

The First Americans

The very first Americans were big-game hunters who carried spears of bone and stone. They came from Asia, but they weren't looking for a new place to live. They were following the giant buffalo and woolly mammoth. They tracked and killed those animals to survive. In North America, they found beavers as big as bears, but no jets roared though the skies, and no car horns honked. There were no towns, cities, highways, or

shopping malls. The forests were dense and untouched. In parts of the continent, it is said, a squirrel could go hundreds of miles jumping from tree to tree without ever touching the ground.

Over thousands of years, the first Americans developed many ways to live on the land. Some settled along the coasts. Others came to live in forests, on plains, or in cliff houses in the deserts. Wherever they lived, they used the land's natural resources wisely.

By 1492, most first Americans hunted and farmed for a living. In the Arctic, they hunted

THE FIRST AMERICANS lived in small groups and moved often, always searching for big game. Capturing such large animals required skill and luck. Sometimes, animals could be chased into swamps, where they sank into mud and were trapped. At other times an animal might be speared and wounded. Then the hunters tracked it until it died.



its huge body.

V ICE AGE HUNTERS chipped away flakes of rock until a stone had a sharp edge. Then they took a straight stick that had been peeled and smoothed. They tied the sharpened stone to one end of the stick and made a spear.

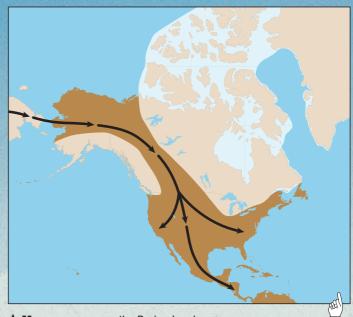
THE WOOLLY MAMMOTH was a 10-foot-tall, four-ton elephant. It roamed North America during the Ice Age. Its cousin, the imperial mammoth, which lived on woolly undercoats.

the Great Plains, was even bigger - over 13 feet tall. Mammoths had long, shaggy, reddish-brown outer coats and thick,

Their fur kept them warm in freezing blizzards. Each mammoth tooth was twice as big as a brick. The shiny tusks of ivory curved upward.

whales, seals, and caribou. In other places, they fished, gathered wild plants, and hunted animals such as buffalo and deer. They killed animals not for sport but for food, shelter, and clothing.

Christopher Columbus arrived in the Americas in 1492. Let's take a look at what life was like in North America just a short time before Columbus got here. We'll have to step back into what we call "pre-Columbian" times, more than 500 years ago, to meet the first Americans. If you're ready to time-travel, let's go!



Many scientists believe that the first people came to North America from Asia about 12,000 years ago or earlier by walking over a strip of land called

the Bering Land Bridge. Others think people came by boat. Over time, people settled everywhere from Alaska to the tip of South America.

CHECK IT OUT!

When the Ice Age ended, the land bridge connecting Asia and North America disappeared. Do you know why?

Do you know why Native Americans are called Indians?





of the people in the Pacific Northwest farmed, but they didn't need to grow crops to stay alive. They could catch dinner by hook, net, or spear.

One group of Native Americans living in the Pacific Northwest in 1492 was the Makah. Their villages faced the Pacific Ocean. They hunted sea

otters, seals, and whales. Every spring, gray whales and fur seals swam by as they made their way to cold northern waters. When the Makah saw the whales, they got ready for the hunt. The last whaling canoe is about to leave. Hop aboard for a ride.



A THE MAKAH MADE seal skin and fur into warm clothing. Whale and seal oil were as important as the skin and meat. Villagers dipped dried meat into seal oil before eating it. They also stored berries in seal oil to keep them fresh longer. Whale oil and seal oil were burned to create light, just like candles. When hunting and fishing, the Makah had always taken only what they needed. In the 1800s, white hunters killed so many fur seals that the seals almost died out.





▼ The Makah Found many uses for the cedar trees from nearby forests. They made the wood into fishhooks, boxes, bowls, and canoe paddles. Whaling canoes were carved from cedar trees. Women wove the bark into skirts, baskets, mats, and ropes.

⋖ THE MAKAH didn't just eat the whale's meat and throw the rest away. The barnacles that grew on the whale's skin made a very tasty treat. The Makah turned whalebone and tissue into fishing line and tools of all kinds. They made containers from the whale's intestines. And they used and traded whale oil. which was very

valuable.



⋖ Would you like to go to a party where everyone came home with a great gift? At a special ceremony called a potlatch, a host showed the social standing of his or her family. Dressed in fancy robes (left), hosts gave their guests a huge meal and beautiful presents, such as fine blankets, carved boxes, and even canoes. The most important guests got the best



Peoples of the Desert Southwest

Little rain falls in the Southwest. Some parts are desert. The rest is very dry. When rain does come, it often pours down in short, strong thunderstorms that cause

flash floods. This climate doesn't seem like a very good place for people, especially for farmers. Yet Native Americans of the Southwest were expert farmers, grow-



lived in the area we now call the Southwest. The Hopi made their home in what is now northeastern Arizona. The Hopi traded with other peoples, including those of Mexico. Some of the things they traded for were parrot feathers, copper, and turquoise.

▼ PUEBLO PEOPLES



A THIS HOPI WOMAN was photographed in 1906. She wears the ancient "squash blossom" hairstyle of her people. Women wore it when they were old enough to get married.



the pottery and baskets they used as trays, serving platters, and corn containers. Some bowls had a snake design on them. The snake was a symbol of lightning and rain.



▲ SOUTHWESTERN

corn comes in six

yellow corn stood

for the north, blue

corn for the west,

red corn for the

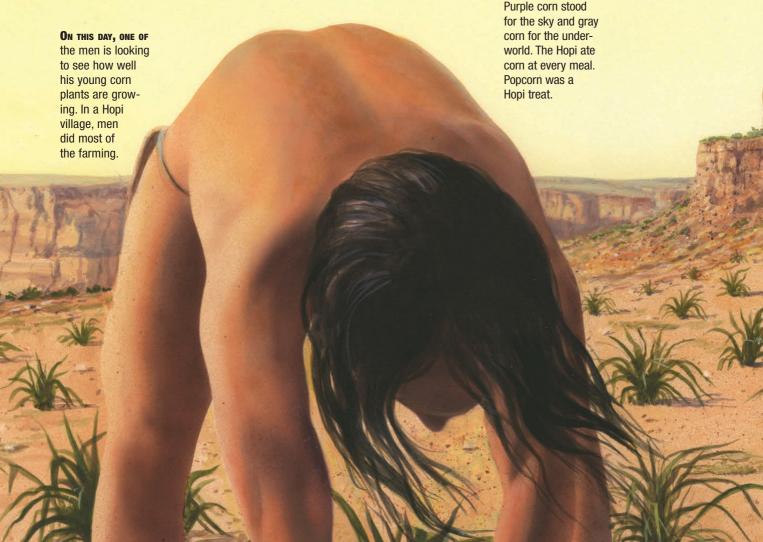
south, and white

corn for the east.

colors. For the Hopi,

powerful spirits that played a big part in the lives of the Hopi. People wearing different kachina masks gave prayers to the kachina spirits for good harvests. Hopi girls were given dolls that were carved and dressed to look like kachinas. These dolls helped the children learn about the different kachina spirits.

➤ KACHINAS WERE



ing crops of corn, beans, squash, and cotton.

The Hopi were one group of Pueblo people living in the Southwest in 1492. Like some other Pueblo

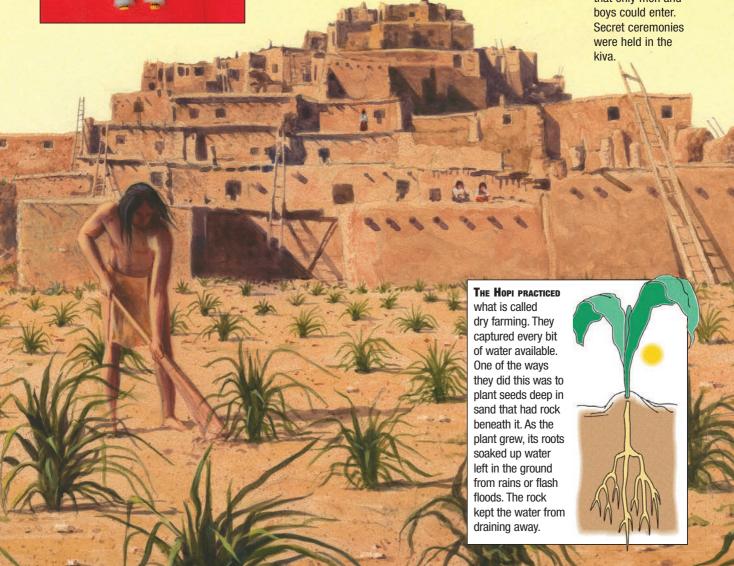
peoples, they lived in multistory buildings or houses. These were built on the tops of mesas (high, flat-topped hills). They were also built on the sides of cliffs. Put on your hiking boots and climb the long, winding stone stairway to the top of the mesa. The people of the pueblo are waiting there to meet you.



Most Pueblos stood two or three stories high. The bottom floors had no doors or windows, so attackers couldn't get in. People could enter these rooms only through a hole in the roof or in the floor above. Pueblos were made of stone that was covered with sun-baked clay called adobe. There were 75 to 600 or more rooms in a village. As new people came, builders simply added new rooms to the old ones.



≺ THE HOPI SOCIETY is matrilineal people trace their ancestry through their mother's family. Several families form clans. The oldest woman is the leader of daily life. Her brother is the leader of ceremonies and rituals. Each pueblo had a kiva - a special underground room that only men and boys could enter. Secret ceremonies were held in the kiva.





Farmers of the Great Plains

The western Great Plains is a flat, dry area. Tall grasses once grew everywhere there. In 1492,

high winds whipped across the plains, carrying dirt or the flames of fast-moving lightning fires. Winters were very cold, but summers sizzled. More rain fell in the eastern parts of the Great Plains.

Five hundred years ago, few Native Americans lived all year on the Great Plains. Many peoples were nomadic, following buffalo herds. They hunted on the plains in warm weather but wintered in the mountains or woodlands that bordered the plains. One group that did live on the plains was the Mandan people. The women raised corn, squash, beans, and sunflowers. The men hunted bear, deer, rabbits, and other animals. Their most important prey was the buffalo, which grazed in the tall grasses. Every spring and fall, the Mandan tracked the buffalo across the plains. One hunt has already started. Clouds of dust are rising in the distance. A buffalo herd must be near. Let's catch up with these hunters from long ago.



▼ THE MANDAN LIVED
along the banks of the Missouri River in present-day North Dakota. Plains culture stretched from Alberta, Canada, to the Texas Panhandle. The Mandan traded vegetables and other goods with the nomadic Plains peoples, who did not grow their own food.





A THE MANDAN lived in large domed houses called earth lodges. A rounded frame of branches was covered with earth to keep the lodge warm in winter and cool in summer. Some lodges housed several families and their animals. Women owned the lodges. When a Mandan man married, he moved into his wife's lodge. Each Mandan vil lage had its own

government. There was a general council, and two members were chosen for special leadership. One was a skilled warrior. The other had skills for keeping the peace. Another member took care of day-to-day governing.

▼ EVERY SUMMER the Mandan held a four-day celebration called Okipa. Men wearing buffalo skins and masks did dances that copied the movements of the animals they hunted. Older people told stories of the Mandan past. Young men took part in tests of strength and courage.



BUFFALO **D**ANCER

A It's EARLY FALL.
The Mandan are on the plains hunting buffalo. On this day, they're using a plan called a buffalo jump.
Wearing a buffalo skin as a disguise, the hunt leader

walks ahead of the herd, trying to lead it toward a cliff's edge. Other hunters walk behind the herd. When the leader gives the signal, all the hunters stamp

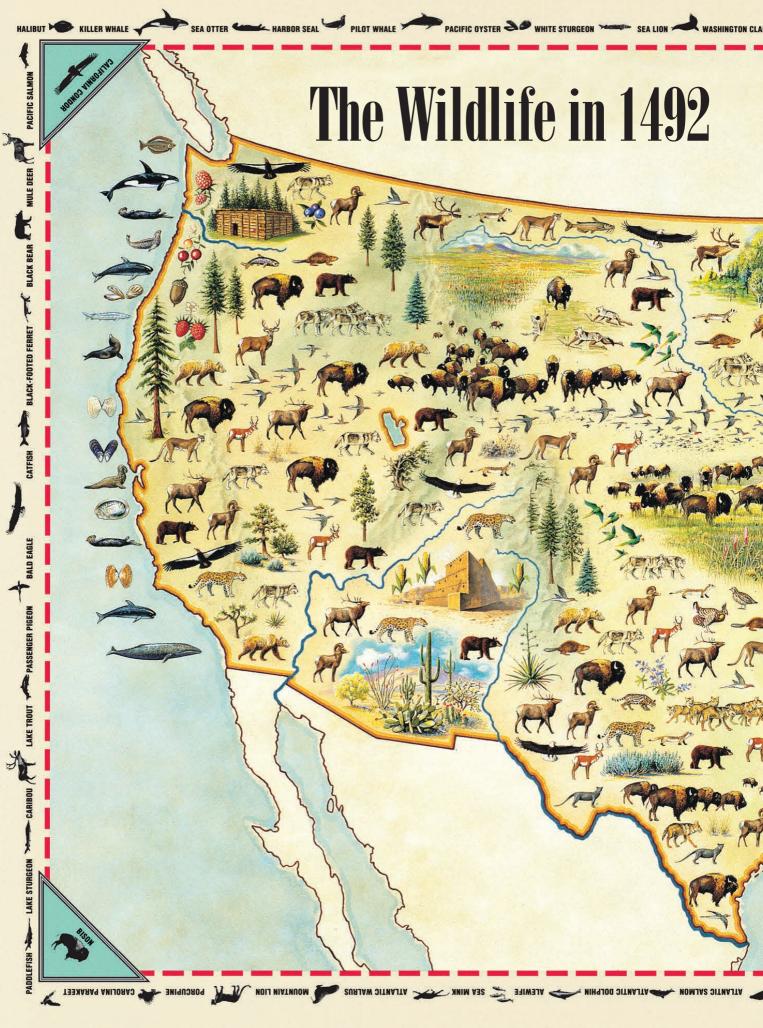


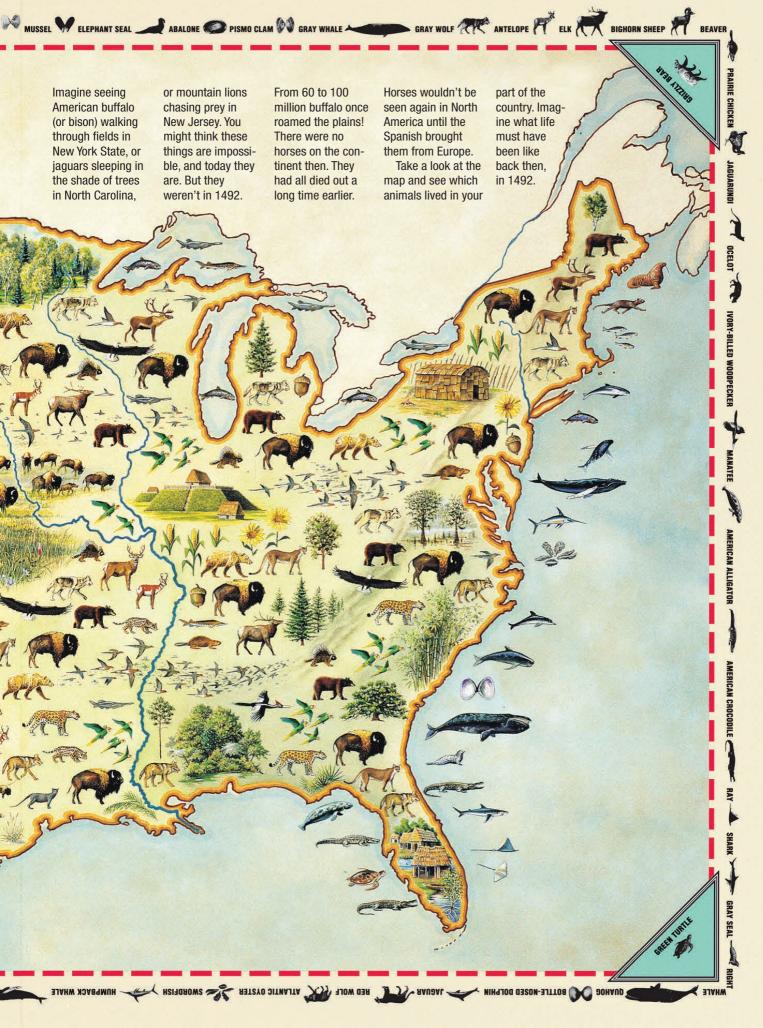
their feet, make loud noises, and wave torches to frighten the buffalo. The scared animals run straight over the edge of the cliff and fall to their death.

➤ BUFFALO HUNTERS used dogs to carry supplies. The goods were placed on a pack made of a small skin frame tied to two poles. One end of each pole was tied to the dog's shoul-

ders. The other ends trailed on the ground. Dogs could carry up to 75 pounds on the frame – but they could also decide to run away to chase a rabbit!







Eastern Woodland Peoples

Five hundred years ago, forests covered the eastern half of North America. Some early European explorers described the forests as open and parklike. That was because Native Americans cleared the underbrush with

controlled burning in many areas. They also cleared fields for farming and made paths through the forest. Those paths eventually became roads and then highways.

In 1492, the Iroquois people lived in northern New York State. The Iroquois were not one people



▲ THIS WOODEN
False Face mask
belonged to an
Iroquois healer. The

Iroquois believed members of the False Face society had special powers. When the members came to heal someone, they wore masks like this one. The masks gave them the power to frighten away the spirits that caused the illness.



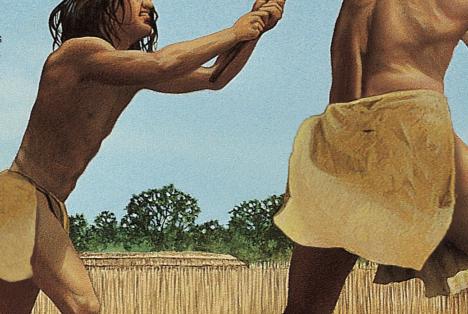
★ It's EASY TO SEE
why the Iroquois
called their homes
longhouses. The
buildings were 80
to 100 feet long
or longer. A longhouse was shared
by 10 or 12 related
families. Half the
families lived on

one side of a long center space, while the other half lived on the opposite side. Families who lived across from each other shared a cooking fire in the center. Smoke escaped through holes in the ceiling. Iroquois families formed clans, and there were several sets of clans within each nation. The people took part in their government by joining councils, which held meetings for making decisions. They believed in decision-making by consensus - or agreement by everyone in the council.



▲ THE NORTHEASTERN
woodland culture
stretched from the
Atlantic coast to
the Midwest and

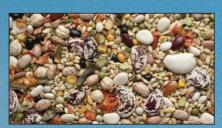
Great Lakes. The Iroquois nation was centered in what is now upstate New York.



but a group of five separate peoples: the Mohawk, the Seneca, the Oneida, the Onondaga, and the Cayuga. Each lived in a different area of the forest. The women did most of the farming. The men hunted and waged war. Men had to defend the villages against war parties from other groups, and they also tried to expand their own territo-

ries. Boys were trained to be brave warriors when they grew up.

Right now, no one in this Iroquois village is doing any work, because everyone has stopped to watch an exciting ball game. It looks pretty rough. Let's see how the game is played.



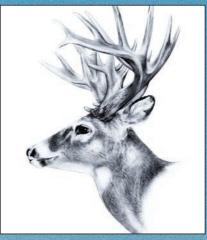
A THE IROQUOIS
called corn, beans,
and squash the
Three Sisters.
They were always
planted together,
because each
plant helped the
other. Bean vines
wrapped around
the corn plants
as they climbed
upward. Squash

vines spread
everywhere,
crowding out
weeds. They also
shaded the ground,
which kept the soil
from drying out.
Iroquois were fond
of corn cakes and
corn pudding. They
used corn husks to
make moccasins,
masks, and other
items.



A wooden cradleboard like this one made it easier for a mother to carry her baby while she did chores or traveled through the forest. The baby was wrapped in soft animal skins to keep it warm. Then it was tied to the board. The cradleboard was padded with moss to make a soft cushion for the baby.

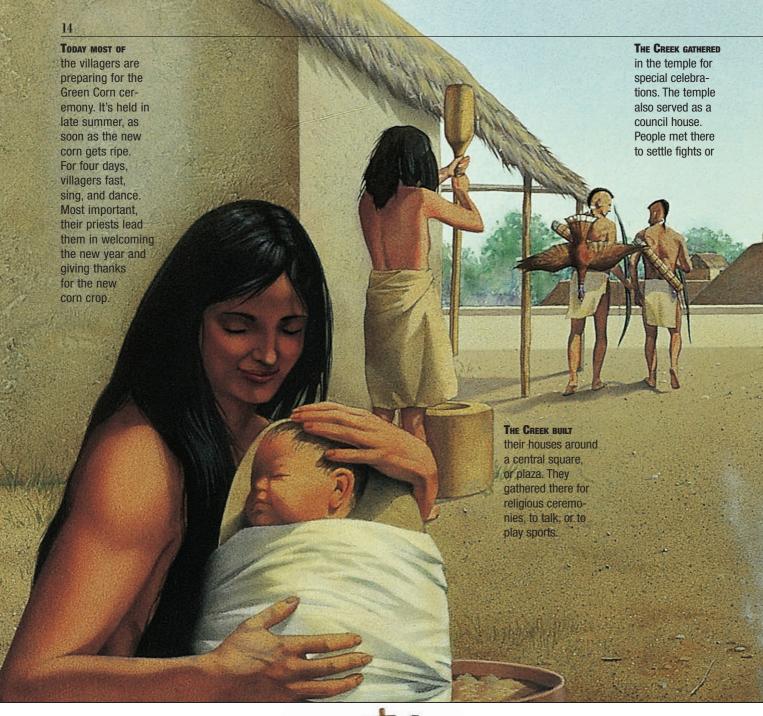
training. They could have 1,000 players per team and last several days. In such cases, goalposts were often miles apart. The players tried to hurt opposing players to knock them out of the game, and broken bones were common.



LIKE OTHER NATIVE American peoples, the Iroquois showed great respect for the plants and animals that provided them with food, medicines, and raw materials for tools, clothing, and other things. The Iroquois hunted, fished, and gathered wild mushrooms, nuts, berries, and other fruits. When the Iroquois killed an

animal, they used all of its parts. The fur or skin made clothing. Antlers and bones were fashioned into tools. After an Iroquois hunter killed a deer, he would say a prayer of thanksgiving to the animal. In the prayer, the hunter would thank the deer for giving up its life to help the hunter's people survive.

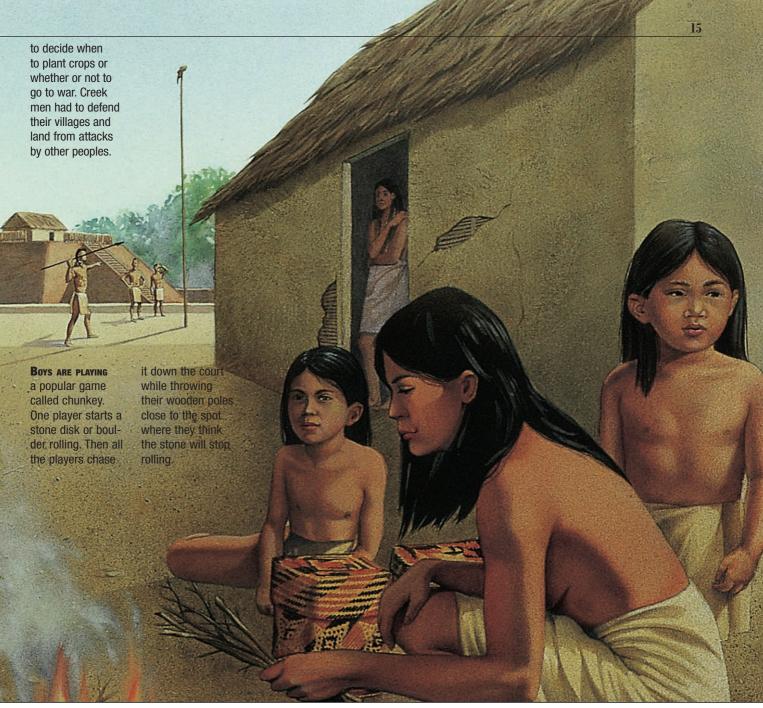




Mound Builders of the Southeast

Some places where ancient peoples once lived are full of mystery. In parts of the Midwest and Southeast there are giant, flattopped mounds of earth, some as tall as a sixstory building. No one knows for sure why they were built or how they were used. Scientists do know that temples or chiefs' houses stood on the tops of the mounds. The people who made them, of the Mississippian culture,

are sometimes called Mound Builders. By 1492, the Mound Builders' way of life was disappearing, but their mounds remained. New towns sprang up close by. Some of these, in South Carolina, Georgia, and Alabama, belonged to the Creek people, descendants of the Mound Builders. The Creek were farmers and hunters. They were traders too, swapping food and goods with peoples to the north and south. In this Creek village, people are getting ready for a celebration. Soon they will climb up the log stairway to the temple, and its doors will open wide. Let's find out what's inside.





▲ THE CREEK
lived mainly in
what is now
Georgia and
Alabama. Their
name comes from
their custom of
settling along rivers or streams.

THE TEMPLE MOUND held the sacred fire. Priests kept this fire burning from one Green Corn festival to the next. The high point of the celebration



was the lighting of a new sacred fire. Everyone watched the priest put out the old fire. Then he placed ears of green corn on fresh logs and lit a new fire. After the new sacred fire was lit, the women carried embers from that fire back to their houses to light new fires in their own homes.

WHEN CREEK

hunters stalked deer, they often dressed in whole deerskins. In this disguise, they could sneak up on the unsuspecting animals. The Creek ate the deer's meat, saved the skin, and made tools with the bones and antlers.



➤¥ CREEK WOMEN

planted corn, beans, squash, and other vegetables. To keep birds and animals from eating the crops, they built special stands like this (below) in the fields. Older people or young children sat on the stands, like living scarecrows. They waved their arms to drive away intruders.





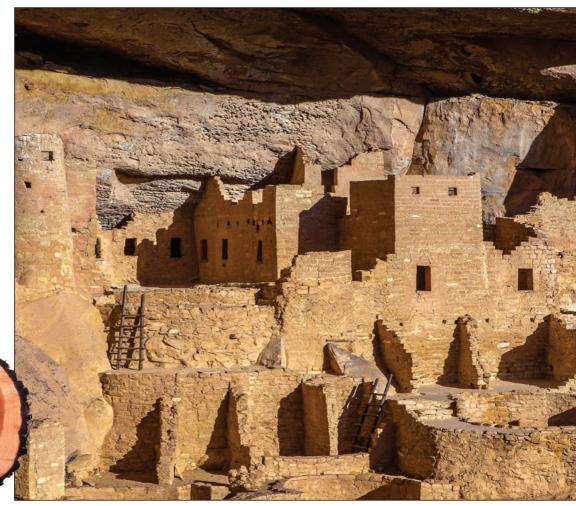
Clues to the Past

How do we know that Makah girls played with toy cradles in 1492? Where did we get exact measurements for Iroquois longhouses that no longer exist? Archaeologists (ar-kee-ALL-uh-gists) find answers to such

questions. Archaeologists are scientists who study ancient cultures. They look at artifacts (handmade objects) such as tools, weapons, and pottery.

Luckily, archaeologists studying Native American life in 1492 aren't limited to artifacts. They can also get answers from real people. Descendants of all the American

How can we tell how old the objects found at ancient campgrounds are? Tree-ring dating helps. Every year, a tree trunk gets a little bigger. Each new year of growth appears as a dark circle in the trunk. A slice of tree trunk shows these rings. Scientists can tell the age of wood by counting the rings and matching them with the pattern of rings on a much older "master" tree. This makes it easier to tell the age of logs used in benches or longhouses



THINK PIECE!

What signs of your life today do you think archaeologists will find 500 years from now? Think about the materials from before 1492 that have lasted: stone, bone, shells, pottery. What materials in your house will stand the test of time?



✓ IN THE 1930s, archaeologists found a deep pit in Colorado. It had been covered over with dirt and grass a long time ago. Inside were the bones of woolly mammoths. Ice Age hunters probably killed them thousands of years ago. To find out just how many years ago, scientists use

radiocarbon dating. Bones, burned wood, and other things that were once alive contain small amounts of a substance called carbon-14, which is radioactive. It decays slowly over a long time. Scientists can measure how long the C-14 in an object has been decaying. That tells them how old it is.

Indian groups we've looked at are alive today. Hopi families still make their homes in the pueblos of Arizona. Some Iroquois people live in New York State and parts of Canada. The Mandan keep their traditions alive on a reservation and in nearby communities in North Dakota. Today, members of the Creek nation live in Alabama,



➤ How can archae-

ologists tell how

long a longhouse

was in 1492 when

there's nothing left

of it? One way is to

study the brownish

or greenish mold

that grows in the

dirt where wooden

posts once stood.



✓ Mesa Verde is a 20-mile-long stretch of land in Colorado. There, archaeologists uncovered a treasure from the distant past. It was the pueblos (homes) of the Anasazi, They had lived in the Southwest for about 1,000 years, until they mysteriously abandoned their pueblos in the 13th century ce. The Cliff Palace pueblo had 200 rooms.

▲ Today, Native Americans con-

tinue to celebrate their rich cultural heritage with festivals. This helps them keep alive the traditions their ancestors' practiced before Europeans came.



These posts held up longhouse roofs. Archaeologists sift through dirt to find the moldy stains where the holes made for the posts were. The distance between the stains shows the house's size.



Oklahoma, Louisiana, and Texas. Makah families still live in Washington State and fish in the Pacific Ocean.

Ever since the first Europeans arrived in America, Native Americans have explained their traditions to others. They're still doing that. Today, they share the ancient ways of their people with archaeologists.

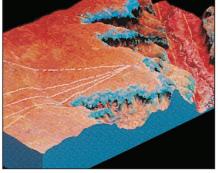
▼ ABOUT 500 YEARS ago, there were heavy rains at the Makah village of Ozette. They created a mudslide that buried the village, turning it into a time capsule. Scientists know a lot about life in Ozette, because hundreds of objects were preserved almost perfectly. Scientists spent 1966 though 1981 digging through the mud. One of the things they found was this 500-vearold carved figure in a mussel shell. It matches an age-old Ozette story about the creation of life.





▲ In 1492, NONE OF the peoples living in what is now the United States and Canada had a written language. They kept their history alive by storytelling. Around home fires and at celebrations, they told stories about where their people

had come from. They also told tales about how they had lived long ago. Storytelling was a good way to teach children right from wrong. The Pueblo peoples loved to tell stories about the trickster Coyote and Grandmother Spider.



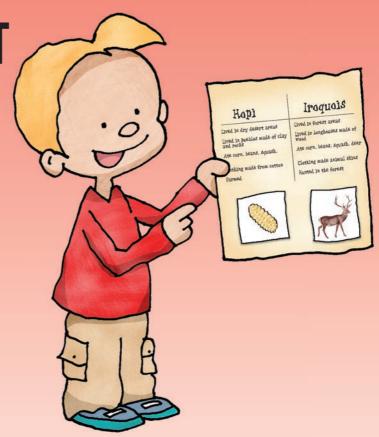
▲ Today, computers make archaeologists' detective work easier. When researchers in New Mexico began looking for sites of pueblos almost 800 years old, they turned to computers for help. The machines analyzed

thousands of maps. They found 15 forgotten pueblos. That saved the researchers hundreds of hours of work. It also kept them from making many pointless and possibly dangerous climbs up mesas and canyons.

Activities

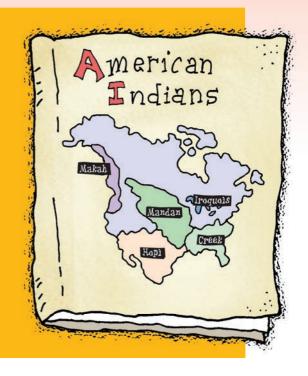
WRITE A REPORT

Work with a partner or on your own. Choose two Native American groups you have read about in this magazine. Then create a T-chart to compare and contrast how the environments where they lived affected their ways of life. Include information on where their villages were located, the kinds of homes they built, the foods they ate, and how they made their clothing and tools. Use the information to write a report comparing the two groups. Be sure to include facts, details, examples, and explanations in your report. Use the magazine and do additional research as needed.

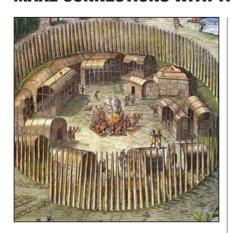


CREATE AN AMERICAN INDIAN BOOK

Suppose another class in your school is studying Native Americans, and the teacher of that class has asked you to create a book to read to the students. Work with others to write and illustrate a book about the American Indian groups featured in this magazine. Your book should include drawings, charts, and maps that describe each group's way of life. When the book is finished, make a cover that shows a map of North America with labels for each group and its region. Ask permission to share the book with another class in your school.

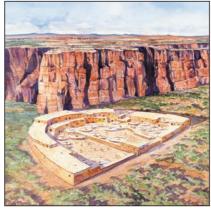


MAKE CONNECTIONS WITH THESE RELATED TITLES



Eastern Woodland Indians

Early English settlers approaching the coast of Carolina in ships were enchanted by the smell. One of them wrote that it felt as if they were in a delicate garden. The eastern woodlands were indeed a sweet land of plenty. Learn about the two main groups that called the eastern woodlands their home, the Iroquois and the Algonquians.



Southwest Peoples

Scorching heat, vast deserts, and little rainfall make the American Southwest sound unwelcoming to many people. But to the Native Americans who have lived in the area for thousands of years, this is cherished homeland. Learn about the Anasazi, Hohokam, and Mogollon, and their modern-day descendants, the Pueblo peoples, the Tohono O'odham, and others.



Northwest Coast Peoples

The northern Pacific coast is a beautiful stretch of land running from what is now northern California up through Oregon, Washington, and Canada. Many Native American groups settled in this region. Their sophisticated culture was marked by their spirituality and incredible craftsmanship. Learn about the daily lives and practices of the Northwest Coast peoples.



🆚 LEARN MORE ONLINE!

- No one knows for certain how the first people got to North and South America. Scientists continue to study different types of evidence, or clues, to find the answer.
- Totem poles are a feature of the Pacific Northwest peoples' culture. These standing cedar logs are carved with animal or spiritual figures and then painted in bold colors.
- Luci Tapahonso is a professor at the University of Arizona and one of the most honored poets of the Navajo nation.
 She spoke Navajo as a child before she learned English.
 She often writes her poems in Navajo and then translates them into English.
- The culture of the people of the Great Plains was centered on the buffalo. Every part of the animal was used.

CALIFORNIA STANDARDS

- 5.1 Students describe the major pre-Columbian settlements, including the cliff dwellers and pueblo people of the desert Southwest, the American Indians of the Pacific Northwest, the nomadic nations of the Great Plains, and the woodland peoples east of the Mississippi River.
- **5.1.1** Describe how geography and climate influenced the way various nations lived and adjusted to the natural environment, including locations of villages, the distinct structures that they built, and how they obtained food, clothing, tools, and utensils. **5.1.2** Describe their varied customs and folklore traditions. **5.1.3** Explain their varied economies and systems of government.

Historical and Social Sciences Analysis Skills:

Chronological and Spatial Thinking

4. Students use map and globe skills to determine the absolute locations of places and interpret information available through a map's or globe's legend, scale, and symbolic representations.



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GRADE 5 TITLES

Regions of North America George Washington
Eastern Woodland Indians Thomas Jefferson
Plains Indians Benjamin Franklin
Southwest Peoples The Constitution
Northwest Coast Peoples The New Nation
America 1492 Lewis and Clark
Exploring the Americas Westward Expansion

Early Settlements Pioneers
13 Colonies Immigration

Declaration of Independence Industrial Revolution in America

American Revolution Civil Rights

Revolutionary Women

middle (Hopi woman); Culture Club: p.6 center middle (Hopi basket); George Catlin: p.8 top center (Mandan Buffalo Dance); Print Collector: p. 12 top left (Iroquois False Face mask); Richard A. Cooke: p. 17 center middle (Makah figurine); The New-York Historical Society: p.14 bottom center (tomahawk). Granger Collection, NYC: p.8 top center (Mandan lodge), p.8 bottom right (Mandan buffalo dancer); George Catlin: p.15 bottom right (Creek woman); John White: p. 17 bottom center (Algonquian village); John White: p.19 top right (Algonquian village). iStock Images: duncan 1890: p.8 top left (Mandan chief), p. 17 top right (storytelling); GROGL: p. 4 bottom left (Haida canoe); Ivanastar: p.7 top left (Hopi kachina doll); LICreate: p.16 middle left (pine tree); Nicoolay: p.9 top right (bull boats). NASA: John C. Stennis Space Center: p.17 middle right (computer mapping). Science Source: James King-Holmes: p. 16 bottom center (carbon dating). Shutterstock: Abbie: p.13 top right (whitetail buck); Ambient Ideas: p.13 top left (bean soup mix); Doug Meek: p.16 center middle (Mesa Verde National Park, Colorado); Elsa Hoffmann: p.5 top right (seal); Mogens Trolle: p.5 top left (gray whale); Morphart Creation: p.2 center middle (ground sloth); SF photo: p.12 top center (Iroquois longhouse); Tony Campbell: p.15 bottom center (white-tailed deer); WorldStock: p.19 bottom (totem poles); Zack Frank: p. 7 top right (kiva). The Smithsonian Institute: Paul M. Breeden: pp. 10-11 (U.S. wildlife distribution 1492).

ORIGINAL ILLUSTRATIONS:

Acme Design: Locator Maps, p.4, p.6, p.8, p.12, p.15; Cedar Box, p.5; Corn, p.6. Plant, p.7; Dog, p.9; Lacrosse Stick, p.13; Green Corn Festival, p.15; Woman Scarecrow, p.15

Brobel Design: Map of North American Land Bridge, p.3.

Wood Ronsaville Harlin, Inc.: Karen Barnes: The First Americans, pp.2–3, Mound Builders, pp.14–15; Greg Harlin: Sea People, pp.4–5; Will Williams: Buffalo Hunt, pp. 8–9, Eastern Woodland Peoples, pp.12–13; Rob Wood: Peoples of the Desert Southwest, pp.6–7.

On the Cover: Native peoples of North America, 1873. Getty Images: Print Collector.

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