

The Sioux Tribe

a report by

Justin



Their Name: The Sioux Indians were divided by the languages they spoke. The tribes were known as the Dakota, Nakota, and Lakota. Sioux is short for Nadauessioux, meaning "little snake." The people did not like that name, so they changed it. The Sioux Indians are now known as the Dakota Indians.

Traditions: The people of the plains taught their children through the telling of stories and legends and participation in daily tasks. Boys would learn how to hunt, make weapons, and learn warrior ceremonies. When they reached adulthood, they became great hunters.



Food: Buffalo was the main food of the plains Indians. Keeping meat fresh was difficult. It was dried and could then be stored for a long time. Some of the dried meat was pounded into powder and mixed with hot, melted buffalo fat and berries to form pemmican, Bannock's delicious yeast-free bread which natives cooked over the fire. Women collected berries as soon as they ripened in the summer. While some berries were eaten fresh, many were dried and stored for use as dyes, food, and jewelry. They also hunted and ate deer, moose, and elk. Wolves, coyotes, lynx, rabbits, gophers, prairie chickens, and various other birds and small animals were also trapped. Vegetables were an essential part of the Indians' diet. The Indian turnip was the most important root. A favorite dessert was a pudding made from turnip flour mixed with berries. Other roots were gathered and eaten as well. They also ate fruits and grains.



Their Homes: Sioux Indians lived in tipis. The women owned the tipis because they made them. The tipis were waterproof, had round floors, and were made from hides. They used poles to hold up the tipi. The Indians did not own a lot of stuff because they moved often. They only owned what they and their horses could carry.

Famous Leaders: Some famous Sioux leaders were Crazy Horse and Sitting Bull.



Clothing: The Indian dressing style depended on tradition and personal taste. Styles and ideas for the clothes were often inspired by visions and dreams. They made handmade clothing, necklaces, and belts of natural materials like hide and wonderful, prized beads. Each item had a story. The men wore shirts, breech cloths, and full leggings. The women wore dresses and short leggings. For shoes they wore moccasins. Items they wore daily were left plain with a narrow band of beading or fringes. Other clothing included belts, headgear, and necklaces. Armbands and anklets were worn with dance outfits, but not with everyday clothes.

