

Name:

Grade:

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Natives American Principles



Native Americans were the former inhabitants of the United States. They were colonized in the sixteenth century by the English, through force and arms. The English and Europeans took their land and wealth, stripping the Indians of everything they had.

Before the arrival of the white man, the natives were quite numerous and had a very different way to relate to nature from the colonizers. Some tribes were dedicated to agriculture, while others were hunter and gatherers. They constructed monuments and statues for their gods and their dead, and had varied forms of households such as huts, caves and ice structures among other more sophisticated constructions. The confrontations between them were not frequent, except maybe for quite delicate

matters, but they avoided engaging in deadly fighting.

They had a deep warrior spirit, skill for hunting and fishing, sensitivity for the arts and poetry, and ability to adapt to any environment.

The natives had an interesting way of approaching life. Their decisions were made thinking on how they would affect up to seven generations after them, so they acted in behalf of the welfare of their children, grandchildren, great-grandchildren, etc. In every action of their life they had this principle in mind: To avoid acting in a way that may harm their descendants physically or spiritually, which made them appreciate planet Earth in a profound way.

◆ These were the fundamental principles of American Indians:

- Care of the well-being of the mind and the body.
- All life is sacred.
- Thank each new day.
- Honor every link and friendship.
- Work for the benefit of humanity.
- Treat the Earth and everything that exists in it with love, respect and responsibility.
- Take of Earth only what you need and nothing else.
- Whatever you do, do it for the good of others.

- Follow the natural rhythm, rise with the sun and retreat at sunset.
- Enjoy the journey of life.

◆ Some American tribes and where they lived (United States):

- **Sioux:** Settled in the territories of what is now the United States and south of the Canadian prairies.
- **Apaches:** New Mexico, and regions of Texas and the Great Plains.
- **Cheyenne:** Great Plains of the United States.
- **Cherokees:** Current Territory of the states of Alabama, Georgia, Kentucky, North Carolina and South Carolina.
- **Arapahos:** Current states of Colorado and Wyoming.
- **Navajos:** Southwest of the United States distributed by the states of Arizona, New Mexico, Utah and Colorado.
- **Blackfeet:** Northwest of Montana.
- **Kiowas:** Plains of western Texas, Oklahoma and eastern New Mexico.

