

## **American Indians of the Plateau (pg 33)**

### Region

The Plateau region is between the Rocky Mountains and Cascade. There are many rivers. Two of the rivers are the Columbia River and the Fraser River. In the Plateau, there is not much rain. There are rolling hills, flatlands and gorges. Summers are hot and winters get extremely cold.

### Food in the Plateau

Many plants and animals live in the Plateau. Forests grew near the mountains. Other areas had berries, grasses and cama (a type of flower). People ate the root of the cama plant. Some deer and bear lived in the forest, but the cama root was eaten more often. The rivers held fish.

### Homes and Shelters

Artifacts show that people did a good job living in the cold weather. The Yakima tribe built their homes halfway under the earth to stay warm. They covered the entrance with grass mats. This helped keep in the heat.

### Clothing and tools

The Yakima women used the grasses to make clothes. They wove the grass together to make clothing, including grass hats! Then they decorated them with designs. Since the Indians in the Plateau ate roots, they needed tools to dig the roots. They made shovels and diggers from sticks to get their food.

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## **American Indians of the Great Plains (pg 34)**

### Region

The Great Plains are east of the plateau region. The Great Plains stretch from the Rocky Mountains to the Mississippi River. It goes from Canada to Texas. A few tribes that lived there were called the Sioux and the Comanches. The Great Plains has cold winters and hot summers. There used to be few trees. Grasses spread across the flat land. Big animals like the buffalo and deer lived there.

### Homes and Shelters

The Sioux used every part of the buffalo to help them. They used its skin to make teepees as homes. The women sewed the skins together and wrapped them around long poles. They could easily take the teepees down. Then they would paint the outside of the teepees with stories. This was important because then they could move to follow the buffalo.

### Clothing

American Indians in the Great Plains used buffalo skin to make warm clothes for the winter. They would put the furry side toward their skin to stay warm.

### Tools

The Sioux even made shields from buffalo skins! They decorated the shields with fur and feathers.

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## **American Indians of the Eastern Woodlands (pg 35)**

### Region

The Eastern Woodlands are from the Mississippi River east to the Atlantic Ocean. They include the Great Lakes! The Eastern Woodlands were north of the Ohio River. Many American Indians lived in the hills and valleys. Some lived along the coast. The area has four seasons. Lots of rain fills the many rivers. Winters are cold and summers are warm.

### Food

The forest held many animals. American Indians in the Eastern Woodlands could eat turkey, deer and beaver.

### Homes and Shelters

Certain tribes used the forest to make their homes. They made wigwams for winter and summer. The wigwam is a big wooden home made from bent branches. The women then made mats of tree bark or plants to cover the bent branches.

### Clothing

The Eastern Woodland people used animal skins to make clothing. Deer skin was especially popular. Plus, in the winter, the tribes also wore capes of turkey feathers that were sewn together. The capes kept people warm and dry.

### Tools

The tree trunks of the forest were the perfect size for canoes! They would make a frame out of cedar trees and cover it with birch bark. The birch bark was sewn together with spruce roots! This made the boat so light that a man could carry the canoe from river to river.

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## **American Indians of the Southeast (pg 36)**

### Region

The southeast is a very swampy area. It reaches to the Gulf of Mexico. The area also includes valleys, mountains and coastal plains. Some areas are dry. Others are very wet. Wet or dry, all areas are very hot. The Seminole tribe lived in the Everglade swamps of Florida.

### Plants and Animals

Giant ferns and palmetto trees grow in the swamps. Tall, sharp grasses rise from the waters. Deer live in the forest. Fish, alligators and snakes swim in the swampy waters.

### Homes and Shelters

In the swampy areas, the ground was wet and soft. People had to build their homes on stilts above the swamp in order to stay dry. They used wooden posts and palmetto leave for a roof. The homes had no walls. That way, they could feel the breeze.

### Clothing and Tools

The swampland was the perfect place for mosquitoes. People had to protect their legs from the bugs and the sharp grasses, so they wore leggings. The leggings were made from deer skin. They also made boats to get around the swamp and rivers.