



CHANGEMAKERS LESSON PLANS

REMOTE LEARNING

While you are at home during this unprecedented time, it is a great time to learn about Native Americans who are helping fight Native invisibility and bring about change for our community. You can use the following lesson plans to help you learn about Natives who are changemakers as well as learn about all of the different contributions Native Americans have made in our past and present. We hope that by learning about all of the change contemporary Natives have brought about, you will be called to action to elevate your voice as well.

Throughout the lesson, learners will create and add to an informational book that they can then use to educate other in helping elevate Native voices.

First, choose a book format that you would like to use for your book. Different book formats are included at the end of this lesson. Once you have chosen the format that you would like for your book, print the designated pages for that book. *For a 4 page mini-book, print page 16. For an 8-page mini book, print page 17. For a full sized book, print pages 18-24.*

Days: 5

Activity Length: 10-30 minutes

DAY 1

To help others learn about contemporary Native Americans and Native contributions to society today, we are going to create a book that we can share with others.

Begin by [watching this video](#) about Native Americans today. Discuss—Do you think it is important for people to know about contemporary Native Americans and contributions? Why?

Today, we are going to start our book and add a page of an important contemporary Native American who has helped elevate Native voices. You will first choose a book format that you would like to use for your book. Different book formats are included at the end of this lesson.

For our first lesson, you are going to learn about changemakers and Native voice elevators Deb Haaland and Bethany Yellowtail.

To learn more about Deb Haaland, [watch this video](#) from The History Channel. You can also [watch this video](#) from National Geographic.

To learn more about Bethany Yellowtail, [watch this video](#) from the Today Show. You can also [watch this video](#) from alter-Native! and [this one from PopSugar](#).

You can choose to highlight one or both of these important contemporary Natives in your book. Include important accomplishments that they have done, as well as they are helping Native Americans be heard and elevate their voice.

You can use the checklist below to help you develop the page in your book. You can also draw a portrait or use images from online to include in your book as well.

DEB HAALAND AND BETHANY YELLOWTAIL INFORMATIONAL PAGE CHECKLIST

Use the following questions to help make sure that you include important information:

- ☐ What is this person's name?
- ☐ What tribe does this person belong to?
- ☐ What does this person do for a living?
- ☐ Why is this person important to Indian country?
- ☐ How is this person providing a voice to other Natives?

DAY 1 CONTINUED

ELEVATING NATIVE VOICES

It is up to us to ensure that we elevate and share Native voices and Native contributions to our world. Use the following checklist to help you as you are working on elevating these changemakers. Feel free to add others as well.

- ☐ Write a letter to Congresswoman Deb Haaland to thank her what she has done for Native Americans.
- ☐ Write a letter to Bethany Yellowtail and tell her what you appreciate and like from her work.
- ☐ Read and share your informational pages on Deb Haaland and/or Bethany Yellowtail with someone.
- ☐ Create your own fashion design or artwork that elevates Native voices. When people ask you about it, tell them about these two changemakers.

DAY 2

To help others learn about contemporary Native Americans and Native contributions to society today, we are going to continue adding to our contemporary Native American Informational book.

Today, you are going to learn more about Changemaker and Native voice elevator John Herrington as well as Wes Studi.

To learn more about John Herrington, [watch this video](#) from the Oklahoma Hall of Fame. You can also [watch this video](#) from Time in Cosmology!

To learn more about Wes Studi, [watch this video](#) from Oklahoma Horizons TV. You can also [listen to this interview](#) from NPR.

Highlight these important contemporary Natives in your book. Note their important accomplishments, as well as the fact that they are helping other Native Americans be heard and elevate their voice.

You can use the checklist on the following page to help you develop the page in your book. You can also draw a portrait or use images you found online to include in your book.

DAY 2 CONTINUED

JOHN HERRINGTON AND WES STUDI INFORMATIONAL PAGE CHECKLIST

Use the following questions to help make sure that you include important information:

- ☐ What is this person's name?
- ☐ What tribes does this person belong to?
- ☐ What does this person do for a living?
- ☐ Why is this person important to Indian country?
- ☐ How is this person providing a voice to other Natives?

ELEVATING NATIVE VOICES

It is up to us to ensure that we elevate and share Native voices and Native contributions to our world. Use the following checklist to help you as you are working on elevating these changemakers. Feel free to add others as well.

- ☐ Write a letter to John Herrington and ask him questions about his experience and what it was like being the first Native in space.
- ☐ Write a letter to Wes Studi asking about how he elevates Native voices.
- ☐ Read and share your informational pages on Wes Studi and John Herrington with someone.
- ☐ Watch a movie with Wes Studi as an actor.
- ☐ Create your own movie about Native Americans to share with others.
- ☐ Talk to someone in your neighborhood about what you have learned about your Changemaker.

DAY 3

To help others learn about contemporary Native Americans and Native contributions to society, we will continue adding to our contemporary Native American Informational book.

Today, we are going to learn about Native American contributions to our world today! There are many contributions to cover , so we are going to split this project up over two days.

To learn about Native contributions to the U.S. constitution, [watch this video](#) from the Massachusetts School of Law. You can also [watch this video](#) about how the Iroquois Natives helped the U.S. with democracy and the U.S. Constitution!

To learn about Native contributions to the English language, [watch this amazing video](#) about the history of language and words that we use that have Native origins. You can also [watch this short film](#) about additional words!

NATIVE CONTRIBUTIONS CHECKLIST

Use the following questions to help make sure that you include important information:

- ☐ How did Native people contribute to this?
- ☐ How has this influenced the world?
- ☐ How has it influenced modern day society?
- ☐ Why is this so important?
- ☐ How would the world be different without this contribution?

ELEVATING NATIVE VOICES

It is up to us to ensure that we elevate and share Native voices and Native contributions to our world. Use the following checklist to help you as you are working on elevating these important Native contributions! Feel free to add your own as well!

- ☐ As you watch a show on television, try to mark the amount of words that have Native American origins. You can find a list of words [here](#) and [here](#).
- ☐ Use words with Native American origin in your conversations with others around you.
- ☐ Tell others about words that have Native American influence when you talk to others.
- ☐ Write your own version of a constitution- including Native American voices.
- ☐ Create a social media post to tell others of Native influence on the constitution, democracy, and language.

DAY 4

To help others learn about contemporary Native Americans and Native contributions to society today, we are going to continue adding to our contemporary Native American Informational book.

Today, we are going to learn about Native American contributions to agriculture and food.

To learn about Native contributions in food, [watch this video](#) from PBS about corn. You can also [watch this video](#) from PBS about chocolate! You can [watch this video](#) about potatoes from The Bradshaw Foundation.

To learn about Native American agriculture and foods, [watch this video](#) to hear about Native agriculture and how it impacts us today.

Today is the last day that you will work on the book. After you have added your pages from today, make sure that you share and read this book to others in your community. Feel free to also post a video of you reading your book online so that others can see what you have learned and work with you in elevating Native voices.

NATIVE CONTRIBUTIONS CHECKLIST

Use the following questions to help make sure that you include important information:

- ☐ How did Native people contribute to this?
- ☐ How has this influenced the world?
- ☐ How has it influenced modern day society?
- ☐ Why is this so important?
- ☐ How would the world be different without this contribution?

DAY 4 CONTINUED

ELEVATING NATIVE VOICES

It is up to us to ensure that we elevate and share Native voices and Native contributions to our world. Use the following checklist to help you as you are working on elevating these important Native contributions. Feel free to add your own as well!

Because we focused on Native influence and contributions in food and agriculture, take a trip to your local grocery store.

- ☐ **What are the some of the Native foods you see?**
- ☐ **How many varieties of the same food are there?**
- ☐ **Tell someone who is buying one of these foods where they came from and their Native influence.**
- ☐ **As your family is cooking at home, what Native foods are you using in your dishes?**
- ☐ **How are Native foods being used in your favorite meals and snacks?**

DAY 5

Over the past couple of days, you have placed all of your knowledge about Native American changemakers and contributions to the world into your informational book.

Elevating the voices of Native Americans goes beyond just learning about Native American changemakers and contributions. Oftentimes, it requires a lot of people working together to make that voice louder. One way to come together is to make sure that we are fighting against misconceptions and false narratives about Native people.

Take some time to review some of the false narratives that people currently hold about Native Americans. [Watch this video](#) interviewing Natives Americans about these misconceptions by TeenVogue! PopSugar has also shared the false narratives and misrepresentation happening to Natives within film and movies ([video here.](#))

To fight those misconceptions and misrepresentations, we have to make sure to give voice to Natives to change those narratives. On the following page are some things that you can do. Make sure to add your own and work towards educating others so that Native voices can be heard.

ELEVATING NATIVE VOICES

Below are some ideas of how you can help elevate Native Voices. Remember, you are an instrument through which others can learn, so feel free to add your own and share with others.

- Create a video or social media post that fights misconceptions and misrepresentations about Native Americans.
- Create a piece of artwork that shows Native voices and the fight against false narratives.
- Design a pamphlet or informational brochure to talk to others about false narratives and misconceptions about Native Americans. Go around and share these pamphlets or brochures with others.
- When you watch television or movies, be on the lookout for these misconceptions and false narratives.
- Write letters or responses to people spreading these false narratives and tell them about what is wrong in their narrative.

DEB HAALAND

LAGUNA PUEBLO AND JEMEZ PUEBLO

U.S. MEMBER OF CONGRESS



JOY HARJO

MVSKOKE CREEK

U.S. POET LAUREATE



Echo Hawk

SUZAN SHOWN HARJO

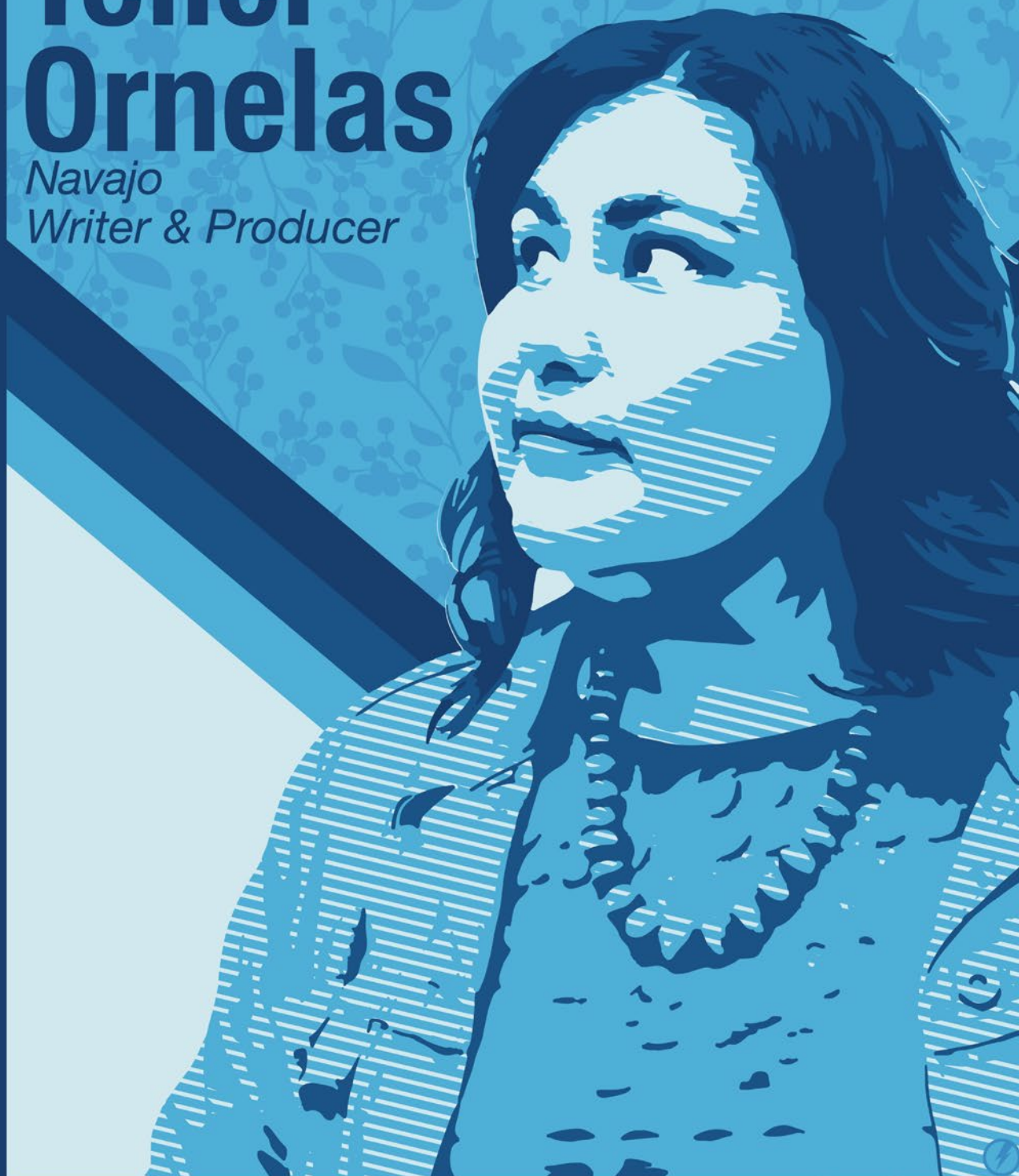
CHEYENNE AND HODULGEE MUSCOGEE

PRESIDENTIAL MEDAL OF FREEDOM AWARDEE



Sierra Teller Ornelas

*Navajo
Writer & Producer*





AARON YAIZZIE

✚ ✚ DINÉ (NAVAJO) ✚ ✚

MECHANICAL ENGINEER

AT

NASA JET PROPULSION LABORATORY

BETHANY YELLOWTAIL



NORTHERN CHEYENNE & CROW
FASHION DESIGNER
C.E.O. OF B.YELLOWTAIL

**BILLY
MILLS**



OG LALA LAKOTA

**OLYMPIC GOLD MEDAL IN THE 10,000 METER RUN
1964 TOKYO OLYMPICS**

BOOK FORMATS

- **Small-format foldable 4-page booklet (uses one 8.5 x 11 sheet of paper)**
- **Small-format foldable 8-page booklet (uses one 8.5 x 11 sheet of paper)**

Directions:

**Fold on all line. Fold in 1/2 width and cut out the solid line. Fold in length
Push center cut apart in a diamond. Fold pages to form booklet.**

- **Large-format 7-page booklet (uses seven 8.5 x 11 sheets of paper)**

Blank lined area for writing.

Blank rectangular area for drawing or illustration.

Blank rectangular area for drawing or illustration.

Blank lined area for writing.

Blank lined area for writing.

Blank rectangular area for drawing or illustration.

Blank lined area for writing.

BY _____

2. FOLD HERE

..... 1. FOLD HERE

BY

BY
