

## Understanding History

**Learn About It**

In this unit, your child will learn:

- where and how various American Indians lived
- about early colonists in what is now the United States and about the founding of our democracy

Here are some ways that you can help your child learn:

**Talk About It**

Chapter 3: America's First People

**Forest life** The Cherokee and Haudenosaunee Indians lived in forests. Compare how they lived and how people living in or near forests live today.

Chapter 4: On the Road to Freedom

**Colonists** Talk with your child about what it might have been like to be a child in one of the early colonies. What might you have liked? What do you think you would not have liked?

**Make It**

**Butter the colonial way** The early colonists had to grow and prepare all their own food without electricity. Work together to make your own butter! Fill a jar with a tight-fitting lid about two-thirds full with heavy cream. Heat the cream to between 60–65°F. Add two clean glass marbles. Shake and shake! But be careful not to shake so hard that the marbles break the glass. When the cream turns into butter, pour off the buttermilk. Try the butter on bread!

**Read to Learn More About It**

*Corn Is Maize: The Gift of the Indians*, by Ailiki. Explains how corn grows and how Native Americans cultivated it.

*N.C. Wyeth's Pilgrims*, by Robert San Souci. Recounts the coming of the Pilgrims to America, with illustrations by N.C. Wyeth.

*The Constitution*, by Patricia Ryon Quiri. Tells about the history of this famous document.

**Technology**

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