AIM ➔ Using different guides to help find your direction when lost. Participating in Indian games.

Stand outdoors in the country on a clear night and look up. Without a magnifying lens you can see several thousand stars. Our galaxy, the Milky Way contains close to 200 billion stars, many of them in clusters of hundreds of thousands.

Stars are a good way to find your way in the outdoors.

Besides using the stars Indians use other elements in nature to give them their directions

- Since moss grows where it is moist and shady, it is usually found on the north side of a tree out of direct sunlight. Looking for the moss will tell you where North is.

- Following a stream downhill may lead to a road or settlement of people since people usually live near bodies of water.
The sun rises in the East and sets in the West. By noting the time of day and watching the sun, (if it is out) you will be able to find east and west.

If you are familiar with which way the wind blows, you can use the wind to help you find your way.

Blazing a trail is sometimes very helpful. To do this cut notches in the tree bark to indicate which ones you have passed on your way. Just follow the markings on your way back.

Always be aware of major land markings, (mountains, streams, valleys etc.) and note where you are in relationship to them.

Knowing their environment helped Indian people survive.

In your Four Winds groups make a list of ways to find your way if lost in the city. Where would you go? Who would be good people to contact? What phone numbers would be good to know?

INDIAN GAMES OF THE NORTHWEST

Playing tag as the children did in Broken Shoulder is a common game. Here is another one to try.

A Bear Race

All players line up side by side in a straight line. When "Go!" is spoken, each player must place both hands on the ground and race to the finish line walking like a bear. The left hand and right foot move at the same time as do the right hand and left foot. The first to cross the finish line wins.