

PRIMARY ELEMENTARY – PATHWAY 3

Grades K-3 Lesson 2: What Does It Mean to Give Thanks? How Do We Show Gratitude?

Instructional Support Materials:

- [“One of My Favorite Traditions” Letter and Worksheet](#)
 - Salish Bounty: Traditional Native Foods of Puget Sound (Burke Museum)
 - Plants and Traditional Coast Salish Diet (Burke Museum)
 - Traditional Coast Salish Foods
 - Pacific Northwest Seasonal Rounds Calendar (The People of Cascadia; Bohan, Heidi; 2009)
 - Seasonal Rounds of the Coast Salish People of the Salish Sea (The People of Cascadia; Bohan, Heidi; 2009)
 - Seasonal Rounds of the Wakashan People of the West Coast (The People of Cascadia; Bohan, Heidi; 2009)
 - Seasonal Rounds of the Sahaptin People of the Plateau (The People of Cascadia; Bohan, Heidi, 2009)
 - Western Red Cedar – Tree of Life (The People of Cascadia; Bohan, Heidi; 2009)
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Time: Approximately 30-40 minutes + time for art extension

Instructional Support Materials to Acquire:

The People of Cascadia: Pacific Northwest Native American History (Bohan, Heidi), 4Culture, 2009. This book covers an abundance of information about regional culture and history of Pacific Northwest tribes and separates information into regional tribal groups.

Teacher Preparation/Materials:

1. Consider ways in which you might integrate lessons into content areas already planned for fall/salmon/harvest/food.
2. Use [“Background Knowledge/Pre-reading for Educators”](#), [“Essential Connections Between Food and Culture Essay”](#) by Shana Brown, and [“Supplemental Resources”](#) to build background knowledge needed to feel confident in teaching content.
3. If you are inviting special guests, plan ahead!
4. Read through students’ completed [One of My Favorite Traditions Worksheet](#) ahead of time. (See Lesson 1)
5. Have butcher paper for listing traditions and foods.
6. **Extended Learning:**
Class mural or collage or another art lesson using harvested foods as subject. Have students draw, paint, cut colored paper, look for pictures in magazines, or bring pictures to class of a favorite food that they and/or their family harvests, cooks with, and/or eats in the late summer or fall and/or for Thanksgiving.

Lesson Procedures:

Vocabulary:

- **Native people, first people, indigenous, tribe** (as used in reference to peoples/tribes): the first humans in a particular place.
- **Tribe:** a group of people with common ancestry, in this context, first people of a place. (These terms can be used somewhat interchangeably but it is always preferable to use the names of specific tribes when possible, or regional descriptors – (i.e. Columbia River/Plateau, Puget Sound, Pacific Coast tribes when referring to tribes in Washington.)
- **Seasonal Round:** Cycle/calendar of gathering and harvesting regional foods practicing cultural traditions.
- **Ancestor:** A relative who lived before you. Grandparents, and the relatives before them.
- **Descendant:** coming from one's ancestors. You are a descendent of your ancestors.
- **Thanksgiving:** (in North America) an annual national holiday marked by religious observances and a traditional meal including turkey. The holiday is supposed to commemorate a harvest festival celebrated by the Pilgrims in 1621 and is held in the US on the fourth Thursday in November.
- **Harvest:** The gathering of crops.
- **Gather:** Collect or reap (as in gathering in the harvest).
- **Tradition:** The passing down of elements of a culture from generation to generation especially by oral communication.

Students share family traditions and rituals that they have learned about with/from families. Give students time to share with each other in pairs or small groups. Then share out something they learned from a classmate.

Initiate discussion with questions like:

- *What does it mean to give thanks?*
- *Raise your hand if your family has a Harvest or Thanksgiving tradition.*
- *What is Thanksgiving? Do you celebrate? Do you know why? Or why not?*
- *What does Thanksgiving mean in your family or someone you know?*
- *What other words do you know that might have a similar meaning?*
- *What are other ways that you or people you know give or show thanks?*

As students share, record traditions on one chart, foods on another.

What are favorite foods that you harvest and/or eat in the fall/Thanksgiving? (This will depend on what students have shared about their traditions.)

Some of these foods are foods that settlers learned about from the first people who lived on this continent.

Does anyone remember who those people were? Names of any tribes? (Remind students of local tribal names.)

Can you guess what some of these foods might be?

