

Friendly Spirit Nation Achievement Program



Achievement Awards

Set 1

- Red** Know and repeat before the tribe the Y Princess names of each Little Princess (Minimum of Six)
- White** Repeat all six parts of the “Y” Princess Aims before the tribe.
- Blue** Good conduct at three consecutive meetings.
- Orange** Complete three handicraft projects with Dad. They must be brought and displayed to the tribe. Examples: moccasins, thong and disk, dancing bells, arm bands, finger puppets, FAD car, etc.
- Yellow** Hike two miles with Dad. Make a list of interesting things observed on the hike. Turn in a report to the tribe and Tallykeeper.
- Aqua** Big Brave and Little Princess take a camping trip for at least one night, cooking own food. With tribe or alone.
- Green** Arrange a night off for mother. Father and Daughter will plan, purchase, cook and serve dinner – MOTHER WILL NOT BE ALLOWED IN KITCHEN. After serving dinner, father and daughter will do the dishes. Mother furnishes a statement in writing to Tallykeeper.

Upon completion of first set of achievements, Little Princess has earned for herself the Level One Patch and Achievement Program Bar.

Achievement Awards

Set 2

White/Gold Tip Collect ten different leaves. Mount them on a board, identify them and present them to your tribe.

Blue/Gold Tip Make a warshield that is about 18 inches in diameter.

Orange/Gold Tip Draw and identify three animal tracks (tracks must be seen.)

Red/Gold Tip

Athletics

Option A

Dad and Daughter Together

- 2 push-ups
- 5 Sit-ups
- Jog ¼ mile

Option B

Dad and Daughter Together

- Swim 25 feet
- Retrieve and object from underwater that is overhead
- Tread water or float for 2 minutes

Aqua/Gold Tip

Make and bring to meeting one home craft.

Examples:

- Personal invitation, charter board or scrap book
- Trash can for Father (Indian design decorated)
- Bird House
- Individual tom-tom or totem pole
- Coup stick
- Wampum bag, belt, etc.

Green/Gold Tip

Little Princess performs Indian dance or sings Indian song for tribe.

Yellow/Gold Tip

Any collection. Collect and identify ten different items of any category.

Upon completion of second set of achievements, Little Princess has earned for herself the Level Two Patch.

Achievement Awards

Set 3

- Red/Blue Tip** Welfare project or community service activity.
- Yellow/Blue Tip** Learn nine Indian hand talk signals. Demonstrate at a tribe pow-wow.
- Green/Blue Tip** Tell a short story using Indian symbols. Place your story symbols on a poster and present at a tribe pow-wow.
- White/Blue Tip** Locate on a U.S. map the home location of all Friendly Spirit Nation tribes.
- Blue/Blue Tip** Name seven fish found in Southern California (salt and/or salt water) and draw them on a poster board. Present them at a tribe pow-wow.
- Red/Blue Tip** Little Princess and Big Brave plan and take a special trip together. Make a report to the tribe at a pow-wow.
- Orange/Blue Tip** Build and decorate an Indian artifact for property box (i.e. tomahawk, spear, peace pipe, little teepee, etc.)

Upon completion of third set of achievements, Little Princess has earned for herself the Level Three Patch.

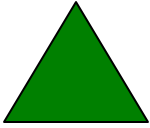
Achievement Awards

Set 4

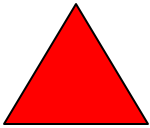
- Black/Red Tip** Name five species of birds that live in our local area or that are on the endangered species list. Draw or display a picture of each on a poster board. Present to tribe at a pow-wow.
- Blue/Red Tip** Astronomy – Locate, identify and draw three star formations. Present to tribe at a pow-wow.
- Yellow/Red Tip** Knots – Demonstrate to tribe how to tie the following knots: square, clove hitch, bowline, two half hitches, taut line hitch, and tie a hook to a fishing line. Draw or make a rope display of these knots and present to the tribe at a pow-wow **OR** tutor a first year Princess to earn her Level One Red Feather and White Feather.
- Pink/Red Tip** Write a two-page report on your tribe and present to the Chief and Elders at a meeting. Must include where the tribe lived, type of housing used, what kind of food they ate, how they hunted and a story or legend they lived by.
- Brown/Red Tip** Geology – Collect, identify and display for the tribe a collection of ten rocks, gems and/or minerals.
- White/Red Tip** Meteorology – Identify and draw for display three different cloud formations. Explain why each particular cloud formation occurs and the type of weather each represents
- Orange/Red Tip** Plan and cook a complete meal for your family (including cleanup) by yourself. Then, plan a family outing to include the entire family designed to be a fun and learning experience. Examples could be a hike, a trip to the beach, go to a museum, etc.

Upon completion of fourth set of achievements, Little Princess has earned for herself the Level four Patch. Upon completion of this set of achievements, Little Princess has reached the peak on her YMCA Princess journey with her father. Congratulations

Achievement Program Enhancements



Green Arrow: Awarded to a Princess for ten hours of community service. It may be part of a tribal project. It is permissible and encouraged for this to be a father daughter achievement.



Red Arrow: Awarded to a Princess for the following First Aid achievements:

Read and discuss with Dad a First aid manual or book

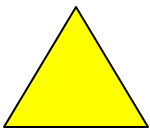
Design and put together a first Aid kit for the Tribe. If one already exists, ensure that it is complete. Show how each item can be used.

Learn and practice First Aid for cuts, bruises, sprains, burns and fainting.

Learn Emergency Telephone Procedures

Work with Dad to make your home fire safe. Have a practice fire drill at home.

Look around your home with Dad for poisonous substances. Make sure that they are labeled and out of reach of small children.



Gold Arrow: Any achievement in academics, music, athletics, or other area which in the wisdom of the Tribal Chief and Nation Feather Keeper rises to the level that merits recognition with a Gold Arrow.