

| | |
|--|--|
| Welcome/ | Staff/Volunteer Names |
| Introduction: | Today's Topic-Cultures of the Creek Question: What was life like in this area long ago? |
| Ice Breaker/ Game: | N.A. Guessing Game (Plains Indians) |
| Background/ Exploration: | Highlight Pre-historic Native American cultures from the last ice-age until present (see background example). Ask students to imagine living back then without stores, electricity, etc. Illustrate their answers with props and pictures of N.A. cultural practices. Highlight historic contact period and early settlers challenges. Share a bit about what was happening at ICNC before it became a nature center. |
| Demonstration: | Rush lights- A Native American and Pioneer method for producing light. |
| Prepare to go Outside: OUTDOOR EXPLORATION: | Restroom break. Check out N.A. exhibit w/wickiup; earth section Look at barn from outside, talk about dairy operation. Have students visit stations to try N.A. activities: mano & metate -grind corn into flour for baking flint knapping -basic flaking skills and tools fire building (trad.)-try a bow drill pottery (playdough)-make a pinch or coil pot w/playdough or clay cattail mats -collect and weave cattails into mats Natural History Hike -Hike a wider area and explain who lived near the creek and how they used the area. Go to the midden . Talk about resources available (clear water, fish, game). Visit a signal tree (floodplain-Henrietta). Daniel's Mill Bridge. |
| Activity: | Atlatl Demonstration -Show a replica atlatl and "spear". Share how the atlatl extends the length of the arm for distance and strength in spear throwing for hunting large game. |
| Game: | Trail Signs (<i>GS Guide</i>)-Divide students into groups. Have groups make and follow each other's trails. |
| Game: | Native American Game-Double-ball, Corn-cob darts, Toss ball Pioneer child game if time. |
| Closing: | Tell a Native American Story |
| Send Off: | Goodbye! |
| Take Home: | Parent Outline, arrowhead HS note/evaluation, nametag Corn husk doll take home activity |

Vocabulary

Native American, Paleo-Indian, Archaic Culture, Woodland Culture, Meskwaki, Sac & Fox, Ioway, Sioux, wickiup, mano & metate, flint knapping, atlatl, signal tree

Background and Activity References

www.uiowa.edu/~osa/ Office of the State Archaeologist-info. on early Iowa history.

The History Center, 615 1st Ave SE, Cedar Rapids (contains former Linn County Historical Museum)

Alex, Lynn Marie.1980. *Exploring Iowa's Past: A Guide to Prehistoric Archaeology*. U of I Press, Iowa City.

Carrier, Lark. 1996. *A Tree's Tale*. Penguin U.S.A., New York, NY. Signal trees.

Carroll, Reverend George R. 1849. *Pioneer Life in and Around Cedar Rapids, Iowa, from 1839 to 1849*.

Hofsinde, Robert.1957. *Indian Games and Crafts*. William Morrow and Company, New York.

Many basic Native American games to make and play.

Kennedy, Carolyn L. 1999. *Outdoor Education in Girl Scouting*. Girl Scouts of the United States of America, NY. Trail marking signs-diagrams and ideas.

Murray, Janette Stevenson and Frederick Gray Murray, *The Story of Cedar Rapids*.

Shemie, Bonnie. 1990. *Houses of Bark: tipi, wigwam, and longhouse*. Tundra Books, Toronto.

Picture book showing different types of Native American dwellings.

Thomas, Dian.1994. *Roughing it Easy*. The Dian Thomas Company, Salt Lake City.

P.62 Bow drill picture and directions