

### REMEMBERING OUR PATHWAYS JOURNEY

Purpose: To reinforce students' knowledge and attitudes learned in previous Pathways lessons.

### Lesson Objectives - Students should be able to:

- check their Pathways Goal #6 to drink water or a sugar-free beverage.
- demonstrate their knowledge of the Pathways Journey in a review game.

Lesson Outline .			
Activities	Time (min.)	Student Materials	Teacher Materials
1. Theme Story and Discussion	5		Cassette Player Theme Music Cassette
2. Goal Check #6 for Drinking a Sugar-Free Beverage	10	Activity Sheet 22 My Pathways Goals Goal #6 Stickers	Go For the Goals Chart
3. Pathways Journey Review Game	25		Review Cards Chalkboard



# Activity 1 Theme Story and Discussion



- A. Prepare students for this last week of the Pathways Journey.
  - 1. Turn on the Pathways Theme Music cassette.
  - 2. Tell students that this is the last week of Pathways and they need to bring back any return cards they still have by the next Pathways class.
  - 3. Tell students that today they will need to recall the things that they learned on the Pathways Journey with Amanda and Daryl White Horse.
  - 4. Explain the Pathways Journey will end with a Pathways Celebration and give students the date of your celebration.
  - 5. Turn off the Pathways Theme Music cassette.
- B. Read aloud the following story, *Thinking of Pathways*, to the class.



randfather smiled as Daryl came running back to the truck.

Daryl said, "Grandfather, I tried to get close to those raccoons but the mother raccoon would not let me."

"The young raccoons need to stay with their family until they get bigger," said Grandfather.

Daryl reluctantly agreed. He thought a pet raccoon would be fun. But then he remembered that he should respect all animals and their homes.

Grandfather sang while Daryl and Amanda watched the houses along the highway. Pretty soon, they were able to recognize the houses. At last, they were home!

Grandma was so happy to see them. They sat up late telling her about their trip and all the wonderful people that they had met.

She said, "Tomorrow, I have invited our friends to come and hear about your Pathways Journey. There will be lots of people. Let's be sure to get up early."

The next morning, Amanda quietly woke up Daryl. Both she and Daryl were to help cook different foods during the day so that there would be plenty of food for all the people that were invited.

Soon, their house was full of people to welcome the travelers and hear about their Pathways Journey. It reminded Amanda and Daryl of the day they had attended the harvest feast at the Gila River Indian Community.

There was an elderly man who spoke loudly

while everyone finished the cooking. They quietly worked so that they could hear what he had to say. He was speaking about the importance of keeping their old ways and living a healthy life.

He said, "Eating the right foods and exercising is important for the body."

Amanda looked at Daryl and smiled. She whispered to Daryl, "These are the same things that everyone told us during our Pathways Journey. It's the old ways that are still good for us to know."

"If the old ways are still good, how come people call them the old ways?" asked Daryl.

"Maybe because the Great-Great Grandparents liked to do these things so now these teachings are good for us," responded Amanda.

Grandfather stood up and shared with everyone the Pathways Journey to the Oglala and Sicangu Lakota people, the Ndee' and Dee', the Tohono and Akimel O'odham, and the Diné people.

He turned to Daryl and said, "Daryl, tell the people here what you did during the Pathways Journey."

Daryl took a deep breath and cleared his throat. He said, "My older sister and I met many people who were kind to us. They taught us to eat healthy foods and to exercise. We learned that we should respect the differences among people. We saw a turkey, milk cows, and even a bull. It was a fun trip."

 $\triangleright$ 

Amanda spoke up and said, "We learned to make good food choices and drink more water. We even learned about our strengths and that each of us is special."

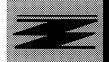
Grandfather said, "My grandchildren are very special. They learned about their Great-Great-Grandparents and I am very proud of them."

- C. Discuss the Pathways Journey with students using the following questions:
  - Which Pathways Nations did Amanda and Daryl visit?

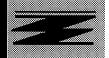
Answer: The Ndee´ and Dee´ Apache, the Oglala Lakota, the Sicangu Lakota, the Tohono and Akimel O´odham, and the Diné.

Why did Amanda and Daryl take the Pathways Journey?

Answer: Their grandparents wanted them to understand how to make good choices like eating healthy foods and being physically active.



### Activity 2 Goal Check – Go For Goal #6



- A. Instruct students to find **Activity Sheet 22 Go for Goal #6** in their activity book. Explain that they are now going to check their last Pathways goal.
  - 1. Hold up an activity book to **Go for Goal #6** and point to the **Goal Check** at the bottom of the sheet, and ask students to find that box on their activity sheet.

- 2. Explain that if they did complete the goal to drink either water or a sugar-free beverage (whichever they wrote in their Goal Box) they should now put a check mark in the **Yes! I DID it!** box on their activity sheet.
- 3. Tell them to fill in the rest of the **Goal Check** by checking what they drank, and then sign their name to show that they did complete this goal.
- 4. Monitor students as they fill in their Goal Check.
- 5. Ask for a show of hands of those students who reached their goal. Call on students to share what sugar-free beverage they drank or if they drank water.
- 6. Announce that you reached the goal that you set, and fill in the **Goal Check** in your activity book.
- B. Tell students to find their **My Pathways Goal** chart on the back cover of their activity book.
  - 1. Tell students to write the name of the beverage that they drank on the line next to Goal #6.
  - 2. Distribute a **Goal #6 sticker** to each student who reached their goal and instruct them to paste it over Goal #6 on this sheet.
- C. Tell those students who reached their goal that they will get to paste a second sticker on the **Go for the Goals** classroom chart.
  - 1. Distribute another **Goal #6 sticker** to each student who has reached their goal.
  - 2. Instruct them to write water or the name of the sugar-free beverage that they drank on the sticker and then paste this sticker on the Goal #6 section of the classroom chart.

- 3. Congratulate all students who reached Goal #6: Drinking a Sugar-Free Beverage.
- 4. Encourage students to continue to drink water when they are thirsty.
- D. Encourage students who did not reach their goal to keep trying. When they do reach their goal, they should fill in the goal check at the bottom of their activity sheet. Then, they need to show it to you so that they can get their goal stickers.
  - 1. Explain that if they are having trouble getting the sugar-free beverage that they choose to drink, then they should select drinking water as their goal.
  - 2. Arrange a time to talk privately to any students who have been having problems reaching any of their Pathways goals, so you can help them to be successful.



- A. Announce to students that they will now get to play another review game which will help them think back over their entire third grade Pathways Journey.
  - 1. Instruct students to listen carefully as you explain the directions of this game.
  - 2. Read aloud these directions:
    - The class will be divided into groups and every member of each group will be assigned a given number.

- I will draw a question card and read it aloud to the class.
- Everyone must listen carefully to the question, then quietly discuss it with the members of your group.
- Raise your hands when your group thinks they have an answer.
- I will call out a number and the students with that number should stand.
- When an answer is right, that group gets a mark.
- B. Divide the class into their Pathways groups (or groups of 3 4 students).
  - 1. Separate the groups as much as possible throughout your classroom.
  - 2. Give each member of each group a number from #1 to #3 (or #4, if there are four members in a group).
  - 3. Tell students that their group must listen very carefully and quietly discuss what the answer is so that the other groups cannot hear them.
- C. Draw a Pathways Review Card and read the first question aloud. (a copy of the review cards can be found at the end of this week.)
  - 1. Wait until all of the groups have raised their hands signaling that they have an answer, or time the students and announce when their time is up.
  - 2. Call out a number from #1 to #3 (or #4) and ask those students to stand.
  - 3. Ask each of them for their group's answer and record a mark or point on the board for every right answer given.

- 4. Discuss answers, as time permits.
- 5. Draw another card and repeat the procedure.
- 6. Continue to play the game until every student has had at least one chance to stand up and announce an answer.
- D. At the conclusion of the game, count up all of the marks or points the whole class has earned, and congratulate the students on remembering so many things about their Pathways Journey!

#### Reminder:

✓ Complete the Evaluation Form at the end of this lesson.



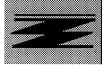
### REMEMBERING OUR PATHWAYS JOURNEY

**Purpose:** To reinforce the healthy behaviors learned and the supportive school and family environment developed during previous lessons.

### Lesson Objectives - Students should be able to:

- demonstrate and explain the activities they are going to do for their families during the Pathways Celebration.
- summarize their favorite Everyday Foods and physical activities in their Pathways letter.

Lesson Outline			
Activities	Time (min.)	Student Materials	Teacher Materials
1. Final Goal Check	5	My Pathways Goals Goal #4, #5, #6 Stickers	Cassette Player Theme Music Cassette Go for the Goals Chart
2. Pathways Celebration Practice	10	Pathways Celebration Invitation	Overhead Projector or Chalkboard
3. Family Pack	10	Family Pack Stickers Star Chart Family Pack Handout Special Reward #2 Student Certificate*	Return Box
4. Summary of the Program	15		Cassette Player Theme Music Cassette Class Letter



### Activity 1 Final Goal Check



- A. Prepare students for this lesson.
  - 1. Turn on the Pathways Theme Music cassette.
  - 2. Explain to students that this is the last day they will have a Pathways class. Today, they will need to think about the Pathways Journey that they took and plan a Pathways Celebration.
  - 3. Turn off the Pathways Theme Music cassette.
- B. Ask if there are any more students who have now reached their Goals #4, #5, and/or #6 but have not yet received their goal sticker/s.
  - 1. Tell those students to find their **My Pathways Goals** chart on the back cover of their activity book.
  - 2. Distribute two stickers for each goal they have now reached, and instruct them to paste one over the goal/s on their chart.
  - 3. Call on students to paste their other sticker/s on the Go for the Goals chart.
- C. Congratulate the class on completing all (or "almost all," whichever is applicable to your class) three goals and filling in the whole circle on the **Go for the Goals** chart.

- 1. Tell students to applaud or give a loud cheer for the success of the class reaching their Pathways goals. Encourage them to remember to keep doing physical activities and drinking low-fat milk and water or a sugar-free beverage like diet pop.
- 2. Announce to the class the date and time they will celebrate reaching their goals. They will then do the special activity that they chose to do in Week 7. This was:



### **Activity 2 Pathways Celebration Practice**



- A. Tell students that they will now discuss their special **Pathways Celebration**.
- B. Write on the chalkboard or overhead projector the agenda for the celebration.
  - 1. Tell students the date, time, and place.
  - 2. Explain what will take place at the event:
    - Welcome by teacher and/or student/s.
    - Blessing or Prayer by community elder.
    - School Lunch third graders and their families will eat together.
    - Awards A certificate will be presented to every student for participating in Pathways.

- Physical Activity Games Demonstration of at least two favorite action games in Pathways and then family members will be asked to join in.
- Raffle There will be a drawing at the end of the celebration and some small prizes will be awarded.
- C. Write on the chalkboard or overhead projector suggestions that students have about what one or two physical activities to do at the Pathways Celebration.

### Suggestions could include:

- Mickey Mouse Song with Actions (Week 3)
- Turnaround Game (Week 6)
- Hiking up the White Mountains (Week 7)
- Desert, River, Mountain Challenge (Week 10)
- Line Push-Ups (Week 11)
- Water Rap (Week 9) with actions created by students
- Optional: Something from Pathways Recess that could be demonstrated in class
- 1. Place the suggestions on the board.
- 2. Vote on the students' one or two top favorites.
- 3. Determine some times when students can practice the physical activities that they have chosen to demonstrate for their families.

- D. Explain to students that they will now fill out the Invitation to be sent to their family members inviting them to come to the Pathways Celebration.
  - 1. Give each student an Invitation Card and have them fill in the time and date for the Pathways Celebration, their family members names, and their own name.
  - 2. Instruct students that they will take their Invitation home today to their family.



## Activity 3 Family Pack



- A. Explain that this is the last Family Pack activity.
  - 1. Ask students to recall if their family members liked the Family Snack Pack with the pretzels and cereal trail mix.
  - 2. Emphasize again to the students that it is important for them and their family members to eat healthful foods and **to exercise** regularly.
- B. Explain to students that they will take home the following handouts:
  - Farewell from Daryl and Amanda.
  - Pathways Celebration Invitation

- C. Reward the students who brought back **Return Card: Week 11** and/or any of the Return Cards they were missing with stickers for the **Star Chart** in their activity book.
- D. Ask those students who have brought back at least three Return Cards to raise their hands.
  - 1. Instruct those students to show you their **Star Chart** while you distribute the Special Reward.
  - 2. Congratulate all students who received the Special Reward.
  - 3. Encourage students who still need to bring back a return card/s to do so as soon as possible or before the Pathways Celebration.
  - 4. Arrange a time to privately talk to any student who is having problems returning at least three cards so you can help them figure out a way to complete them.



## Activity 4 Summary of the Program



- A. Set the stage for this final activity by turning on the Pathways Theme Music cassette.
  - 1. Tell students that during this activity, they are going to once again write a **Class Letter** to the third graders in another Pathways school.
  - 2. Turn off the Pathways Theme Music cassette.

- B. Explain that they should think over their Pathways Journey with Daryl and Amanda, and decide on some of the things they liked the best about their journey.
- C. Show students the **Class Letter** poster to be completed by the class and point to the incomplete sentences in the letter.
  - 1. Ask groups to share some of their ideas on how to complete the sentences and then, as a class, decide what to write on each line.
  - 2. Have students take turns signing their name on the Class Letter.
  - 3. Tell them that you will mail their letter to the Pathways School today.
- D. Congratulate students on writing the letter and remind them again of the Pathways Celebration to be held and give them the date of that event.

fter the feast, Amanda and Daryl helped wash the dishes. They both felt great that so many people came to hear about their Pathways Journey.

"Gee," said Daryl, "I can't wait to see my friends at school." "What do you think happened on their Pathways Journey?"

Amanda laughed. She smiled at Daryl, "Just think, you have started to make good food choices and to do lots of physical activity. You are going to be a great fourth grader."

Grandmother spoke to say, "Daryl, remember, you will be having an exciting summer."

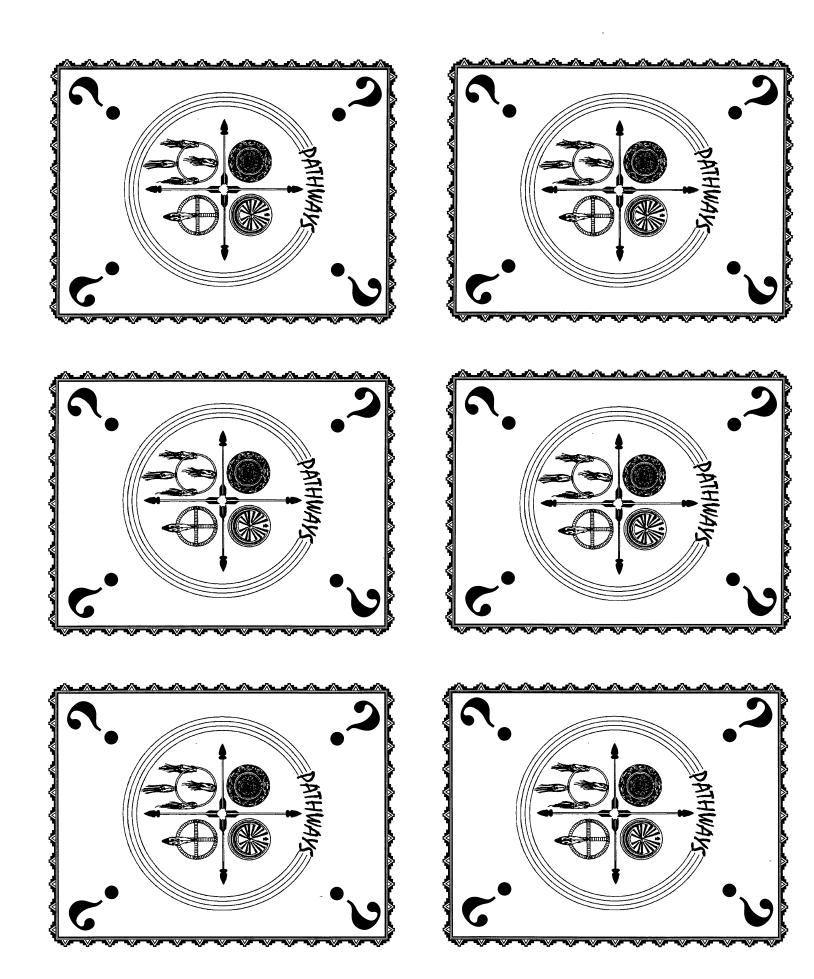
"Yeah, Uncle is going to take me to Pow-Wows this summer," said Daryl.

Grandfather said, "Next year, Daryl, I know you are going to have fun in the fourth grade and especially in finding your new name."

"New name?" asked Daryl, "What new name?"

#### **Reminders:**

- ✓ Complete the Evaluation Form at the end of this lesson.
- ✔ Prior to Pathways Celebration, be sure to complete the student certificate and sign your name.
- ✓ Be sure to have the Class Letter ready for the Pathways staff to pick up. Also, be sure to post the Class Letter that you receive from another Pathways school.
- ✓ After the Pathways Celebration, be sure to have your students write notes to Food Service Staff, Custodian, Community Elder, and any parents that assisted, thanking them for taking part in Pathways this year.
- ✓ Have students take home their My Pathways Journey Activity Books and Shields of Personal Strengths after the Pathways Celebration.



after school. Name an active game or physical activity you could do Night last fall. families did during Family Fun Name one of the activities that activity you play during Name a game or physical on your Pathways Journey, and visited with Daryl and Amanda Pathways Recess. River Indian Community) Tribe, San Carlos Apache Tribe, and Gila (Navajo, Oglala Lakota, Sicangu Lakota, Pathways Nations Map. point to each of them on the Name two of the Nations you Tohono O'odham, White Mountain Apache activity you play during or breathing hard) discovered while you were Pathways PE. doing physical activities in Name a game or or physical Pathways. (warm face, sweating, faster heartbeat, Name two of the body cues you

school breakfast. game or physical activity in Name one fruit served at Pathways PE. Name your group's favorite school lunch. Name two fruits served at Pathways. you received last fall during jump rope with the jump rope Name a time when you like to at home. great to eat for a snack. Name a fruit that would be practice doing Line Push-ups Name a time when you could

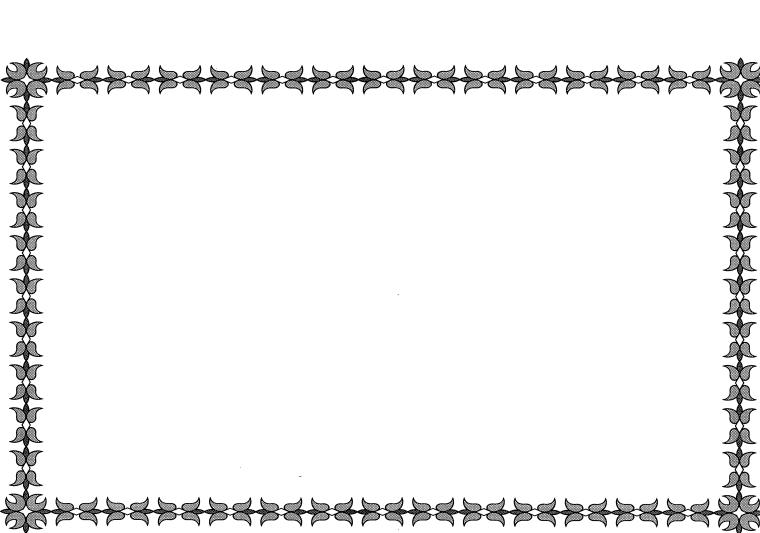
on the Everyday Foods list vegetable and point it out be great to eat for a snack. Name your group's favorite Name a vegetable that would Everyday Foods list. fruit and point it out on the at school lunch. Name two vegetables served Name your group's favorite would be good to eat cooked special strengths of students strengths. Name at least two or uncooked. in your group. Gaage (Crow) helped Tazhii Name a vegetable that (Turkey) discover his special

school cafeteria that has the lowest amount of fat. Name the type of milk in our (water) the best beverage to drink? When you are thirsty, what is Water Rap aloud. With your group, recite the and drained out of the meat) spaghetti, tacos, and chili? before it is put into foods like drain cooked ground meat It's best for you!) Choose water to drink Here's what to do -(When you're thirsty, (a lot of the fat in the meat is rinsed Why is it healthy to rinse and group. Everyday Foods in the Breads, talked about that makes great choice than regular pop. drink that would be a better Rice, Pasta, and Cereals food Name a beverage you could (corn, wheat, oats, rice, or popcorn) Name one of the grains we



You're Invited

to the
Third Grade
PATHWAYS
Celebration!



ان ان	From:

¥:

Time:

Date:



- Blessing
- ◆ Free Lunch for Families of Third Graders
- Presentation of Pathways Certificates and Awards
- Special Activity Presentation by Third Graders
- ◆ Raffle for a Few Family Prizes

### Week 12 – Part B Activity 4 Class Letter

	(school)
	(address)
	(date)
Dear Pathways Class at	
	(school)
	ade Pathways Journey with Daryl and Amanda, and we are writing
to tell you some of the things we liked bes	it about Pathways.
We liked learning about Everyday Foreakfast are	oods and some of our favorite Everyday Foods served for school
And, some of our favorite Everyday Foods	s served for school lunch are
We have fun in Pathways Recess ar	nd PE and some of our favorite physical activities and games are
. , .	s about our great-great grandparents, and we learned many
We hope you enjoyed your Pathway	rs Journey, and we hope to receive a letter from your class telling
us the things you like best about your jour	ney.
We are excited about continuing our	Pathways Journey next year when we are in fourth grade!
(word for "good-bye" in the lar	nguage of your nation or tribe)
	Your friends of the(your nation or tribe)

