

Community Snapshot

Adapted from Healthy Native Community Fellowship (2012) Guide to Community Wellness Planning. Healthy Native Communities Partnership, Inc: Shiprock, NM. <http://hncpartners.org>

Helpful Materials

Flip chart paper posted on the wall to hang participants' drawings
5x7 large post-it paper
Markers, crayons, tape

Number of Participants

6-25 people. This activity may work in larger groups but it may take more time.

Amount of Time

30 minutes

"I love this activity because everyone can participate."

"This activity works well in trainings to learn from people from other communities. In my community it was helpful to do this activity with the adults and kids separate to see how and if the snapshot looked different."

This fun activity helps participants to learn about each other's communities by showing some of the things that are the same and some of the things that are different. Additionally, it helps participants to see new people they can partner with to support community health and wellness based on a community's strengths and resources.



Each participant thinks about their community. Next, they imagine they have a camera that they are using to take pictures of the things they see in their community. Use a separate piece of colored paper to draw a snapshot of what you'd like people to know and understand about your community for each of the following 3 questions. *Draw one idea per color sheet of paper.*

1) *What do you love about living in your community?*

2) *What makes your community a special place to live and work? What's different about your community that's maybe different from other communities?*

3) *Who lives in your community?* Examples may include the EMTs, post office workers, store owners, dance group, fishermen, teachers, elders etc.

Self-check: your pictures should answer a stranger's question- "What is it like in your community?"

For everyone who wants to share their drawings, tape them to the flip chart paper posted on the wall and arrange by similar drawings. As participants post their drawings, they talk about what they drew.

- what you love about your community
- what makes it a special place to live and work
- who lives in your community

After all the drawings have been posted, reflect upon your community. *Think* about all the ways our communities support health and wellness - not only healthcare providers and community service providers, but also other people. *Who can you think of that can join in supporting community wellness activities? What things support health in your community?* (nature, wisdom of elders, cultural traditions, etc...)

Possibilities may include:

- Fire department offers safety information – schools, health fairs, etc.
- School kids make posters – “Drink water, drink life” dumpster
- Community members talk about boating safety
- Grocery stores – promote eating the rainbow, 5 or 9 a day
- “Get up and go” wellness activities at school ball games, etc.
- Restaurants have a “Make it good, make it great!” lunch or meal special – or school lunch
- Tribal council sponsor Idita-walk or biggest loser weight loss program
- Churches potlucks/women’s and/or men’s gatherings
- Fish canneries sponsor diabetes or other health program/equipment
- Cancer education movie nights!
- Story circle nights
- Learning cultural activities from Elders, teaching seaweed harvesting, thinking about nature as a way of reducing stress, cultural practices as providing people with a sense of purpose, etc.

