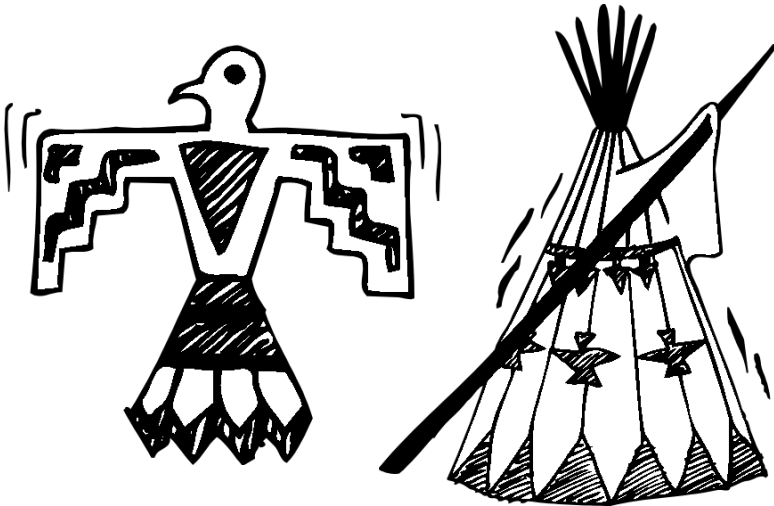


Version 1- Print on front. Cut and staple.

Version 2- Print front/back. Fold and staple.

MY NATIVE AMERICAN BOOKLET



Name _____

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THE LAND BRIDGE THEORY



Many archaeologists believe that the first natives or “first peoples” arrived in North America over 10,000 years ago during the last Ice Age. They call it the land bridge theory. During the Ice Age, the glaciers caused sea levels to be much lower than they are today. The water was locked up in the huge glaciers. This uncovered a stretch of land called Beringia creating a passageway from Asia to North America. When the climate warmed approximately 10,000 years ago, the glaciers melted. This caused the sea level to rise and cover that piece of land. We now call it the Bering Strait because it is emerged in water. Although North America was covered with a sheet of ice and difficult to live in at the time, natives still came across the land bridge. Archaeologists believe they actually walked from Asia to North America following their main sources of food, the large herds of woolly mammoths. That is why the first peoples were referred to as nomads or wanderers. They wandered after their food and had no permanent settlement. These first Americans kept migrating south and eventually spread throughout North America.

How these first peoples actually arrived in the Americas is still a debate. Some archaeologists think they came by foot across Beringia, others believe they came by wooden boats along the Pacific Coast, while others think they lived in Beringia for a period of time. What do you believe?

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Eastern Woodlands



masks



Tomahawk

There were many tribes within the Northeastern region. The tribes were grouped according to their language: Iroquoian, Algonquin, and Siouan. The most powerful group of Indians was the Iroquois League of Nations. The League was formed when five nations (Cayuga, Mohawk, Oneida, Onondaga, and Seneca) came together to form an alliance of Native Americans who spoke the same language, believed in the same gods, had similar customs, and considered cooperation to be an important quality of everyday life. Within this league, there was a Great Council, a central government formed to represent each nation. Their primary purpose was to keep the Great Law of Peace, which said that Iroquois should not kill each other. They also made important decisions and laws for each tribe and village.

The Native Americans in the Eastern Woodlands had many resources for survival. The soil of the region was fertile and able to support crops. They had rivers, lakes, and coastal waters to use for drinking water and fish for food. There were large forests which were home to the animals they hunted. Rainfall was moderate, which helped the crops flourish. Since this area was rich in natural resources, the Native Americans were able to be hunters, gatherers, fishermen, and farmers.

In the Eastern Woodlands there were a wide variety of animals to hunt. Animals roamed through the vast forests and often migrated along the rivers and streams. Some animals commonly hunted in this area were bear, deer, raccoons, rabbit, and elk. Beavers made dams in the rivers and were hunted for their skins. The rivers were also home to many different types of fish. The Eastern Woodlands people mostly traveled by foot and by canoe when

hunting and fishing. Their canoes were made out of birch bark and held together by tree gum.

These Native Americans were able to gather foods grown in the wild and also farm their own foods. The bushes of the forest provided an abundance of berries, and rivers and coastal waters provided shellfish. The Natives also grew and harvested corn, beans, squash, pumpkins, and melons. Can you infer that food was plentiful in this region?

Since people in the Eastern Woodlands did not have to go far for food, their homes were sturdy and made for permanent residence. Most of them lived in long rectangular buildings called longhouses. The frames of a longhouse were made of wooden poles and young trees, which were then covered over with bark. Several families lived in one longhouse. Longhouses were owned by the tribe's women. Other Natives lived in smaller homes called wigwams. They had wooden frames and were covered by woven mats and sheets of birch bark to form a dome shape.

Like all Native tribes, the Eastern Woodlands people had many unique beliefs and customs. They were known to pray for the animals they killed to honor their sacrifice. If someone was sick, they would wear masks to try to scare away the evil spirit causing the sickness. If someone in the tribe died, they would hold a Cry Ceremony that lasted five days to express their sadness. Face paint was worn for special occasions, war, and as an expression of feelings. Red represented life, black represented death or grief, and purple represented royalty or was a sign of a special event. The Natives also wore Wampum Belts, which were made from stringing shells together and were used during tribal ceremonies.

Even though the Eastern Woodlands people practiced their Peace Law within their nation, they were skilled at war with other tribes and Europeans. They used the tomahawk, a small axe that could be thrown, and the bow and arrow. They were known for performing scalp dances to celebrate victories. The Mohawk nation was where the Mohawk hairstyle originated. It was originally a way to intimidate enemies during war. The Mohawks would pull or pluck their hair out (not shave like we do today) to look fierce and frightening.

There is so much more to learn about the Eastern Woodlands people! Conduct your own research to discover more interesting facts!

Southeast



Dugout canoe



Snakeroot poisoning

There were many tribes within the Southeast region. The five "civilized" tribes were the Cherokee, Chickasaw, Choctaw, Creek, and Seminole. A very large and important tribe was the Cherokee. They had two kinds of chiefs. A red chief was a leader in war. When they weren't at war, they were training the warriors. During this time, the white chief was the leader. The white chief would serve on a council to help make decisions for the tribe. The Cherokee also had women warriors, unlike most other tribes. Cherokee women held power over their families, participated in government, and even fought in wars.

The Native Americans in the Southeast had many resources for survival. The climate was moderate, and there was fertile soil to grow crops. They had rivers, lakes, and coastal waters which provided drinking water and a place to fish. The land was also covered by many large forests, which were a habitat for wild animals. In the Southeast most days were sunny, but there was still enough rain to make sure that crops flourished. With this area rich in natural resources, the Native Americans were able to be hunters, gatherers, fishermen, and farmers.

The Southeast had a wide variety of animals to hunt. They often migrated through the forests and along streams. The most popular animal hunted in these forests was deer. Other animals like turkey, rabbits, and turtles were also favorites. Nearby waters were home to numerous kinds of fish. While hunting and fishing, the Southeast people would travel by foot, rafts, or canoes. To catch their food, they used bows and arrows, spears, nets, and animal traps. Like the Great Plains buffalo hunters, the Southeast

hunters were known for using every part of the animals they killed. For example, they used the turtle eggs and meat for food and their shells for rattles, which they used during ceremonies and prayers.

These Native Americans were able to gather wild food and farm their own as well. The bushes of the forest provided an abundance of berries and the waters provided shellfish. Corn, beans, squash, pumpkins, and many other crops were planted and harvested by these Natives. They used exquisitely designed baskets to collect their food. Can you infer that food was plentiful in the region?

Since the people of the Southeast did not have to go far for food, their homes were sturdy and made for permanent residence. They lived in villages with a village square for meetings and ceremonies. Tall poles surrounded the homes and were tied together to form a stockade (a high fence). Cherokee families would own two homes in different villages. In the summer, they lived in long rectangular buildings made of tree and bark called longhouses. These were large, cool, and airy in the hot Southeastern summers. Several families lived in one longhouse, which was owned by the women in the tribe. In the winter, the Cherokee lived in small homes called wigwams. They had wooden frames and were covered with sheets of birch bark, mud, sticks, and grass to keep the cold out.

Like all Native tribes, the Southeast people had many unique beliefs and customs. Before going to war, they would fast for three days, then drink snakeroot potion. This would cause them to vomit to help purify their bodies' spirits. The Cherokee worshipped the Deer God. They only killed what they needed for their families in fear that the Deer God would get mad at them and stop providing food. The Cherokee also wore animal skins in hopes of obtaining that animal's skills. Do you think animals were important to the Cherokee? They also had an annual Green Corn Ceremony. When the corn they had recently harvested was ready to eat, they held the ceremony to thank their gods for their good fortune and to continue their luck.

There is so much more to learn about the Southeast people from yesterday and today! Conduct your own research to discover more interesting facts!

Great Plains



tepee



powwow

There were many tribes within the Great Plains region. Some of the more important tribes were the Sioux, Blackfoot, Cheyenne, Mandan, Kiowa, Crow, and Pawnee. These tribes did not share a language and frequently were in conflict with each other.

The Native Americans in the Great Plains did have some resources to survive, but they also suffered many hardships. They had some rivers and streams to fish and to use for water, wild fruit to gather, and an abundance of game to hunt. They gathered berries and cherries found on bushes and trees. They planted and harvested corn, beans, squash, and pumpkins along the rivers and streams. They also hunted small game and buffalo. However, many tribes found living in the Great Plains difficult due to the lack of rain, hot summers, and cold, snowy winters. When they did receive rain, it often caused dangerous floods in the region. They also had to travel long distances on foot when hunting buffalo, which was challenging. These hardships resulted in many of this region's early Native American tribes moving to other places.

The biggest triumph of Great Plains living was buffalo hunting. Buffalo was the main source of food for the Great Plains tribes. The meat could be dried and stored for long periods of time. Besides eating the meat, Native Americans also found ways to use every part of the buffalo for clothing, blankets, pots, tools, and utensils. The stomachs were even used for medicine bags, bowls, and buckets! After a successful hunt, the Natives would put the animal on top of a travois, a frame made from poles and skins, and use dogs to pull their prize back to camp.

When the Europeans began to bring horses over for trade, more people moved to the Great Plains. The horses provided better transportation to hunt buffalo and cover long distances. The Natives did not adopt everything the Europeans brought, however. The tribes still used bows and arrows for hunting even after the Europeans introduced guns.

The Great Plains people had two kinds of housing. Natives either became nomads (wanderers) to follow the roaming buffalo herds or chose to live near rivers and streams because the moist soil there allowed them to grow crops. The hunters who followed the buffalo used a temporary type of home called the tepee, made from buffalo hide stretched over poles. The opening of the tepee always faced east. The outside of the tepee would be decorated with painted pictures of animals and other important tribal symbols. They were built so that rain would not seep in, but smoke would still be able to creep out. In villages, the Natives lived in lodges, which were large round huts built over a deep hole. Lodges were more permanent housing than tepees.

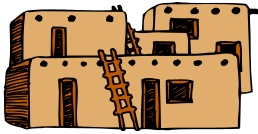
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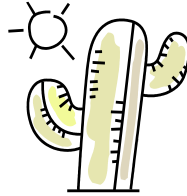
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Scalped- remove the scalp or a part of the scalp

Southwest



Pueblo



Hot and arid

The Southwest was home to Native Americans called Pueblos, who were descendants of the **Anasazi** people, "ancient ones" who had lived in Southwest for thousands of years. The name **Pueblo** is a Spanish term for "town" or "village" and refers to the places that the Natives lived, but not to the names these tribes called themselves. The largest Pueblo villages were home to the Hopi, Taos, and Zuni people. Unlike the tribes belonging to the Iroquois League of the Northwest, which shared a similar language, the Pueblo villages did not share a language. Also, like their Anasazi ancestors, each Pueblo village had its own government. The clans within the villages would choose a leader to represent them on the **Village Council**. If many villages needed to meet for larger issues at a tribal council, each village chose a representative to speak for them so that they could have a voice in the decisions the council made.

The Southwest did not have many natural resources to help the Natives survive. The land was dry, lacking trees and rivers. Pueblo people often suffered from periods of **drought**. Because of this hardship, Pueblo people had to be creative in how they got water to their crops. Sometimes, they would even go to the tops of hills and roll giant snowballs down to their crops. Did you know that they were also the first Natives to develop their own **irrigation system**? They dug waterways to get water from the rivers to the areas where their crops were harvested, cutting across dry land. The Pueblos were brilliant people.

Pueblo people were creative in other ways too. They grew cotton, which the men would weave into lightweight clothing. The women used clay and brightly-colored paint to make beautiful pottery for everyday use. The Pueblo were considered to be the most skilled potters. Women also made

fascinating baskets from willow and yucca. All of these objects were both useful and pleasant to look at.

The people of the Southwest were hunters, gatherers, and farmers. Although Pueblo people were able to hunt rabbits and elk and could gather some wild berries, the crops were their main source of food. Because of their creative methods, the Pueblo were probably the best farmers! They grew crops such as squash, beans, and corn, also called "**maize**". Maize was the bulk of their diet. After harvest, they would dry, grind, and store it. They grew over 24 different varieties of maize, although yellow and blue varieties were the most popular. Because farming was so important to them, the Pueblo would designate someone as a "sun watcher" to let the farmers know when the best time was to plant and harvest their crops.

Most of the Natives of the Southwest lived in villages called pueblos. These were multi-story houses made of **adobe** (a mixture of clay and straw baked into hard bricks). Adobe homes were easy to build in the dry, hot climate because the bricks could be mixed and dried very quickly. They were built on top of **mesas** (hills with flat tops) to keep away enemies. On top of the mesas, the Pueblo people could see for miles! Their homes were very similar to what apartment buildings are like today. An adobe building might hold an entire clan, and each family inside the building would have its own unit. The clan houses were owned by the women. Because early Pueblo people were mainly farmers, they stayed in one place to tend their crops. The adobe homes were permanent residences, and Pueblo people mainly traveled on foot.

Like all Native tribes, the people of the Southwest had many unique beliefs and customs. The Hopi would have Snake Dances. During these dances, they would handle both poisonous and nonpoisonous snakes. This was done to worship the ancestors, in the hopes that the special dance would bring rain for a good harvest. Ceremonies and other important meetings were held in secret underground rooms called **Kivas**. They were dug under each clan house. Some ceremonies used **Kachina dolls** to help teach the tribal religion to the clan's children. The dolls were made to represent the different spirits that the tribe worshipped. Often, the men would dress up like the dolls while chanting and dancing.

There is so much more to learn about the Southwest people! Conduct your own research to discover more interesting facts!

Northwest Coast



Totem pole



whale

The Northwest Coastal region was home to many tribes. Chinooks, 'Makahs, and Kwakiutl were among the largest Native groups in the area. Unlike the tribes of other regions, the tribes of the Northwest Coast never developed democracy (which means that all citizens have a say in government). Instead, the wealthy people ruled the clan. The wealthier a man became, the more power he held in his clan. Generosity was highly valued because of this focus on wealth. If someone gave a gift to another person, that person was expected to give three gifts back. Also, the wealthiest clan at any given time had the most power in the region.

The Native Americans of the Northwest Coast had many resources to aid them in survival. They were fortunate to experience relatively mild winters and summers. It was often cool and damp, which helped plants grow and thrive. They had many rivers, lakes, and coastal waters nearby which served as sources of water for the Natives and the animals they hunted and provided a place for fish and other aquatic (water dwelling) animals to live. There were also vast forests, which provided a habitat for wild animals. Because this area was so rich in natural resources, it was easy for its Native American residents to be hunters, gatherers, and fishermen. They didn't have a need for agriculture (farming) since food was already plentiful.

The Northwest Coast was well known for its abundance of food. Animals roamed and found shelter in the lush forests along the Northwest Coast. They often migrated throughout the forests and along waterways. Some animals which were commonly hunted in this area were rabbit, deer, and elk.

The Native Americans also fished and hunted much of their food from nearby waters. Salmon, seal, and whales were some of their favorite prey, and they used harpoon-type spears to catch them. Whales, their main source

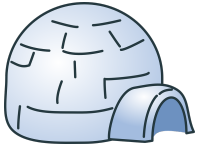
of food, were the most difficult to catch but were worth the effort. Sometimes it would take days to catch a whale, but it would provide them with food, rope, skin for containers, and blubber (whale fat) which could be used as oil and drizzled on food. The Northwest Coast people traveled by canoes made out of cedar wood called dugouts to fish for seafood. They also traveled by foot to gather foods in the wild. The bushes provided a variety of berries and the waters provided shrimp, animal eggs, and oysters. To gather the food, the Native Americans created beautiful baskets, sometimes woven with a unique family design.

Since the Northwest Coast people did not have to go far for food, their homes were sturdy and made for permanent residence. Most of them lived in long rectangular buildings called longhouses. They were made from huge cedar planks. The enormous cedar trees would be cut down and then split with beaver teeth and stone axes. One opening served as a door to the home, and another at the top allowed smoke from their fires to escape. Longhouses were so large that several families lived in a single one.

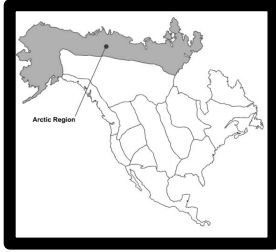
Like all Native tribes, the Northwest Coast people had many unique beliefs and customs. They had a medicine man called a shaman. He was known to control spiritual forces and use magic to help cure the sick. Members of the tribe would also construct totem poles. Each animal or symbol carved on the pole had meaning and was created to represent something in the creator's life. Only the creator of the pole was permitted to tell his story, and sometimes he chose to keep it a secret. Since these tribes had no written language, examining these totem poles helps us learn about their culture. When they were ready to raise and honor the totem pole, they often held a potlatch. A potlatch was a party that would last for days. At a potlatch, there would be a magnificent feast, and guests would sometimes receive up to 20 gifts. Tribes showed their wealth and generosity this way. Don't you wish you could go to a potlatch?

There is so much more to learn about the Northwest Coast people! Conduct your own research to discover more interesting facts!

Arctic



igloo



salmon

The Arctic region is located around the North Pole including parts of Alaska, Canada, Greenland and Russia. The territory was home to many tribes. The Aleut, Yupik, and Inuit were well-known in the area and often referred to as Eskimos. The indigenous (original) people lived in small family bands. Each member contributed to survive the bitter cold. They were strict on the division of labor. Men hunted and built homes whereas women took care of the children, homes, and making clothes. Not many things were considered personal property. Possessions were shared as needed. Before a government was established in Canada, the Inuit tribe did not have laws or an organized society. They voluntarily appointed a leader who showed leadership qualities.

The Arctic tribes lived in a polar desert. It was cold, flat, and treeless with permafrost (permanently frozen ground). During winter, the temperature could reach -60°C . Due to this bitter cold climate, the territory was scarce in resources. The high country had permanent snow and ice. The lowlands had some grasses, sedges, and low shrubs. In the summer, some berries and other edible plants could be found. There were not many species of animals, but fresh water and marine life was available.

Luckily the peoples of the Arctic region were great hunters and fishermen. Besides a few plants gathered in the summer months, they had to mainly rely on meat and fish for food. They hunted caribou (reindeer), musk oxen, Arctic hares, polar bears, birds, seals, whales, walruses, sea lions, salmon, and white fish. Some of the sea mammals could only be hunted in the summer months. The indigenous people would smoke and store them for the winter months. The Eskimos were also known for eating raw fish.

Their belief was that it saved fuel and provided their diet with essential nutrient that cooking could destroy.

The peoples of the Arctic region were creative and resourceful. They used animal bones to make harpoons (spear-like tool for catching large marine animals), fish spears, bow and arrow, and fishhooks. They used the seal oil to cook meat and warm their homes. They made waterproof clothing from seal and walrus intestines, which was important to keep them dry from freezing water and rain. In addition, they created parkas (jackets) from caribou fur to keep them warm. The parkas would often be removed to sleep. Sweating was not a good thing in this climate because anything wet would freeze.

The Arctic peoples lived in different homes throughout the year. During the summer, when they roamed inland for freshwater fishing and game hunting, they lived as nomads (wanderers). They relied on temporary tents made from caribou hides and wooden poles. Kayaks and umiaks (similar to canoes) were made with animal skin and used to travel by water. More permanent camps and villages were established as their settlements through the long winter. Some tribes lived in igloos. These are dome-shaped houses made from thick blocks of ice to insulate and support the structure. Other tribes lived in sod houses made with rocks, whalebone, and sod. They were built around a pit. In frozen conditions, dogsleds were used for travel.

The Arctic people had many beliefs and customs. Animism was a religious belief that all natural objects have souls or spirits. This includes animals, plants, rocks, thunder, rain, mountains and rivers. The indigenous people had a deep respect for the spirit of the animals they hunted. They believed that illness and hardships were caused by misconduct or displeased spirits. Some treatments included atonement (making amends) and holding ceremonies led by a shaman. Shamans were leaders in the tribes. They used charms and dances to communicate with the spirit world. During ceremonies, the shaman wore masks to represent humans and animals. The masks were believed to enable communication with the spirits.

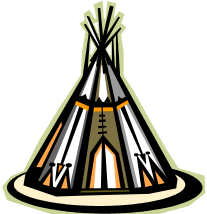
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Great Plains



tepee



powwow

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The Native Americans in the Great Plains did have some resources to survive, but they also suffered many hardships. They had some rivers and streams to fish and to use for water, wild fruit to gather, and an abundance of game to hunt. They gathered berries and cherries found on bushes and trees. They planted and harvested corn, beans, squash, and pumpkins along the rivers and streams. They also hunted small game and buffalo. However, many tribes found living in the Great Plains difficult due to the lack of rain, hot summers, and cold, snowy winters. When they did receive rain, it often caused dangerous floods in the region. They also had to travel long distances on foot when hunting buffalo, which was challenging. These hardships resulted in many of this region's early Native American tribes moving to other places.

The biggest triumph of Great Plains living was buffalo hunting. Buffalo was the main source of food for the Great Plains tribes. The meat could be dried and stored for long periods of time. Besides eating the meat, Native Americans also found ways to use every part of the buffalo for clothing, blankets, pots, tools, and utensils. The stomachs were even used for medicine bags, bowls, and buckets! After a successful hunt, the Natives would put the animal on top of a travois, a frame made from poles and skins, and use dogs to pull their prize back to camp.

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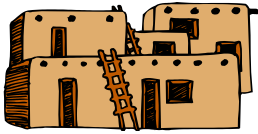
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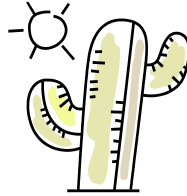
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These Native Americans were able to gather wild food and farm their own as well. The bushes of the forest provided an abundance of berries and the waters provided shellfish. Corn, beans, squash, pumpkins, and many other crops were planted and harvested by these Natives. They used exquisitely designed baskets to collect their food. Can you infer that food was plentiful in the region?

Since the people of the Southeast did not have to go far for food, their homes were sturdy and made for permanent residence. They lived in villages with a village square for meetings and ceremonies. Tall poles surrounded the homes and were tied together to form a stockade (a high fence). Cherokee families would own two homes in different villages. In the summer, they lived in long rectangular buildings made of tree and bark called longhouses. These were large, cool, and airy in the hot Southeastern summers. Several families lived in one longhouse, which was owned by the women in the tribe. In the winter, the Cherokee lived in small homes called wigwams. They had wooden frames and were covered with sheets of birch bark, mud, sticks, and grass to keep the cold out.

Like all Native tribes, the Southeast people had many unique beliefs and customs. Before going to war, they would fast for three days, then drink snakeroot potion. This would cause them to vomit to help purify their bodies' spirits. The Cherokee worshipped the Deer God. They only killed what they needed for their families in fear that the Deer God would get mad at them and stop providing food. The Cherokee also wore animal skins in hopes of obtaining that animal's skills. Do you think animals were important to the Cherokee? They also had an annual Green Corn Ceremony. When the corn they had recently harvested was ready to eat, they held the ceremony to thank their gods for their good fortune and to continue their luck.

There is so much more to learn about the Southeast people from yesterday and today! Conduct your own research to discover more interesting facts!

Southeast



Dugout canoe



Snakeroot poisoning

There were many tribes within the Southeast region. The five "civilized" tribes were the Cherokee, Chickasaw, Choctaw, Creek, and Seminole. A very large and important tribe was the Cherokee. They had two kinds of chiefs. A red chief was a leader in war. When they weren't at war, they were training the warriors. During this time, the white chief was the leader. The white chief would serve on a council to help make decisions for the tribe. The Cherokee also had women warriors, unlike most other tribes. Cherokee women held power over their families, participated in government, and even fought in wars.

The Native Americans in the Southeast had many resources for survival. The climate was moderate, and there was fertile soil to grow crops. They had rivers, lakes, and coastal waters which provided drinking water and a place to fish. The land was also covered by many large forests, which were a habitat for wild animals. In the Southeast most days were sunny, but there was still enough rain to make sure that crops flourished. With this area rich in natural resources, the Native Americans were able to be hunters, gatherers, fishermen, and farmers.

The Southeast had a wide variety of animals to hunt. They often migrated through the forests and along streams. The most popular animal hunted in these forests was deer. Other animals like turkey, rabbits, and turtles were also favorites. Nearby waters were home to numerous kinds of fish. While hunting and fishing, the Southeast people would travel by foot, rafts, or canoes. To catch their food, they used bows and arrows, spears, nets, and animal traps. Like the Great Plains buffalo hunters, the Southeast

fascinating baskets from willow and yucca. All of these objects were both useful and pleasant to look at.

The people of the Southwest were hunters, gatherers, and farmers. Although Pueblo people were able to hunt rabbits and elk and could gather some wild berries, the crops were their main source of food. Because of their creative methods, the Pueblo were probably the best farmers! They grew crops such as squash, beans, and corn, also called "**maize**". Maize was the bulk of their diet. After harvest, they would dry, grind, and store it. They grew over 24 different varieties of maize, although yellow and blue varieties were the most popular. Because farming was so important to them, the Pueblo would designate someone as a "sun watcher" to let the farmers know when the best time was to plant and harvest their crops.

Most of the Natives of the Southwest lived in villages called pueblos. These were multi-story houses made of **adobe** (a mixture of clay and straw baked into hard bricks). Adobe homes were easy to build in the dry, hot climate because the bricks could be mixed and dried very quickly. They were built on top of **mesas** (hills with flat tops) to keep away enemies. On top of the mesas, the Pueblo people could see for miles! Their homes were very similar to what apartment buildings are like today. An adobe building might hold an entire clan, and each family inside the building would have its own unit. The clan houses were owned by the women. Because early Pueblo people were mainly farmers, they stayed in one place to tend their crops. The adobe homes were permanent residences, and Pueblo people mainly traveled on foot.

Like all Native tribes, the people of the Southwest had many unique beliefs and customs. The Hopi would have Snake Dances. During these dances, they would handle both poisonous and nonpoisonous snakes. This was done to worship the ancestors, in the hopes that the special dance would bring rain for a good harvest. Ceremonies and other important meetings were held in secret underground rooms called **Kivas**. They were dug under each clan house. Some ceremonies used **Kachina dolls** to help teach the tribal religion to the clan's children. The dolls were made to represent the different spirits that the tribe worshipped. Often, the men would dress up like the dolls while chanting and dancing.

There is so much more to learn about the Southwest people! Conduct your own research to discover more interesting facts!

Northwest Coast



Totem pole



whale

The Northwest Coastal region was home to many tribes. Chinooks, Makahs, and Kwakiutl were among the largest Native groups in the area. Unlike the tribes of other regions, the tribes of the Northwest Coast never developed democracy (which means that all citizens have a say in government). Instead, the wealthy people ruled the clan. The wealthier a man became, the more power he held in his clan. Generosity was highly valued because of this focus on wealth. If someone gave a gift to another person, that person was expected to give three gifts back. Also, the wealthiest clan at any given time had the most power in the region.

The Native Americans of the Northwest Coast had many resources to aid them in survival. They were fortunate to experience relatively mild winters and summers. It was often cool and damp, which helped plants grow and thrive. They had many rivers, lakes, and coastal waters nearby which served as sources of water for the Natives and the animals they hunted and provided a place for fish and other aquatic (water dwelling) animals to live. There were also vast forests, which provided a habitat for wild animals. Because this area was so rich in natural resources, it was easy for its Native American residents to be hunters, gatherers, and fishermen. They didn't have a need for agriculture (farming) since food was already plentiful.

The Northwest Coast was well known for its abundance of food. Animals roamed and found shelter in the lush forests along the Northwest Coast. They often migrated throughout the forests and along waterways. Some animals which were commonly hunted in this area were rabbit, deer, and elk.

hunting and fishing. Their canoes were made out of birch bark and held together by tree gum.

These Native Americans were able to gather foods grown in the wild and also farm their own foods. The bushes of the forest provided an abundance of berries, and rivers and coastal waters provided shellfish. The Natives also grew and harvested corn, beans, squash, pumpkins, and melons. Can you infer that food was plentiful in this region?

Since people in the Eastern Woodlands did not have to go far for food, their homes were sturdy and made for permanent residence. Most of them lived in long rectangular buildings called longhouses. The frames of a longhouse were made of wooden poles and young trees, which were then covered over with bark. Several families lived in one longhouse. Longhouses were owned by the tribe's women. Other Natives lived in smaller homes called wigwams. They had wooden frames and were covered by woven mats and sheets of birch bark to form a dome shape.

Like all Native tribes, the Eastern Woodlands people had many unique beliefs and customs. They were known to pray for the animals they killed to honor their sacrifice. If someone was sick, they would wear masks to try to scare away the evil spirit causing the sickness. If someone in the tribe died, they would hold a Cry Ceremony that lasted five days to express their sadness. Face paint was worn for special occasions, war, and as an expression of feelings. Red represented life, black represented death or grief, and purple represented royalty or was a sign of a special event. The Natives also wore Wampum Belts, which were made from stringing shells together and were used during tribal ceremonies.

Even though the Eastern Woodlands people practiced their Peace Law within their nation, they were skilled at war with other tribes and Europeans. They used the tomahawk, a small axe that could be thrown, and the bow and arrow. They were known for performing scalp dances to celebrate victories. The Mohawk nation was where the Mohawk hairstyle originated. It was originally a way to intimidate enemies during war. The Mohawks would pull or pluck their hair out (not shave like we do today) to look fierce and frightening.

There is so much more to learn about the Eastern Woodlands people! Conduct your own research to discover more interesting facts!

Eastern Woodlands



masks



Tomahawk

There were many tribes within the Northeastern region. The tribes were grouped according to their language: Iroquoian, Algonquin, and Siouan. The most powerful group of Indians was the Iroquois League of Nations. The League was formed when five nations (Cayuga, Mohawk, Oneida, Onondaga, and Seneca) came together to form an alliance of Native Americans who spoke the same language, believed in the same gods, had similar customs, and considered cooperation to be an important quality of everyday life. Within this league, there was a Great Council, a central government formed to represent each nation. Their primary purpose was to keep the Great Law of Peace, which said that Iroquois should not kill each other. They also made important decisions and laws for each tribe and village.

The Native Americans in the Eastern Woodlands had many resources for survival. The soil of the region was fertile and able to support crops. They had rivers, lakes, and coastal waters to use for drinking water and fish for food. There were large forests which were home to the animals they hunted. Rainfall was moderate, which helped the crops flourish. Since this area was rich in natural resources, the Native Americans were able to be hunters, gatherers, fishermen, and farmers.

In the Eastern Woodlands there were a wide variety of animals to hunt. Animals roamed through the vast forests and often migrated along the rivers and streams. Some animals commonly hunted in this area were bear, deer, raccoons, rabbit, and elk. Beavers made dams in the rivers and were hunted for their skins. The rivers were also home to many different types of fish. The Eastern Woodlands people mostly traveled by foot and by canoe when

The Native Americans also fished and hunted much of their food from nearby waters. Salmon, seal, and whales were some of their favorite prey, and they used harpoon-type spears to catch them. Whales, their main source

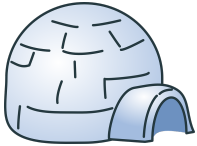
of food, were the most difficult to catch but were worth the effort. Sometimes it would take days to catch a whale, but it would provide them with food, rope, skin for containers, and blubber (whale fat) which could be used as oil and drizzled on food. The Northwest Coast people traveled by canoes made out of cedar wood called dugouts to fish for seafood. They also traveled by foot to gather foods in the wild. The bushes provided a variety of berries and the waters provided shrimp, animal eggs, and oysters. To gather the food, the Native Americans created beautiful baskets, sometimes woven with a unique family design.

Since the Northwest Coast people did not have to go far for food, their homes were sturdy and made for permanent residence. Most of them lived in long rectangular buildings called longhouses. They were made from huge cedar planks. The enormous cedar trees would be cut down and then split with beaver teeth and stone axes. One opening served as a door to the home, and another at the top allowed smoke from their fires to escape. Longhouses were so large that several families lived in a single one.

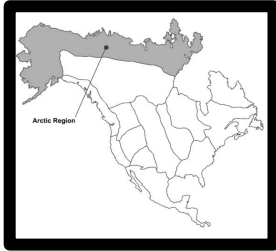
Like all Native tribes, the Northwest Coast people had many unique beliefs and customs. They had a medicine man called a shaman. He was known to control spiritual forces and use magic to help cure the sick. Members of the tribe would also construct totem poles. Each animal or symbol carved on the pole had meaning and was created to represent something in the creator's life. Only the creator of the pole was permitted to tell his story, and sometimes he chose to keep it a secret. Since these tribes had no written language, examining these totem poles helps us learn about their culture. When they were ready to raise and honor the totem pole, they often held a potlatch. A potlatch was a party that would last for days. At a potlatch, there would be a magnificent feast, and guests would sometimes receive up to 20 gifts. Tribes showed their wealth and generosity this way. Don't you wish you could go to a potlatch?

There is so much more to learn about the Northwest Coast people! Conduct your own research to discover more interesting facts!

Arctic



igloo



salmon

The Arctic region is located around the North Pole including parts of Alaska, Canada, Greenland and Russia. The territory was home to many tribes. The Aleut, Yupik, and Inuit were well-known in the area and often referred to as Eskimos. The indigenous (original) people lived in small family bands. Each member contributed to survive the bitter cold. They were strict on the division of labor. Men hunted and built homes whereas women took care of the children, homes, and making clothes. Not many things were considered personal property. Possessions were shared as needed. Before a government was established in Canada, the Inuit tribe did not have laws or an organized society. They voluntarily appointed a leader who showed leadership qualities.

The Arctic tribes lived in a polar desert. It was cold, flat, and treeless with permafrost (permanently frozen ground). During winter, the temperature could reach -60°C . Due to this bitter cold climate, the territory was scarce in resources. The high country had permanent snow and ice. The lowlands had some grasses, sedges, and low shrubs. In the summer, some berries and other edible plants could be found. There were not many species of animals, but fresh water and marine life was available.

Luckily the peoples of the Arctic region were great hunters and fishermen. Besides a few plants gathered in the summer months, they had to mainly rely on meat and fish for food. They hunted caribou (reindeer), musk oxen, Arctic hares, polar bears, birds, seals, whales, walruses, sea lions, salmon, and white fish. Some of the sea mammals could only be hunted in the summer months. The indigenous people would smoke and store them for the winter months. The Eskimos were also known for eating raw fish.

THE LAND BRIDGE THEORY



Many archaeologists believe that the first natives or "first peoples" arrived in North America over 10,000 years ago during the last Ice Age. They call it the land bridge theory. During the Ice Age, the glaciers caused sea levels to be much lower than they are today. The water was locked up in the huge glaciers. This uncovered a stretch of land called Beringia creating a passageway from Asia to North America. When the climate warmed approximately 10,000 years ago, the glaciers melted. This caused the sea level to rise and cover that piece of land. We now call it the Bering Strait because it is emerged in water. Although North America was covered with a sheet of ice and difficult to live in at the time, natives still came across the land bridge. Archaeologists believe they actually walked from Asia to North America following their main sources of food, the large herds of woolly mammoths. That is why the first peoples were referred to as nomads or wanderers. They wandered after their food and had no permanent settlement. These first Americans kept migrating south and eventually spread throughout North America.

How these first peoples actually arrived in the Americas is still a debate. Some archaeologists think they came by foot across Beringia, others believe they came by wooden boats along the Pacific Coast, while others think they lived in Beringia for a period of time. What do you believe?

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Their belief was that it saved fuel and provided their diet with essential nutrient that cooking could destroy.

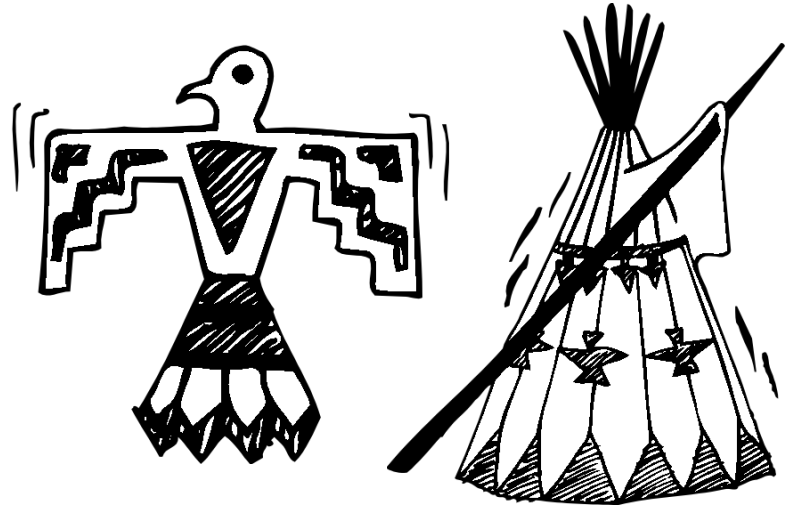
The peoples of the Arctic region were creative and resourceful. They used animal bones to make harpoons (spear-like tool for catching large marine animals), fish spears, bow and arrow, and fishhooks. They used the seal oil to cook meat and warm their homes. They made waterproof clothing from seal and walrus intestines, which was important to keep them dry from freezing water and rain. In addition, they created parkas (jackets) from caribou fur to keep them warm. The parkas would often be removed to sleep. Sweating was not a good thing in this climate because anything wet would freeze.

The Arctic peoples lived in different homes throughout the year. During the summer, when they roamed inland for freshwater fishing and game hunting, they lived as nomads (wanderers). They relied on temporary tents made from caribou hides and wooden poles. Kayaks and umiaks (similar to canoes) were made with animal skin and used to travel by water. More permanent camps and villages were established as their settlements through the long winter. Some tribes lived in igloos. These are dome-shaped houses made from thick blocks of ice to insulate and support the structure. Other tribes lived in sod houses made with rocks, whalebone, and sod. They were built around a pit. In frozen conditions, dogsleds were used for travel.

The Arctic people had many beliefs and customs. Animism was a religious belief that all natural objects have souls or spirits. This includes animals, plants, rocks, thunder, rain, mountains and rivers. The indigenous people had a deep respect for the spirit of the animals they hunted. They believed that illness and hardships were caused by misconduct or displeased spirits. Some treatments included atonement (making amends) and holding ceremonies led by a shaman. Shamans were leaders in the tribes. They used charms and dances to communicate with the spirit world. During ceremonies, the shaman wore masks to represent humans and animals. The masks were believed to enable communication with the spirits.

There is so much more to learn about the Arctic people from the past and today! Conduct your own research to discover more interesting facts!

MY NATIVE AMERICAN BOOKLET



Name _____