



**Paiute
Indian
Tribe of
Utah**

Youth Program Activity Calendar

October 2026

440 North Paiute
Drive, Cedar City,
Utah 84721

Phone: 435-586-1112

Fax: 435-876-2659

EVENTS ARE SUBJECT TO CHANGE

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Shivwits 4-5pm Herding cats activity	2 <i>Compliment Fridays: Compliment a person to boost their and your self esteem</i>	3
4	5 Cedar City Title VI	6 National Indian Education Association Training	7	8	9	10
11	12 Indigenous People's Day	13 School Visit	14 Washington Co. Title VI	15 School Visit	16 SUMA Performance	17 SUMA Performance
18	19 Cedar City 4-5pm	20 Kanosh TBD	21 Cedar City 4-5pm Snack Demo. & Activity	22 Richfield 4-5pm Snack Demo. & Activity	23 <i>Compliment Fridays: Compliment a person to boost their and your self esteem</i>	24
25	26 Trunk or Treat 6:30-8:30pm	27 Shivwits 4-5pm Snack Demo. & Activity	28 <i>Do a 30-minute physical activity (exercise)</i>	29 <i>Read for 20 min.</i>	30 Zombie Walk	31

This program focuses on Addiction Prevention, Cultural Activities, Nutrition & Physical fitness, & Supporting Youth Victims of Crime. To fully benefit from the program please register & attend often.

The Youth Program is funded by ITCA, Dept. of Justice OVC, IHS, BIA, Utah DHHS, and the Tribe.

If you have any questions, please contact Everson Nakai, Youth Program Coordinator
(435) 586-1112 ext. 3314, Gissella Garcia, Youth Advocate ext. 3315 or Elissa Aguayo, Youth Advocate ext. 3316

- Reading is crucial for students as it expands vocabulary, enhances critical thinking, improves comprehension, and provides access to new knowledge, vital for academic success. (not required but best practice)
- Physical activity is good for children in many ways. Benefits include improved academic performance, brain health, muscular fitness, heart and lung health, cardiometabolic health, long-term health, bone strength, and measures of healthy weight. (not required but best practice)
- When students are "working on self-esteem and mindfulness," they are actively engaging in practices designed to improve their self-worth and awareness of their thoughts, feelings, and present moment experiences, often through techniques like mindful breathing, positive self-talk, and reflection on personal strengths, helping them manage stress and develop a more positive outlook on themselves.

NOTES