

CULTURAL
AWARENESS

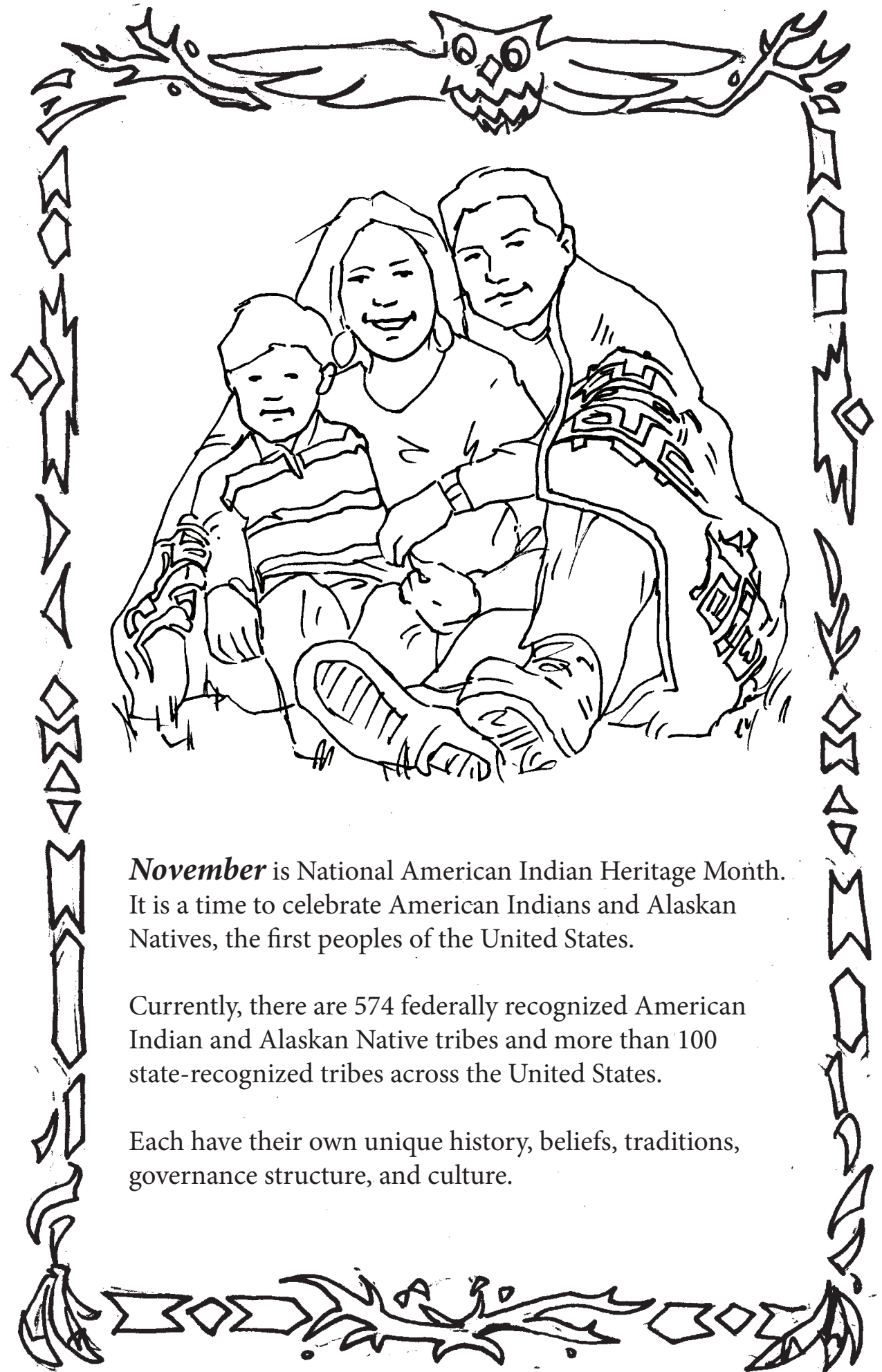
NATIONAL AMERICAN INDIAN
HERITAGE MONTH

OBSERVANCE



GROUNDED
IN TRADITION

RESILIENT
IN SPIRIT



November is National American Indian Heritage Month. It is a time to celebrate American Indians and Alaskan Natives, the first peoples of the United States.

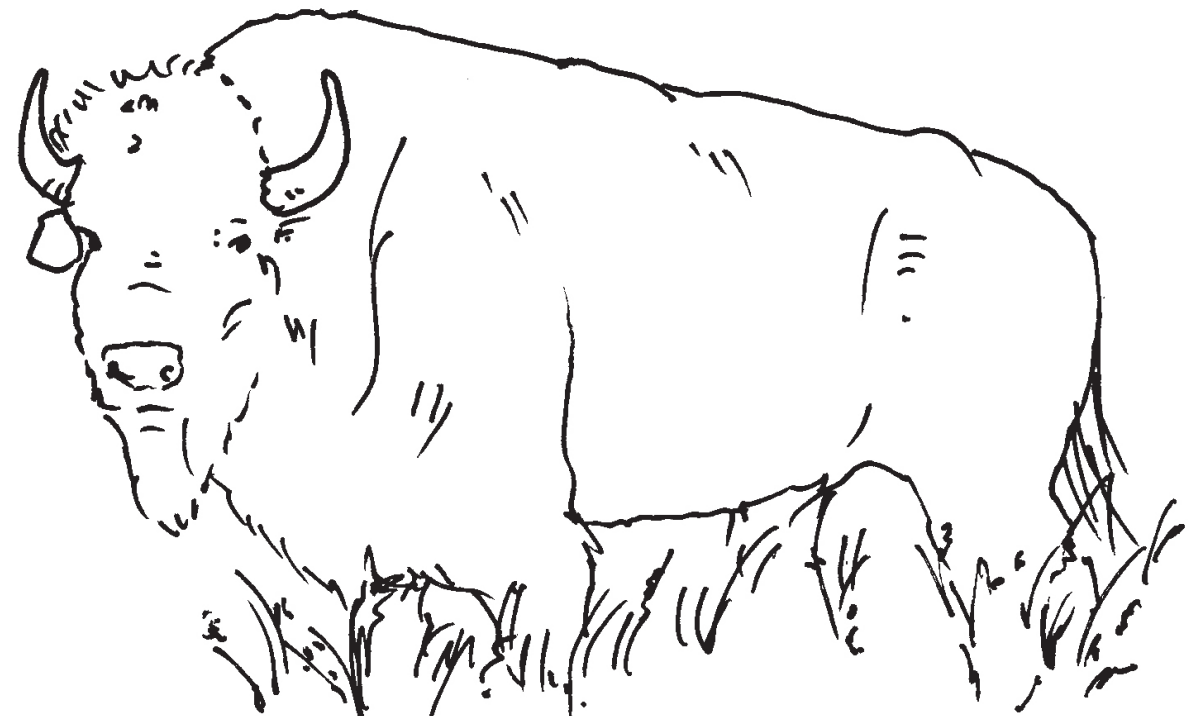
Currently, there are 574 federally recognized American Indian and Alaskan Native tribes and more than 100 state-recognized tribes across the United States.

Each have their own unique history, beliefs, traditions, governance structure, and culture.

NATIVE AMERICAN BUFFALO HIDES

Native Americans and buffalo have a long history together. The Buffalo, or American Bison, has played an essential role in the survival and culture of the American Indians who lived in the Plains region of what is now the United States, and parts of southern Canada.

Every part of the buffalo was used. In addition to providing food, the Indians used the skins for tipis and clothing, hides for robes, shields, and ropes. They used dried buffalo dung for fuel. Tools were made from bones and muscles were used to make bowstrings, moccasins, and bags. Even the hoofs were used to make glue.



Make Your Own Native American Buffalo Hides

INSTRUCTIONS:

STEP 1: Scrunch up your brown paper bag, open and smooth it flat. Repeat. Then, tear brown paper bag to resemble the shape of a buffalo hide.

STEP 2: With black sharpie make a border around your whole hide. It is a good idea to create a repeating pattern.

STEP 3: Draw in pencil your Native American inspired designs. Make sure your designs are big and fill your hide. Designs should not have a lot of detail.

STEP 4: Color or or paint your designs.

STEP 5: Edge all designs with black sharpie to make them stand out.

