

COLOR WITH THE 6TH GRADE

natural helpers



A LAKOTA AFFIRMATIONS COLORING BOOK

Created in partnership with Alayna Eagle Shield

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 2024-2025 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 community partners at the Keya Foundation's Communities That Care Coalition, and the Sacred Heart Center.



CHEYENNE-EAGLE BUTTE
SCHOOLS





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.

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!





Why is it important?

The words we say to ourselves matter. When you use positive words, it helps you feel happy, strong, and confident, even when things are tough.

How to do it?

If you ever feel unsure or make a mistake, try telling yourself things like, “I’m learning, and that’s okay!” or “I get better every day!” Think of what you would say to a friend to make them feel better—then say those same kinds of kind words to yourself!



BY WINNIE MEANS



ĤÓPEČA- TO BE BEAUTIFUL

MAĤÓPEČE - I AM GORGEOUS

**NIĤÓPEČE - YOU ARE SO
GORGEOUS/HANDSOME**



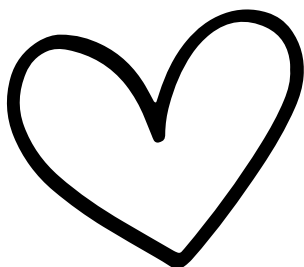
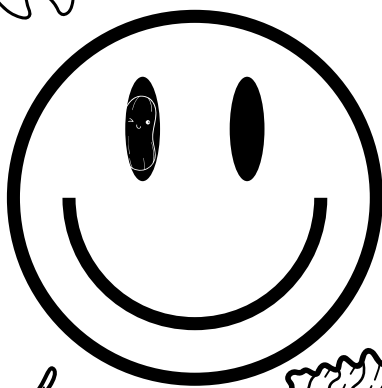
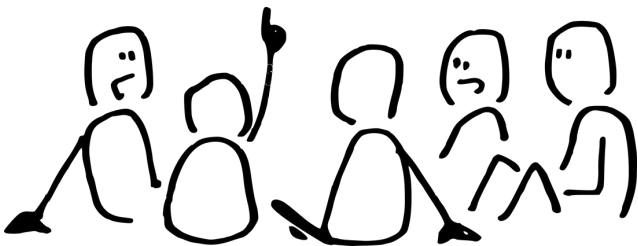
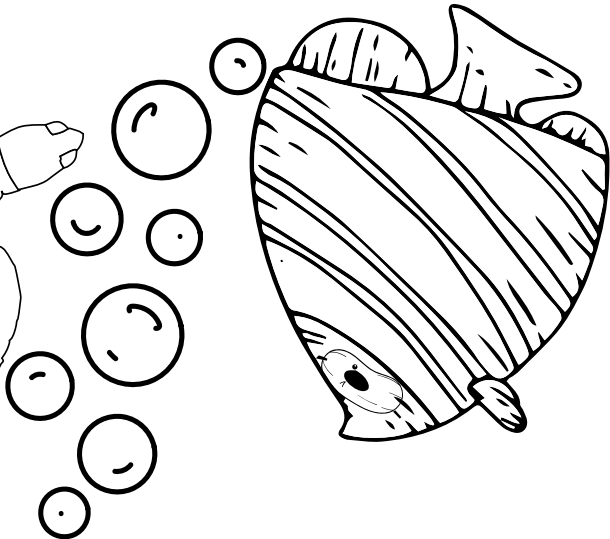
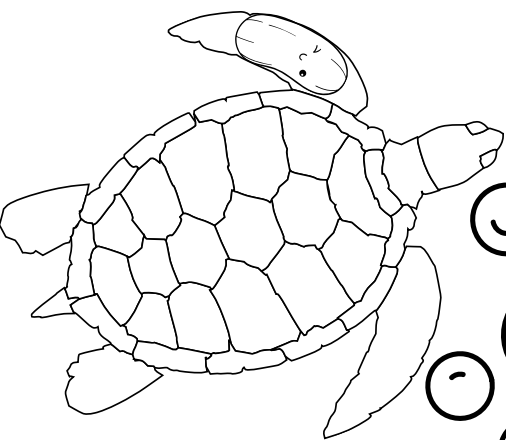
BY ELLIOT DUPRIS



ČHANTÉWAŠTE - TO BE HAPPY

ČHANTÉMAWAŠTE - I AM HAPPY

**ČHANTÉNIWAŠTE - YOU ARE
HAPPY**



BY JAMES KNIFE

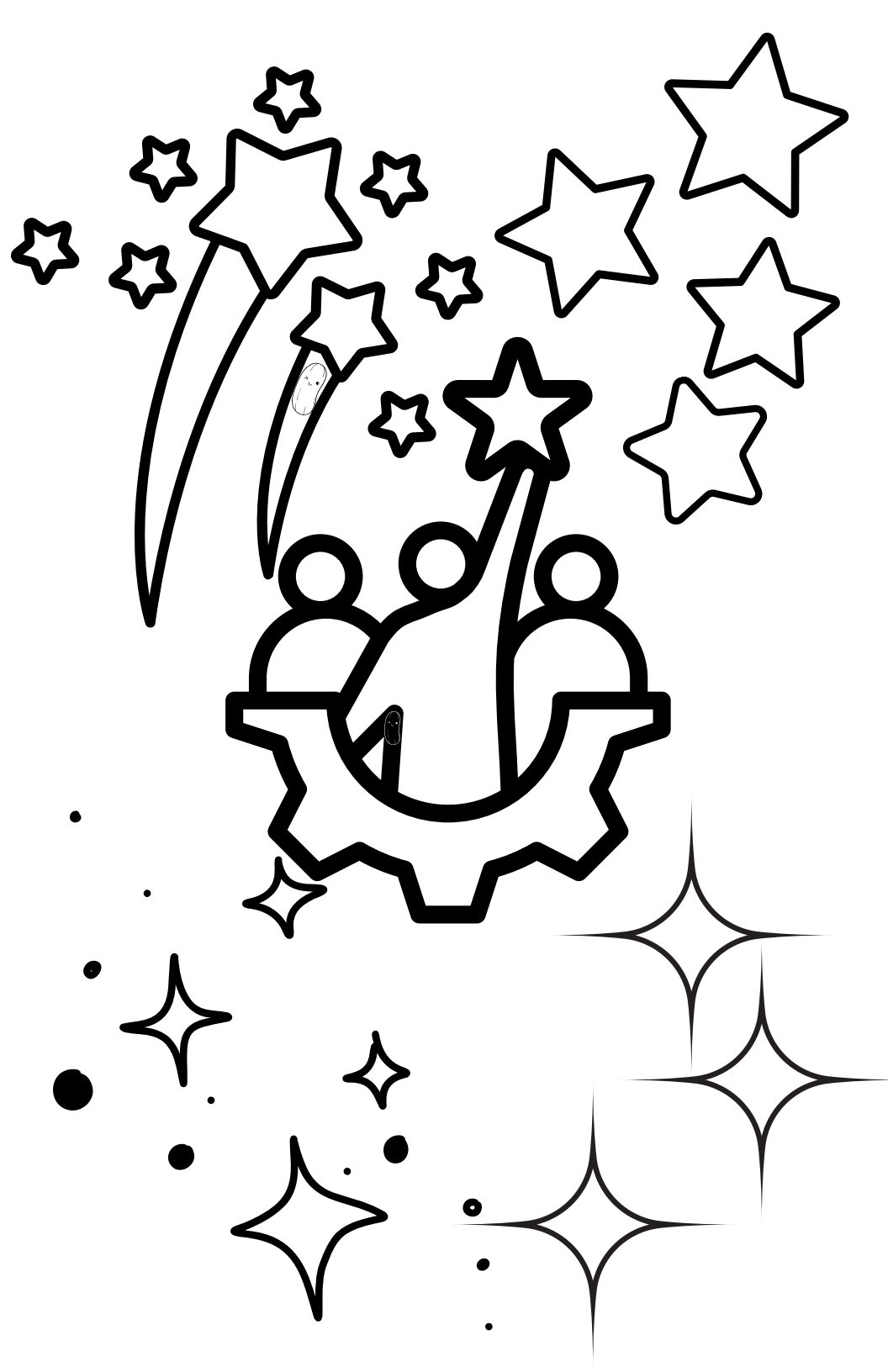


ITĤĀŅČĀŅ - TO BE A LEADER

IMÁTĤĀŅČĀŅ - I AM A LEADER

**INÍTĤĀŅČĀŅ - YOU ARE A
LEADER**





BY SHANIA HALE



**WAÁNAKIKŠIŃ - TO BE A
DEFENDER OF PEOPLE**

**WAÁNAWEKŠIŃ - I AM A
DEFENDER OF PEOPLE**

**WAÁNAYEKŠIŃ - YOU ARE A
DEFENDER OF PEOPLE**



BY KANSAS CASS



**OWÁČHIŅKSAPA - TO BE
BRILLIANT & INTELLIGENT**

**OWÁČHIŅMAKSAPĒ - I AM
BRILLIANT & INTELLIGENT**

**OWÁČHIŅNIKSAPĒ - YOU ARE
BRILLIANT & INTELLIGENT**



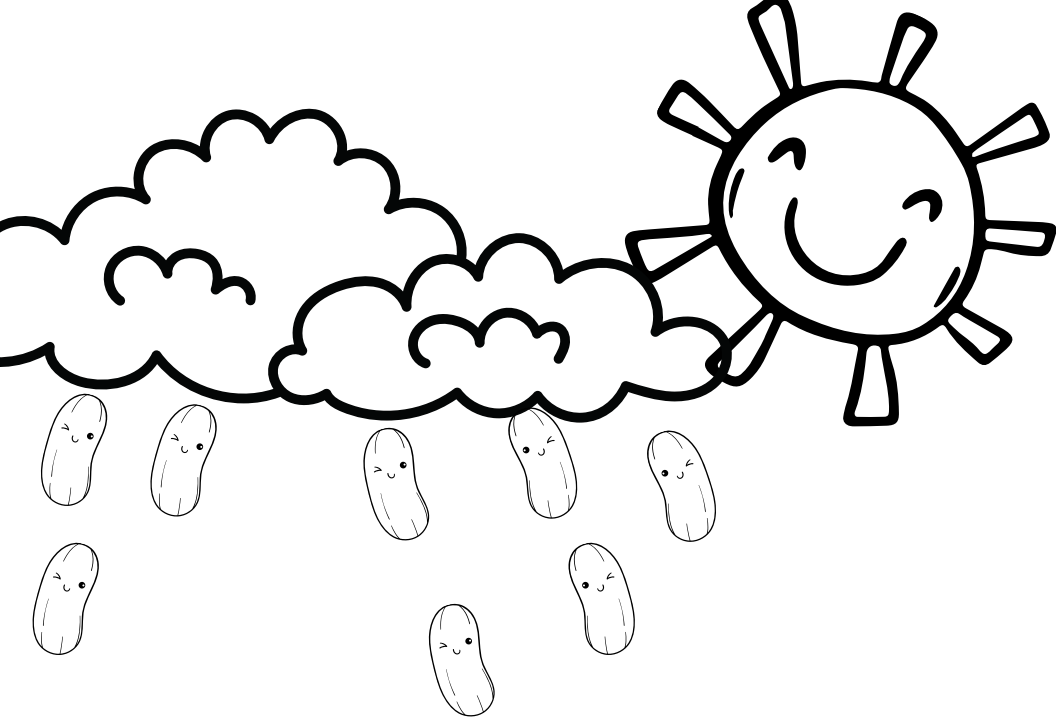
BY JAZLYNN KNIGHT



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

MAZÁNI - I AM HEALTHY

NIZÁNI - YOU ARE HEALTHY



BY PRESLEY LAWRENCE



**THEÍČ'ÍĤILA - TO LOVE & VALUE
ONESELF**

**THEMÍČ'ÍĤILA - I LOVE MYSELF & I
KNOW MY WORTH**

**THENÍČ'ÍĤILA - I LOVE YOU & I KNOW
YOUR WORTH**



BY MAXTYN PAYNE



**WAŠ'ÁKA - TO BE STRONG
/POWERFUL**

**WAMÁŠ'ÁKA - I AM STRONG
/POWERFUL**

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



BY EILENE CONDON



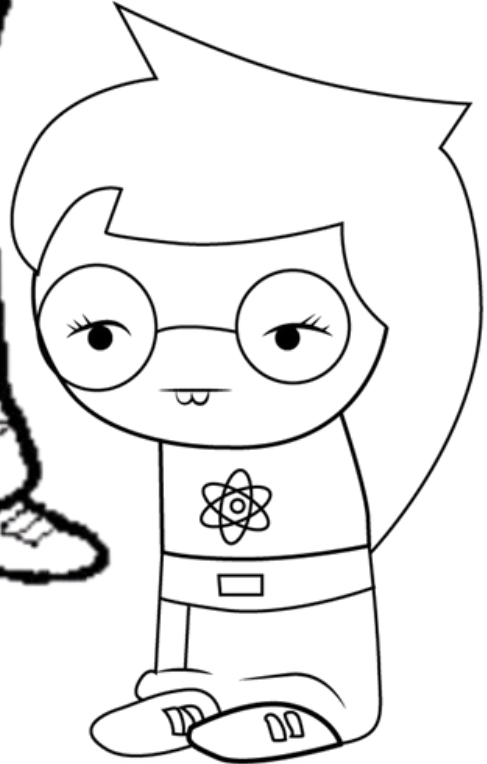
**KHILÍKA - TO BE AN AWESOME
PERSON**

MAKHÍLIKA - I AM AWESOME

NIKHÍLIKA - YOU ARE AWESOME



**NO MORE
PICKLES!**



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

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