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.
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.