

COLOR WITH THE 6TH GRADE

NATURAL HELPERS



A LAKOTA AFFIRMATIONS
COLORING BOOK

Created in partnership with Summer Dupree

WHAT IS THE NATURAL HELPERS PROGRAM

The C-EB 6th Grade Natural Helpers program is dedicated to fostering leadership, building essential skills, and recognizing students for being good relatives. Our vision is to create a positive and inclusive school environment where students feel supported, valued, and empowered through peer encouragement and leadership.

The 2025-2026 Class of Cheyenne-Eagle Butte 6th grade Natural Helpers created this Lakota Affirmations Coloring Book to promote self-care, creativity, and cultural learning.

Through these uplifting words in the Lakota language, we hope to inspire confidence, well-being, and a stronger connection to our heritage. May this book bring joy, relaxation, and a sense of pride in our language and traditions!

Natural Helpers is supported through Cheyenne-Eagle Butte schools and the Keya Foundation, Inc.



CHEYENNE-EAGLE BUTTE
SCHOOLS



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What are positive affirmations?

Positive affirmations are like little superpowers for your mind! They are kind and encouraging words that you say to yourself to help you feel confident, strong, and happy. Just like how we cheer on our friends when they need support, we can also cheer for ourselves with positive self-talk/affirmations.

Why is it important?

When we believe in ourselves and use kind words, it helps us face challenges, learn new things, and keep going even when things are tough. Practicing positive affirmations every day can make a big difference in how we feel and what we achieve!



CAN YOU FIND THESE HIDDEN OBJECTS?

Natural Helpers had so much fun creating these coloring pages! They've hidden the images listed below within the pictures. Can you find them all?



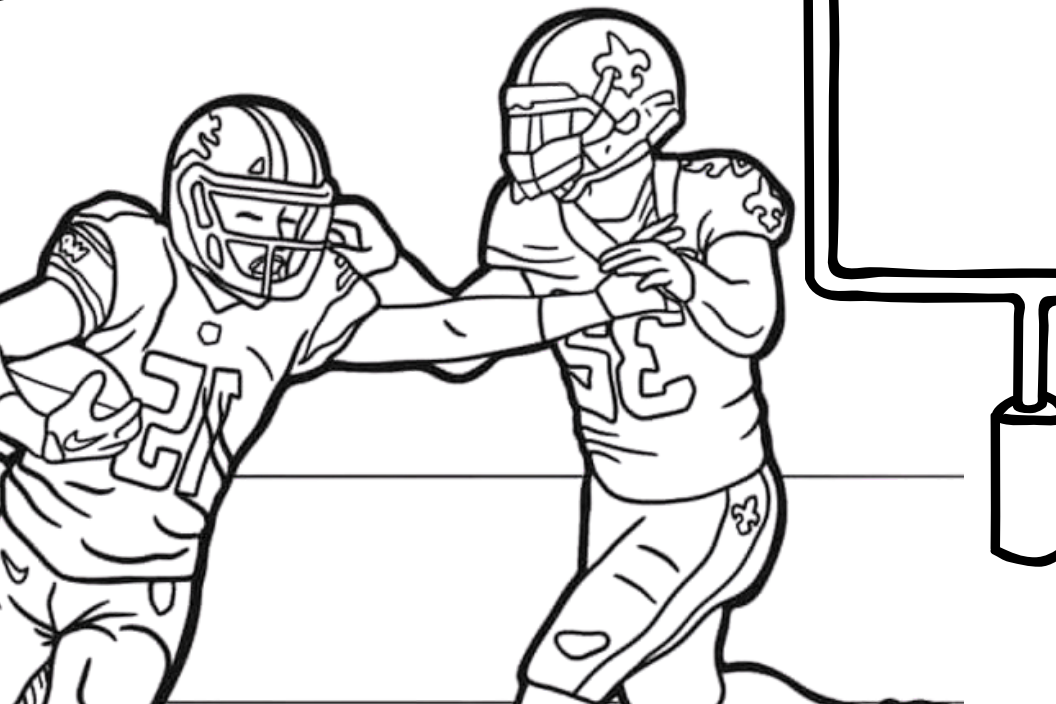
BY LIAM NEIGEL



**WIČÁKĤA – TO TELL OR SPEAK
THE TRUTH.**

**WIČÁWAKĤE – I SPEAK THE
TRUTH.**

**WIČÁYAKĤE – YOU SPEAK THE
TRUTH.**



BY LEILA HAYES



**ÍTANŲ – TO BE PROUD, TO BE
PROUD OF.**

ÍMATANŲ – I AM PROUD.

ÍNITANŲ – YOU ARE PROUD.



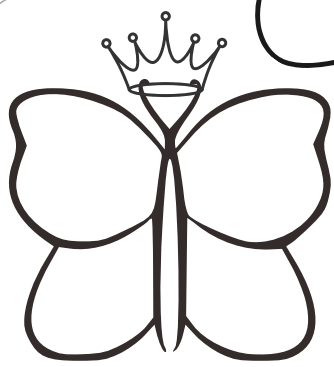
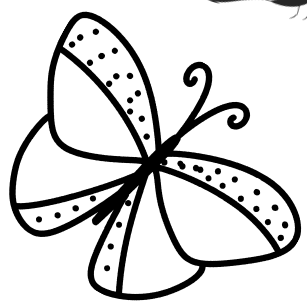
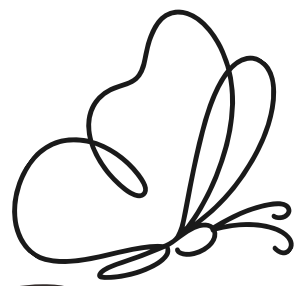
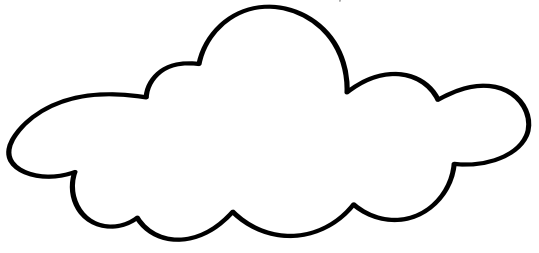
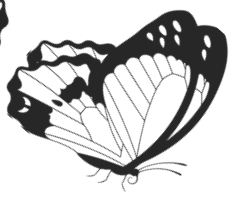
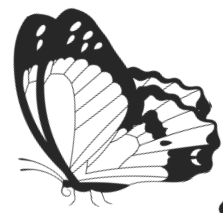
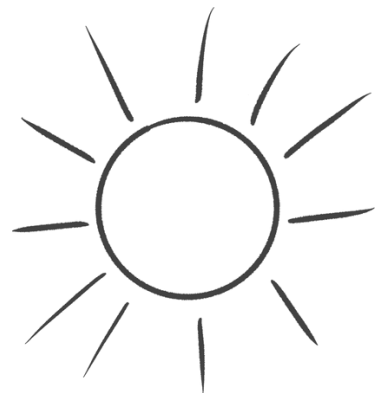
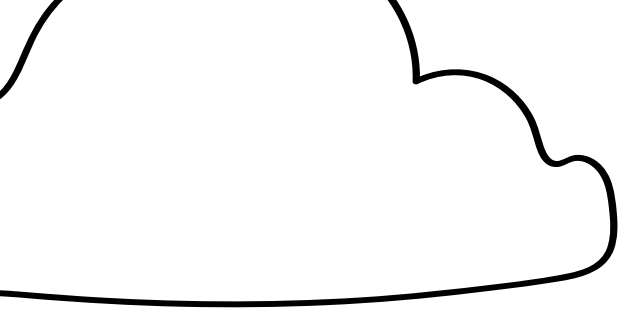
BY SELENA WEST



THEWÁĤILA – I LOVE HIM/HER.

THEYÁĤILA – YOU LOVE HIM/HER.

THEMÍČI'ĤILA – I LOVE MYSELF.



BY JAXTIN SMITH



**PHILÁ – TO BE
GRATEFUL/THANKFUL FOR
SOMETHING/SOMEONE.**

**PHIWÁLA – I AM THANKFUL FOR
HIM/HER.**

**PHIYÁLA – YOU ARE THANKFUL
FOR HIM/HER.**



BY BENJAMIN FULTZ



ČHAŇTÉWAŠTE - TO BE HAPPY.

ČHAŇTÉMAWAŠTE - I AM HAPPY.

**ČHAŇTÉNIWAŠTE - YOU ARE
HAPPY.**

BY SAMUEL MCLANE



**OWÁČHIŇKSAPA - TO BE
BRILLIANT & INTELLIGENT.**

**OWÁČHIŇMAKSAPE - I AM
BRILLIANT & INTELLIGENT.**

**OWÁČHIŇNIKSAPE - YOU ARE
BRILLIANT & INTELLIGENT.**



BY MERCEDES HOLLOW



**WAŠ'ÁKA - TO BE STRONG
/POWERFUL.**

**WAMÁŠ'ÁKA - I AM STRONG
/POWERFUL.**

**WANÍŠ'ÁKA - YOU ARE STRONG
/POWERFUL.**



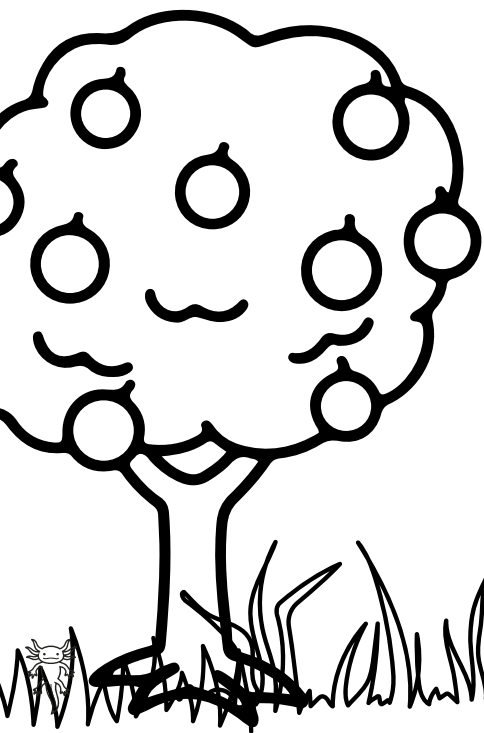
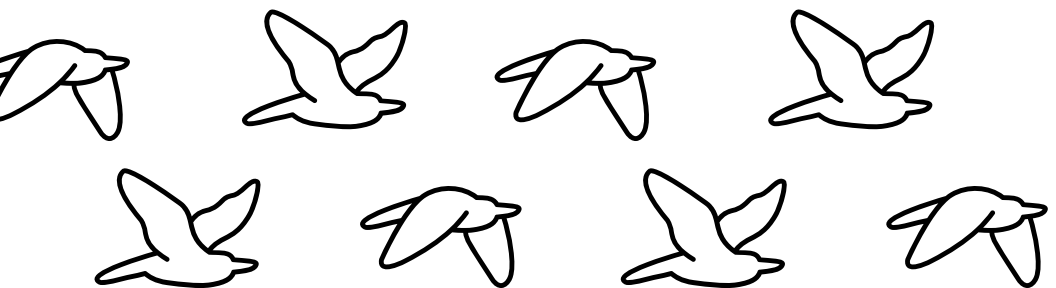
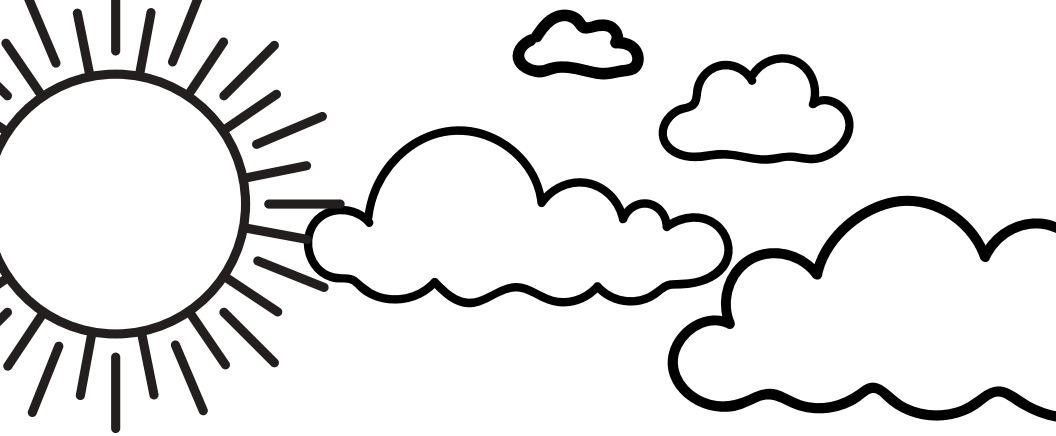
BY PATRICIA PETERSEN



**ZANÍ - TO BE HEALTHY AND WELL
IN MIND AND BODY.**

MAZÁNI - I AM HEALTHY.

NIZÁNI - YOU ARE HEALTHY.



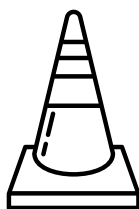
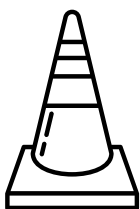
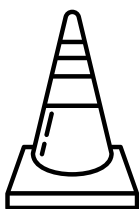
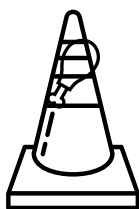
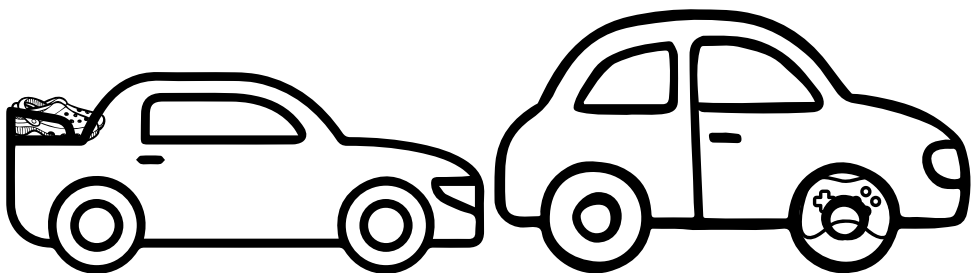
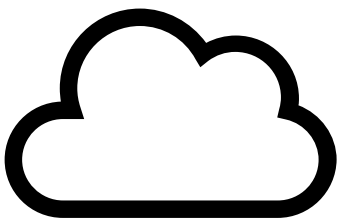
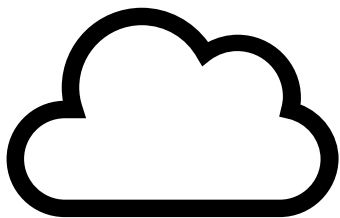
BY SHILO PAY PAY



NAÍČ'ÍŽIŅ – TO DEFEND ONESELF.

NAMÍČ'ÍŽIŅ – I DEFEND MYSELF.

**NANIČ'ÍŽIŅ – YOU DEFEND
YOURSELF.**



DISCUSSION QUESTIONS

Understanding Affirmations

1. What do you think it means to say something positive about yourself?
2. Can you think of a time when saying something encouraging helped you feel better?
3. Why do you think it's important to be kind to ourselves, just like we are kind to others?

Personal Reflection

1. What is something you love about yourself?
2. Can you share a time when you felt proud of yourself?
3. What is something you're working on that you can encourage yourself about?

Practicing Positive Affirmations

1. If you could pick three positive words to describe yourself, what would they be?
2. How do you feel when someone gives you a compliment? How do you feel when you give yourself a compliment?
3. Let's think of a few affirmations together that we can say every day. What are some that would make you feel happy and confident?

Parent-Child Connection

1. What is something positive that I (parent) could say to you every day to help you feel strong and confident?
2. Can we come up with a special affirmation we say together as a family?
3. How can we remind each other to use positive affirmations when we feel upset or frustrated?

ACKNOWLEDGMENTS

Natural Helpers

- Benjamin Fultz
- Leila Hayes
- Mercedes Hollow
- Samuel McLane
- Liam Neigel
- Shilo Pay Pay
- Patricia Petersen
- Jaxtin Smith
- Selena West

We extend a heartfelt **wopíla tǎńka to Summer Dupree** for translating the Lakota Affirmations and guiding the Natural Helpers in learning them!

Advisors

- Carleyn Petersen - Keya Foundation
- Jaylynn Farlee - Keya Foundation
- Joan Upell - Keya Foundation Volunteer
- Sianna Moran - Cheyenne-Eagle Butte
- Rebecca Afraid of Hawk - Cheyenne-Eagle Butte



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