



Lesson Objectives

1. To help participants reflect on their individual and group journey during the T.R.A.I.L. program, using a structured, guided approach.
2. To identify and share what participants have learned and accomplished over the course of the T.R.A.I.L. program.
3. To brainstorm how participants can take what they have learned and use it to help create positive change in their own lives and in the life of their community.
4. To complete the post-tests that will be used to measure what youth learned from participating in the T.R.A.I.L. program.

Review the Last Chapter

- Why is it important to share with our community?
- What are lessons about healthy living we can share with our community?
- How will the community education project we did help to prevent type 2 diabetes?

Helpful Hints



- Reflection is helpful for participants to fully absorb all the new knowledge and ideas they learned during the program.
- Today provides an opportunity for participants to look back on the program and look forward toward the future. Help them to develop their own ideas about how they will keep up the healthy habits they learned in the curriculum, even when it's hard to do. Help them realize that even if they make an unhealthy choice, they still have the chance to make other healthy choices in the future. They can encourage one another to help each other make healthy choices.



Helpful Hints (continued)

- *Reflection Activity Ideas for Community Service & Service Learning Projects* provides information about how to guide participants through reflection activities after a community service project. The activities described may be used to guide the Talking Circle at the end of this lesson. A link to this resource can be found on www.NAClubs.org.
- You may want to videotape youth participating in and talking about what they have learned from the Activity 1. This video clip could then be shared in the community, perhaps as a public service announcement (PSA) at community events.

Activity 1: Our T.R.A.I.L, My T.R.A.I.L.

Purpose of the Activity

- To help participants reflect on their experiences in the T.R.A.I.L. program.
- To help the participants think about how they will carry forward what they learned into their own lives and into their community.

Instructions

1. Prior to the activity, lay out the program's journey, or trail, along the bottom of a long wall or on the floor where no one is likely to walk. Using construction paper or butcher paper, tape together pieces of paper to make a long, winding trail representing the program experience. Along the trail, write the name of each chapter they completed. Display a few visual representations of various activities, lessons, milestones, physical challenges, obstacles, etc. the group experienced as they worked through the activities in that chapter. These visual representations can be created through photos, cutouts from magazines, simple drawings, etc., or a combination of all.



Materials needed

- A large space with at least 1 wall
- Many large sheets of paper (flip chart paper, butcher paper, or construction paper)
- A variety of colored writing utensils (markers, crayons, colored pencils, etc.)
- Tape



- 2.** First, sitting in a circle, ask the participants to reflect on the T.R.A.I.L. program. Suggested discussion topics include:
 - a.** What did you learn?
 - b.** How are you going to use what you learned?
 - c.** What are two or three words you can use to describe your experience?
 - d.** What did you accomplish?
 - e.** What did the group accomplish?
- 3.** After the group reflection, have the participants stand in a line facing the paper trail.
- 4.** Explain what the paper trail represents. Living a healthy, positive, balanced life is a journey, but they will not be alone. Supporting them on their journey are many teams, including family, friends, fellow Club members, T.R.A.I.L. staff, etc. These teams will be standing alongside them or sometimes walking beside them on their trail. Tell the participants they will face obstacles on their trail, but hopefully they have learned, and will continue to learn, tools and resources to get around those obstacles. They know who their teams are, and can rely on them, but also should have confidence in themselves.
- 5.** Next, hand out markers, crayons, colored pencils – any type of writing tool.
- 6.** Invite the participants to draw pictures or write words on the paper trail that represent what they accomplished, what they learned, and/or how the T.R.A.I.L. program affected them personally – they can add these like graffiti. Repeat some of the thoughts that were mentioned while reflecting in the group circle, then let them be creative and reflect away!
- 7.** When all of the participants have finished, collect and put away the writing tools; then have them stand in a line again facing the paper trail. *[Note: You can take a photo of the youth with their paper trail if you choose.]*
- 8.** Ask them to describe what they see on the trail. Go back to the initial questions asked in the group circle and see if they have more and/or different reflections.
- 9.** After the participants complete the group trail, everyone will receive paper (construction or flip chart paper) to make their own trail. Their own trail continues after the groups' trail, and they should draw pictures or write words that answer the questions:
 - a.** What is next on my own trail?
 - b.** How am I going to continue honoring my past, present, and future?
- 10.** Encourage each participant to share their own trail with their family and friends, or even a Club staff member.



Activity 2: T.R.A.I.L. Post-Test

Purpose of the Activity

- To gather data for assessment and evaluation of knowledge the participants learned during the T.R.A.I.L. program so it can be better tailored to their specific needs.
- To gather data at the completion of the program for comparison with data collected at the start of the program (pre-test) that will be used to evaluate the effects of program participation.



Materials needed

- A computer or computer lab with internet access (preferred), or hard copies of the T.R.A.I.L. post-test

Instructions

1. Remind participants that they took a pre-test at the beginning of the T.R.A.I.L. program. Explain that it's not a test they will be graded on; it's only a test to see what they learned about diabetes, physical activity, and healthy food. The test will help show how much they learned over the 12 chapters. If any participants have trouble reading the test questions, be ready to help them.
2. Administer the post-test to all T.R.A.I.L. participants who are 7-11 years old and identify as American Indian / Alaska Native, and have taken the T.R.A.I.L. Pre-test. Applicable participants who turned 7 during implementation or turned 12 during implementation are also acceptable.
3. If participants complete tests on the computer, submit each test result to the reporting site. If using paper tests, log onto the T.R.A.I.L. online reporting site and input the test answers after they are completed. Make sure all questions are completed before you submit the results.



Talking Circle

Instructions

1. Start the discussion by telling the youth how much you respect them for finishing the T.R.A.I.L. program. They have honored their ancestors and their community by learning so much about healthy eating, the importance of exercise, and type 2 diabetes prevention in general. Thank them on behalf of yourself and on behalf of the community. Have everyone give themselves a round of applause.
2. Then ask each person to answer these three questions when the special object is passed to them:
 - a. What was the most fun thing you did in T.R.A.I.L.?
 - b. What do you think was the most important thing you learned in T.R.A.I.L.?
 - c. In what specific way are you going to take positive steps for your own health now?

After everyone has shared, pass out congratulations awards for participation in T.R.A.I.L. Tell the participants that you really hope they keep up their better eating habits and their increased exercise. Remind them that, to be true to all four parts of being a whole, healthy person, it's important that they continue practicing their healthy habits.



Optional Activities

Found on www.NAClubs.org.

- Additional activities will be posted on the T.R.A.I.L. Resource Center at www.NAClubs.org.



- Self-Care Corner Activities



Materials needed

- Special object to signify whose turn it is to talk (a rock, stick, feather, totem, or some other object that youth can hold in their hand)
- An award/certificate for each participant who completed the T.R.A.I.L. program