

# Native American Lifestyles

## At home Lesson

In this activity guide we'll focus on what life was like for the Native Americans living along the East Coast of America hundreds of years ago. The last page is an answer key to the activities.

### About the Native Americans

There were several tribes and communities of Native Americans that lived along the East Coast of America hundreds of years ago. The Lenape lived in what is now New Jersey, the Wampanoag lived in current day Massachusetts, and the Quinnipiac lived in what is now Connecticut. There are many more that lived along the coastline and on inland rivers along the East Coast.

These Tribes and communities on the East Coast shared a similar way of life. They practiced farming, fishing, foraging, and hunting. While they shared a common lifestyle they each had unique cultures and traditions.

Today Native Americans still live across the USA. While their lifestyle is now modern they preserve their culture by passing down stories, language, traditions, and history. Today we'll be remembering Native American history by exploring what life was like for them hundreds of years ago.

**To help you imagine** what life was like please watch this [video](#), about Wampanoag life. Think about the following questions while you watch, and talk to someone else about what you thought (a parent, a sibling, call a friend!)

1. What was something the Wampanoag did that you also do? (any similarity you could find)
2. Was there something the Wampanoag did that you do not? (a food, an activity, or something else)
3. Where do you think the Wampanoag got their clothes, cookware, and toys from?

# Native American Materials

The Native Americans did not have grocery stores, or department stores. They had to get everything from the world around them. White-tailed deer were an important food source in the fall and winter. They were also an important source of crafting materials. Each part of the deer was used to make things like clothes, tools, and of course food.

Match the parts of the deer to the crafted item, use the description of each picture to help with matching.

Sinew taken from the leg of a deer



Shoulder Bone from a deer.



Teeth from a deer



Deer hide, made from the skin of the deer



Raw venison, the meat from a deer



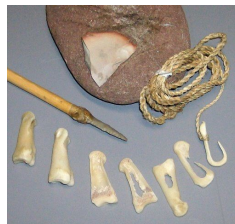
Farming Hoe

Made from a long stick and the shoulder blade bone of a deer. Used to help in farming.



Rope

Made by processing sinew. Once the sinew is dried and 'fluffed' it can be twisted into a sturdy rope. Sinew Rope is still made today



Fishing Hook

A fishing hook carved from a deer tooth. Teeth are very durable and can be carved to a point without fear of it breaking.



Jerky

Venison is the meat from a deer. By smoking and slowly drying the meat it becomes jerky, a long-lasting source of food.



Tunic

This is made using the hide or leather from a deer. It is cut and stitched together to make a durable piece of clothing.

# Native American Materials

Hunting was not the only source of materials for Native Americans. They also farmed, fished, and foraged for materials.

Below are some more examples of items that were crafted from natural materials. In the space provided write (1) what you think the item is made from, and (2) what you think its purpose is. \*Use the images at the bottom of the page if you need a hint to what the item is made of.

## Examples:



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## Hints:



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Below is a list of materials that Native Americans may or may not have had in their homes, Circle what they may have had in one color, use a different color to circle what you have in your home.

Rock

## Rope

## Ruler

## Scissors

## Sewing Machine

## Twigs

## Wire

Wood

# Pine Cone

## Plastic

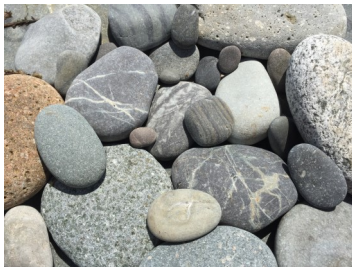
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# Native American Games

**You probably like to play with games and toys, most children do!** The Native American children played many games. One game they played was called *Woodpecker*. They would find a hole high up in a tree, usually made by a woodpecker. They would practice their aim by throwing a ball into the hole.

Instructions: Use the word bank to help label each picture. All these items could have been used as a ball or something to play with:



Leather Ball

Stones

Sweet Gum Seed

Acorn

Wooden Ball

Pinecone

## **What are balls made from today...**

Many balls are still made out of animal skin. Baseballs are made from horsehide or cowhide; footballs are also made of cowhide, even though they are sometimes called pigskins.



A *mancala* board, with stone playing pieces

Stones are still used in some games, such as *mancala*, a game from Egypt or *go*, a game from China. Modern curling is a game played on ice that uses heavy stones.



Curling stones

## Create your own Game!

Native American children hundreds of years ago didn't always have dedicated game materials, they had to use what was available to them outside! Use the list of circled items as a guide for your game materials. Try not to use things that the Lenape children would not have had.

If you can, go outside and collect some things off the list from page 4, if you cannot go outside see what you might have at home that's on the list or could be found in nature.

Once you've collected your game materials it's time to come up with the game!

Make sure your game can be played safely, and limit person to person contact. Right now to stay healthy we want to limit our contact with others so keep the players to 3 or less. If it's possible, play this game outside!

Think about the following...

Name of the Game:

Material Needed:

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Object of the Game:

|       |
|-------|
| _____ |
| _____ |
| _____ |

Rules of the Game:

|       |
|-------|
| _____ |
| _____ |
| _____ |

Play area:

Number of Players:

## Reflection

Being quiet and being able to listen were important skills for Native Americans.

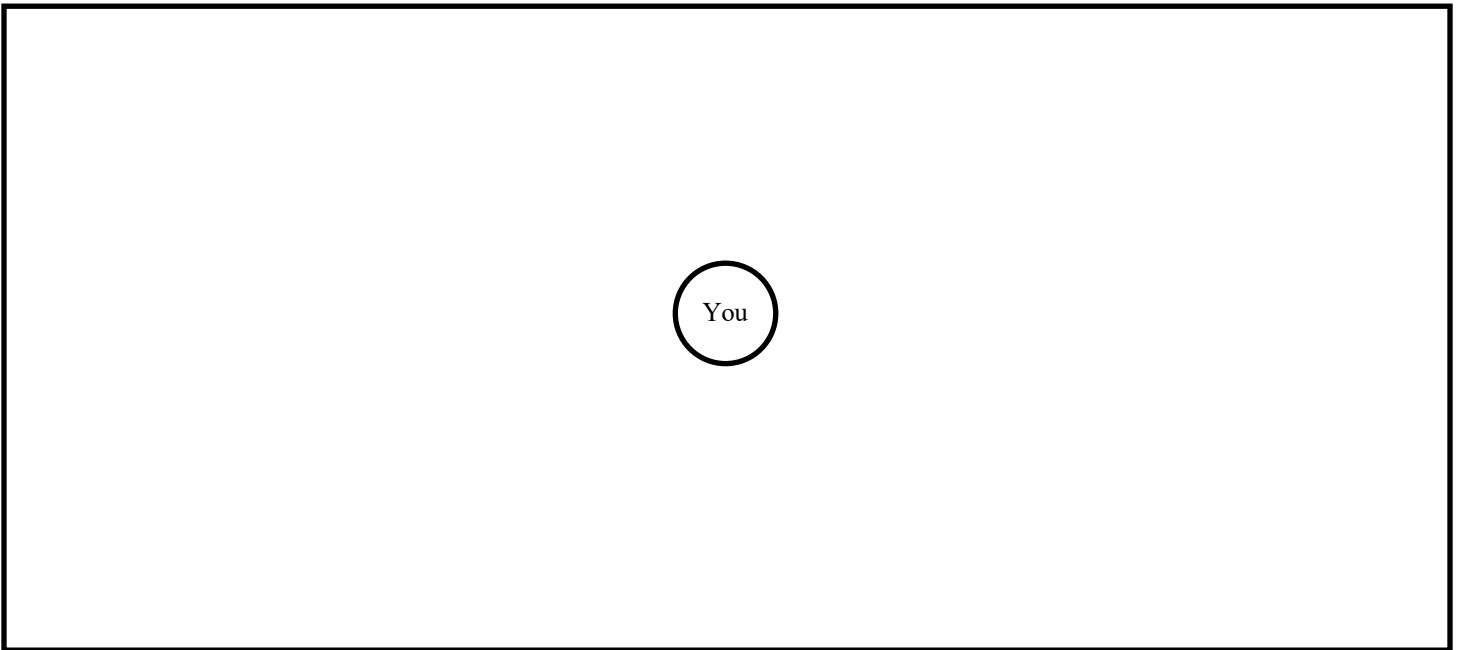
Why would it be important to listen and be quiet?

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We're going to practice being silent and listening. Set a timer for 60 seconds. For those 60 seconds sit near an open window or outside. In the space below imagine that you are the circle, while listening make an x for each sound you hear in the area that you heard it.



What did you hear that the Native Americans may have heard?

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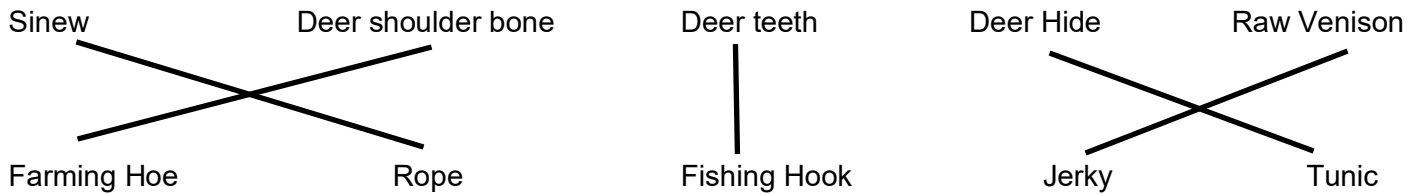
What did you hear that the Native Americans would *not* have heard?

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# Answer Key/Additional Information

## Page 2, matching activity



## Page 3 open-ended, more information

Most of these items could be used in many ways, what's written below is the most common use for the items. If you came up with something else that's great!



Dried gourds, are used for many things! They can be made into spoons, water bottles, bowls, and more. You can grow this type of gourd at home.



These decorative beads are made from clams. The Native Americans called the purple part *wampum*. It would be used for decoration or jewelry. Look for sea shells with *wampum* next time you're at the beach!



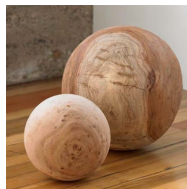
A rattle made from a box turtle shell. Often these would be filled with deer teeth. Used to make music, or keep a rhythm during ceremonies or songs. You can often find box turtles roaming on the Watershed's trails.



## Page 5, matching activity



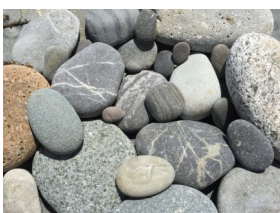
Leather Ball



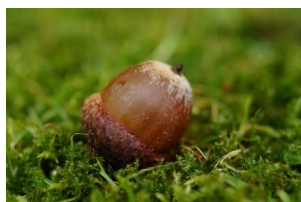
Wooden Ball



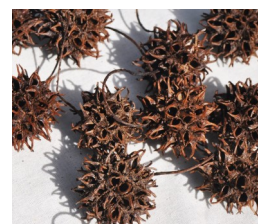
Pinecone



Stones



Acorn



Sweet Gum