

# NATIVE AMERICANS

## ART

### WEAVING

Cut slits in a 12" x 18" sheet of construction paper, leaving a 2" border intact. Cut 12" x 1" strips of paper to weave through slits. Show children how to go over and under. Secure ends with tape or glue.

### KACHINAS

Make Kachinas by attaching a head, arms, and legs cut from cardboard to a tongue depressor. Have them decorate with markers, tempera, paint, and feathers. Kachinas can also be made from empty spools. Glue three empty spools together, and draw face, arms, and legs. Decorate with paint and feathers.

### BROWN-BAG SKINS

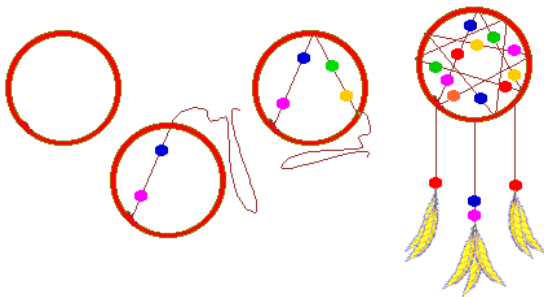
Open a brown grocery bag at seams and flatten. Cut into "skin" shape (Imagine a bear-skin rug.) Soften "hides" by crumpling and smoothing bags several times. Paint or draw designs on surface.

### CLAY POTS

Make pots from coils of clay. Bake and paint.

Clay recipe: 1 Cup salt, 1/2 Cup water, 2 Tbs oil, 2 Cups flour. Knead and shape dough, bake 250 degrees until hardened, (about 2-3 hours)

### OJIBWA DREAM CATCHER



1. Shape a wire hanger into circle and wrap with flannel.
2. Tie on beaded strings and feathers.
3. Hang to catch good dreams.

### PAPER BAG VEST

Cut a neck hole in the bottom of a large brown paper bag and two armholes in the sides. Cut open front of bag from bottom edge up to neck hole. Decorate with crayons. Cut fringe along bottom edge.

## MACARONI NECKLACES

Use several shapes and sizes of hollow macaroni. Paint and let dry. Thread on string and tie ends to make necklace.

## CANOE

Fold 9" x 12" sheet of brown construction paper in half. Cut canoe shape from paper. Use paper punch and punch holes along curved edge of canoe. Tape the end of a strand of yarn to make stiff. With taped end of yarn, have the children string the yarn through the holes. Decorate the outside of the canoe.

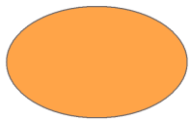
## SAND PAINTINGS

Use colored sand from hobby shop or color your own. (recipe -- 1/2 cup sand, washed, dried and sifted 1 Tablespoon powdered paint. Mix and shake onto surface.) Use baby food jars or clear plastic cups. Layer sand in containers with teaspoon. Heap against side of jar. Push depressions into some parts with sticks or spoon tip. Fill depressions with different colored sand. Experiment!

## SAND PAINTINGS 2

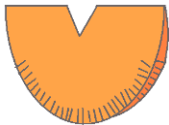
The Navajo culture used sand painting as a spiritual part of their culture. Rather than copy their patterns, allow children to make up their own designs. Coat cardboard pieces with equal parts of white glue and water and sprinkle with sand. Allow to dry. Use fine line of glue to draw designs on background. Drop sand into design. Turn over quickly (to avoid drips) and shake off excess sand.

## EASTERN WOODLAND FRINGED CAPE



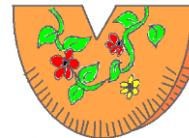
1. Use wide paper or brown grocery bag to form cape.
2. Cut large oval from paper.

3. Fold in half and cut diamond-shaped hole.



4. Cut fringe starting about 1/4 of the way down from top edge.

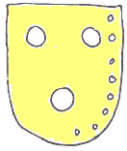
5. Paint with flowers and vines.



## TOTEM POLE

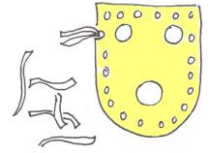
Fold a piece of white paper in half. Drop several colors in crease and fold over to blot. Open paper and let paint dry. Cut around blobs (they will be symmetrical) and glue resulting shapes to cardboard roll to make a fancy totem pole.

## IROQUOIS SUN MASK

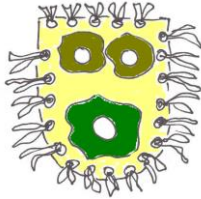


Use old file folder to make mask. Cut mask-shape. Add eyes and mouth.

Punch holes around edges and tie on corn husks or yarn.



Paint



features.

## DANCE CUFFS

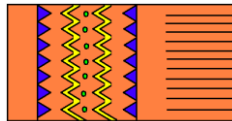


1. Using brown paper bag, cut 2 5" x 12" rectangles.

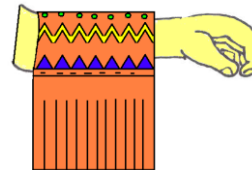
2. Cut fringe into one end of rectangle.



3. Color cuffs.



4. Wrap around arms and staple across middle.  
dance.



Let children

## SNACK

### INDIAN CANOES

Celery  
Cream cheese  
Cheese whiz  
Peanut butter

Clean and cut celery into 3: lengths. fill canoes with cream cheese, cheese Whiz or peanut butter.

### POPCORN

Popcorn was often packed by Native Tribes for long journeys. You can pour maple syrup over it to make a tasty treat. (like the Indians did for the Pilgrims.)

## OTHER FUN STUFF

### HULA HOOP TEEPEE

Tape a hula hoop to the floor. Hang a bent coat hanger from the ceiling. Run string or heavy yarn from hoop to hanger in 4-5 places around ring. Cover yarn frame with large piece of fabric, a sheet, or a lightweight blanket. VARIATION: Tear brown paper bags into pieces and attach to yarn frame. Allow children to paint the teepee with colorful scenes. Make sure to leave an opening so the kids can get inside!

### DRUMS

Use empty cans or oatmeal boxes to make drums. Color and decorate with feathers.

### RATTLES

Rattles and drums were used in ceremonies to create beat. Rattles were made from dried gourds, carved wood, turtle shells, and other materials. make simple rattles by filling margarine containers with beans, dry pasta, wood chips, gravel, unpopped popcorn, or rice. Tape lids onto containers. Shake to make different sounds and rhythms. Challenge children by shaking rattle behind a screen and letting them try to guess what is making the sound.

### SIGN LANGUAGE

Many different languages were spoken by the Native Americans, Therefore, many communicated with sign language. Teach children some of the following signs and let them make up signs for other things that are important to them.

Friend = hold up middle and index fingers while closing thumb over fourth and fifth finger (like peace sign)

Tipi = make triangle shape out of left and right index fingers

Walk = hold hands palm down, move one hand then other as though walking

Woman = pretend to comb hair with curved fingers from top of head to shoulders

You = point index finger at the other person

See = hold index and middle finger in front of eyes and point in appropriate direction.

Man = point index finger up palm toward face then raise hand in front of face

## GAMES

(based on an authentic Native American games)

### BOWL GAME

In this game, participants threw a decorated rock or peach pit into the air with one hand and tried to catch it in a bowl held in the other hand. Use a large, lightweight plastic bowl and a table tennis ball to play a variation of this game.

### BALL TOSS

Children lie on backs and toss a ball over heads behind them. Winner is person who throws furthest. Point of first bounce is counted as distance. Variations of game can be made up to enjoy. Try throwing balls backward and forward from standing, kneeling, and lying position.

### **ON THE MARK**

Games that prepared children for hunting were popular. In one game, arrows were shot at targets. Paint a target with red, yellow, green, and blue circles. Tape to wall and let children try to hit various colored circles with tennis ball.

### **FEATHER RACE**

1. Divide children into two teams and give each team a plate and a feather.
2. Mark start/finish line for race and a turn-around point.
3. Each child must walk as fast as he can balancing feather on the plate. (without touching feather)

### **FISH TRAP GAME**

Select one person to be fish. Have rest of class join hands. Have the fishing line of people move around in single file, following the lead person who dries to catch the moving fish. When fish is caught, a new fish is chosen and play begins again.

### **LAUGHING GAME**

Divide class into two teams. Put in single file on opposite sides of room. Have first person from each team face on another in center of room and try to make the other person laugh by making silly faces. The first person who laughs is out and the player opposite returns to the end of the line for future turn. The game is over when either team is left without players.

### **MOCCASIN GAME**

In this game pebbles were hidden inside one of three moccasins. Children can play variation of game by hiding marbles or other counters in shoes. Clues can be given by one child or a teacher while others try to guess which shoe has the counters. (math concepts can be reinforced by hiding a particular number of marbles and having kids guess how many. Color concepts can be reinforced by guessing the color)

## FINGERPLAYS

### BRAVE LITTLE INDIAN

Little Scout was an Indian boy. (Hold 2 fingers at back of head)  
He was so brave and strong. (Fold arms across chest and flex muscles)  
He took his bow and arrow (Hands hold bow and arrow)  
And hunted all day long. (Shade eyes)  
He wanted to catch the grizzly,  
A great e-NORMOUS bear -- Grr-rrr. (Hold arms up, spread fingers, growl)  
He took his bow and arrow (Holding bow and arrow)  
And hunted everywhere. (Shade eyes)  
He looked along the river,  
As he paddled his canoe. (paddle with arms)  
He climbed up on the hill, (climbing motions)  
To get a better view, (Shade eyes)  
He saw a furry rabbit with his cottontail (both hands wiggle behind)  
and tall ears (Hands make tall ears)  
And there, with great huge antlers (spread fingers on either side of head)  
He saw a mighty deer.  
And suddenly from behind a rock, came Mr. Grizzly Bear. (Growl, raise hands, look mean)  
Little Scout took one look, and ran away from there. (run in place)

### SACAJAWEA

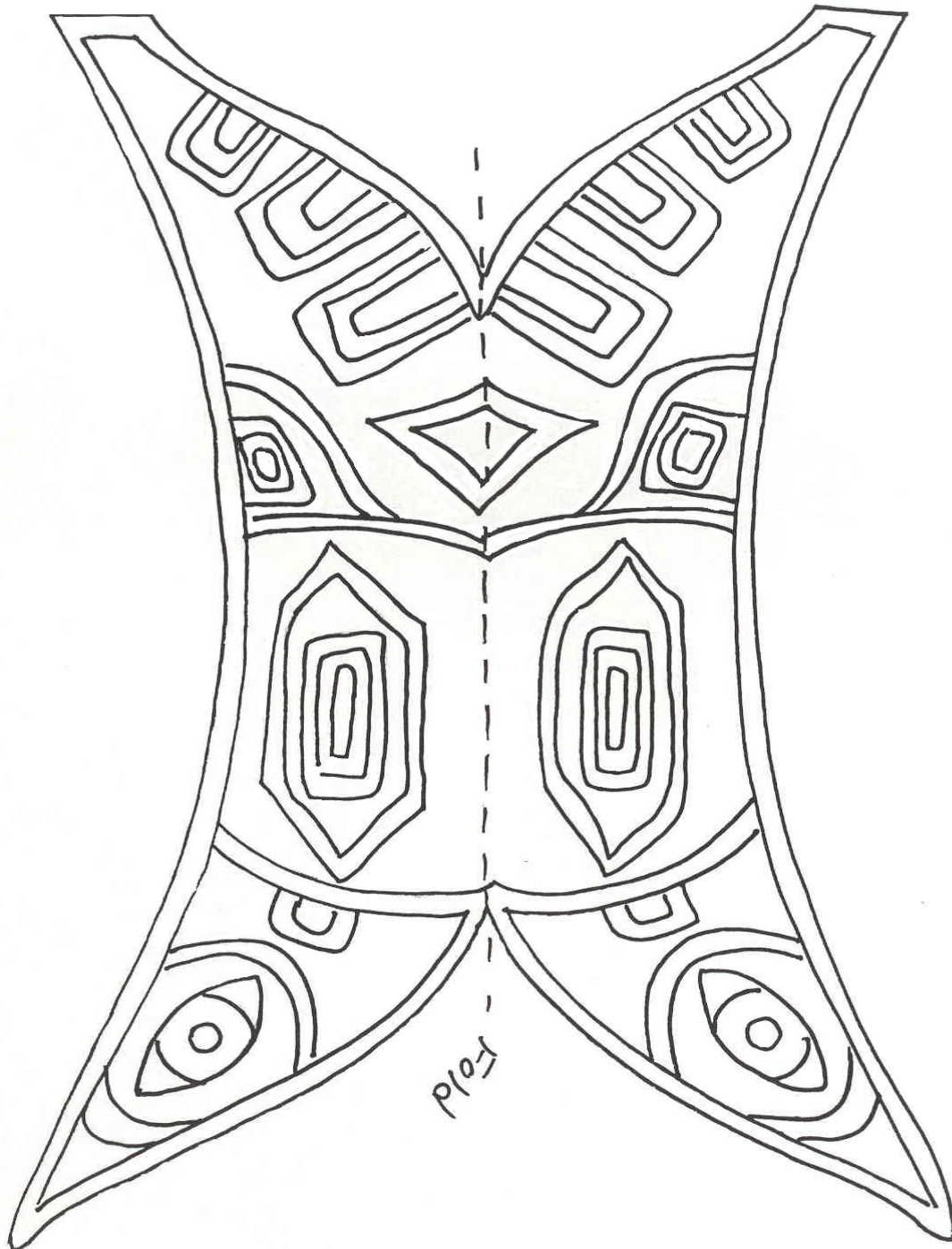
Paddle, paddle our canoe, (make paddling motion)  
Let's paddle in this way,  
Sacajawea will be our guide,  
Let's follow her today.  
Tramp, tramp through the woods,  
Let's tramp our feet this way. (tramp in place)  
Sacajawea will be our guide,  
Let's follow her today.  
Climb, climb the mountain high,  
Let's climb so high this way,  
(make climbing motions)  
Sacajawea will be our guide,  
Let's follow her today.

### INDIAN CHILD

If I were an Indian child,  
This is what I'd do,  
I'd shoot my bow and arrow (Aim bow and arrow)  
And paddle my canoe. (paddle with arms)

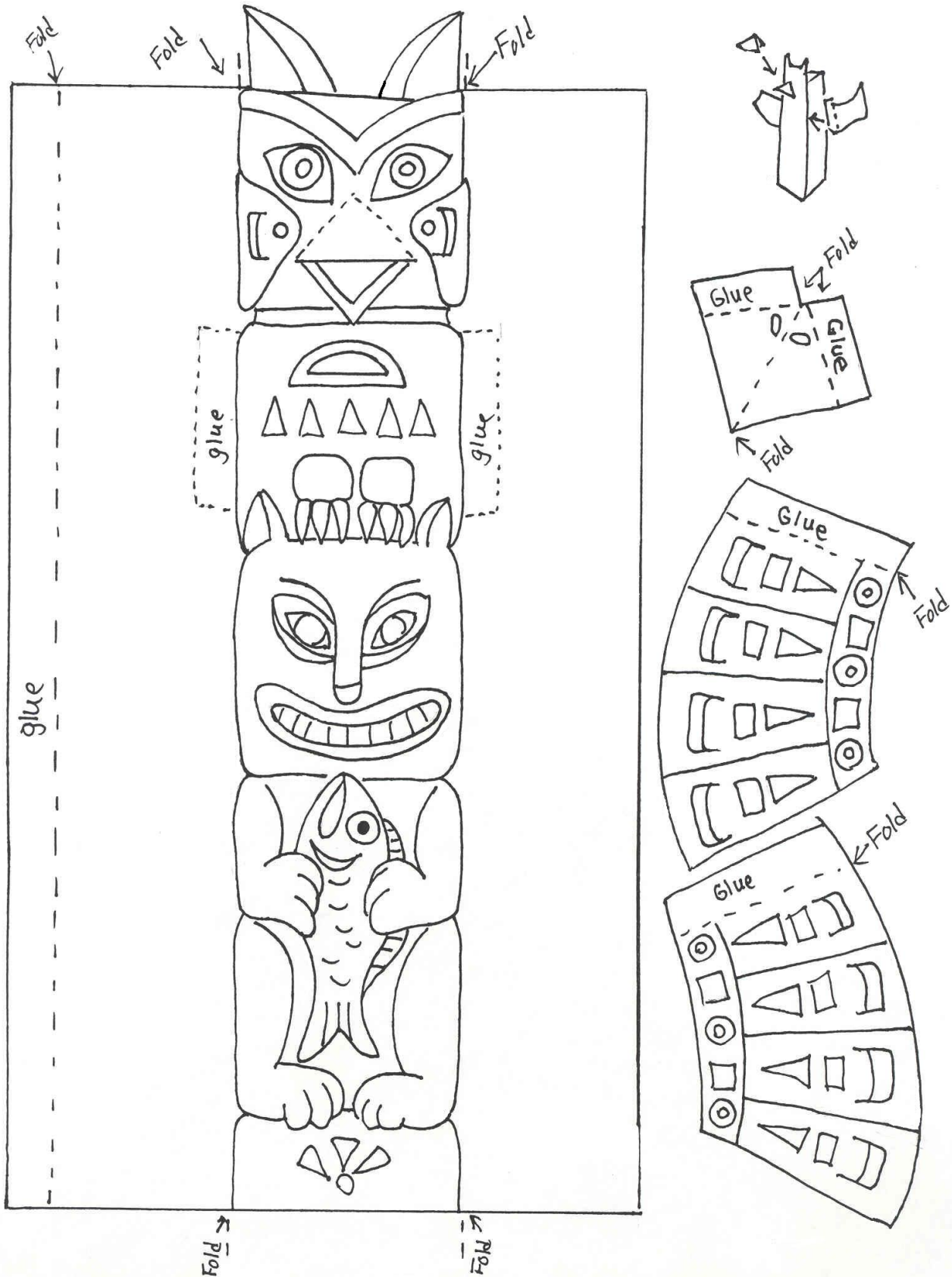
## CANOE

Copy pattern for each child and let him color. Cut and fold on line. Glue outside edges together leaving top open.



# NORTHWEST TOTEM POLE

Cut and color pattern. Fold on dotted lines to form triangle. Glue small pieces to pole where indicated for beak and wings.





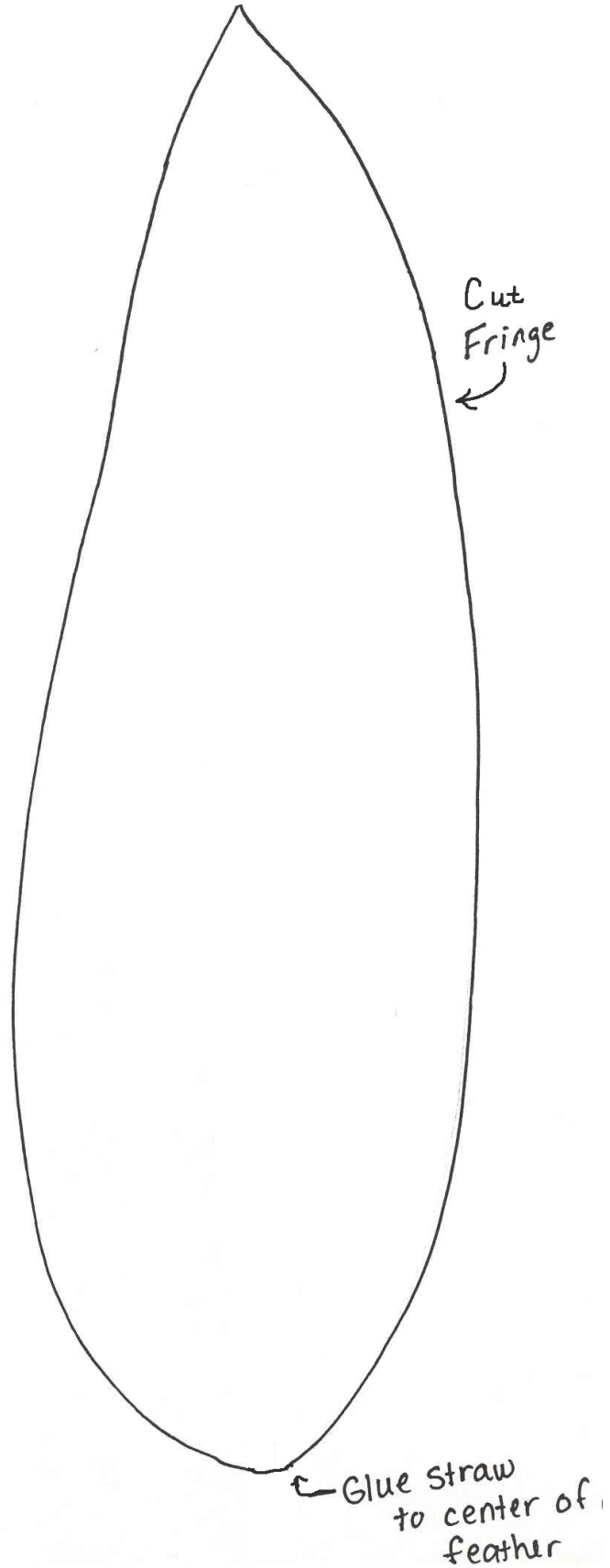
## HEADBAND (PACIFIC NORTHWEST)

Cut and color pattern. Glue round oat cereal or buttons to circles. Cut paper strip to fit child's head and staple to both sides.



## HEADBANDS

Copy and cut several feathers for kids. Let them cut fringe and color. Glue a straw to center of each. Cut a paper strip to fit around child's head. Attach feathers to headband.



## NATIVE AMERICAN BOOKS

J 394 CRU	Crum	Eagle Drum (Kalispel)
J 398 MAR	Martin	Boy Who Lived With The Seals (Chinook)
J 398.2 ABE	Abernathy	How The Critters Created Texas (Alabama, Koasati)
J 398.2 ATA	Ata	Baby Rattlesnake (Chickasaw)
J 398.2 BIE	Bierhorst	Woman Who Fell From The Sky (Iroquois)
J 398.2 BRU	Bruchac	Boy Who Lived With The Bears (Iroquois)
J 398.2 BRU	Bruchac	Earth Under Sky Bear's Feet
J 398.2 BRU	Bruchac	First Strawberries (Cherokee)
J 398.2 BRU	Bruchac	Gluskabe And The Four Wishes (Abenaki)
J 398.2 BRU	Bruchac	Great Ball Game: A Muskogee Story (Creek)
J 398.2 ESB	Esbensen	Great Buffalo Race (Seneca)
J 398.2 GOB	Goble	Adopted By The Eagles (Dakota/Lakota Sioux)
J 398.2 GOB	Goble	Boy And His Mud Horses And Other Stories From The Tipi (Pawnee, Mandan, Cheyenne, Blackfoot, Lakota, Osage, Arikara, Many Nations, Navaho, Dakota, Assiniboine, Arapaho)
J 398.2 GOB	Goble	Crow Chief (Dakota Sioux)
J 398.2 GOB	Goble	Her Seven Brothers (Cheyenne)
J 398.2 GOB	Goble	Iktomi And The Berries (Plains)
J 398.2 GOB	Goble	Iktomi And The Boulder (Lakota Sioux)
J 398.2 GOB	Goble	Iktomi And The Ducks (Lakota Sioux)
J 398.2 GOB	Goble	Legend Of The White Buffalo Woman (Great Plains)
J 398.2 GOB	Goble	Return Of The Buffaloes (Lakota)
J 398.2 GOB	Goble	Storm Maker's Tipi (Blackfoot, Siksika)
J 398.2 HAU	Hausman	Coyote Walks On Two Legs (Navajo)
J 398.2 HAU	Hausman	Eagle Boy (Navajo)
J 398.2 JON	Jones	Heetunka's Harvest (Dakota)
J 398.2 KEA	Keams	Grandmother Spider Brings The Sun (Cherokee)
J 398.2 LEW	Lewis	Storm Boy (Northwest Coast, Haida, Tlingit)
J 398.2 LON	London	Fire Race (Karuk)
J 398.2 MAR	Martin	Rough-Face Girl (Algonquin)
J 398.2 MAY	Mayo	That Tricky Coyote
J 398.2 MCD	McDermott	Coyote (Zuni)
J 398.2 MCD	McDermott	Raven: A Trickster Tale From The Pacific Northwest
J 398.2 ROD	Rodanas	Follow The Stars (Ojibwa)
J 398.2 ROS	Rosen	Dog Who Walked With God (Kato)
J 398.2 ROS	Ross	How Turtle's Back Was Cracked (Cherokee)
J 398.2 SAN	San Soci	Legend Of Scarface (Blackfeet/Siksika)
J 398.2 SAN	San Souci	Sootface – An Ojibwa Cinderella Story (Ojibwa)
J 398.2 SAN	San Souci	Two Bear Cubs (Miwok)
J 398.2 SHE	Shetterly	Raven's Light (Northwest Coast)
J 398.2 STE	Sterns	Kokopelli And The Butterfly (Pueblo)
J 398.2 STE	Stevens	Coyote Steals The Blanket (Ute)
J 398.2 TAY	Taylor	Coyote And The Laughing Butterflies (Tewa)
J 398.2 TAY	Taylor	Coyote Places The Stars (Wasco)
J 398.2 YOU	Young	Moon Mother (Creation Story)
J 398.208 HAL	Haley	Kokopelli Drum In Belly (Pueblo)
J 398.21 GOB	Goble	Lost Children (Blackfoot)
J 398.22 COH	Cohlene	Ka-Ha-Si And The Loon (Eskimo)
J 398.22 DOM	Dominic	Red Hawk And The Sky Sisters (Shawnee)
J 398.24 DOM	Dominic	Coyote And The Grasshoppers (Pomo)
J 398.24 DOM	Dominic	First Woman And The Strawberries (Cherokee)

J 398.24 DOM	Dominic	Song Of The Hermit Thrush (Iroquois)
J 398.24 LEW	Lewis	Frog Girl (Pacific Coast)
J 398.24 VAN	VanLaan	Buffalo Dance (Blackfeet/Siksika)
J 398.242 DEP	dePaola	Legend Of The Indian Paintbrush (Plains)
J 398.245 DUV	Duvall	How Rabbit Lost His Tail (Cherokee)
J 398.25 DOM	Dominic	Brave Bear And The Ghosts (Dakota Sioux)
J 398.26 COH	Cohlene	Dancing Drum (Cherokee)
J 398.26 ESB	Esbensen	Star Maiden (Ojibwa)
J 597.96 DEW	Dewey	Rattlesnake Dance (Hopi)
J 690.092 WEI	Weitzman	Skywalkers (Mohawk)
J 693 STE	Steltzer	Building An Igloo (Inuit)
J 731.7 HOY	Hoyt-Goldsmith	Totem Pole (Tsimshian, Clallam)
J 731.7 JEN	Jensen	Carving A Totem Pole (Niska)
J 745 GOU	Gould	Kids' Multicultural Craft Book (Tlingit, Athabaskan, Inuit, Algonquin, Zuni)
J 745.5 TRO	Trottier	Native Crafts
J 754.5 BLO	Blood	American Indian Games and Crafts
J 811 BRU	Bruchac	Thirteen Moons On Turtle's Back (Cherokee, Sioux, Creek)
J 811 SEA	Seattle	Brother Eagle Sister Sky (Suquamish)
J 813 BOU	Bouchard	Long Powwow Nights
J 897 DAN		Dancing Teepees
J 970.3 YAS	Yasuda	Explore Native American Cultures – With 25 Great Projects
J 971 LIT	Littlechild	This Land Is My Land (Plains Cree)
J 92 SITTINGBULL	Adler	Picture Book Of Sitting Bull (Hunkpapa Sioux)
E ALEXIE	Alexie	Thunder Boy (Inupiat / Inuit?)
E BANIA	Bania	Kumak's Fish (Inupiat / Inuit)
E BANIA	Bania	Kumak's House (Inupiat / Inuit)
E BERKES	Berkes	Over In The Arctic Where The Cold Winds Blow
E BRETT	Brett	Three Snow Bears (Inuit)
E BRUCHAC	Bruchac	Boy Called Slow (Dakota/Lakota Sioux)
E BRUCHAC	Bruchac	Fox Song (Abenaki)
E BRUCHAC	Bruchac	Rabbit's Snow Dance (Iroquois)
E BRUCHAC	Bruchac	Raccoon's Last Race (Abenaki)
E BRUCHAC	Bruchac	Turtle's Race With Beaver (Seneca)
E BUNTING	Bunting	Cheyenne Again (Cheyenne)
E BUNTING	Bunting	Moonstick (Sioux / Dakota)
E BUSHYHEAD	Bushyhead	Yonder Mountain (Cherokee)
E CHANIN	Chanin	Chief's Blanket (Navajo)
E COWLEY	Cowley	Big Moon Tortilla (Tohono O'odham)
E DEPAOLA	dePaola	Legend Of The Bluebonnet (Comanche)
E EHLERT	Ehlert	Mole's Hill (Woodland)
E FORD	Ford	Ocean's Child (Inuit)
E FRANKLIN	Franklin	Shepherd Boy (Navajo)
E GEORGE	George	Arctic Son (Inuit)
E GEORGE	George	Nutik And Amaroq Play Ball (Inuit)
E GEORGE	George	Snow Bear (Inuit)
E GOBLE	Goble	Dream Wolf (Plains Indians)
E GOBLE	Goble	Iktomi And The Coyote (Plains)
E GOBLE	Goble	Iktomi Loses His Eyes (Lakota)
E GOBLE	Goble	Mystic Horse (Pawnee)
E GOBLE	Goble	Remaking The Earth (Algonquin)
E GREENFIELD	Greenfield	Sister Yessa's Story (No Particular Tribe)

E HARJO	Harjo	Good Luck Cat
E HELLER	Heller	How The Moon Regained Her Shape
E HENNESSY	Hennessy	One Little, Two Little, Three Little Pilgrims (Wampanoag)
E HIMMELMAN	Himmelman	Pipaluk And The Whales (Chukchi)
E JOOSE	Joose	Mama, Do You Love Me (Inuit)
E KAY	Kay	Broken Feather (Nez Perce)
E KOLLER	Koller	Nickommoh! A Thanksgiving Celebration (Narragansett)
E KROLL	Kroll	Seasons And Someone (Inuit)
E LEMIEUX	Lemieux	Full Worm Moon (Algonquian)
E LEUNN	Leunn	Nessa's Fish (Inuit / Eskimo)
E LIND	Lind	Bluebonnet Girl (Comanche)
E LYON	Lyon	Dreamplace (Pueblo)
E MACGILLCALLAHAN	MacGill-Callahan	And Still The Turtle Watched
E MARTIN	Martin	Knots On A Counting Rope
E MCCAIN	McCain	Grandmother's Dreamcatcher (Chippewa)
E MCDERMOTT	McDermott	Arrow To The Sun (Pueblo)
E MEDICINECROW	Medicine Crow	Brave Wolf And The Thunderbird (Mondana)
E MESSINGER	Messinger	When The Shadbush Blooms (Delaware / Lenape)
E MITCHELL	Mitchell	Red Bird (Nanticoke - Modern)
E NELSON	Nelson	Coyote Christmas (Lakota)
E NELSON	Nelson	Gift Horse (Lakota)
E NEZ	Nez	Forbidden Talent (Navajo)
E OSOFSKY	Osofsky, A.	Dreamcatcher (Ojibwa)
E PARISH	Parish	Good Hunting, Blue Sky
E POLACCO	Polacco	Boat Ride With Lillian Two Blossom (Michigan Area)
E ROBERTSON	Robertson	Hiawatha And The Peacemaker (Mohawk & Iroquois)
E RYLANT	Rylant	Long Night Moon (No Specific Tribe)
E SABUDA	Sabuda	Blizzard's Robe (Inuit)
E SAGE	Sage	Where The Great Bear Watches (Inuit)
E SANSOUCI	San Souci	Sootface – An Ojibwa Cinderella Story (Ojibwa)
E SANTIAGO	Santiago	Home To Medicine Mountain (Maidu Indians)
E SAY	Say	Home Of The Brave
E SCOTT	Scott, A.	On Mother's Lap (Inuit)
E SLOAT	Sloat	Berry Magic (Yupik Inuit)
E SMITH	Smith	Jingle Dancer (Muscogee/Creek)
E SNEVE	Sneve	Christmas Coat – Memories Of My Sioux Childhood (Sioux)
E STAFFORD	Stafford	Snow Bear (Inuit)
E STRETE	Strete	How The Indians Bought The Farm
E STRETE	Strete	Rattlesnake Who Went To School (?Apache)
E STROMAIN	St. Romain	Moon's Cloud Blanket
E STROUD	Stroud	Doesn't Fall Off His Horse (Kiowa)
E TINGLE	Tingle	When Turtle Grew Feathers (Choctaw)
E VANCAMP	Van Camp	What's The Most Beautiful Thing You Know About Horses? (Canada/Dogrib)
E VOTAW	Votaw	Good Morning, Little Polar Bear (Arctic - Inuit)
E WINSLOW	Winslow	Dance On A Sealskin (Yupik Inuit)
E YAHGULANAAS	Yahgulanaas	Little Hummingbird (Haida?)
E YAZZIE	Yazzie	Dibe Yazhi Taa Go Baa Hane – Three Little Sheep (Navajo)
E YOLEN	Yolen	Sky Dogs (Blackfeet/Siksika)
E YOUNG	Young	Hook (Pueblo)

## SOUND RECORDINGS

J 398.209 TIN                    Walking The Choctaw Road

**DVDS**

J 305.8 NAT                    Native American Heritage  
J 394 POW                    Pow Wow  
J 791.43 POC                    Pocahontas  
J 970.00497 HIS                History Of Native Americans  
J 970.3 EXP                    Exploring Our Past (series)

This list was updated on October 26, 2017