

Stories that Walk With Us

Celebrating Native American Heritage Month 11/13-11/16

Thursday: “Berries and Joy”

Celebrate nature, gratitude, and everyday happiness

- Berry Song by Michaela Goade
- My Heart Fills with Happiness by Monique Gray Smith
- Berry Paint

Friday: “Food, Family, and Celebration”

Recognize the importance of food, harvest, and community

- Fry Bread by Kevin Noble Maillard
- Nickommoh! A Thanksgiving Story by Jackie French Koller
- Three Sisters Mosaic Art

Saturday: “Voices and Drums”

Celebrate music, rhythm, and dance traditions

- Powwow Day by Traci Sorell
- Rock Your Mocs by Laurel Goodluck
- Spin Drums

Sunday: “Living Cultures Today”

Focus on modern Native artists, families, and communities

- Be A Good Ancestor by Leona Prince
- This Land by Carole Lindstrom
- Clay Family Sculptures

All Week Long: “Community and Gratitude”

Ongoing Activities:

- Community Memory Wall
- Gratitude Tree
- Thank You Notes in the Craft Corner



Native American Heritage Month Recommended Reading List:

Keepunumuk Weeâchumun's Thanksgiving Story

by Danielle Greendeer

I Love Salmon and Lampreys

by Brook M. Thompson

We Are Grateful: Otsaliheliga

by Traci Sorell

The Gift of the Great Buffalo

by Carole Lindstrom

We Are Water Protectors

by Carole Lindstrom

Pow Wow Day

by Traci Sorell

Fry Bread

by Kevin Noble Maillard

Rock Your Mocs

by Laurel Goodluck

Can You Hear the Plants Speak?

by Nicholas Hummingbird , Julia Wasson

Be A Good Ancestor

by Leona Prince



The First People of the Sacramento Valley: The Nisenan Maidu

You can learn more about the Nisenan Maidu Peoples at the Maidu Museum & Historic Site in Roseville
www.roseville.ca.us/museum

A long, long time ago, even before there were cities or trains, the land around Roseville, Sacramento, and the nearby hills and rivers was home to the Nisenan Maidu people. They lived here for thousands of years, taking care of the land, animals, and plants. The Nisenan Maidu were part of a bigger family of Native peoples called the Maidu. They made their homes in the valleys, hills, and mountains of Northern California.

Caring for the Land

The Nisenan Maidu helped the land stay healthy. They picked plants, gathered seeds, and sometimes used small fires to help new plants grow. The land was full of wildflowers, tall oak trees, fish in the rivers, and animals like deer, rabbits, and birds.

Food and Homes

Acorns from oak trees were one of their favorite foods. They also ate berries, roots, fish, and game. The Nisenan Maidu built different kinds of houses depending on the season—some were cool in summer, others warm in winter.

Special Places

In every village, the Nisenan Maidu had a Roundhouse: a big building for gathering, dancing, and telling stories.

Today

Many Nisenan Maidu people still live in this area. They share their language, stories, and traditions so we can all remember and learn about the First People of Roseville and Sacramento.

Did You Know?

The First People

Native Americans are the first people who lived in America. They were here long before people came from other countries. They lived in diverse tribes and nations, each with its own unique culture, traditions, and languages. Native Americans built strong communities and lived in ways that matched the land around them."



Many Tribes

There are many Native American tribes. Each tribe has its own language, stories, music, and celebrations. Some tribes are called the Cherokee, Navajo, and Apache.



How They Lived

Native Americans lived in different ways, depending on where they were: Some were farmers. They grew corn, beans, and squash. Some were hunters and gatherers. They hunted animals and picked berries and plants.

Their Homes

Native Americans built different homes based on where they lived:
Teepees – used in the plains, easy to move
Pueblos – made of clay and stone in the desert
Wigwams and Longhouses – made from trees in the forests

Today

Native Americans still live all over the United States. They celebrate their traditions, speak their languages, and teach others about their culture.

Native Americans are an important part of our country's story.