

# Resilience in Native People in Oregon

**Resilience** is being able to keep going and stay strong, even when things are hard.





# Essential Question

In what ways can we see that Oregon Tribes are resilient?



# Key Words and Ideas

**Resilience:** The ability to bounce back after challenges and tough times.

**Tribe:** A group of people who share the same culture, language and history.

**Time Immemorial:** So long ago that no one can remember when it started.

**Generations:** Children, parents, grandparents, great-grandparents and so on.

**Adaptive:** Able to adjust based on a changing situation.

# Group Talk

**Resilient:** The ability to bounce back after challenges and tough times.

- When was a time you felt you were **resilient**?
- Have you observed or learned something about being **resilient** from someone else?



# Write About Resilience

## Sentence stem

\_\_\_\_\_ [Challenge] \_\_\_\_\_ , **and/but/so** \_\_\_\_\_ [How people showed resilience]  
\_\_\_\_\_.

## Examples

- The basketball hoop was really high, but I was able to make the shot.
- The spelling words were really hard, so I studied for a long time.

## Learning Outcome

- I understand that Tribes across Oregon are resilient people, and this resilience is one part of their identity.

## Success Criteria

- I can explain how Oregon Tribes were adaptive in the past.
- I can describe how Oregon Tribes are resilient in the present.
- I can give one example of how I have been resilient in my own life.

# Oregon Tribes...

have lived here since time immemorial.

They have lived here this long because they were resilient in the **past** and are resilient **now**.



Map courtesy of The Cow Creek Band of Umpqua Indians



# Which Tribe is closest to you?



## Nine Federally Recognized Tribes in Oregon



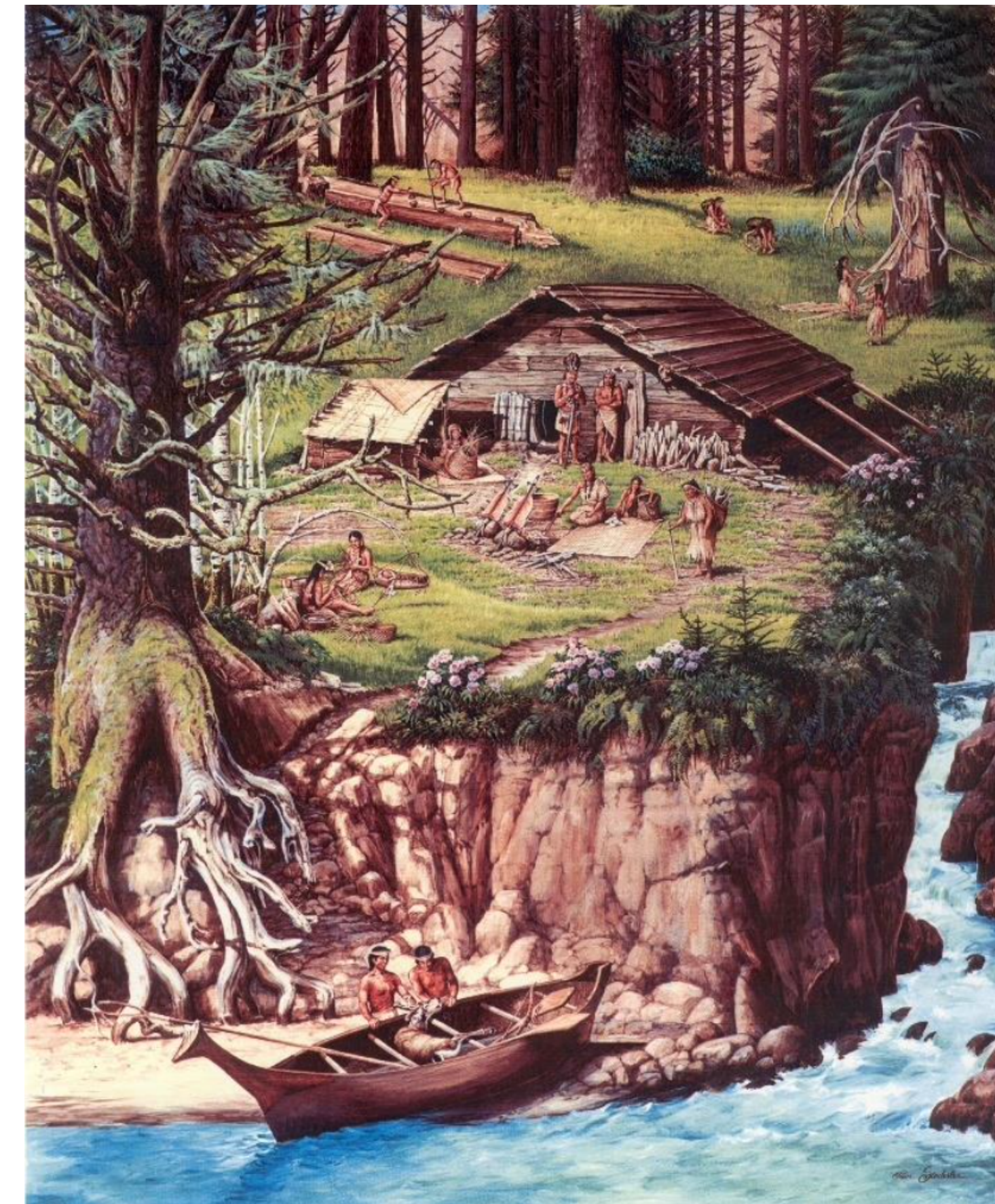


# Oregon Tribes in the Past

In the past, many Tribes moved to different areas during different seasons.

In the summer, when it was warm, they lived in the mountains.

In the winter, when it was cold, they lived in lower lands.



*Photo courtesy of The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians*





*Photo courtesy of Coquille Indian Tribe*

People learned to use plants and trees for medicine when they were sick or injured.



*Photo courtesy of Coquille Indian Tribe*

In the winter, it was very cold. The people made homes that were partly underground, and they used rocks to build warm shelters.



- A long time ago, Native people had to leave their homes when new people came to Oregon and wanted their land.
- The government made them move to smaller, crowded places called reservations.



Photo courtesy of The Confederated Tribes of Coos,  
Lower Umpqua and Siuslaw Indians



Photo courtesy of The Burns Paiute Tribe

- Even though it was very hard, Native people are resilient!
- They stayed strong by working together.
- Today, Native people in Oregon still live in a special way that connects them to their history, their families and the land they love.

# Oregon Tribes Today

- The Tribes are buying back land that was taken from them in the past and caring for the land around them.
- For example, a large forest fire took place in the land of the Cow Creek Band of Umpqua Tribe of Indians. The Tribe is repairing the forest and planting new trees.
- The members of the Tribes have different needs, so the Tribes have many Tribal Programs to provide services to their members.





# How have Oregon Tribes stayed strong in the past and today?

## Sentence stem

\_\_\_\_\_ [Challenge] , **and/but/so** \_\_\_\_\_ [How people showed resilience]  
\_\_\_\_\_.

## Examples

- It was very cold in the winter, so the people moved to lower lands.
- The land was taken from the people, so they are buying it back.



## Closing

What are some ways Oregon Tribes like the Cow Creek Band of Umpqua Indians are resilient?

It's important because \_\_\_\_\_.

One thing I like about learning about resilience is  
\_\_\_\_\_.

# Self-assessment

#	Did I... ?	Sort of 	Yes 
1	explain how Oregon Tribes were adaptive in the past?		
2	explain how Oregon Tribes are resilient in the present?		
3	give one example of how I have been resilient in my own life?		