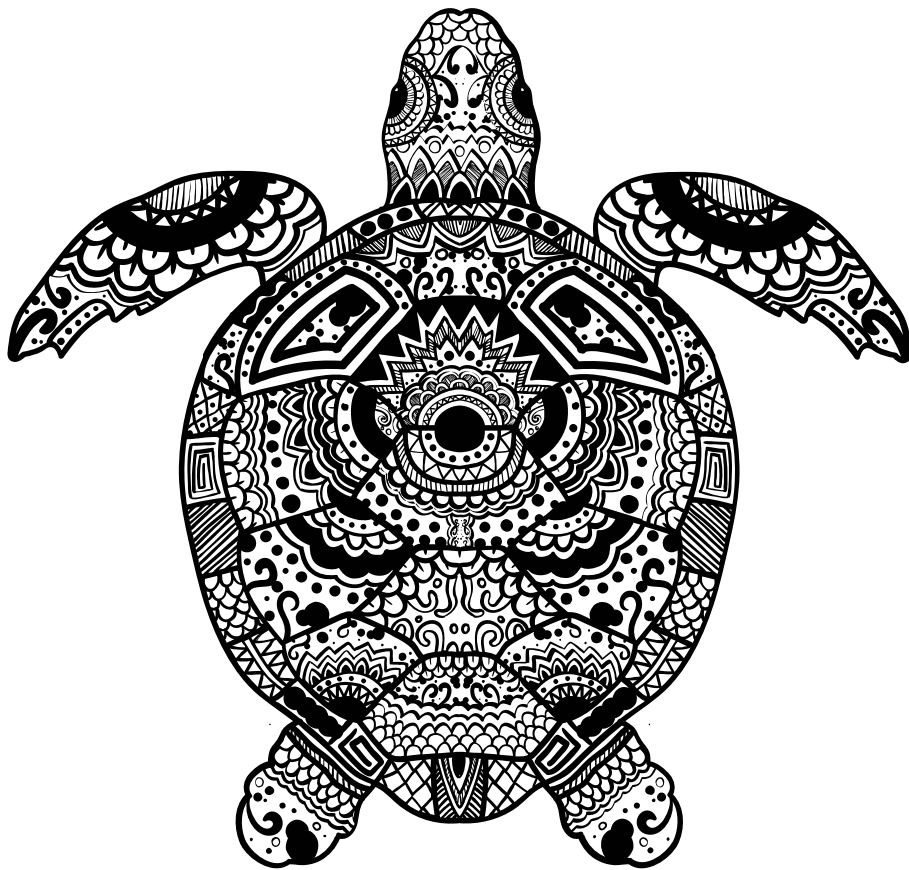
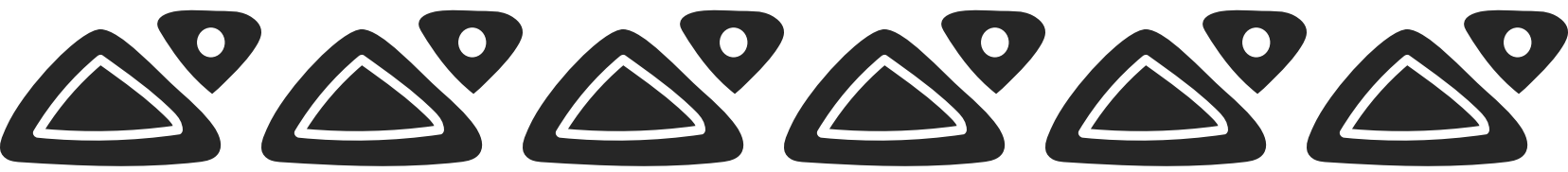




This Book Belongs to





Welcome to Turtle Island!

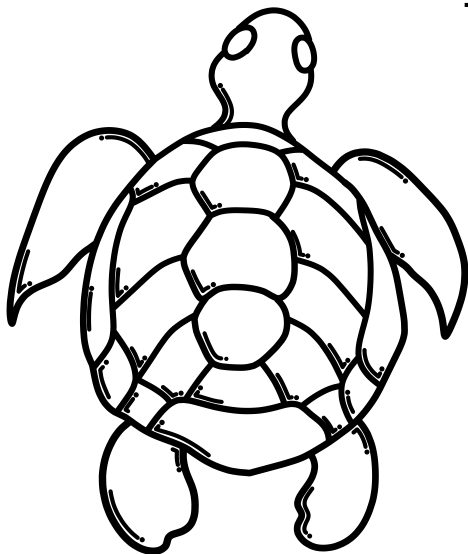
Words to Know

Indigenous: originally from an area (people, animals, plants, etc.); also called Aboriginal in some areas

First Nations: a name for the first tribes of North America

Tribes: a large group of people with a common culture and shared ancestors

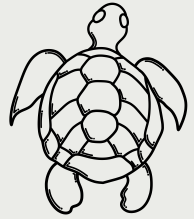
Turtle Island might sound like an island far, far away, but it's what some indigenous (First Nations) people call North America. The name comes from a creation story common to several tribes in the northeastern woodlands of North America.



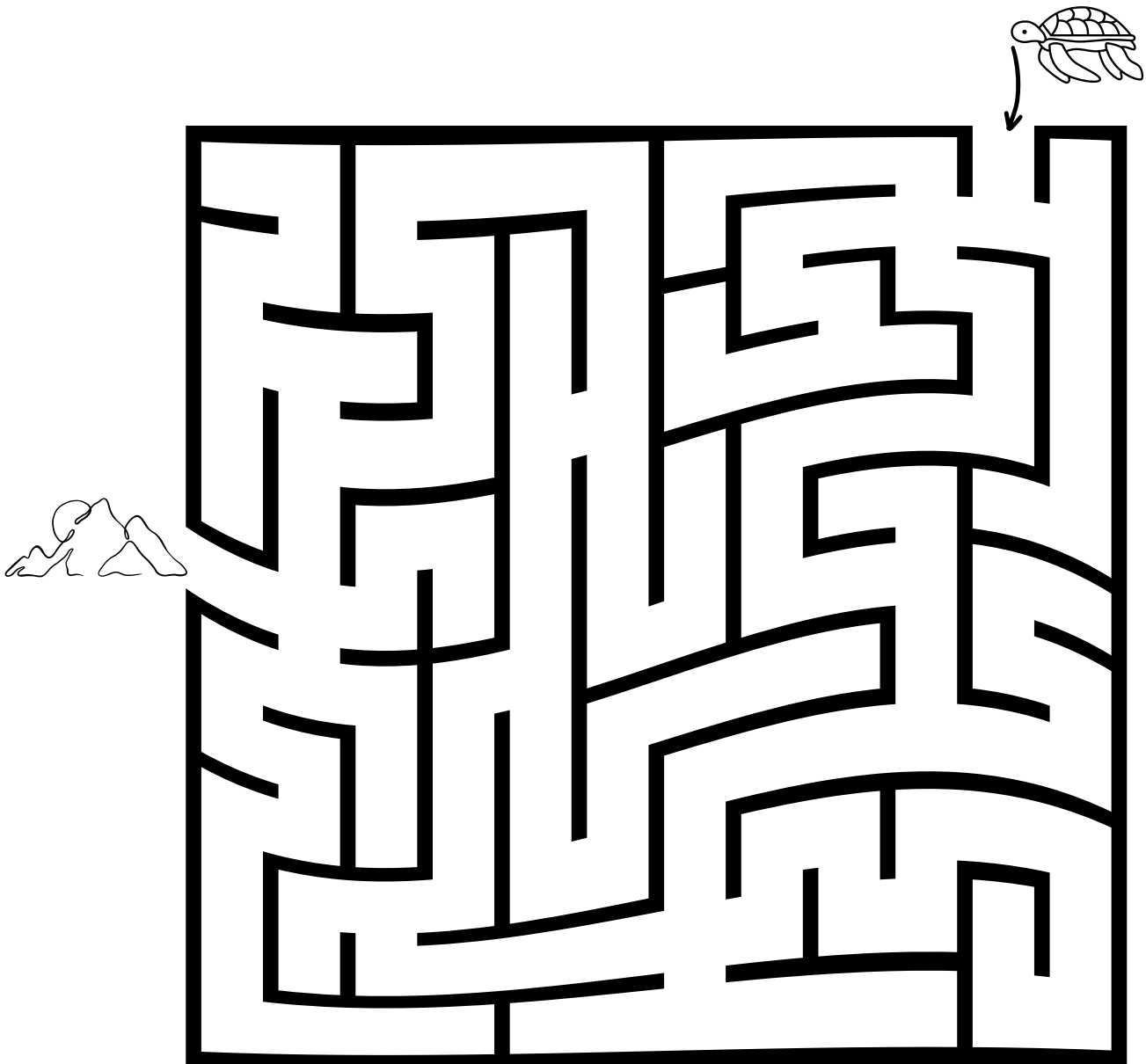
Color the land
and turtle!



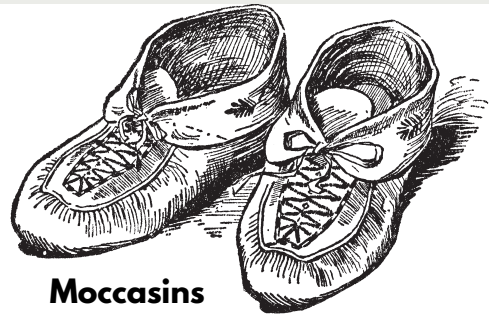
For most tribes, the turtle represents healing, wisdom, health, safety, long life, and protection. Some tribes believe that the turtle helped during creation because it dove into the waters to get mud to create the Earth.



Help the turtle swim to land.



The Moccasin Trail



Indigenous tribes walked up and down the coasts for trade. They traded seeds, food, metal, tools, and skills. Many of these "moccasin trails" became the major highway system we have today!

When they met new tribes, they would greet them and bring gifts. This is called "protocol" and still happens today between people of different tribes! The gift is usually something handmade and native to the area you are from.

Words to Know

Moccasin: a shoe, made of deerskin or other soft leather

Protocol: the way to greet people (with words, actions, and gifts)

What protocol gifts would you bring?

Choose Your Protocol Gifts

Circle the protocol gifts you would bring to meet new people.



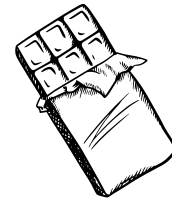
pumpkin



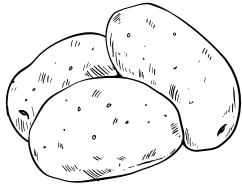
tomato



yams



chocolate



potatoes



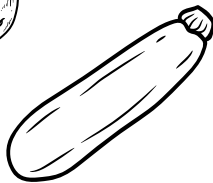
beans



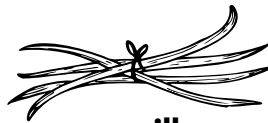
huckleberries



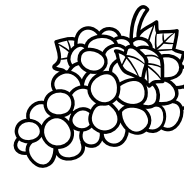
sunflower seeds



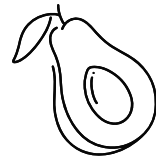
squash
(zucchini)



vanilla



muscadine
grapes



avocado



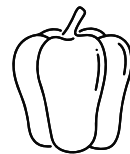
maize (corn)



hibiscus



chili peppers



bell peppers



cranberries

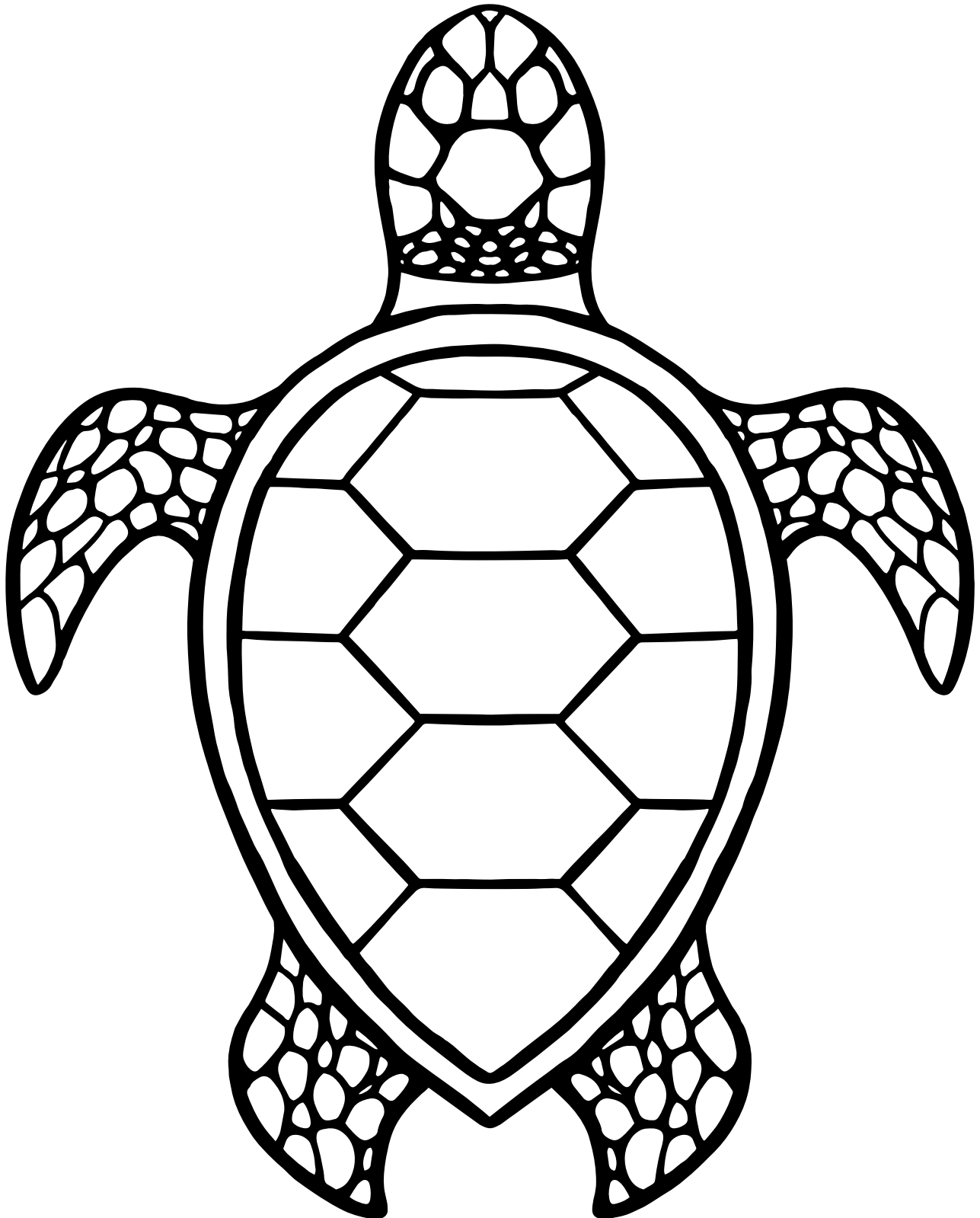


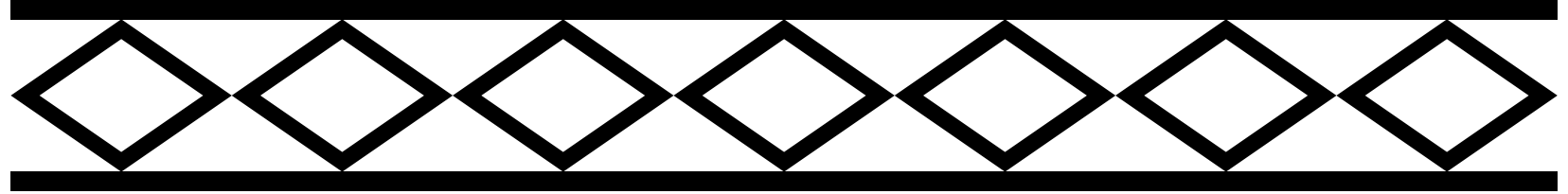
wild rice



As much as 3/5th of the world's crops are indigenous to North and South America. Without the sharing of these foods, there would be no tomatoes for Italian food, no hot chili peppers for Indian cuisine, no potatoes, squash, beans or corn, and no chocolate or vanilla!

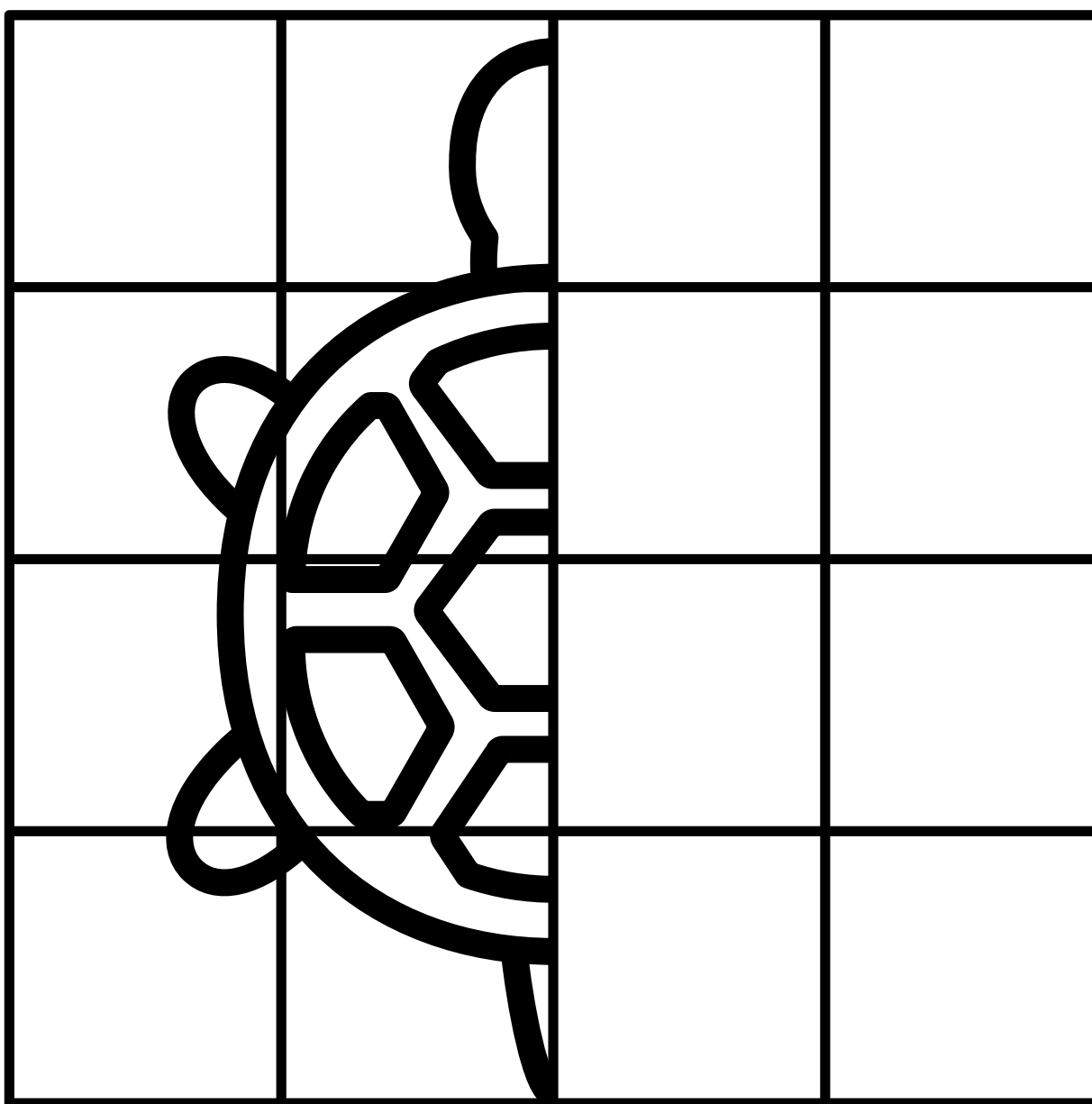
Turtle Coloring



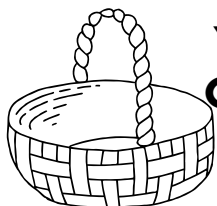


Turtle Shell Symmetry

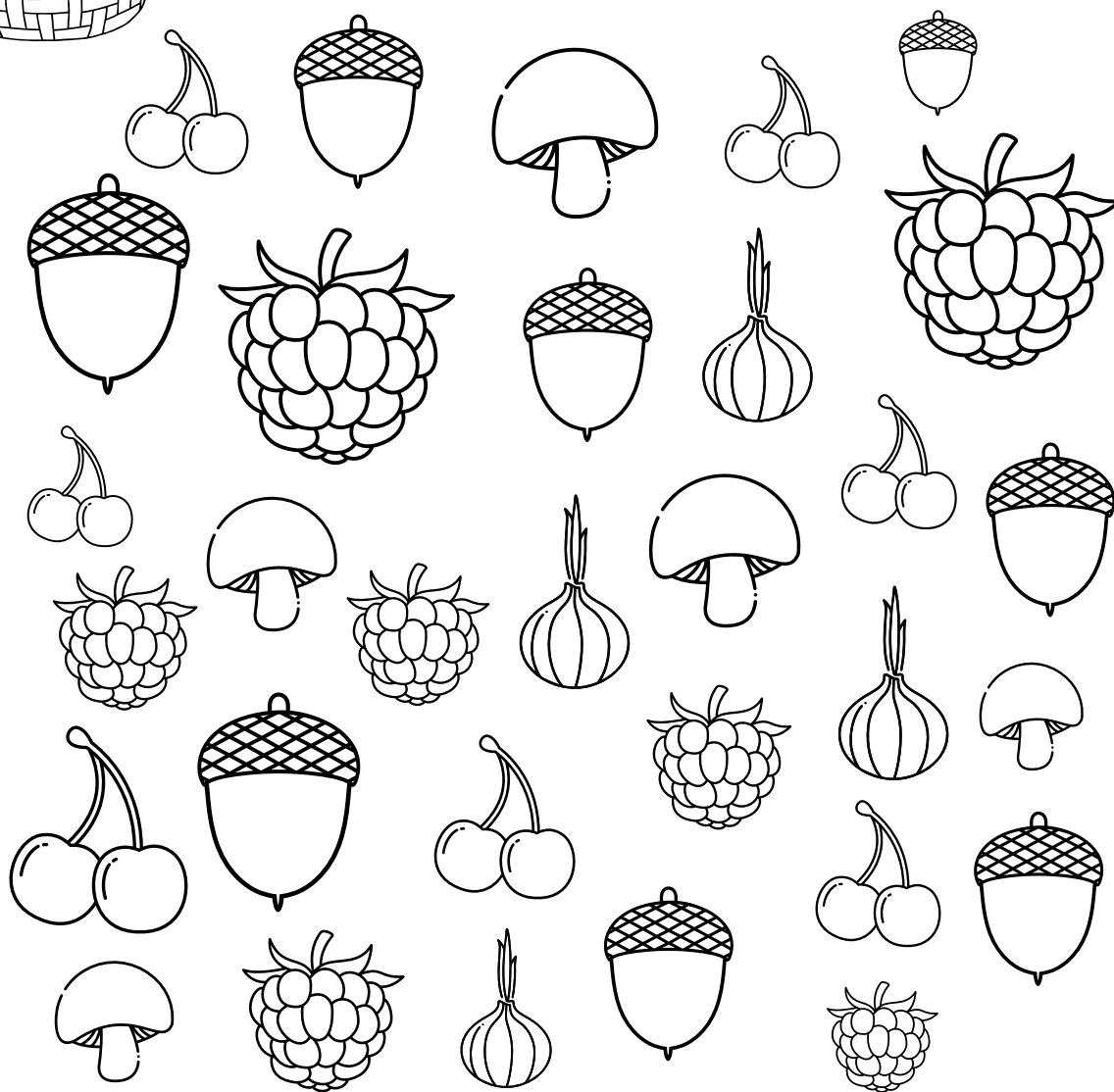
Use the grid to help you draw the
other side of the turtle shell.

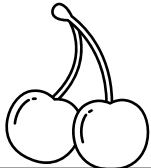
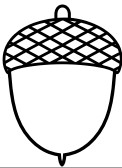
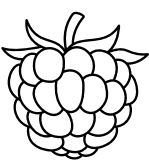

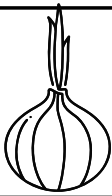


Gathering Game



**You've just finished gathering wild foods.
Count how many of each you've harvested!**



				
wild cherry	acorn	blackberry	mushroom	wild onion



Gifts from the Pine Tree

Pines are important trees to many Native American people but their meaning is different from tribe to tribe. The pine tree is a symbol of long life for the Algonquian tribes of the northeast. The Iroquois tribes see the pine tree as a symbol of peace. In the Southwest, the pinion pine is sacred to some tribes. The sweet-smelling wood is burned as incense. Pine resin and bark are also used as medicine. Pine nuts are an important food source for many Western tribes, especially in California and the Southwest.

Cut out the pictures of the gifts from the pine tree below and paste them into the correct box for their use.



High in Vitamin C
Tea
Steam Inhalation
Baskets



Sticky
Wounds
Pull out stingers
Chest rub



Thin layer
Ground into flour



Strip from branches
Syrup
Coughs
Incense



(Only when green)
Jam
Jellies
Firestarter



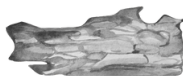
Food (yummy!)
Nut butter



resin



needles



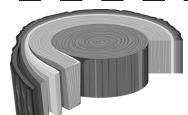
bark



pine cone

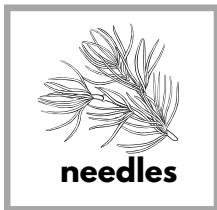


pine nuts



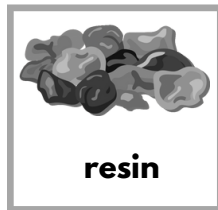
inner bark
(cambium)

Solutions



needles

High in Vitamin C
Tea
Steam Inhalation
Baskets



resin

Sticky
Wounds
Pull out stingers
Chest rub



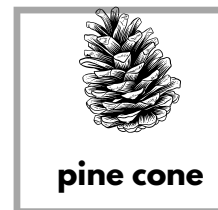
inner bark
(cambium)

Thin layer
Ground into flour



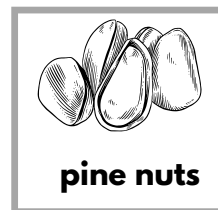
bark

Strip from branches
Syrup
Coughs
Incense



pine cone

(Only when green)
Jam
Jellies



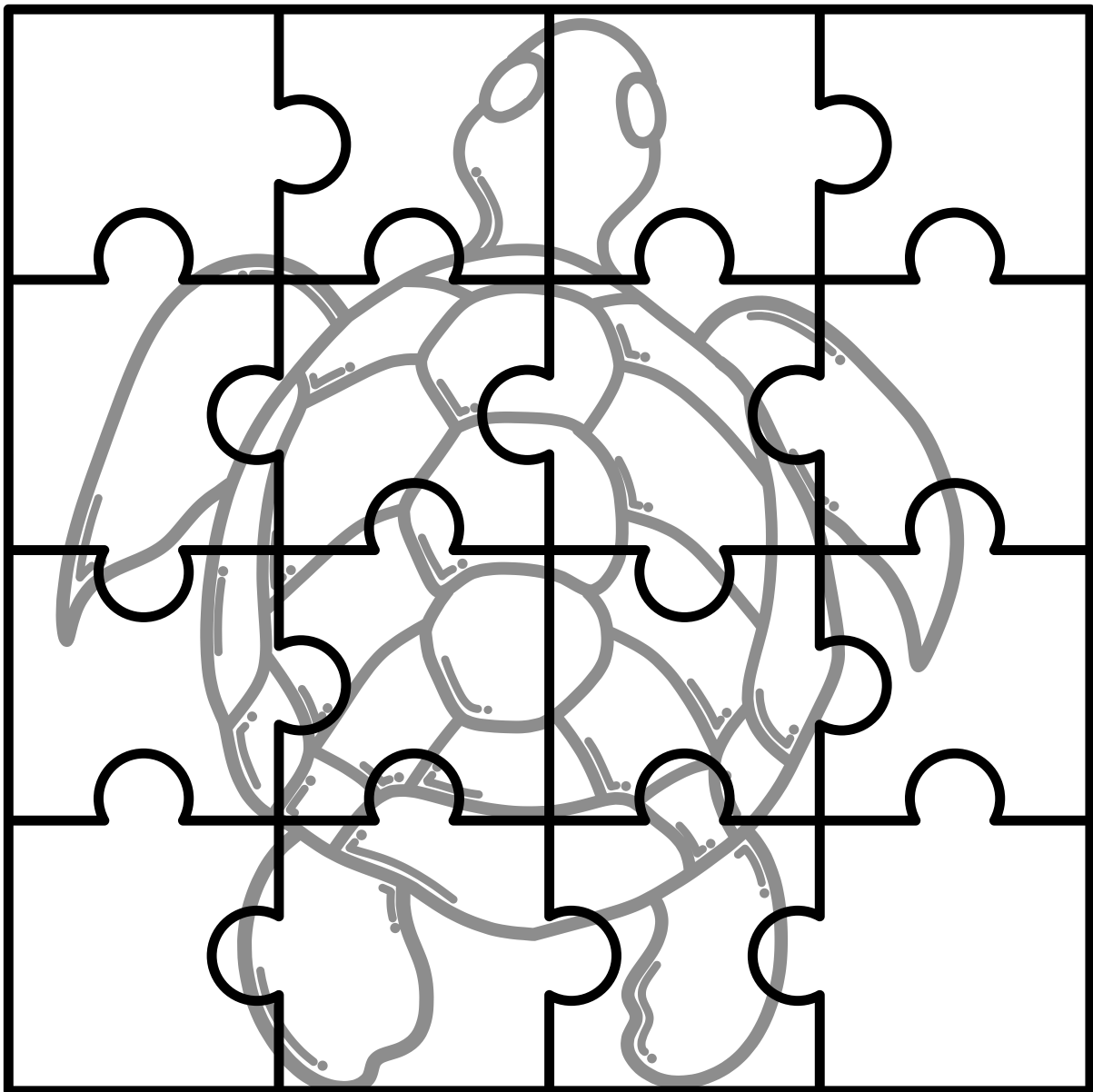
pine nuts

Food (yummy!)
Nut butter



Turtle Jigsaw

Instructions: Color in the picture, then cut around the pieces. Ask a friend or family member if they can put your puzzle back together!



Excerpted from: **Native American Heritage** **Gifts Activity Book**



This activity book is based on the theme of the many gifts given to North America and the world from the indigenous, native nations. It includes themed activities and stories about indigenous food, culture, medicine, plants, animals, technology, and knowledge. It also has instructions for interactive games and crafts. It is a great book for children ages 6-10 who love activities and want a culturally-themed activity book to keep themselves entertained. This book is perfect for trips, weekend activities, or just entertainment!