

## OSN SPIRIT CATCHER ACTIVITY CHECKLIST

**Wahoka!** Use this checklist to track your progress in the OSN Spirit Catcher Program. After you've completed an activity, mark it off here (use a sharpie) and input it at [www.OrangeSpiritNation.org](http://www.OrangeSpiritNation.org) (click the "Feathers" Tab) so you receive your feathers and rockers!

**\*NOTE:** After finishing each activity, you must present your experience or report about the activity to your tribe.

NORTH ROCKER / PINK FEATHERS	
<b>Tribal Names</b>	Learn and recite the Tribal Names of all Princesses in your tribe.
<b>Six Aims</b>	Recite the Six Aims before your tribe. Pick 1 aim and tell the tribe what it means to you.
<b>Conduct</b>	Attend and show good conduct at 3 consecutive tribe meetings. Help clean up after each meeting.
<b>Cooking</b>	Plan a campout meal and help Dad prepare the meal for the tribe.
<b>Mom Appreciation</b>	Arrange a night off for Mom, Grandma or another special woman in your life. Dad and daughter will plan, cook and serve her favorite meal and clean up after.
<b>Native Craft</b>	Prepare a native craft (e.g. a dream catcher, beading project, etc.) Incorporate Dad and Daughter's Tribal Names and your historical tribe's traditions in your craft.
EAST ROCKER / BLUE FEATHERS	
<b>Farming</b>	Plant and grow a fruit or vegetable.
<b>Hiking</b>	Take a 2-mile hike with Dad and report to the tribe about any interesting events. Talk with Dad about the equipment you need and the safety measures you should take for hiking in different seasons.
<b>Environment</b>	Collect leaves and flowers from at least 5 different types of trees and plants. Write or illustrate a report identifying the trees and flowers. (Alternative: Plant a tree and dedicate it to someone special in your life. Tell your tribe about why restoration is important.)
<b>Tribe History</b>	Speak with your Tribe Chief or Elders to learn about the native history of your tribe (e.g. RoadRunners descended from the Chickasaw tribe) and its traditions as represented by its tribal basics. Write or illustrate a report about the native tribe's history, culture and traditions.
<b>Endangered Species</b>	Write a report or illustrate 5 endangered species. Describe what an endangered species is and what we can do to help.
<b>Program Scrapbook</b>	Make a photo or video scrapbook about your entire time in the OSN (best if you wait until your graduation year.)
WEST ROCKER / RED FEATHERS	
<b>Recruiting</b>	Dad and Daughter recruit at least one new family to the Orange Spirit Nation.
<b>National Parks</b>	Write or illustrate a report about a national park. A park that you have visited is recommended.
<b>Community Service</b>	Participate in a community service event with Dad for at least a half day.
<b>Geology</b>	Create a rock collection of at least 15 different rocks, gems or minerals and identify each item.
<b>Meteorology</b>	Identify and draw 3 different cloud formations. Explain why each occurs and the type of weather each represents.
<b>Reverse Role Playing</b>	Dad and Daughter reverse roles for a day (4-hour minimum) or spends part of a day at work with Dad.
SOUTH ROCKER / ORANGE FEATHERS	
<b>Mentorship</b>	Buddy up with a younger Princess at a campout. Teach her your tribe song and tribe traditions and introduce her to other tribe members. Talk to her about campout safety and how to respect the campsite.
<b>Knots</b>	Demonstrate the following knots: square, clove hitch, bowline, two half-hitches, taut-line hitch and describe when you would use each knot. Demonstrate how to use ropes to lash two pieces of wood together.
<b>Fire Safety</b>	Describe how to properly put out wood, clothing and grease fires. Light a campfire under Dad's supervision. Describe how to put out a campfire before going to sleep and why this is important. Explain how to build a safe fire if there is no fire pit available.
<b>First Aid</b>	Demonstrate what to do when somebody is choking. Describe how to avoid injury when: at the beach (drowning), camping, hiking. Explain what to do if you have a small cut or bruise (wash with soap, use antibiotic if available, put on a band aid), if you have a small burn, or if you sprain your ankle. Explain how to get help if no phone is available.
<b>Leadership</b>	Plan and lead a group activity at a tribe meeting or campout event.
<b>Navigation</b>	Use a compass to find North, South, East and West. Describe the directions between N S E and W (NW, SW, SE, SW and degrees). Learn what your distance pace is (how many feet each step you take). Have Dad give you a direction and a distance and use the compass and your pace to find the spot.

**BECOMING A DREAM PRINCESS!** To receive the Eagle Feather Dream Catcher Award and become a Dream Princess (an elder and leader of the OSN), you must first earn all your feathers and rockers and then complete the following final requirements:

- (1) Demonstrate your role as an elder in the OSN by performing an activity to benefit the Nation. (For example, planning a feather activity for your tribe or Nation; leading a community service or charity project; organizing an across-tribe activity or event; planning and hosting a recruiting event or project; etc.); and
- (2) After completing your leadership project, you and Dad will join the Nation Dream Catcher on stage at a Nation event and tell everyone about your project and what you learned from doing it.





## SPIRIT CATCHER ASSEMBLY INSTRUCTIONS

### Required Materials:

1 braided suede headband  
1 large shiny adjustment bead  
12 blue and 12 orange decorative beads  
10 foot suede cording for hanging feathers  
24 small metal cones  
1 orange storage bag & name tag  
Feathers

### Required Tools:

Pliers  
Scissors or sharp knife  
Ruler

### EASY ASSEMBLY INSTRUCTIONS (Estimated time 20-30 minutes depending on number of feathers)

**Step 1.** Insert both ends of headband through the adjustment bead and fit to Daughter's head with a snug fit.

**Step 2.** Cut 5" lengths of the suede cording to tie feathers to the headband. (TIP: You can cut different sized lengths if you want a more random hanging pattern.)

**Step 3.** Insert one feather through one end of the metal cone and one piece of the 5" suede cording into the other end of the cone. Crimp the metal cone on both sides with pliers. (TIP: Overlap the feather and suede cording inside the cone for a snug fit.)

**Step 4.** Slide one blue or orange decorative bead over the suede cording. Repeat Steps 2-4 for each feather.

**Step 5.** Tie each feather assembly to the headband using a square knot. Cut off any excess cord. (TIP: (1) Feathers at the front of the headband should be tied far enough back so they don't hang in Daughter's face – leave at least 7" in the front empty; (2) alternate feather color patterns and leave enough space for 24 total feathers). If you run out of room, you can tie feather assemblies to the headband material that hangs past the adjustment bead.

**Step 6:** Write Daughter's name and tribal name on the name tag and tie to the orange bag.

**TIP:** If you are concerned about the ends of the headband unraveling, you can tie the ends or apply glue to hold.



**Step 1**



**Steps 2-4**



**Step 5**



**Finished Spirit Catcher!**

\* If you have any questions about assembly or need any additional materials, please contact your Tribe Chief or Tribe Dream Catcher for assistance.

**Wahoka! We hope you enjoy our Spirit Catcher Program and look forward to seeing your feathers at all our OSN events!**

### **OSN Nation Dream Catchers 2016-17**

Rick "Mighty Bruin" Johnson

Avary "Rose Water" Johnson

Camryn "Rainbow Sparkles" Johnson

*OSN Spirit Catcher Program v.9.29.2016*