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Washington Office of Superintendent of
PUBLIC INSTRUCTION
Chris Reykdal, Superintendent

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Greetings Native Parent Guardians and Families,

We hope this message finds you and your families well and staying safe. As the winter break approaches, members of the *Indigenous Science Education Network* wanted to share a packet of family activities. These activities center indigenous ways of knowing and Native culture and are designed to affirm resiliency and self-care, getting your children away from their computer screens, and engaging in learning that is fun for the family. The “Indigenous Science Education Winter 2020 Send Home Packet” activities include:

- Self-care BINGO
- Hot Chocolate Breathing
- Traditional Games Unit
- Resilience is in Our Blood: An Herbal Guide to Collective Protection and Healing During COVID-19
- Columbia River Intertribal Fish Commission Wy-Kan-Ush-Pum Salmon Activity Book
- My Little Nature Almanac
- Calling Out the Power
- Digging into the Pain
- Okanagan Salish eBooks - [eBOOKS & Videos | Mysite \(wixsite.com\)](#)

We’d like to hear your reflections about your family’s experiences with these activities. Also, let us know if you have activities and ideas like these that you would like to share with other Native families! Please send your feedback to:

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Laura Lynn – laura.lynn@k12.wa.us

Shandy Abrahamson – shandy.abrahamson@k12.wa.us

We’ll share your reflections and ideas with the team and create more opportunities for you and other Native families. We are wishing each of you and your family a wonderful winter break!

With gratitude,
Members of the *Indigenous Science Education Network*

Winter 2020 Native Youth and Family Packet Planning Team Members

Patricia Whitefoot - Yakama Nation, Co-chair ATNI Education Committee

Paul Williams – Biologist with the Suquamish Tribe

Jennifer LeBret – Spokane Tribe, Braided Education Consulting

Polo Hernandez - Braided Education Consulting

Johnny Buck – Wanapum/Yakama, Chair ATNI Youth Committee

James Macrae – Falcon Cultural Resources

Jon Claymore - Cheyenne River Sioux, Executive Director Office of Native Education (OSPI)

Shandy Abrahamson – Colville/Spokane, Career Connected Learning Tribal Engagement
Specialist Office of Native Education (OSPI)

Laura Lynn – Chickasaw descendent, Program Supervisor Office of Native Education (OSPI)

Indigenous Science Education Network Purpose Statement (Draft)

The purpose of *the Indigenous Science Education Network* is to ensure that future generations will be able to have a good life. For this to happen, we need to do at least two things:

- Make sure the environment continues to support all living things.
- Make sure today's youth can thrive and adapt to change as our ancestors did for us.

The work of the *Indigenous Science Education Network* centers approaches that:

- Are grounded within tribal values, tribal ecological knowledge, and indigenous worldviews.
- Focus on healing the environment and our relationships.
- Shift education and industry mindsets from consumer to a sustainable, long-term, quality-driven future.
- Connect with other promising practices and approaches within education and industry.
- Support initiatives and resolutions of tribally-led organizations focusing on climate resilience, climate change, and indigenous science education.