



# STANDING BEAR

INDIGENOUS YOUTH LEADERSHIP PROGRAM

## PROGRAM STREAMS AND ACTIVITIES



**STANDING  
BEAR CORE  
INDIGENOUS  
LEADERSHIP  
CERTIFICATE**

This is a foundational certificate and is required before youth can complete any of the six elective streams, for additional certification. The Standing Bear Core Indigenous Leadership Certificate consists of the following learning events, with detailed activities for each.

**TRAD 101:  
Worldviews**

- Exploring worldviews.
- Defining your own worldview: Create a poster, graphic or short video that outlines your own worldview.
- Learn about the Seven Grandfather Teachings: Read the information provided about the Seven Grandfather Teachings.
- Create and submit a photo story for four of the Seven Grandfather Teachings you learned about and explain why you chose the images you did.
- Complete and submit the reflection on the relationship between the Seven Grandfather Teachings and leadership.

**TRAD 102:  
Individual  
Holistic  
Health**

- Participate in Two Land-based Activities (we have listed some examples for you, but it could be any land-based activity you choose):
  - Nature-walk
  - Going into the bush
  - Hunting
  - Fishing/Ice fishing
  - Canoeing
  - Building a shelter
  - Snowshoeing
  - Trapping
- Reflect on Land-Based Activities: share and submit your personal reflections using the Land-based Activity Reflection document.
- Be a Wellness Warrior: Share your experiences with others by producing a presentation (video, poster, etc.) that communicates how the land-based activities you participated in, impacted your wellness.

**TRAD 103:  
Traditional  
Knowledge**

- Complete and submit the Traditional Knowledge Self Assessment.
- Complete and submit an Interview with an Elder, traditional knowledge keeper, grandmother, teacher, auntie or other leader in your community.
- Review the Traditional Selections document and select your five activity choices.
- Participate in your five chosen activities and provide a brief description of each based on your learning.
- Reflecting on Traditional Knowledge: Complete and submit the reflection questions about the traditional activities you chose.



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**TRAD 104:  
Holistic  
Leadership for  
Community  
Well-being**

- Get to Know Your Community: Work individually or in a group to complete and submit the 'Getting to Know Your Community' worksheet.
- Expand your networks: Complete and submit the 'Expanding the Definition of Community' activity.
- Showing Gratitude: Write a letter, create a card, or make a video thanking someone in one of your communities that's made a positive difference in your life.

**INTRO 101  
Introduction to  
Creative Arts**

- Create a piece of art based on the territory, community, or nation you are from (on and off-reserve) and share it on the portal as a photo or video.
- Reflect on the experience and its relationship to leadership.

**INTRO 102  
Introduction  
to Community  
Changemaker**

- Identify an Indigenous changemaker and answer the reflection questions provided.

**INTRO 103  
Introduction  
to Cultural  
Education**

- Introduce yourself in your language.
- Participate in at least one of the activities on the list and reflect on the experience and its relationship to leadership using the attached template.

**INTRO 104  
Introduction to  
Career and Life  
Skills**

- Create a personal vision addressing your own future in terms of: education/career; family and friends; recreation and leisure; and community service.

**INTRO 105  
Introduction  
to Health and  
Wellness**

- Complete the pre-wellness assessment.

**INTRO 106  
Introduction  
to Sport and  
Recreation**

- Who is your Indigenous Sport Role Model? Use the template provided to complete the activity.
- Winning Mentality: Complete the activity and upload your work to the portal.

# STANDING BEAR ELECTIVE STREAMS



## CREATIVE ARTS STREAM

(for additional  
certification)

- |                  |   |
|------------------|---|
| <b>CARTS 101</b> | <ul style="list-style-type: none"><li>• Create a piece of art representing confidence.</li><li>• Reflect on what confidence means to you and its connection to leadership.</li></ul>  |
| <b>CARTS 102</b> | <ul style="list-style-type: none"><li>• Create a piece of art representing identity.</li><li>• Reflect on what identity means to you and its connection to leadership.</li></ul>  |
| <b>CARTS 103</b> | <ul style="list-style-type: none"><li>• Create a piece of art representing purpose.</li><li>• Reflect on what purpose means to you and its connection to leadership.</li></ul>  |
| <b>CARTS 104</b> | <ul style="list-style-type: none"><li>• Identify three artists you would like to learn from and complete the activity.</li><li>• Reflect on the connection between art and leadership based on what you've learned.</li></ul> |



## COMMUNITY CHANGEMAKERS STREAM

(for additional  
certification)

- |                  |  |
|------------------|--|
| <b>COMMC 101</b> | <ul style="list-style-type: none"><li>• Attend a community event and answer the reflection questions provided.</li></ul>     |
| <b>COMMC 102</b> | <ul style="list-style-type: none"><li>• Volunteer at a community event. Answer the reflection questions provided.</li></ul>  |
| <b>COMMC 103</b> | <ul style="list-style-type: none"><li>• Plan a community event using the planning template provided.</li></ul>               |
| <b>COMMC 104</b> | <ul style="list-style-type: none"><li>• Implement a community event or program and complete the post-event report.</li></ul> |
| <b>COMMC 105</b> | <ul style="list-style-type: none"><li>• Create a Presentation Summarizing your Key Learnings.</li></ul>                      |



## CULTURAL EDUCATION STREAM

(for additional  
certification)

### CULTR 101

- Participate in a cultural activity that fosters a connection to the land and/or requires you to be physically active. Reflect on your experience and learnings using the attached template.
- Upload a picture or video of your participation.

### CULTR 102

- Attend a cultural event taking place near you. Reflect on your experience and learnings using the attached template.

### CULTR 103

- Connect with a local Elder or Knowledge Keeper and ask them to share a story with you. Reflect on your experience and learnings using the attached template.

### CULTR 104

- Collect a minimum of 10 action verbs/statements in the traditional Indigenous language you identify with and use them to describe sport and/or recreation activities of your choosing.



## CAREER AND LIFE SKILLS STREAM

(for additional  
certification)

### EXPLR 101

#### The Elevator Pitch

- Read through the information provided about what an elevator pitch is and how to develop one for yourself. Write your own elevator pitch and upload a copy for credit.

### EXPLR 102

#### Career Planning

- Complete the career planning activity that goes through the 4 stages of exploring careers.

### EXPLR 103

#### Prepare a resume and cover letter

- Review the Mock Job Posting.
- Upload a resume.
- Upload a cover letter.

### EXPLR 104

Complete ONE of the templates below as a step to help you move forward to achieve your education and career plans.

- Post Interview Reflection.
- Attend an employment fair and complete the post-fair questionnaire.
- Arrange an Informational Interview with an Entrepreneur, using the provided question template.



## HEALTH AND WELLNESS STREAM

(for additional certification)

### **HLTHW 101** **SMART Goals**

- Develop SMART goals and activities for a three-month period, using any 3 of the 4 areas of health (physical, spiritual, mental, emotional).

### **HLTHW 102** **Health and Wellness Activity Reflection**

- After completing some of the activities listed in your SMART GOALS planner, reflect on how this activity helped you achieve your wellness goals.
- Plan a wellness program for others based on your learnings.

### **HLTHW 103** **Addressing a Community Health Issue**

- For this activity, you will select a community that you belong to, identify a health issue, decide which area(s) of wellness this issue might be part of and suggest ways for the community to address this issue.

### **HLTHW 104** **Being a Leader in Health & Wellness**

- Choose one of the issues you addressed in the HLTHW 103: Addressing a Community Health Issue, and create a media product (poster, radio ad, pamphlet, phone script, short video, etc.) that endorses why people should do/not do it. Be persuasive to convince others of your position.
- Showcase your product to people in your community or to your group members and ask them to provide responses to the questions provided in the template.



## SPORT AND RECREATION STREAM

(for additional certification)

### SPORT 101

Participate in a sport or recreation activity (you can choose any sport or traditional Indigenous game you like)

- Submit a photo or video of your participation.
- Complete a reflection on your participation.

### SPORT 102

- Research and learn about physical literacy using the template provided.

### SPORT 103

- Learn about three traditional Indigenous Sports: complete the chart with your research and upload it to the portal for full credit.
- Keeping Knowledge Alive through Storytelling: Tell the story of one of the traditional Indigenous sports you learned about by creating a children's book. Upload your book for full credit.

### SPORT 104

Learn how to motivate, coach and inspire others in sport

- Reflection on leadership in sport.
- Motivate others in sport.

A PROGRAM DEVELOPED BY INDIGENOUS SPORT & WELLNESS ONTARIO



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