

Shakin' the Three Sisters



Virginia's and the nation's past provide an interesting and important look into how people did things before technology and industrial movements. As children grow they do not get much look into the lives of the past, which is important because they are able to relate to their present life. In this activity children will get a look into plant life and how that affected the way things were done by American Indians in the past.

You will need:

Paper plates (2 per child)
Staplers
Markers or crayons
Corn kernels, beans, and squash (enough for each child to have 5 each)

How to:

1. Discuss with children how the Native Americans adapted to their environment. Talk with children about how they got their food or clothing and how we get those things today.
2. Introduce the story of the Three Sisters and their relationship with each other. Make sure you work with the children as you explain the activity to them.
3. Pass out two paper plates to each child. Give them markers or crayons and tell them to decorate the back of the plates with pictures of the Three Sisters.
4. Staple the plates together so the pictures are facing out, but leave an opening at the top to put the seeds inside the paper plates.
5. Children should take a few of each seed and put them inside the plates and then staple the rest of the plate around the edge.
6. Create music with the children using their shakers!

Suggested Books:

Life of the Powhatan by Bobbie Kalman
Planting a Rainbow by Lois Ehlert
Plant Secrets by Emily Goodman
From Seed to Plant by Gail Gibbons