

4-H Native American Heritage Month 30 Days Challenge

Every November, people in the United States celebrate the history, heritage, traditions, and culture of Native Americans, Alaska Natives, and Native Hawaiians. Are you ready to take the challenge and complete a Native American Heritage Month activity each day in November in this state-level Experience awards-eligible activity?

1. Look up what Indigenous Lands you live on. [Use this guide.](#)
2. Water is life! Learn about current Indigenous movements to protect water. Clean up a stream near you!
3. [Listen to Native Storyteller Joseph Bruchac.](#)
4. Read a book by an Indigenous author. Ask your local library for recommendations or support Native-owned bookstores.
5. [Listen to a song by an Indigenous artist](#)
6. [Visit a museum about Indigenous peoples, in person or online.](#)
7. [Watch the Hoop Dance and learn its significance.](#)
8. [Find and prepare some local corn, beans, and squash and learn more about the Three Sisters.](#)
9. Take a canoe ride! If you can't, find a canoe and snap a picture!
10. [Learn more about Indigenous sites in your area of Illinois. Share something you learned with your family or club.](#)
11. Learn more about how corn comes in different colors! Can you find any to observe in person?
12. Learn how to make fry bread! Ask your adult to add it to a future menu for your family.
13. Research the meaning and importance of dreamcatchers.
14. Check out the full moon. Learn the various names of the moon.
15. [Learn how to make a corn necklace!](#) Work with an adult to help you find materials.
16. Learn about natural dyes in this hands-on activity.
17. Research time! Who were the Peoria and Illini tribes? What places near you have names related to Native American language and tribes?
18. [Listen to the Great Bear Hunt from Oneida Storyteller Kaen Ann Hoffman.](#)
19. Learn one word in an Indigenous language.
20. [Listen to the Wampanoag Tribe's telling of Thanksgiving.](#)
21. [Learn more about Powwows and try out some dances.](#)
22. [Read and reflect on the Haudenosaunee Thanksgiving Address.](#)
23. Research time! Learn about Native American clothing. Explore the Smithsonian National Museum of the American Indian's Infinity of Nations exhibit online.
24. [Learn more about jingle dancing in this PBS video.](#) What are jingles traditionally made from?
25. Learn more about the history of pumpkins in Illinois.
26. You have learned the significance of Indigenous Storytelling. Ask your family if they have any important stories that have been passed down.
27. Find an animal native to Illinois and discover its significance in Native American culture.

28. Learn about how tribes are producing Indigenous foods today.
29. Celebrate your progress! Reflect on your favorite activity this month.
30. Take a picture of you with your completed calendar and an activity you did and submit it to: go.illinois.edu/HeritageMonthActivity.

Remember to include this in your Experience Award application as a state-level experience.

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