



Plains Indians Food

The Indians who lived in the Plains were hunters. They hunted


buffalo . These Indians did not live in one place. They moved

wherever they could find buffalo. They used every part of the buffalo

 to help meet their needs.


The land was mostly flat and grassy  in the Great Plains.



Wild plants such as turnips , sweet potatoes , and onions


 grew there. There were many kinds of fruit. There were

grapes , berries , and prickly pears .




Plains Indians Shelter

They lived in tepees . First, poles were fastened together at the top. Next, the bottoms of the poles were spread out to make a circle.

Then the poles were covered with buffalo skins. An opening was left at the top to let the smoke from the fire  out. It was easy for the Indians to take down their tepees  and move when they needed


to follow the buffalo .



Plains Indians Art/Recreation

The Indians of the Plains sewed beads on their clothing. They made yarn  from buffalo  hair. They used the yarn  to

weave beautiful blankets .

The Indians of the Plains had pow-wows for special times. They would

dance  and pray to the Great Spirit. They wore clothes with


beautiful beads . Some wore long headdresses  with

lots of feathers. In the summer, they did the Sun Dance. The dancers

did the same dance moves for four days. They did not eat. They did not

drink. They looked at the sun  as much as they could.

Plains Indians Transportation

The Plains Indians first traveled by foot . They made soft shoes




called moccasins out of buffalo



hides.

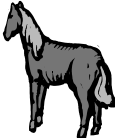
Plains Indians hunted buffalo . When the buffalo 

moved, the Indians took down their tepees  and moved, too. Later,

the Plains Indians got horses  from people who

came here from Spain. Then, when the buffalo moved, the

Indians wrapped up their tepees  and put them on two long poles

that were tied together. The poles were then tied to the horse .

The horse pulled the poles with the tepees on them and the Indians

followed the buffalo .

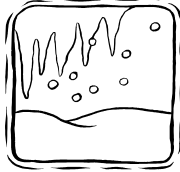
Plains Indians

Physical Surroundings, Location, and Climate

The Plains region is in the middle of our country. The land is

mostly flat and grassy  . In the summer, it was hot



and dry. Winters were cold and snowy  . Many



lived there. The buffalo ate the grasses.