



# INDIGENOUS PEOPLES' DAY WALK 2021

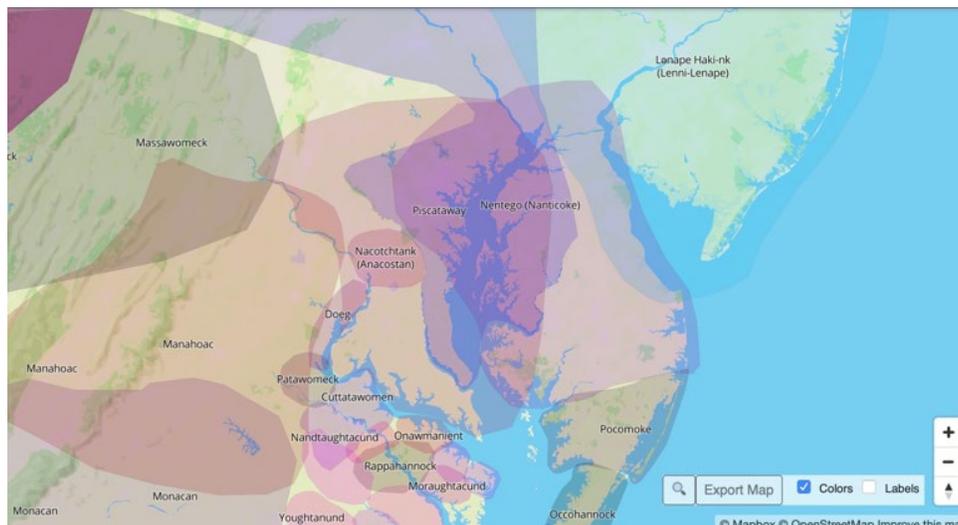
*Come take a walk with us and connect with the natural world as Indigenous Peoples have done for centuries. Whether you are in person with us or walking in your neighborhood, there are 5 stops, each with a challenge. We walk to begin a journey...*

## **STATION 1 - Earth Mother - Location: A Big Tree**

Today, people from just over a dozen tribal nations live alongside us, within the Anacostia and Potomac River watersheds, Chesapeake Bay area, and the states of Maryland, Virginia, and Delaware.

### **DID YOU KNOW?**

Washington D.C. sits on the ancestral lands of the Anacostians, Piscataway, and many others.



Look closely at this map of the Washington, DC area, and you'll see the names of some tribes that historically inhabited the lands here, especially before settlers arrived. If you'd like to explore the map or live outside the Washington, DC area, go to [this page](#) to find your local map.

### **CHALLENGE**

\*Find answers on page 7\*

Which of these place names are native language words?

Arlington  
Clarendon  
Anacostia  
Falls Church  
Occoquan  
Potomac

Shenandoah  
Chesapeake  
Virginia  
Tuckahoe (Elementary School)  
Washington

## SPROUTS & TADPOLES CHALLENGE

Some Indian words have lots of different sounds in them. Can you clap the sounds & syllables for each of these words that come from native tribal names and places?

Rappahannock  
Susquehanna  
Appomattox

## **STATION 2 - Air and Sky - Location: A Neighborhood Park**

When Rock Spring Church was first built, people thought that the park right next door should be a parking lot. But no! The Church demanded it should be a park.

### DID YOU KNOW?

The U.S. Department of the Interior Secretary is a Laguna Pueblo Native American named Deb Haaland. The Department of the Interior of our government is charged with taking care of our "natural resources and cultural heritages." Among other things, they oversee our national parks.



### CHALLENGE

Be very still and quiet for a moment. Listen closely and pay attention to the feel of the air on your skin. What did you hear...what did you see as you entered the park? How do you think this space will look and feel in 50 years if we take care of it, as Secretary Haaland is doing? How will it change if we don't take care of it?

## SPROUTS & TADPOLES CHALLENGE

Be very still and quiet for a moment. Listen with strong rabbit ears, look with strong eagle eyes... What did you hear...what did you see as you entered the park?

How old will you be in 50 years? If we take care of this park, what do you think the trees will look like in 50 years? Can you imagine any animals in the park? Any birds? Plants? What if we cut down the trees and plants here and build buildings in this park? What will it look like?

## STATION 3 - Water by the Bridge - Location: A Stream, River, or Pond

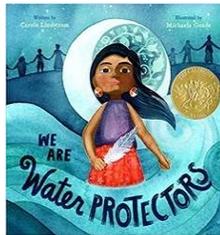
Water was important to indigenous peoples living here as they used it for drinking, cooking, agriculture, and for fishing, a diet mainstay. It's still very important to all of us for many of the same reasons.

### DID YOU KNOW?

The stream in the Rock Spring Park is called Little Pimmit Run, and it flows to the Potomac River. It was named in 1675 for John Pimmit, an Englishman. Many places were renamed for settlers when they colonized the Americas, but all of these places originally had other names that Indigenous tribes gave to them, and in some cases still use.

### CHALLENGE

Part of our connection with water is to do our best to keep it clean so that plants, animals, and humans live in harmony with it. Another part of our connection is to prevent wasting water. Note that the little girl in this picture book is a **Water Protector**.



How can you be a **Water Protector**? Name at least 2 of these things that you will do right away and/or already do:

WHAT \_\_\_\_\_ IS DOING TO PROTECT  
(YOUR NAME)

### THE EARTH AND SUPPORT THE WATER PROTECTORS PLEDGE

- Turn the water off when you brush your teeth
- Take shorter showers
- Use a reusable water bottle
- Turn off the lights when you leave a room
- Avoid using plastic utensils and straws
- Recycle
- Plant a tree
- Turn off and unplug electronics and video games when you're not using them
- Ask your parents to carpool with your fellow classmates
- Volunteer with your class or family to do a beach cleanup
- Learn about your local government's environmental policies



- Write a letter to your representative
- Garden in your backyard or classroom
- Use both sides of your paper
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### SPROUTS & TADPOLES CHALLENGE

Imagine you are a fish in this little stream. What would you like to see or eat in the water? What would you NOT want to run into or eat?

Will you sign the pledge to be a water protector (see page 7)? Hang your pledge somewhere in your house (maybe on the refrigerator or maybe in your room) so you remember to save and protect clean water.

**BONUS:** Here's [a video](#) of author Carole Lindstrom reading her book *We Are Water Protectors*.

## **STATION 4 - Medicinal Herbs and Food Plants - Location: A Garden or Place Where Things Grow**

We do not inherit the Earth from our ancestors, we borrow it from our children.  
Chief Seattle. 1786-1866

### **DID YOU KNOW?**



The name of these common cleaning products has an unexpected source. The Seventh Generation Principle is based on a Haudenosaunee (Iroquois) philosophy. It says that the decisions we make today should result in a sustainable world seven generations into the future. The Seventh Generation Principle was recorded somewhere between 1142 and 1500 AD. (A long time ago)

### **CHALLENGE**

\*Find answers on page 7\*

Think about what is in your medicine cabinet, laundry room, garage, or kitchen right now. Can you name the products that are “powered by plants”, and use fewer chemicals that harm our earth?

Native peoples used plants and herbs as remedies for all kinds of illnesses. Match the plant with one of its uses by native peoples.



PREVENTATIVE & CURE FOR COMMON COLD



SORE THROAT



UPSET STOMACH



SORE JOINTS & MEMORY



EARACHE & EAR INFECTIONS

### **SPROUTS & TADPOLES CHALLENGE**

Gardens grow food to make us grow. Much of our food comes from gardens and farms just like this one. Rock Spring’s garden grows all kinds of vegetables to feed people all across our community. What kinds of plants do you see that you would like to eat? What other growing plants from farms and gardens do you like to eat?

## **STATION 5 - Trees and Roots - Location: Back to the Big Tree**

For Indigenous peoples, trees, grasses, and roots are essential to their way of life as sources of food, shelter, ceremony, and transportation. From the American Persimmon to the White Pine to Sassafras to Serviceberry, these trees can be found locally in our community. Wild sweetgrass is another example of a simple living thing in our lives, a grass!, that has many uses.



Wild Sweetgrass

### **DID YOU KNOW?**

Today, roughly 4,163 American Indians live in the Washington, D.C. area. To teach locals about the history and culture of the indigenous people that now reside and thrive in the area, communities like the [Rappahannock tribe](#) host annual celebrations in the popular national parks.

### **CHALLENGE**

Name 1-2 things you will do between now and Thanksgiving to learn more about American Indians in our communities. Name 1-2 things that you are doing or will do to get closer to the land that we all share. See our "Additional Resources" for ideas!

### **SPROUTS & TADPOLES CHALLENGE**

Here we are back at the big tree. On your walk, you made a sort of circle. Indigenous people, the people who were here living on the land long before our grandparents and great great great grandparents arrived, understood that they needed to keep the Earth healthy in order to keep themselves healthy. Trees, plants, streams, rivers, air, and people all depend on each other....just like a circle. Can you hold your hands like the hands in this picture to show how you will honor the land? Can you circle the tree in a big hug?





## ADDITIONAL RESOURCES

(NOTE: This is a small selection of the many resources available. We encourage you to go even deeper into this living & breathing topic as we focus on it over the new year or longer.)

### The Land We Occupy

- Mapping Tool: <https://native-land.ca/>
- Piscataway in Northern Virginia: <http://www.virginiaplaces.org/nativeamerican/piscataway.html>
- Piscataway Conoy Tribe: <http://www.piscatawayconoytribe.com/index.html> & <https://www.piscatawayindians.com/>
- #HonorNativeLand (Land Acknowledgement): <https://usdac.us/nativeland>

### History

- Repudiation of the Doctrine of Discovery: <https://tinyurl.com/2jxsxkdr> & <https://tinyurl.com/48vz7776>
- Boarding Schools: <https://boardingschoolhealing.org/education/us-indian-boarding-school-history/>
- Native American History Books everyone should read: <https://tinyurl.com/3xwhm5st>

### Current Day

- NOVEMBER is National Native American Heritage Month: <https://nativeamericanheritagemonth.gov/>
- Bureau of Indian Affairs: <https://www.bia.gov/home>
- National Museum of the American Indian: <https://americanindian.si.edu/>
- Voting Rights & Land Rights: <http://www.fourdirectionsvote.com/> & <https://tinyurl.com/arb4jpsc>
- Safe Women, Strong Nations: <https://indianlaw.org/safewomen> and <https://www.csvanw.org/>

### Fiction Books

- Essential Native American Novels: <https://tinyurl.com/ysnkvexh> & <https://tinyurl.com/4bs9ut8p>

### Children's Books

- Native American Children's Literature Recommended Reading List: <https://tinyurl.com/3u64kb4n>

### Music

- Native American Musicians You Should Know: <https://tinyurl.com/jcy7am6s>

### Art

- Native American Artists You Should Know: <https://tinyurl.com/ft4yea25> & <https://tinyurl.com/2z56tyzp>
- Native Women Artists: <https://americanart.si.edu/exhibitions/native-women-artists>

### Film

- Native Films & Filmmakers: <https://tinyurl.com/h66pyw3a> & <https://tinyurl.com/4wef52hp>

## Healing & Ceremony

- Medicine Ways: <https://tinyurl.com/py3yyveb>

## Giving

- Charities To Donate To: <https://www.purewow.com/family/native-american-charities>
- How to Put Your Money Back Into Native Communities: <https://tinyurl.com/ubvtuc8p>

## Buying

- Etsy Vendors: <https://tinyurl.com/364djbyt> & Buy Native: <http://www.beyondbucks.com/p/buy-native.html>
- Favorite Places to Shop for Native Products: <https://tinyurl.com/3nra4x7y> & <https://tinyurl.com/myb3esw8>



Station 1 Answers: Native language place names: Anacostia, Occoquan, Potomac, Shenandoah, Chesapeake, Tuckahoe

Station 4 Answers: Sumac-Sore Throat; Rosemary-Sore Joints & Memory; Blackberry-Upset Stomach; Wild Rose-Common Cold; Ginger-Earache