Tribal Regions of the United States

We learned about the different Native Americans who lived in our country.

Northeastern Woodland- These Native Americans lived in the Northeast. They lived in longhouses made of wood from the forests. Many extended family members lived together in one longhouse. Sometimes they lived in bark covered wigwams. They hunted, ate, and used the animals found in the woods, like rabbits and deer. They also gathered berries to eat. They didn't waste any part of an animal when they hunted. They used the pelts for clothing and blankets, the meat for food, and the bones for tools.

Plains- These Native Americans lived in the middle of the country where there were no woods to use for building homes. Instead, they depended on buffalo to survive. Their homes had to be portable- easy to set up and take down- because they followed the buffalo when the buffalo migrated. They hunted buffalo and other game like elk or antelope. These Native Americans used all parts of the buffalo to survive. They used the hides to make their teepees, ate the meat, and used the bones for tools. Once horses were introduced to them, life was much easier. They hunted with bows and arrows, even after the European traders introduced guns. They hunted all year long. The buffalo was roasted over a fire, dried in the sun, and made into jerky. They often made this meat into Pemmican, which was made with dried meat, buffalo fat, and berries.

Southwest- Pueblo people lived in adobe houses known as pueblos. These were multi-story house complexes made of adobe (clay and straw baked into hard bricks) and stone. Each adobe unit was home to one family, like a modern apartment. Pueblo people used ladders to reach the upstairs apartments. A Pueblo adobe house contained dozens of units and was often home to an entire extended clan. They raised crops of corn, beans, squash, and sunflowers, as well as cotton and tobacco. Pueblo men also hunted deer, antelope, and some game, while women gathered nuts, fruit, and herbs. Favorite Pueblo recipes include hominy, popcorn, baked beans, soups, and corn breads. Southwest Native Americans created many beautiful pieces of art. They still make pottery, clothing, and baskets that are sold in stores and at craft shows today.

Northwestern- The Northwestern Native Americans lived in long houses made of cedar planks called plankhouses. These homes had carved and painted totem poles outside. Each home had a Chief. His extended, related families lived in the plankhouse with him. They ate mostly fish- salmon, whales, seals, and shell fish. Women gathered plants and roots, but they did not farm. They didn't eat many vegetables or bake bread because they did not farm. Each Spring, the Northwestern Native Americans would catch thousands of small, oily fish called eulachon (yoo-lah-kan). They discovered that if you put a wick through the dried fish, it would burn like a candle and provide light. These fish came to be known as candlefish. They used cedar bark fibers for clothing, and wore "basket hats" to protect them from the sun and rain.

Southeast Woodlands- These Native Americans lived in villages with many homes and meeting buildings, and a fence around the outside of their village to keep out enemies. They used twigs, branches, and stalks to make their homes, which looked like upside down baskets. They were farmers, growing corn, squash, and beans. They ate a lot of fish because they had water nearby, and hunted deer, rabbits, bear, and turkey in the forests. They loved to play games like Lacrosse and loved to weave. They traveled by canoe and by foot.
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