

Awaking Wonder

Native Americans

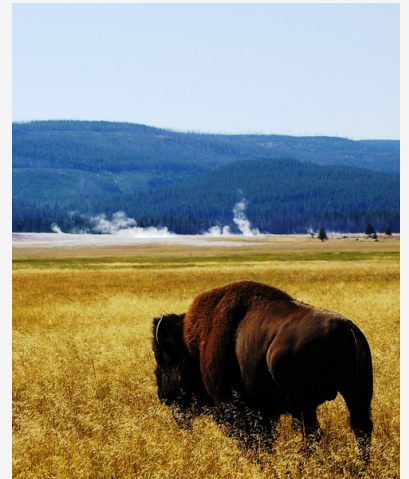


GRATITUDE:

In *Our 24 Family Ways*, Way 9 is, "We are thankful to God for what we have, whether it is a little or a lot." As you study Native Americans, you will encounter the sadness of their history. As you approach these hard topics with your children, look for ways to serve those in your sphere that are downtrodden. Serving others is one way to foster a heart of gratitude.

INFORM:

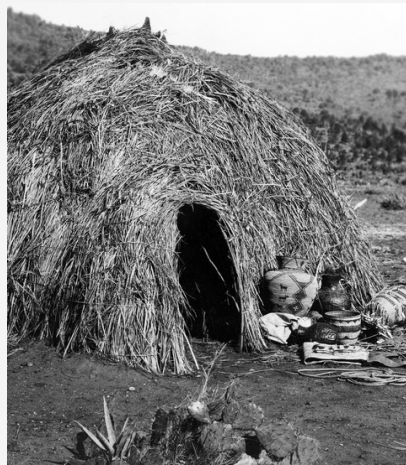
Read books about various Native American tribes. Be sure to include stories and legends in your reading to help understand differing cultural traditions between tribes. In the resource list below, you will find links to videos of jingle dancers and a hoop dancer to enjoy. Visiting a Pow Wow, a history museum, or a reservation in your area is another opportunity to learn more.



COMPARE:

After studying various tribes, help your child compare tribes from different regions. Areas to consider are their climate, their homes, how they gathered food, their clothing and traditions.

EAT:



Sample foods that are native to the Americas. For a fun challenge, plan a whole meal based on these foods. From beans, corn, and quinoa to tomatoes, peppers, and potatoes to cherries, blueberries, cacao, and vanilla, there are many native foods to discover and enjoy. Many are probably already in your pantry.