



# NATIVE AMERICAN HERITAGE MONTH



Every November we celebrate the history, heritage, traditions, and culture of Native Americans, Alaska Natives, and Native Hawaiians. Here are some ideas of how you and your club can help celebrate this month!

Are you ready to take the challenge and complete an Native American activity each day in November in this state-level Experience awards-eligible activity?

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> Knowledge check: Look up what Indigenous lands you live on. <a href="#">Use this guide.</a>	<b>2</b> <a href="#">Learn about the tribes from your area of IL.</a> Share something you learned with your family or club.	<b>3</b> Research time! Learn about Native American clothing- explore the <a href="#">Smithsonian National Museum of the American Indian's Infinity of Nation's website</a> to learn more!	<b>4</b> Listen to a song by a Native American, Alaska Native, or Native Hawaiian artist!
<b>5</b> Read a book by a Native American author. Ask your local library for recommendations.	<b>6</b> Learn the history of Native American historical figure Pocohontas. <a href="#">Visit this website to learn more.</a>	<b>7</b> Visit a museum or exhibit about Native Americans, Alaska Natives, or Native Hawaiians, virtually or in person.	<b>8</b> Food Challenge: learn more about the history of pumpkins in Illinois and find a recipe you want to try that uses pumpkins.	<b>9</b> Research time! Who were the Peoria and Illini tribes? What places near you have names related to Native American language and tribes?	<b>10</b> Learn more about jingle dancing in <a href="#">this PBS video</a> . What are jingles traditionally made from?	<b>11</b> Learn about natural dyes and how Native Americans used them in <a href="#">this hands on activity</a> .
<b>12</b> Take a canoe ride! If you can't, find a canoe and snap a picture.	<b>13</b> Food Challenge: learn more about the history of potatoes in Illinois and find a recipe you want to try that uses potatoes.	<b>14</b> Research the meaning and importance of dreamcatchers.	<b>15</b> Learn more about the history of chocolate! Find a recipe you want to try using chocolate!	<b>16</b> Learn more about how corn comes in different colors! Can you find any to observe in person?	<b>17</b> Learn how to make a corn necklace! Work with an adult to help you find materials. <a href="#">Find instructions here.</a>	<b>18</b> <a href="#">Learn more about the three sisters.</a>
<b>19</b> Make the pumpkin recipe you chose on day 8. Work with an adult for kitchen safety.	<b>20</b> <a href="#">Learn how to make fry bread!</a> Ask your adult to add it to a future menu for your family.	<b>21</b> Legends, folktales, myths: listen to or read a Native American story <a href="#">using this resource.</a>	<b>22</b> Why is it important to tell stories? <a href="#">Listen to a few of these storytellers!</a> Does your family have any important stories that have been passed down?	<b>23</b> Find an animal native to Illinois and find its significance in Native American culture.	<b>24</b> Learn more about the history of Thanksgiving. What are the meanings of this day to indigenous people?	<b>25</b> Get moving and try out <a href="#">some Powwow footwork!</a>
<b>26</b> Learn about basket weaving in <a href="#">this hands on activity!</a>	<b>27</b> Learn more about <a href="#">making a corn husk doll</a> . Try it out if you have the materials!	<b>28</b> <a href="#">Learn how to make a clay bowl.</a> Sketch out some designs for a piece of pottery based on what you learn.	<b>29</b> Go stargazing! Find constellations from Indigenous cultures <a href="#">using this PBS resource.</a>	<b>30</b> <b>Take a picture of you with your completed calendar and an activity you did and submit it to: <a href="http://go.illinois.edu/HeritageMonthActivity">go.illinois.edu/HeritageMonthActivity</a> or scan the code on the right to submit.</b>		



Remember to include this in your Experience Award application as a state level experience.