

~ Student lessons for the classroom ~

Numu ~ Paiute

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PROCEDURES:

1. Introduction:
- Put up a blank feltboard.
- Play the tape "Kibawitu Sogomea" and have everyone sing along. Tell the students that everybody will make a feltboard model to show the meaning of the song.
- Set out felt, glue, threads, beads, fabric scraps, etc. for people to use to make felt figures of a person, a dog, and a mountain.
2. Implementation:

Making the Feltboard Figures

Have people work in three groups. One group will make a person. Another group will make a dog. The third group will make a mountain.

Muka sadu'a matabooe.	Make a dog.
Muka numu matabooe.	Make a person.
Muka kiba matabooe.	Make a mountain.
Ka kiba ekooba haneo.	Put the mountain on this [the feltboard].
Ka numu tuwow ekooba matabooe.	Put the Indian on this [the feltboard].
Ka sadu'a tuwow ekooba haneo.	Put the dog on this [the feltboard].

Moving the Feltboard Figures

Play the tape and have everyone sing the song again. Move the person around on the feltboard, to show the meaning of walking. Then move the dog around on the feltboard, to show the meaning of following me. Let students come up and move the figures around on the feltboard, following the meaning of the song, while everyone sings the song again.

3. Closure:
- Word Practice

Have everyone listen and repeat the words and phrases. If anyone wants to write them down, you can write them on a whiteboard and let people copy them into their notebooks. Focus on the following key words:

kiba	mountain
sadu'a	dog
sogomea	walking
numu	person
nagekemma	following, chasing
matabooe	make
haneo	put

4. Follow-Up:
- In another class session, have groups of three students work together to make cut-outs of the figures in the song -- a dog, -- a person, -- a mountain. Have everybody sing the song and move the feltboard figures around. Then have each group sing the song and demonstrate with their own characters.

RESOURCES:

Song tape of "Kibawitu Sogomea" by Judy Trejo
Whiteboard and markers
Feltboard
Felt in different colors
Fabric scraps, beads, threads, etc. for decorating felt figures
Scissors, glue, needles

EVALUATION:

The teachers will observe the students and keep a checklist of their accomplishments.

Kibawitu Sogomea

Paiute Song Words	English Translation
Kibawitu sogomea	Walking to the mountain
Kibawitu sogomea	Walking to the mountain
E sadutse e nagekemma	My dog is chasing (following) me along
E sadutse e nagekemma	My dog is chasing (following) me along
Repeat	

~ Confederated Tribes of Warm Springs

Culture & Heritage Department ~



Mental Health

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HELPING HAND FOOD PANTRY

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WARM SPRINGS, OR 97761

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BEST RICE

JEFFERSON COUNTY

MENTAL HEALTH RESOURCES

BestCare

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These lines can help you or someone you know if experiencing:

- Feelings of hopelessness
- Worry you might hurt yourself or someone else
- Worry someone else may hurt you or someone you know

You are not alone and you do not need to go through this alone.

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Call or text: 988; Veteran's call and press 1

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Call: 877-968-8491 or text "teen2teen" to 83983

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Call: 800-799-7233 or text "Start" to 88788

NATIONAL TEEN DATING ABUSE HOTLINE

Call: 866-331-9474 or text "loveis" to 22522

THE RACIAL EQUITY SUPPORT LINE

Call: 503-575-3764 (M-F 10am-7pm)

THE TREVOR PROJECT (LGBYQ+ YOUTH)

Call: 866-488-7386 or text "START" to 678678

DRUG & ALCOHOL HELPLINE

Call: 800-923-4357 or text "RecoveryNow" to 839863

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WS BEHAVIORAL HEALTH DEPARTMENT

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WS VOCS DEPT

541-553-2293

WS IHS

541-553-1196

WS POLICE DEPT

541-553-1171

WS FIRE & SAFETY AMBULANCE

541-553-1634

WS CRISIS LINE

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BESTCARE (MADRAS)

Hours:

Monday-Friday

8:00 am - 5:00 pm

Call: 541-475-6575

BHRN ENGAGEMENT CENTER (LOW-BARRIER SUD TREATMENT SERVICES)

Call: 541-615-2650

116 SE D street, Madras, Oregon 97741

Hours:

Monday-Sunday

7:00 am - 11:00 pm

H.O.R.S.E.S.

Email: HORSEsontheRanch@gmail.com

MOSAIC COMMUNITY HEALTH

Call or text: 541-383-3005

THE SHIELD

Provides free mental health services for Central Oregon Veteran's and first responders. Call: 541-390-3133

BESTCARE LATINOS SERVICES (MADRAS)

Hours:

Monday-Friday

8:00 am - 4:30 pm

988 SUICIDE AND CRISIS LIFELINE

24 hour lifeline

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JEFFERSON COUNTY PUBLIC HEALTH

Hours:

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Call: 541-475-4456

IN CASE OF EMERGENCY:

YOU ARE NOT ALONE:

If you or someone else is in immediate danger or facing a life-threatening emergency, please call 911 right away.

If you do not see the help you need on this list, we're here for you. Please reach out to National Life line 988. They will do their best to connect you with the right support.