

# Astehtsi

## Morning Activities

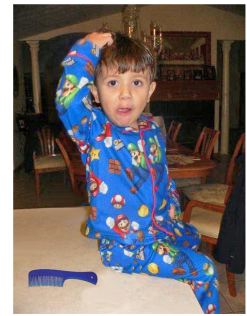
Starring Ari



get up



satkétsko?

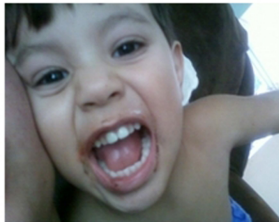


comb  
your hair

tehsatnathálho?



get dressed



satslu·ní·



wash  
your face

satkuhsóhale?



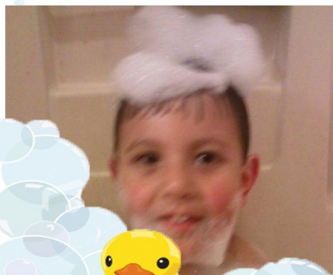
satekhu·ní·

you eat



go to  
school

sataya?táhna



sataya?tóhal

take a  
bath/shower



brush  
your teeth



satnawilóhal



The creation of this poster has been made possible because a grant from the Administration for Native Americans.

It has been created by Stephanie Stevens with online narration by Maria Hinton.