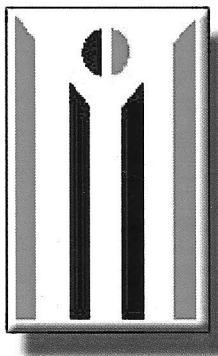


Hiinono' eininoo!
Nuhu' Nenee' Neteenetiit.

I am Arapaho!
This Is My Language.



Student Workbook

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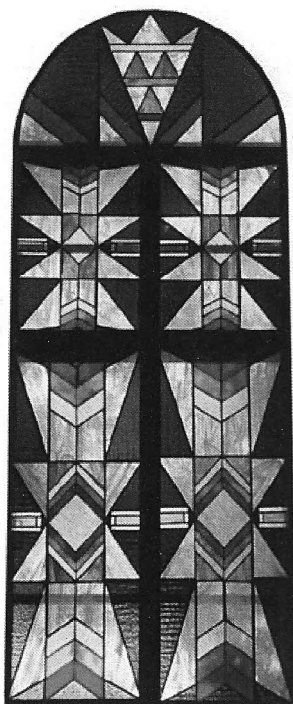
The President's Advisory Council on Minority and Women's Affairs

The Heart of the Healer

American Indian Studies; the University of Wyoming

It is with great thanks to the Arapaho Council of Elders for entrusting this project to the team. The Honor bestowed upon us will never be forgotten.

These workbooks were created with love for the Arapaho people and the Arapaho language. Hohou.



Philosophy

The Arapaho Language and Culture Curriculum at Indian Schools, is culturally and linguistically relevant to stimulate the student's tribal self-identity and tribal culture toward improving self-esteem.

Traditional tribal values and customs are introduced covering basic knowledge and understanding as it applies to everyday situations. Respect toward oneself; to others--- teachers, family, elders, and friends; to the earth; animals; and the universe; are included with lessons on conduct of the Arapaho people. The Arapaho worldview is transmitted to students to gain a better understanding of how many things in their everyday environment---school, home, etc. are related and fit into the natural world, (people, animals, natural resources).

It is important and essential for the Arapaho to maintain their language. Without the language, meanings are lost within all aspects of "life" of the Arapaho. The Arapaho language is the existence of the Arapaho nation. Historical perspectives are given through oral narratives handed down to elders about the past. Utilizing elders in the classroom to share their stories,

songs, and wisdom will reinforce the cultural pride of the students.

Traditional Values and Beliefs of the Old People

Bravery, generosity and sharing, honesty, strength, freedom, love and wisdom were values that were taught to the youth as they progressed from one stage of life to the next.

All children were taught to respect one another. A long time ago, there were restrictions that young people were expected to follow. Brothers and sisters did not talk to one another beginning at about the age of 13 years, but when they became very old, did.

Bravery: A long time ago, it was necessary to be courageous because the Arapaho had traditional enemies. Sometimes it was necessary to fight for hunting grounds and there were warrior societies that existed then. Strength was shown by trying to protect the tribe from enemies and danger. Today, we still try to protect our families from any kind of harm. Many present day warriors are still fighting for our land and water rights for future generations to come.

Generosity and Sharing: The Arapaho have been known to be a giving people. Today, as in the past, Arapaho people will honor their loved ones by having a “give-away”; they may save up gifts and items for a year and plan a day to honor their relative.

Honesty and Freedom: Arapaho people were very honest in their dealings with one another in the past. It was necessary for the welfare of the tribe in getting along. The virtue of freedom was expressed by their whole livelihood; they hunted freely, they practiced their customs and beliefs, and they expressed themselves in their own language. People need to be honest in tribal society today, to get along. Freedom is still achievable by striving to protect our cultural ways and preserve our language. It is a right that Arapaho people have.

Arapaho Cultural Lessons

Respect Yourself: It is important to respect one self and how you conduct yourself in front of your family and friends. We are given a life to live with however way we wish to live it. But there is a strength that makes us different. We are Arapaho, and we have a language and culture. Our ways have been handed down by our ancestors to our parents and grandparents, and it is our responsibility to pass these ways down to future generations. As individuals of the Arapaho Nation, it is important that we try to learn and carry on, and pass on our language and cultural beliefs, so that our race will continue. We must respect ourselves---our minds, bodies, and our spirits, so that we can contribute a sense of health and strength for our families and the rest of the tribe.

