



# Y-GUIDES

## THIRD YEAR AWARD

### **THIRD YEAR AWARD PROGRAM**

Dad and child must accomplish 7 of the following requirements. At least 2 items in each of the 3 areas (spirit, mind, body) must be accomplished. Dad and child may substitute an item of their own choosing with the approval of the Tribal Chief.

A Yellow Bear Claw will be awarded at Spring Longhouse for completion of the Third Year requirements.

### **SPIRIT**

- Dad and child talk about something they did to show someone at work or school that they cared about them.
- Awarded when father and child talk about honesty and what it means. Discuss situations when it is a little tough to be honest.
- Father and child pray together three times.
- Make a family shield; divide it into 5 sections and list ways your family can show caring, honesty, respect, responsibility and faith. Bring to a tribe meeting and show your tribe.
- Play a family board game. Read the rules and agree to play following the rules. Discuss times when it is hard to follow all the rules and be honest.

### **MIND**

- Father and child memorize and recite the Y-Guide Arms and Purpose.
- Father and child plan a service project for their tribe.
- Research and write a short report on the history of an American Indian or Tribe.
- Spend half a day with your Dad learning what he does at work.
- Take your child to the library and check out a book.

### **BODY**

- Recycle 10 pounds of aluminum, tin and/or steel cans.
- Plant a garden containing at least 3 different plants.
- Design and participate in a fitness program with your Dad for a month. Work towards accomplishing at least 25 sit-ups, 12 push-ups and running half a mile.
- Go on a 2-night adventure trip with your Dad. Ex: canoeing, rafting, hiking or Longhouse.
- Make a Native American craft and present to your tribe.