



"Coach Gwen
you're on mute"

NB3FIT Virtual Programming 2021

Due to unprecedented circumstances of COVID-19 and people's inability to congregate in-person, the Notah Begay III (NB3) Foundation had to be innovative in their program delivery. Coaches developed and delivered programming on the virtual platform Zoom three days a week for eight weeks with registered youth across the Albuquerque metro area. Each day of programming focused on one of the four core areas: physical activity, healthy nutrition, youth development and cultural connections.

Foam Painting

Overview:

The youth were provided materials by the coaches to participate in this activity. Materials needed included, shaving cream, glue, food coloring, construction paper, paint brush and a paper bowl. The youth were instructed to mix the shaving cream, glue, and food coloring together. It was up to them to decide what colors they wanted to work with. Once they had created their concoction, the youth were instructed to grab their paint brush and begin painting the construction paper with their foam paint. After they finished painting, the youth needed to let the "paint" dry overnight. The final product would dry as a 3D painting with the foam frozen in time.

"Give me some
time to think
about two truths
and a lie"



Observational Analysis

One youth is visibly excited for the activity today because they need shaving cream, Elmer's glue, food coloring, two paper bowls construction paper, a paint brush and a pencil. Lastly, the coach says they need paper towels because it might get messy. A youth responds with pure joy, "I have all of my materials!" A youth puts on goggles and a poncho so that they stay clean and safe. A youth says "It looks like Ghostbusters," referring to how the shaving cream looks while sitting in the bowl. As the youth follow the coach's instructions, it is evident that every youth has a parent close. A hand or arm exposes themselves to the camera in order to help the youth stay clean. One parent was ecstatic enough to stand in plain sight to take pictures of their youth playing with the foam. Making a little mess makes the youth excited to participate, heightening their eagerness to pay attention and take part.

"What time do
we start next
week?"

"4:30!"

"4:30!"



Conversations

Sitting in on the programming has been an eye-opening experience because you can see how close and comfortable the youth become with the coaches. They feel free to say and do anything, creating a fun and light atmosphere. Below are captured moments of youth verbally expressing themselves:

- "My brother, he has two whole bags of kisses, he needs that much kisses. Some from valentines and some from Easter."
- "It's Star Wars day, may the fourth be with you."
- "I don't think I'll be here tomorrow; I'm getting braces."
- "Do you know why it's so difficult for me? Because people just drink sodas in front of me"
- "Is it raining where you are?"

Lasting Impressions

What is a memorable instance of programming you'll never forget and don't mind sharing?

Coach Autumn: "One memorable instance that I can't forget is when one of the youth came up to me after we finished meditation and were cleaning up and he told me "I can't wait to come back tomorrow and be with all my friends, this is so much fun!". That simple statement reminded me why we do what we do. Why we work so hard to make sure we are on time, prepared and innovative. This program really did have a huge impact on all the youth. I know how hard this year has been on them so to just see how excited they were to just be there with all of us made me so happy."

"I saw a horned
lizard on my hike.
This was my first
time. I put water
on it so it does not
dry out. Everyone
needs water."

