

Pocket 6

THE SIOUX OF THE PLAINS

CUT AND PASTE

**Pocket Label, Shelter Stamp,
Picture Dictionary Cards** page 55

See page 2 for information on how to prepare the pocket label and shelter stamp. See page 10 for information on how to prepare the picture dictionary cards.

FACT SHEET

The Sioux page 56

Read this background information to familiarize yourself with the Sioux. Share the information with your students as appropriate. Incorporate library and multimedia resources that are available.

STUDENT BOOKLET

Make a Sioux Booklet pages 57–59

See page 2 for information on how to prepare the student booklet. Read and discuss the information as a class. Encourage students to read their booklets to partners or independently.

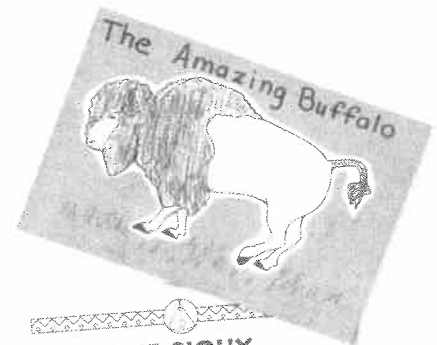
ACTIVITIES

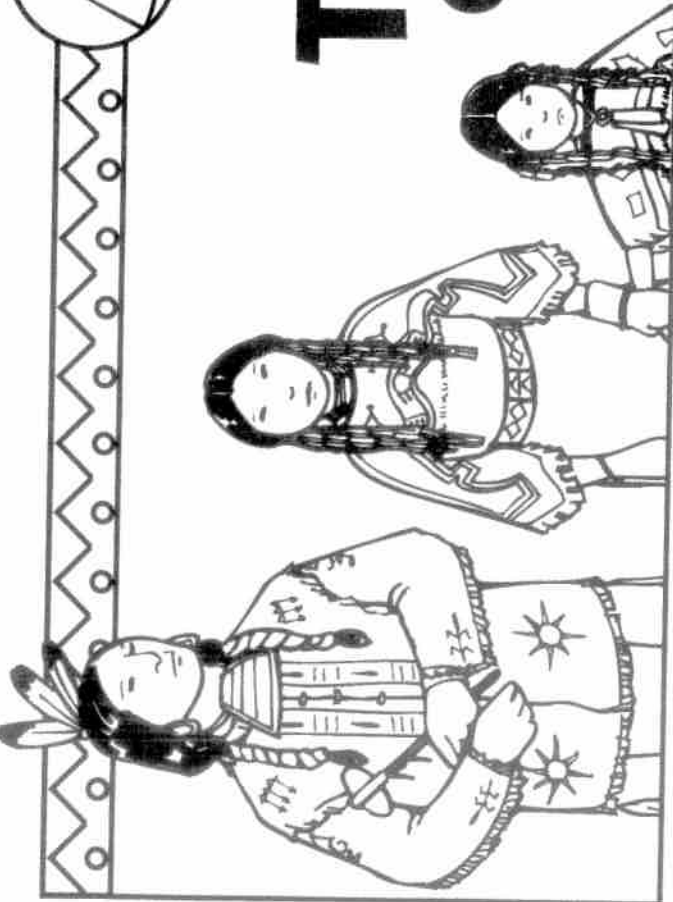
The Amazing Buffalo pages 60–62

The Sioux depended greatly on the buffalo. Students make booklets showing some of the uses for this incredible beast.

Ceremonial Ankle Band page 63

This beaded ankle band is perfect to wear when dancing at ceremonies.

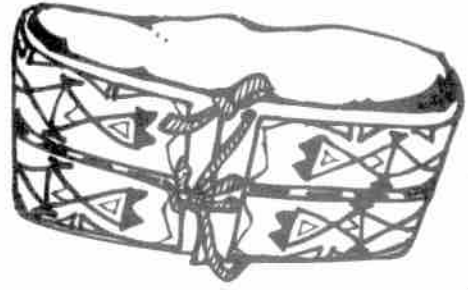




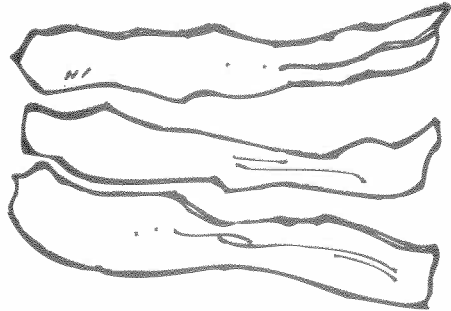
THE SIOUX OF THE PLAINS

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Pocket Label



parfleche

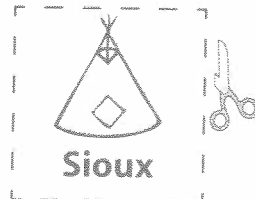


wasna



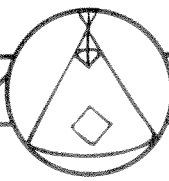
tipi

Picture Dictionary Cards



Sioux

Shelter Stamp



FACT SHEET

THE SIOUX

INTRODUCTION

The Sioux (SOO) roamed the plains of North America from as far north as present-day Wisconsin and Canada to as far south as present-day Texas. The Sioux Nation encompasses fourteen bands, which make up three main tribes: Lakota, Nakota, and Dakota.

CLOTHING

Most Sioux clothing was made from buffalo hide and other animal skins. The skins were tanned and dyed with natural pigments using berries, leaves, grasses, and flowers. Sioux women sewed the hides together using needles of sharpened bone. They also used buffalo sinew (tendons) to make tough, durable thread.

Women wore fringed dresses decorated with porcupine quills, horsehair, fox tails, and beads. Many of these same materials were used to make jewelry. Men wore fringed shirts and breechcloths. In the winter, they wore fur robes and leggings. Men also wore blankets or soft robes made from fox or wolf skins. Both men and women wore moccasins. The Sioux also made parfleches out of rawhide. A parfleche was a folded rawhide envelope that was used to hold food or something special.

FOOD

The buffalo provided the Sioux with their main source of food. They often cooked the meat in a bowl made from the buffalo's stomach. Because the stomach was pliable, it was easy to stretch the stomach muscle across a wooden frame. The Sioux also dried buffalo meat so they would have meat for the winter when buffalo were scarce.

Women and children gathered berries, wild turnips, roots, and herbs. Berries were often dried and stored in containers made from buffalo hide. The turnips were peeled, dried, and pounded into flour. The turnip flour was then used to thicken broth that was flavored with wild herbs.

The Sioux also ate wasna. Wasna was made from lean meat that the women dried and pounded into fine particles. The meat particles were then mixed with melted fat and crushed berries. Similar to beef

jerky, wasna was especially easy to eat while hunting or traveling. Wasna was often stored in parfleches.

SHELTER

The word *tipi* comes from two Sioux words meaning "an object used to live in." The Sioux were able to assemble and disassemble their tipis so they could follow the roaming buffalo across the plains.

A tipi was constructed with large lodgepoles that measured about 20 feet (6 meters) in length. Then the women scraped, tanned, and sewed a dozen buffalo hides together to make the tipi covering. The Sioux decorated their tipis with a variety of ceremonial symbols. When the weather was hot, the tipi covering was rolled up on the sides to allow for more air circulation.

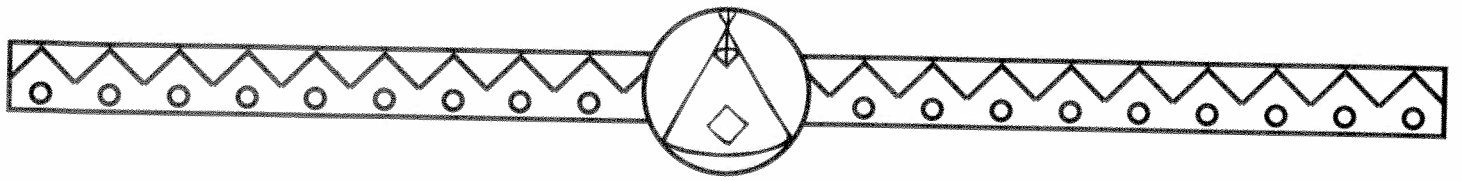
An average-size tipi could sleep six people. Bedding was rolled up in the morning to make room for daily activities. Weapons were kept on the men's side of the tipi, while cooking pots and utensils were kept on the women's side. When it was time to move, the women disassembled the tipi and loaded it onto a travois, which acted as a sled and could easily be pulled by a horse.

FAMILY LIFE

Men made all the decisions for the tribe, and one man was chosen as chief. While women were not involved in decision-making, they had great influence over their husbands and often made suggestions about what should be done.

Women owned all family belongings. Young Sioux children played together near the women. Girls played with miniature tipis and dolls made from animal hide. Boys often pretended to hunt with small bows and arrows.

When children reached the age of five or six, they learned adult skills. Sioux women taught girls to cook, tan hides, make clothing, and assemble tipis. Boys were taught how to hunt and become great warriors. They also learned how to care for horses and often participated in hunting activities. Both boys and girls were responsible for taking care of the younger children.

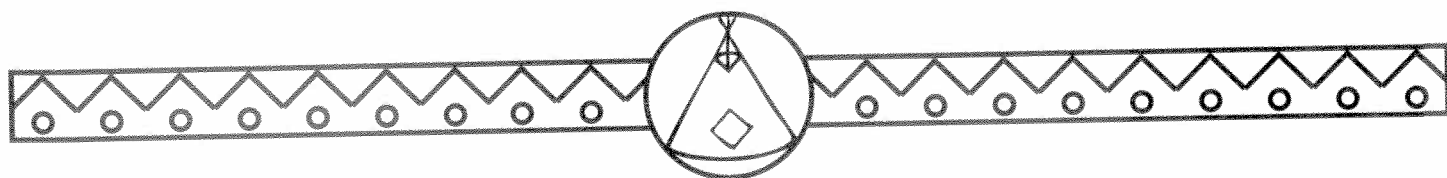


THE SIOUX OF THE PLAINS

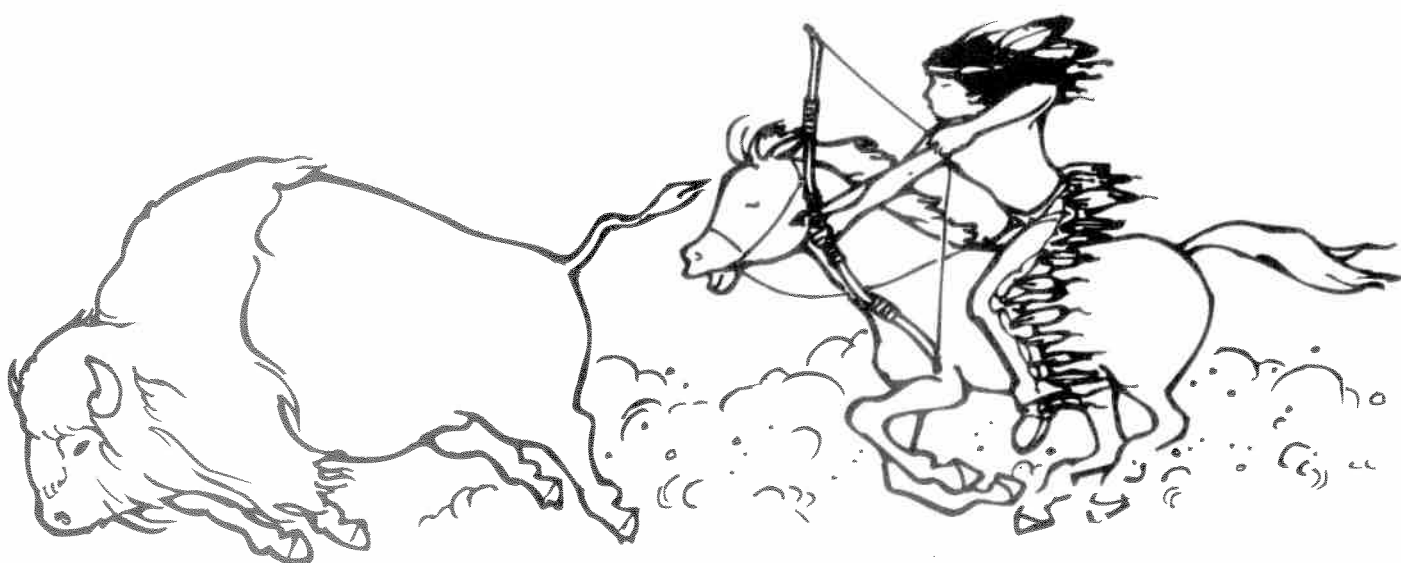


The Sioux roamed the plains of North America in search of buffalo. They went as far north as Wisconsin and Canada. They traveled as far south as Texas. The Sioux Nation was made up of three main tribes: Lakota, Nakota, and Dakota.

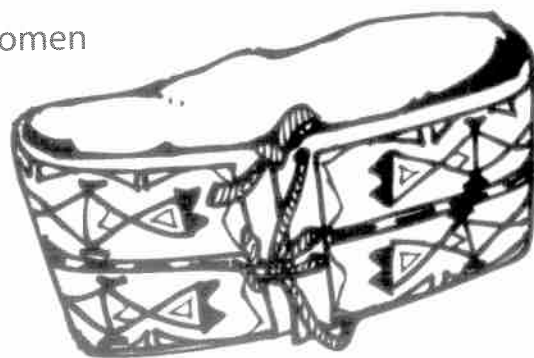


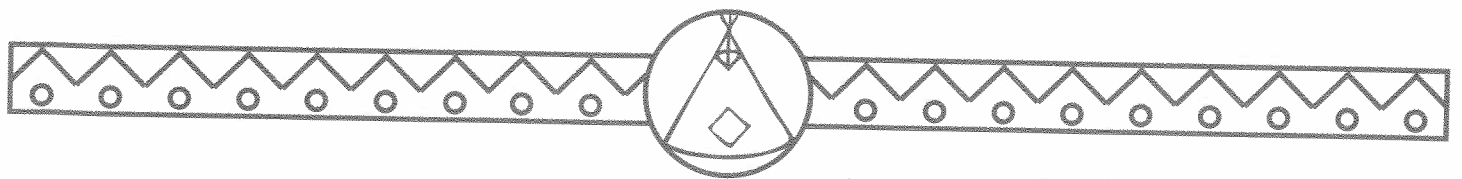


Sioux clothing was made from buffalo hide and other animal skins. The skins were dyed many different colors. The Sioux used berries, leaves, grasses, and flowers to make the dyes. Sioux women wore fringed dresses. They decorated their clothes with porcupine quills, horsehair, and beads. Men wore fringed shirts and breechcloths. In the winter, they wore fur robes and leggings. Both men and women wore moccasins.



Buffalo was the main food for the Sioux. They ate fresh buffalo meat. They also dried and stored meat for the winter. The Sioux used meat to make **wasna**, a kind of beef jerky. The meat was dried and pounded into small pieces. Then it was mixed with crushed berries and melted fat. The wasna was stored in a **parfleche** bag. Women and children also gathered berries, roots, herbs, and wild turnips.





The Sioux lived in **tipis** that were easy to put together and take apart. They could take their home with them when they followed the buffalo. They put the tipi on a kind of sled called a travois. Sioux women sewed many buffalo hides together to make the tipi covering. They used buffalo sinew (tendons) as thread. Then it was decorated with symbols. When the weather was hot, the tipi covering was rolled up on the sides. A tipi could hold six people.



The Sioux had a busy village life. The men hunted the buffalo. The women made the tipis. Both men and women taught the children the ways of the Sioux. Girls played with tiny tipis and dolls. Boys pretended to hunt with bows and arrows. At age five or six, girls learned how to cook and make clothing. Boys learned how to hunt. Everyone in the village worked and played together.



THE AMAZING BUFFALO

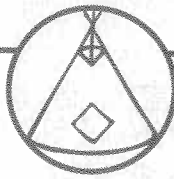
To the Native Americans of the Great Plains, the buffalo was a walking commissary. This animal provided them with 70 different items for food, clothing, and shelter. Students make a booklet showing some of the uses for this incredible beast.

STEPS TO FOLLOW

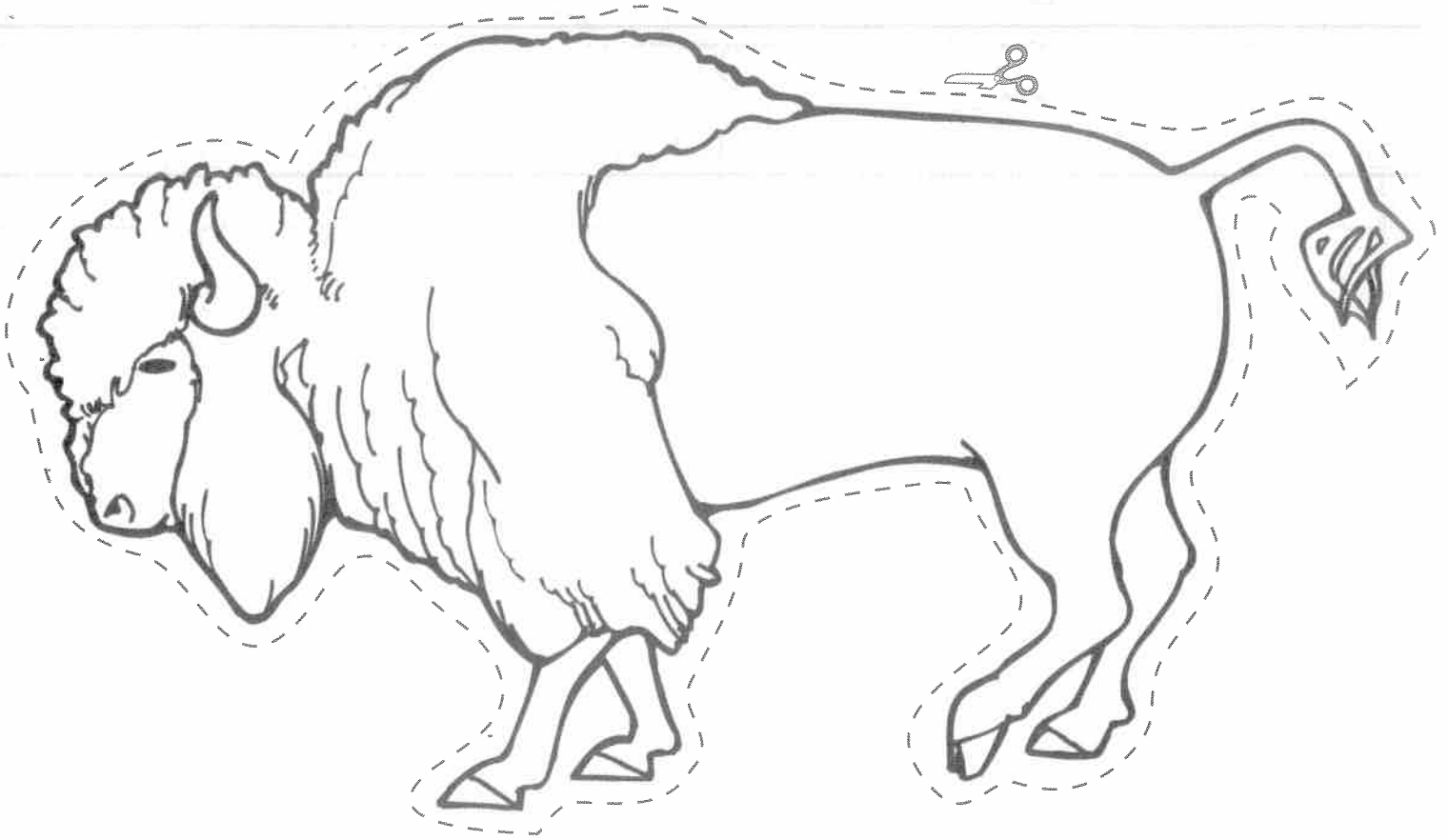
1. As a class, read and discuss the information about the buffalo. Bring in additional sources of information as desired.
2. Fold the construction paper in half.
3. Color the buffalo on page 61, cut on the dotted lines, and then glue it to the front of the folded construction paper.
4. Open the folded construction paper. Cut out and glue the information in the box to the inside top half of the folder.
5. Cut out and glue the two labeled boxes on page 62 to the bottom half of the folder.
6. Cut apart the pictures of the items made from the buffalo.
7. Glue them in the correct boxes.

MATERIALS

- pages 61 and 62, reproduced for each student
- 9" x 12" (23 x 30.5 cm) tan construction paper (or use brown wrapping paper)
- scissors
- glue
- crayons



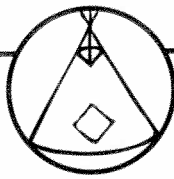
THE AMAZING BUFFALO



The buffalo is also called the American bison. A large male buffalo could be 12 feet (almost 4 meters) long from head to tail and up to 6 feet (2 meters) tall. He could weigh as much as 2,000 pounds (900 kilograms).

At one time, millions of buffalo roamed the Great Plains of North America. A herd could be so large that it would take several days to pass by!

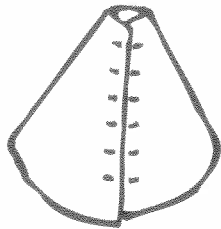
Native Americans used the buffalo for food, shelter, and clothing. All parts of the buffalo were used—skin, hair, bones, horns, flesh, and tendons (called sinew). Nothing was wasted.



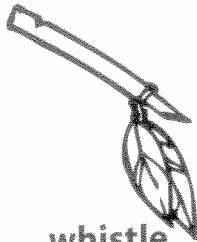
THE AMAZING BUFFALO

BONES AND HORNS

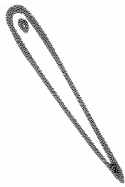
HIDE AND SINEW



tipi cover



whistle



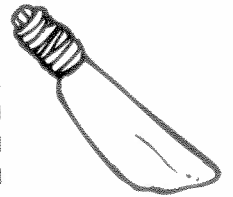
needle



scoop



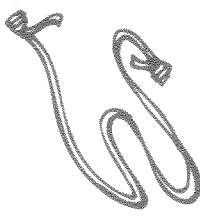
moccasins



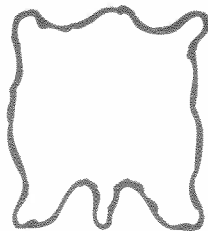
knife



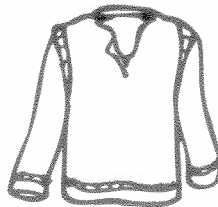
scraper



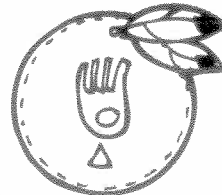
bow string



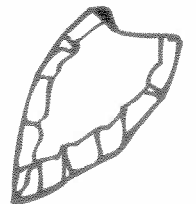
buffalo robe



shirt



shield



arrowhead

ANKLE BAND

Sioux women sewed beautiful beadwork of many colors to decorate war shirts, dresses, moccasins, leggings, and other pieces of clothing. Heavily beaded clothing was used for ceremonies. It was common to add bells to beaded ankle bands for dancing.

STEPS TO FOLLOW

1. If possible, show students pictures of the beadwork that is representative of the Sioux. Then have students color a pattern on the graph paper to represent the beadwork on the ankle bands.
2. Students glue the colored graph paper pattern to the brown construction paper.
3. After the glue is dry, students make a black crayon line around the graph paper.
4. Students punch a hole on each end of the ankle band.
5. Students thread a piece of yarn or string through the holes and then tie the strings together to hold the band around the ankle.
6. Optional: Students may thread bells to the yarn before tying. Students wear the ankle bands and dance to the music of drums and flutes.

MATERIALS

- 1 $\frac{3}{4}$ " x 6" (4 x 15 cm) quarter-inch graph paper
- 2" x 7" (5 x 18 cm) brown construction paper
- two 7" (18 cm) pieces of yarn or string
- crayons or marking pens
- glue
- hole punch
- Optional: small bells and Native American music (flutes and drums)

