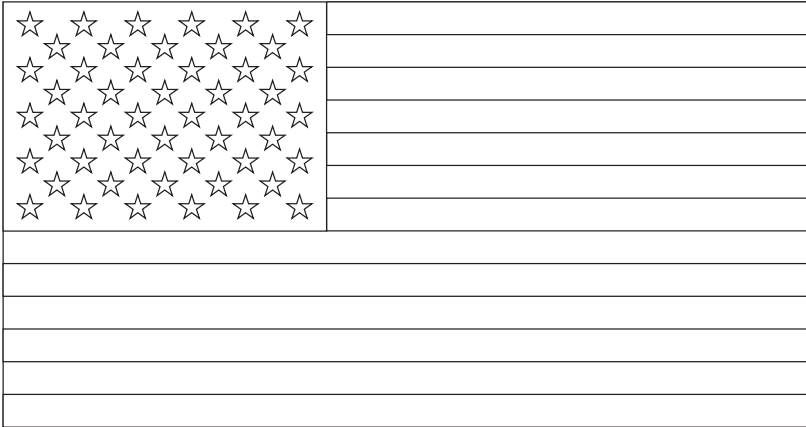


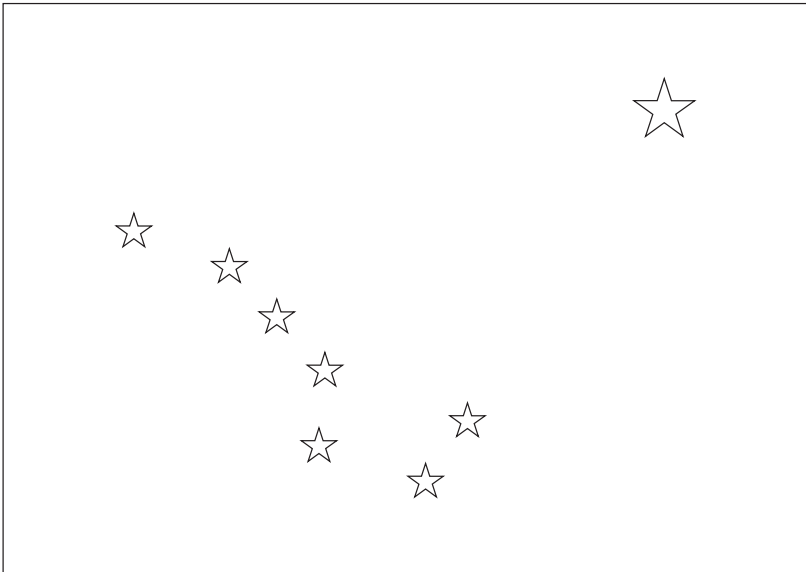
Color The Flag



THE UNITED STATES

DIRECTIONS:

Color the rectangle in the top left dark blue, leaving the stars white. Starting at the top, color every other stripe red. Leave the rest white.

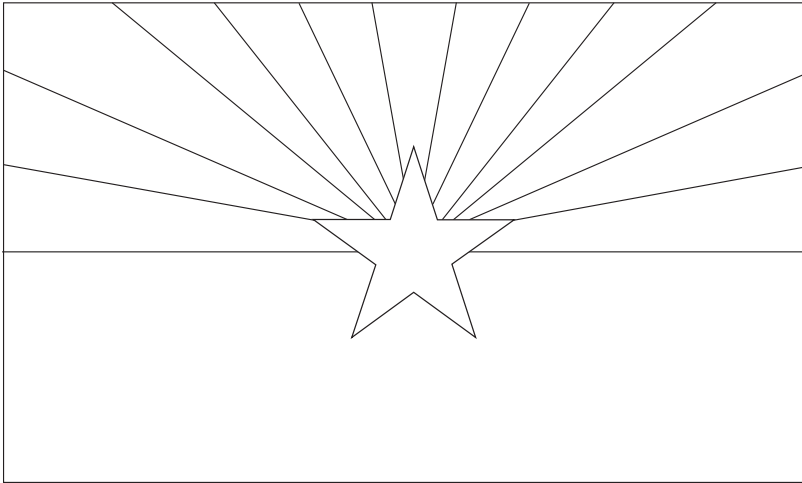


ALASKA

DIRECTIONS:

Color the flag dark blue. Color the stars yellow.

Color The Flag



ARIZONA

DIRECTIONS:

Color the bottom half dark blue. Color the star copper. Starting from the left, color every other ray of the star red and the rest of them yellow.

Let's Play a Game!

RING-AND-STICK GAME

Native American children played this game as a popular pastime.

YOU WILL NEED:

A stick about 1 foot (30 cm) long
Heavy cardboard

String – 2–3 feet (60–80 cm)
A craft knife or box cutter

INSTRUCTIONS:

Cut a circle about 6 inches (15 cm) across out of the cardboard. Cut a circle about 3 inches (7 cm) across out of the middle of it to create a hoop. Wrap one end of the string several times around one side of the hoop and tie a knot to secure it. Then wrap the other end of the string several times around

one end of the stick, an inch or two (3-5 cm) from the end, tying a knot to secure it.

Holding the stick, flip the hoop of cardboard up and try to catch it on the stick. To make it a little more difficult for older children, you can make the hole in the center smaller.

RUNNING GAME

This game was played by the children of the Klamath tribes in the northwest part of the United States.

Make a starting line with some string or chalk. Players line up behind this, take

a deep breath, and run as far as they can while yelling loudly. When they run out of breath they must stop and stand still. The player who runs the farthest before running out of breath is the winner.

Make a Craft

SAND PAINTING

YOU WILL NEED:

- Empty jars or plastic containers
- Powdered tempera paint in a variety of colors
- Sand
- Paper, pencils, and glue
- Plastic spoons

INSTRUCTIONS:

Draw out a simple picture on your paper.

Pour some sand into an empty container. Choose a color of powdered paint and mix a little bit into the sand. Experiment to see how much tempera you need. For more vibrant colors add more tempera. Mix up several colors.

Working on one small section at a time, decide where the color is going, put an even layer of glue on the paper, and then pour some colored sand onto the glue using a plastic spoon. Repeat until the entire drawing is covered.

Let the sand painting dry, and then seal it by spraying it with a mixture of glue and water (80 percent glue, 20 percent water), or with hairspray.



Let's Cook!

SOUTHWESTERN UNITED STATES

CORNBREAD

Native people in the Americas began using corn (maize) as food thousands of years ago. In the American colonies, cornbread was simply ground cornmeal and water stirred together and baked over

a fire. Now there are many variations of cornbread. Some use coarse cornmeal and are dense and savory; others use fine cornmeal and sugar and are almost as sweet as cake.

INGREDIENTS:

1 cup (120 g) flour
1 cup (160 g) yellow cornmeal
3 tablespoons sugar
1 ½ teaspoons baking powder
½ teaspoon salt

1 cup (235 ml) milk
¼ cup (60 ml) oil
1 large egg, lightly beaten

INSTRUCTIONS:

Heat oven to 400° F (200° C). Spray a 9-inch (22 cm) square baking pan with non-stick cooking spray.

Mix the flour, cornmeal, sugar, baking powder, and salt in a large bowl and set it aside.

In a separate smaller bowl, whisk together milk, oil, and egg. Pour the wet ingredients over the dry and stir until just combined. Do not overmix.

Spread the batter evenly in the pan and bake it for 20 to 25 minutes, or until a toothpick inserted in the

center comes out clean. Cut into squares or wedges and serve immediately. It is particularly nice with butter on it.



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