped to any ravens, and tie each to different parts of the clothes hanger. We've done ours with the 'mother' raven in the center, but you can tie them up anyway you'd like!

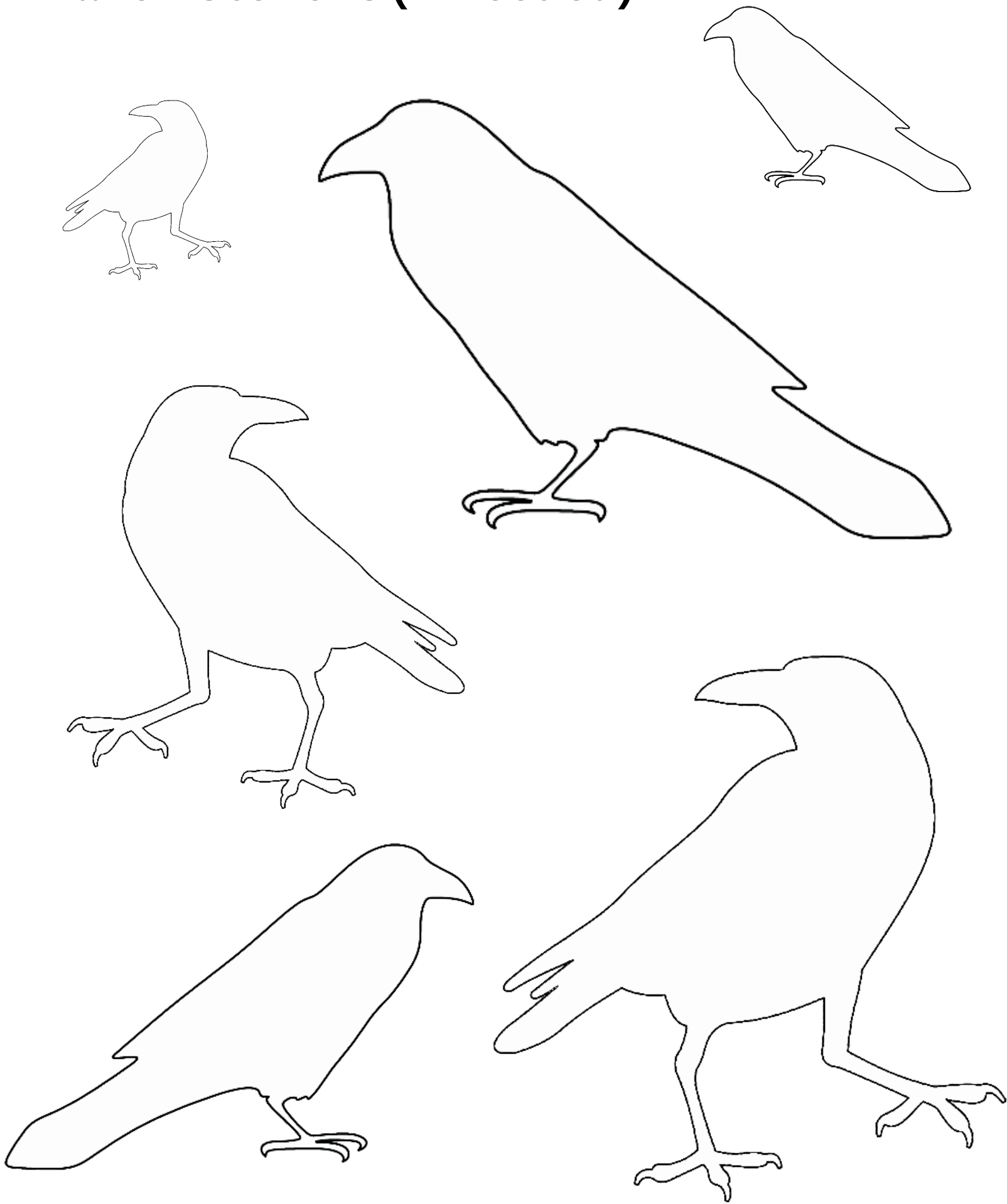
If you've picked a stick instead of a hanger, take a length of string about 30cm longer than your stick, and tie each end to either end of the stick. Then, attach the ravens to the stick following the instructions above.

### STEP #4: Hang up your mobile!

Now that your mobile is finished it's time to hang it up! Take your Command hook tape it to the ceiling/ wall you want to hang your mobile from. Then, attach the top of your mobile to the hook.



# Raven Stencils (if needed)



[illegible]





## Behavioral Health Wellness Clinic

Alaska Native Tribal Health Consortium

**DIRECTIONS:** Keep track of activities, thoughts, and feelings to identify behavior that promotes your personal wellness!  
Activity (What did you do?) Thoughts (What thoughts showed up?) Feeling (How did you feel?)

**EXAMPLE:** Ate berries and salmon, "This food is nourishing my body", feel content and strong

Activity (What did you do?)	Thoughts (What thoughts showed up?)	Feeling (How did you feel?)

Call 907-729-2492 or visit our website at [www.anthc.org/BHWC](http://www.anthc.org/BHWC) to schedule a counseling appointment today