

There are many reasons to love and celebrate being Native American—even if you aren't Native American you can still celebrate and learn with us. Your goal for this month is to celebrate and learn something about our culture. Each day we invite you to take a pic or video and tag us on [Facebook](#), [Twitter](#) or [Instagram](#).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Native American Heritage Month</p> <p>What is Native American Heritage Month? Are there Tribes that exist in North Carolina? Use this virtual classroom to get started!</p> <p>Why is Native American Heritage Month important to you?</p>	<p>2 Elders</p> <p><i>Celebrate:</i> Draw or share a picture with you and an elder you love. What is a lesson they have taught you?</p> <p><i>Learn:</i> Our elders pass on our stories, culture, and history. Listen to these teachings and stories from two Cherokee elders.</p>	<p>3 The Land</p> <p><i>Celebrate:</i> Take a few minutes to reconnect with the land (walk, plant, sit, stand, run, dig).</p> <p><i>Learn:</i> Use this map to see whose homelands you live on. Think about what that means to be on someone else's homelands. How can you be a good guest in someone else's home?</p>	<p>4 Powwows!!</p> <p><i>Celebrate:</i> Wear your favorite Pow wow shirt, or dance attire. Share a pic and tag us on social media! What is your favorite part of powwows?</p> <p><i>Learn:</i> A Powwow is a gathering of Native people to celebrate our culture, as seen at the Haliwa Saponi, Cherokee, and Lumbee Powwows. Each Powwow is different! What was something different you noticed?</p>	<p>5 NC Tribe 1</p> <p>#WaterisLife. For many Native people water is life-giving. A way to travel, heal, and survive, including the Coharie Tribe. Have you ever spent time on a river? What was that like?</p> 
<p>6 NC Tribe 2</p> <p>The Smithsonian National Museum of the American Indian (in DC) had the Eastern Band of Cherokee share some of their dances and culture.</p> 	<p>7 Native Strength</p> <p><i>Celebrate:</i> Even though our Native ancestors faced many challenges, our ancestors were also examples of strength and resistance. That strength and resistance stills runs through us!</p> <p><i>Learn:</i> The Battle of Hayes Pond and resisting the Indian Removal Act are great examples of this strength. Why did Native people try to fight back in these two situations?</p>	<p>8 Dance and Regalia</p> <p><i>Celebrate:</i> Share a pic or video of you dancing and/or in your regalia.</p> <p><i>Learn:</i> Not all Native American people have regalia. Native people wear their regalia for powwow dancing and sometimes for special occasions. Why is regalia important to Native people?</p>	<p>9 Native Plants</p> <p>Plants provide strength and nourishment to all people in the past and present. Native people even used to heal pain or sickness and a lot are still used today!</p> <p>-Sorghum -Elderberries -Corn</p>	<p>10 Literacy</p> <p>What was your favorite book to read when you were younger? Why?</p> <p><i>Celebrate and Learn:</i> Sharing our culture through children's books is a great way to pass on our teachings. Read a book about Native culture! Here are a few from Native authors: -Whoz Ya People -We Are Water Protectors -Frybread</p>	<p>11 Native Veterans</p> <p><i>Celebrate and Learn:</i> The US has a long history of Native Veterans. It's the warrior spirit and the love for our land and country.</p> <p>In World War II, we saw how important Native Veterans were with the Navajo Code Talkers in helping the US and our allies. Why are you thankful for Veterans?</p>	<p>12 NC Tribe 3</p> <p>Powwows are important to many Native American Tribes, including the Haliwa Saponi. What does this video tell you about the Haliwa-Saponi people? What is something they value?</p> 
<p>13 NC Tribe 4</p> <p>Tribes have many cultural events throughout the year. Take a look at how the Lumbee have celebrated their culture. How can you celebrate and learn through the year?</p> 	<p>14 Rock your Mocs!</p> <p><i>Celebrate:</i> Wear your moccasins! Share a pic and tag us on social media! Moccasins are traditional shoes worn by Native people. They are still worn today on special occasions and each one is different and unique. Jaylyn Atsye (Laguna Pueblo) was the first person to start this Nation-wide celebration.</p>	<p>15 Native Boarding Schools</p> <p>Have you ever been homesick before? Or had to go somewhere you really didn't want to go? Between 1880-1960s many Native kids were forced go to Boarding Schools and endured terrible things.</p> <p><i>Honor:</i> Wear orange in their honor and memory.</p> <p><i>Learn:</i> These videos share some basic history of these schools -Kids Article for Teens</p>	<p>16 Native Languages</p> <p>Traditionally, Tribes had their own distinct languages. Through history, Native people were forced to speak English, so some languages are asleep. Many Tribes are learning and reconnecting with their languages. Share a video of yourself learning or sharing your language. Learn about some of those languages that are: -Cherokee -Haliwa-Saponi -Wampanoag</p>	<p>17 MMIW</p> <p>Across the US, there are many missing and murdered Native American women and girls whose cases are still left unsolved! Watch how teens (like Rosalie Fish) can use their voice for MMIW! To learn about MMIW in NC, check out MMIWNC or listen to the Red Justice Project Podcast <i>Honor:</i> Wear red in honor/ memory of MMIW, tag us on social media!</p>	<p>18 Native Celebration</p> <p>Every year the NC History Museum hosts the American Indian Heritage Celebration. I am going to miss seeing everyone, but thankfully it's virtual! Celebrate and Learn: Attend the NC History Museum Virtual Celebration</p> <p>What was your favorite event to attend? What did you learn that you didn't know before?</p>	<p>19 NC Tribe 5</p> <p>Learn about the Meherrin Tribe. Their history and that they are STILL HERE!! What were some of things they faced in their history, what they do to overcome them?</p> 
<p>20 NC Tribe 6</p> <p>The Occaneechi Tribe has prevailed through many obstacles in history! What were some of those obstacles?</p> 	<p>21 Art and Higher Ed</p> <p><i>Celebrate:</i> Wear your favorite Native-bling! Share a pic or video and tag us on social media!</p> <p><i>Learn:</i> Watch this inspirational video on artistry and higher education from the artist, Raven Dial Stanley (Lumbee). What is a tip she shared that is helpful for you?</p>	<p>22 Native Sports</p> <p>Native people are also great athletes. Learn how the Thompson brothers (Haudenosaunee) share their love of lacrosse, the history of the sport, and the connection to our culture. Native people other sports as well, like gymnastics, basketball, and cycling.</p>	<p>23 Native Foods</p> <p><i>Celebrate:</i> Share a pic of you preparing your favorite food!</p> <p><i>Learn:</i> Watch these videos on how Native chefs are sharing foods that are important to them: -Cherokee -Lumbee -Sioux -Dine/Navajo What similarities and differences did you see?</p>	<p>24 Thanks for??</p> <p>Some Native people celebrate Thanksgiving, some Native people use this day as mourning, some don't celebrate at all. If you are confused why this is the case, the Smithsonian shares some info you might not have known. How you can be thankful all year round?</p>	<p>25 Native Singers</p> <p><i>Celebrate and Learn:</i> Listen to some of these contemporary Native singers. -Alexis Raeana -Brooke Simpson -Charly Lowry -We Are One</p> <p>What was the message you got from the song you heard? Do you have another favorite Native singer?</p>	<p>26 NC Tribe 7</p> <p>The Sappony Tribe still uses their traditional way of governing! Why do you think that would be important to the Sappony people?</p> 
<p>27 NC Tribe 8</p> <p>The Waccamaw Siouan are the "People of the Fallen Star." What is something important to the Waccamaw Siouan?</p> 	<p>28 Native pottery</p> <p><i>Celebrate and Learn:</i> Grab some clay and learn about Native pottery from Mrs Senora Lynch (Haliwa Saponi). Mrs Senora talks about how she doesn't make pottery when she is in a bad mood, why do you think that is?</p>	<p>29</p>	<p>30 Native Heritage Day</p> <p>Wear your favorite Native/ Pow wow shirt! Share why you love about being Native American.</p> <p>Share with us what was your favorite day or activity and why. Tell us something that you learned about Native American culture during this month</p>	<p>MORE!?</p> <p>Even though Native American Heritage Month is over, it doesn't mean you have to stop learning and celebrating. Check out the Indian Ed website for a list of books (for kids, teens, and adults), podcasts, and films.</p>	<p>Frequently Asked Questions</p> <p>I am confused: do I saw Indian, Native American or Indigenous? Do y'all still live in teepees? Do y'all have to pay taxes?</p> <p>Here's a great place to get some of those answers.</p>	