

#StoodisNM
Coloring Book

Featuring
Ricardo Caté
Cartoons

That doesn't
look good.



We Are One. #StoodisNM

We will persevere if we protect our community, families, and ourselves.

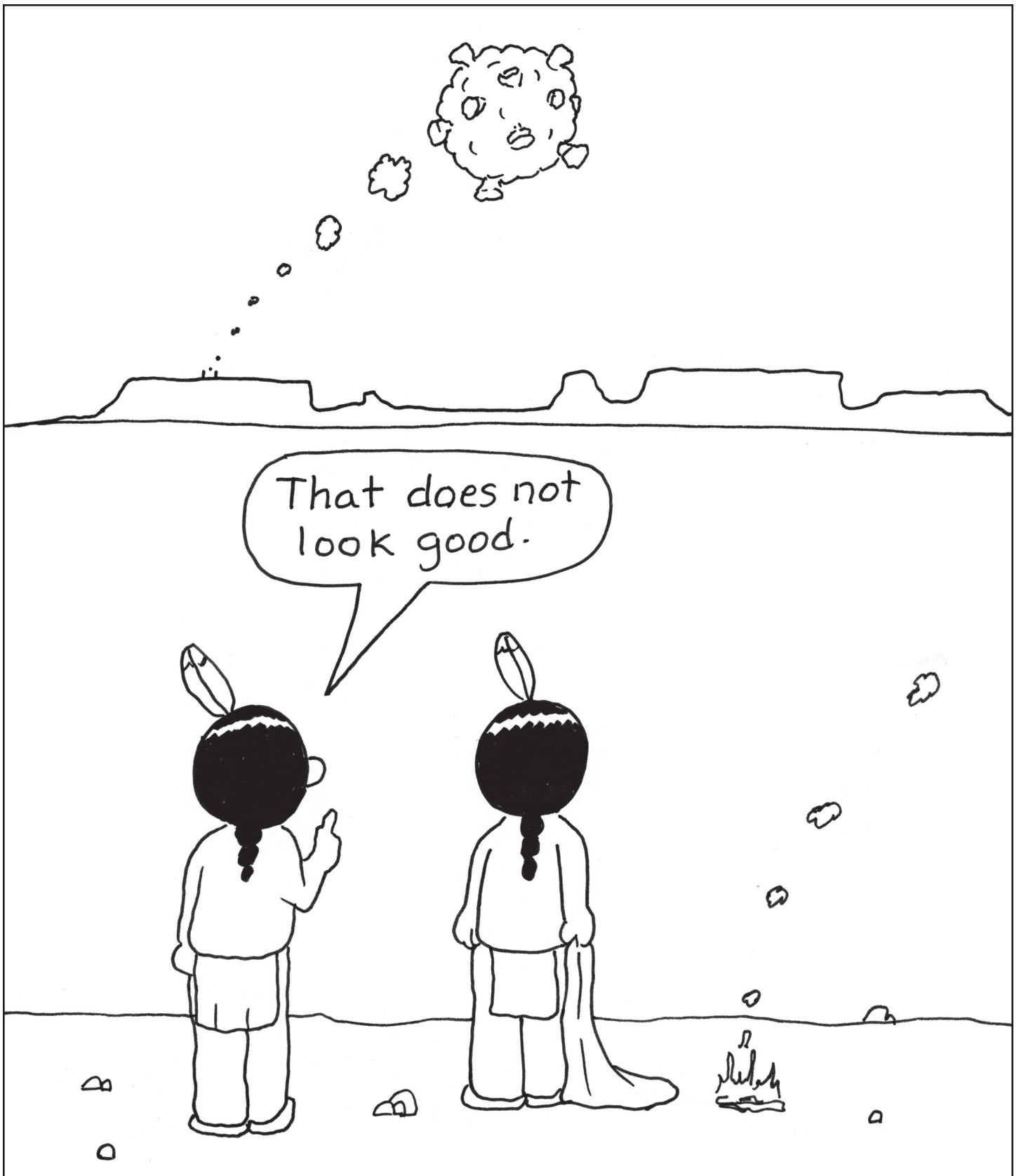


As resilient Native people, we have strong values. Please continue to protect our communities, culture, and traditions. Let's set an example of what a good human should be. Let's be loving, caring, and respectful for all on Mother Earth.

Be a champion in your community. Use this coloring book to learn how you can help protect your community, family, friends, and yourself. Have fun! Be creative! Color as you learn!

- Use crayons, colored pencils, or markers to color the cartoons and make one of your own.
- Show them to your family members.
- Put them up on your fridge or hang them on a wall.
- Share your artwork on social media using #StoodisNM.

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Coronavirus & What to Look For.

- Coronavirus (COVID-19) is spread from person to person through coughing, sneezing, touching, and close-talking.
- If a person gets sick with Coronavirus, the person may have a fever, cough, loss of taste or smell, or have a hard time taking deep breaths.
- Please talk to your parents about how you're feeling.

Remember- don't touch
your face.



What face,
Grandma?!?



If Someone Gets Sick or May Have Been Around Someone Who is Sick.

- Try not to touch your eyes, nose, or mouth.
- Wear a mask or scarf when around others.
- Eat green chile. It's the best vitamin C.



Regularly Clean Your Home.

- Help your family regularly clean and disinfect your home, especially the kitchen and bathroom.
- Sanitize cell phones, remote controls, toys, and anything that you share.
- If a family member is sick, use separate plates, bowls, spoons, forks, and towels.



Our Creator put us here for a reason. Stay at home. Practice Social Distancing.

- We can still practice our traditions and ceremonies as a household and as an individual, connected straight to the Creator.
- Practice and speak our Native languages with your family.
- Sit in silence, reflect, bead, make pottery and jewelry, draw, sew, and plant corn.



Protect Our Community & Remember Our Traditions.

- Please be respectful of all community members, whether they are COVID-19 positive, are getting tested, are wearing masks, or their family is in quarantine.
- Make some dresses, aprons, shirts, moccasins, shawls, and any other cultural items.



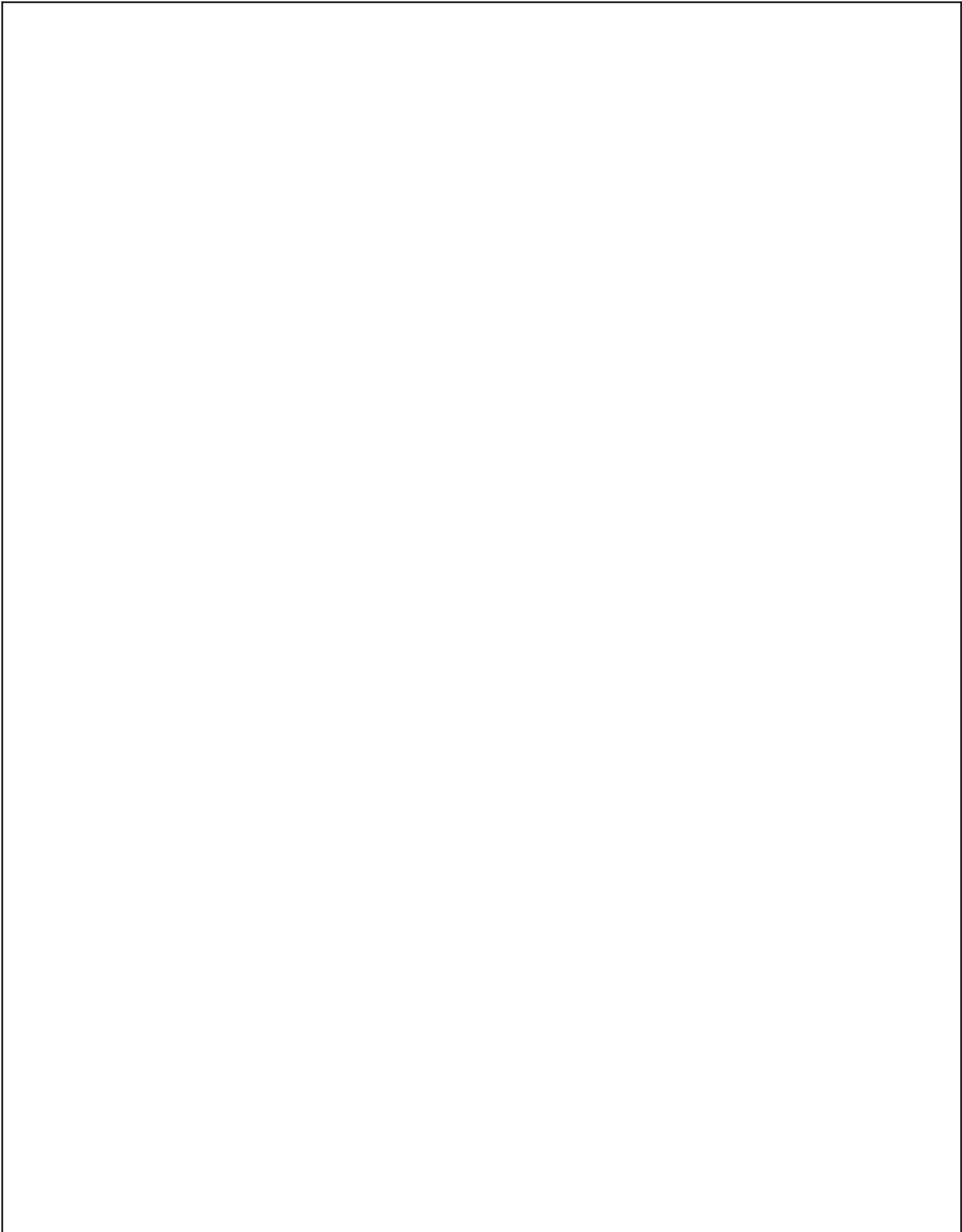
Be a Good Neighbor. The more we all work together, the sooner we can all be together.

- Listen and follow directions of our tribal leadership.
- Avoid gatherings like birthdays and dinners with other people outside of your household.
- When you must go out to shop for family, stay 6 feet or further away from others and respect tribal curfew.



Remember to Take Care of Yourself.

- Wash hands with soap often, use hand sanitizer, and help your siblings do the same.
- Keep a routine of brushing your teeth, showering, eating healthy meals, drinking more water, and exercising.
- Listen to your parents and elders to keep everyone happy and safe.



Draw your own cartoon here! Share your artwork on social media using #StoodisNM.



Guw'áadzi!

I am Ricardo Caté of Santo Domingo Pueblo. I made these cartoons as a way to protect our people from this serious disease we face and to give you something fun to do while you are stuck home.

I believe laughter has always been a part of being Indian, and Native humor is culturally unique and at the heart of our resilience and survivability. I use humor through my cartoons as a way to understand and heal from personal or historical trauma.

Mr. Caté is widely considered one of the most prominent Native American cartoonists working today and is the only Native American cartoonist carried in a daily mainstream newspaper. His cartoon, "Without Reservations" is published daily in the *Santa Fe New Mexican* and *The Taos News*. It explores the irony and poignant humor found in the Native American experience of living in dominant culture. He brings attention and focus to serious issues as a way to foster understanding and change by making us see things in a new and relatable way.

We will persevere if we protect our community, families, and ourselves.

We are one. Love and respect one another.



Special thanks to New Mexico's Behavioral Health Services Division – Office of Substance Abuse Prevention, Indian Affairs Department, and the following Local Collaboratives (LC): LC 15 – Navajo Nation, LC 16 – Pueblos of Cochiti, Jemez, Kewa, Sandia, San Felipe, Santa Ana, and Zia, and LC 18 – Eight Northern Pueblos of Nambe, Ohkay Owingeh, Picuris, Pojoaque, San Ildefonso, Santa Clara, Taos, and Tesuque.

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**For more information please visit doseofreality.com
or visit New Mexico's Indian Affairs Department at iad.state.nm.us**

