

ACTIVE NATIVE YOUTH 2021



Do you like to be active?

Do you like to make videos?

We've got a solution for you! The Notah Begay Foundation and Cuba Independent School

District are partnering up to bring you the Active Native Youth Campaign. It's time to get up and have some fun!

Here are the requirements to participate:

- ❖ You **MUST** be in *grades 5-12*
- ❖ You **MUST** be *Native American*
- ❖ You must submit a *30-60 second video*:
 - Your video has to show you being *active*- working out or doing a tik-tok type of dance
 - If your video shows you working out you have to tell us what you are doing and the benefits of the exercise (think of Mr Hatch's Fast Five videos). We **DO NOT** want a full minute of you lifting weights in silence
 - If you opt to do a dance, you can have music but it must be appropriate for school (**NO** bad words or negative innuendos) and your dance moves **CANNOT** be inappropriate
 - Feel free to ask friends, family, pets, etc... to join you- **BUT** only the person who submits the video will be counted
 - Each submission **MUST** be different- so if you work with classmates, you cannot all submit the same video, each one must be different (*it's only 30 seconds you got this!*)
- ❖ This is a first-come, first-serve basis so if you submit your video early, the more likely you are to **receive a cool prize**

The purpose of this campaign is to get you active, boost your self esteem and self confidence. *Don't stress over it, don't be shy, and just have fun!* If you have questions about anything, feel free to reach out to **Raphaelita Phillips** at rphillips@cuba.k12.nm.us or call/text at **505-290-4357**.

Join the Google Classroom to upload your videos here:

<https://classroom.google.com/c/Mjc1MjU5MTY3NDMz?cjc=7on3cv3>