

CELEBRATIONS: REGALIA HEADBAND GR: PREK-2 (LESSONS 8-9)

Elder Quote/Belief:



*“Head regalia
was used during ceremonies by both
men and women.
I have created a simple head band
style for kids to enjoy making and
dancing with in this lesson.”*
-Mary Babic, Cordova

Grade Level: PreK-2

Overview: The Chugach people used regalia as an expression of themselves. The head bands/ beaded head dresses represented individual designs and often would show how successful the hunter was because of the ability to trade for beads with pelts of animals. The more furs the hunter traded, the more goods were traded and the ability to have a longer beaded head dress.

Standards:

<i>AK Cultural:</i>	<i>AK Content Science:</i>	<i>CRCC:</i>
B2: Make effective use of the knowledge, skills, and ways of knowing from their own cultural traditions to learn about the larger world in which they live.	F1: Develop an understanding of the interrelationships among individuals, cultures, societies, science, and technology.	CE4: Students should have knowledge of traditional dance attire: Dance regalia Bentwood visor/head dress Masks

Lesson Goal: The students will learn how to make a traditional headband.

Lesson Objective(s): Students will:

- Make a traditional headband to wear while dancing at the mini celebration.
- Learn the Sugt'stun/Eyak vocabulary words

Vocabulary Words:

Sugt'stun Dialects

English:	Prince William Sound:	Lower Cook Inlet:	Eyak:
headband			weeg
beads			kAwuud

Materials/Resources Needed:

- Suede
- Plastic Pony Beads
- Fisherman's Hanging Twine
- Lighter
- Felt
- Scissors
- Leather Hole Punch
- Tacky Glue
- Rotary Cutter, Mat and Ruler

Books:

Living our Cultures, Sharing our Heritage, The First Peoples of Alaska, Crowell

Teacher Preparation:

- Invite an Elder/Recognized expert who can share their knowledge of traditional materials used to stay warm and dry in our climate.
- Review with students the proper ways to show respect for the guest speaker.
- Review the activities plan.
- Locate supplies needed.
- Prepare a headband to use as an example for students to see.
- Depending on age group, one may want to prepare the headband or certain steps (especially cutting out the twine lengths and melting the ends) prior to activity:
 - **To prepare headband for students**
 1. Cut the suede into 1 ¼ wide by 14 inches pieces. **(Step 1 Photo)**
 2. Mark middle on backside of headband.
 3. Fold each end to the middle mark. Make a mark at middle of fold. Headband should now have three marks on the backside. **(Step 2 Photo)**
 4. Punch three holes on bottom of headband from end of headband to first mark. Do this exact hole punch on the other end of headband, **(Step 3 Photo)**
 5. Punch a hole in middle of strap, on both ends for the ties. There should now be eight holes. **(Step 4 Photo)**
 6. Cut six lengths of fisherman's twine at 10 inches for bead dangles.
 7. Cut two lengths of twine at 15 inches for ties.
 8. **ADULT** - Melt the ends of every twine with a lighter so ends do not fray, and recommend before giving out the twine pieces to students.
 9. Fold the twine in half and pull through the bottom holes on headband. **(Step 6 Photo)**
 10. Take the bottom string and bring through loop. **(Step 7A Photo)**
 11. Loop the ties through on each end. **(Step 7B Photo)**
 12. Put beads onto the ends of the twine. **(Step 8 Photo)**
 13. Cut 1 inch felt squares for students to glue onto the headband in desired design. **(Step 8 Photo)**
 14. Headband is now ready for students.

Opening:

One piece of traditional regalia worn during dance, ceremonies and events the headband. The head regalia usually reflected one's family, prestige, clan and/or personal expression. Women and young girls wore different head regalia for festivals, feasts, weddings, and ceremonial events.

The colors and patterns used were identifiers of family/village one was from. The length of the beads on the head regalia showed how wealthy or successful the hunter in family was because the sea otter pelts were traded for the beads. The other determination of head regalia design was roles played in community, chief, shaman, etc. What was the purpose of each type of head regalia and what it said about the culture?

To put this into perspective, let's think about today, what does what you wear say about you? What does it say about your friends? How about your family? Does it say anything about your community? Does what materials are available? How does trade impact the development of clothing? How do clothing styles change over time? What influences these changes?

We will learn a dance and use our headband to perform on the last day when we have our mini celebration. Today, we will make our own headband with the design and beads of your choice.

Activities:

1. Pass around the headbands and beads on a paper plate to each student.
2. Student will string a couple beads onto each twine.
3. Teacher will tie a knot, cut excess twine, and burn the ends so they will not fray.
4. Students will glue three squares onto the headband with glue.
5. Students will try on the headband.

Assessment:

- Students are able to repeat and point to the Sugt'stun / Eyak vocabulary words.
- Students created their own headband and perform with it at their celebration at school.
- Students are able to explain the design on their headband.

Step-By-Step Photos for the Headband Regalia

Photo of Supplies Needed



Materials Needed for Simple Headband Regalia:

- Suede (enough for every student to get a 1 ¼ x 14 inches strip)
- Felt- different colors for designs on headband
- Leather Hole Punch
- Nylon Twine (spool that accommodates enough for the bead dangles and ties)
- Pony Beads – variety of colors
- Scissors, Rotary Cutter
- Tacky Glue (Or glue that works on leather/fabric)
- Fabric cutting mat
- Measuring non slip transparent ruler



Step 1: Cut Strips for Headband

- Cut the suede into 1 ¼ wide by 14 inches piece- one for each student.



Step 2: Making Marks

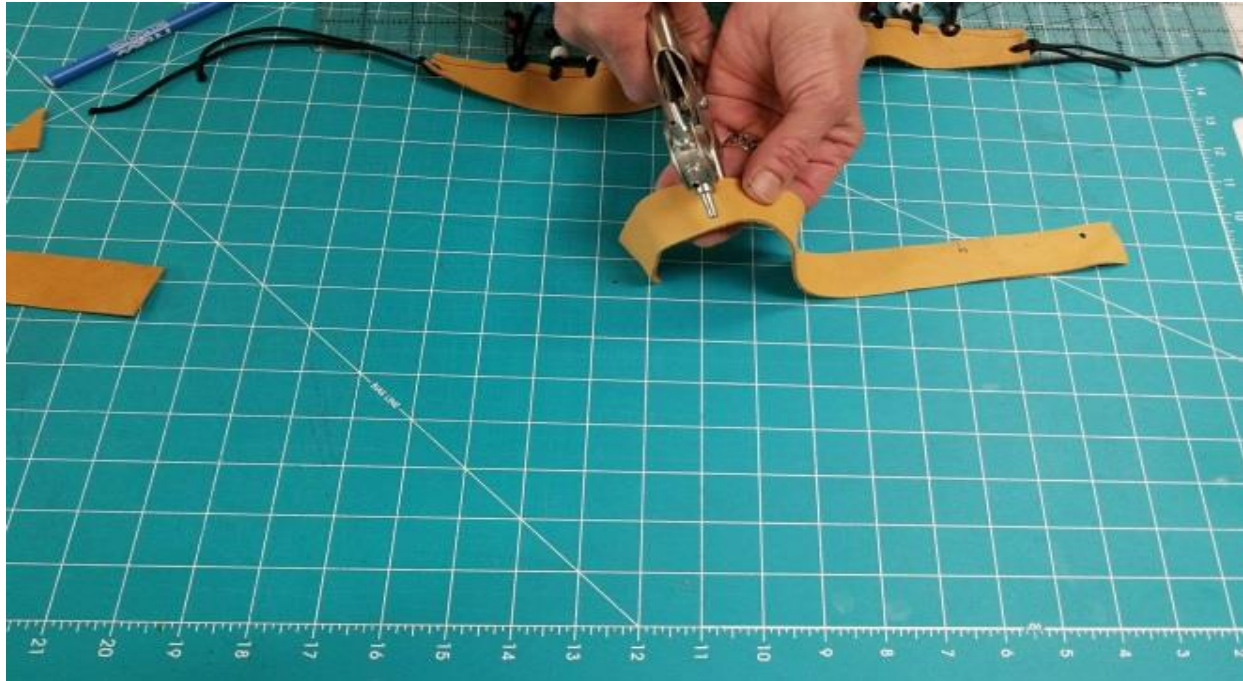
- Mark middle on backside of headband
- Fold each end to the middle mark.
- Make a mark at middle of fold.
- Headband should now have three marks on the backside.



*Markings shown on back of finished headband

Step 3: Punch Out Holes

- Punch three holes on bottom of headband from end of headband to first mark.
- Do this exact hole punch on the other end of headband



Step 4: Hole for Ties

- Punch a hole in middle of strap, on both ends for the ties. There should now be eight holes.



Step 5: Cut Twine Pieces

For each student:

- Cut six lengths of fisherman's twine at 10 inches for bead dangles.
- Cut two lengths of twine at 15 inches for ties.



Step 6: Melting Twine Ends

- **ADULT** - Melt both ends of every piece of twine with a lighter, so ends do not fray.
- Suggest melting the ends **BEFORE** tying twine to the headband.

Step 7: Tying Twine to Headband

- Fold the twine in half and pull through the bottom holes on headband. (**Step 7A Photo**)
- Take the bottom string and bring through loop. (**Step 7B Photo**)



Step 7A



Step 7B



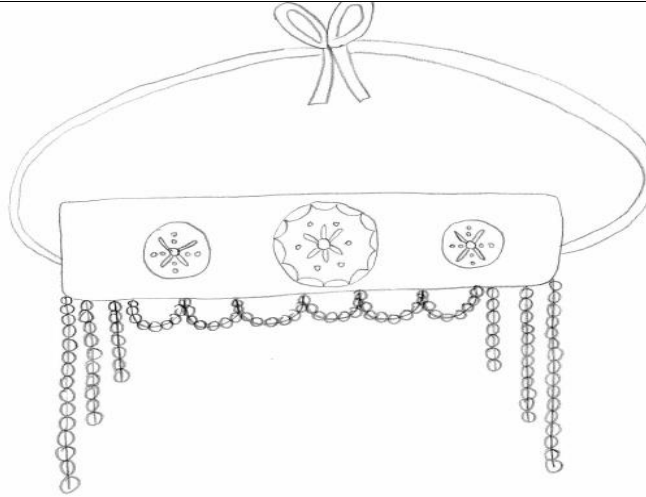
Step 8: Beads and Décor

- Place beads on each twine piece and can cut to length. (ADULT – again, melt ends if cut shorter.)
- Knot ends.
- Glue the felt squares onto headband for desired design.

-TA DA! Finished Headband Regalia!

Note: One can adapt this headband lesson to include more beading for the next grade level as shown with lesson made by Patience Anderson-Faulkner and Amanda O'Brien as follows.

Headdress Instructions



1. Students will need about 3 by 10 inch piece of felt, string, beads, a needle, and two pieces of yarn.
2. Tie a knot at one end of your thread and attach it to the end of your felt.
3. String on beads to create your first stand of beads. Bring your needle and thread back up through all of the beads except the very end bead. This will allow the beads to stay attached.
4. Move your needle and thread over a little on the felt and do the same thing to create your next strand of beads. You should make this strand a little shorter than your first strand.
5. Repeat the last step. This time make the stand of beads even shorter than the last strand. This should create a staggered effect.
6. Do the same exact steps 2-5 on the other end of your felt. This will keep things symmetrical.
7. Now you will start to create the “U” shaped dangling bead strands.
8. String on the same amount of beads as your shortest strand. This time do not go back up through the beads. You will just attach to the felt creating the “U” shape.
9. Once you attach your first “U”, bring your needle and thread back down through the last bead you attached. This will allow you to attach more beads to create the next “U”.
10. Keep repeating steps 7-9 until you have completely filled the space remaining.
11. Now sew on and attach the two pieces of yarn on each side of the felt. This will allow the students to be able to tie the headdress onto their heads.

This next step is for more advanced students. Students can create a beaded design on the front of the headdress. For the younger students, you can just use markers to create a design.



Patience Anderson-Faulkner teaching students how to make headband regalia during Cordova Culture Week.



