

# Thunder's Hair • Braiding Activity

Recommended for kindergarten–3<sup>rd</sup> grade

## Spiritual connection & objectives

This activity promotes the understanding of the beauty and importance of braided hair for Native Americans. It also encourages participants to appreciate the essence of mind, body and spirit in each braided strand of hair. Bullying is the central conflict in this story about a boy with long braided hair. Readers are taken through the experience of what to do and how to advocate for themselves when they are being bullied. As the activity leader, you may want to begin with first reading the story and utilize a smart board to enhance imagery. Also, determine if participants require assistance with fine motor skills.

## Lesson outline

Begin by reading the story. Ask the reflection questions on page 3, engage in conversation, and have a list of local resources available for bullying.

## Special accommodations

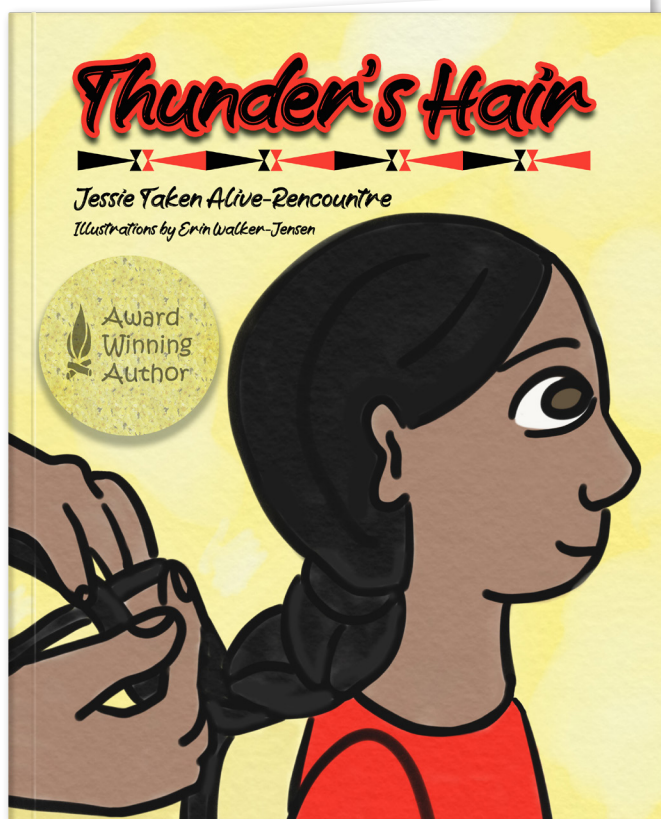
Children with special needs may need help with the braiding portion of the activity. Have visual aids and a digital/audio version of the story available. Use larger rope for braiding as an alternative.

## Note

Bullying is very hurtful and can make youth feel really sad. It can affect them later in life. Teach them how to address bullying. Share local resources with youth about who to go to for help.

## About the activity plan

- Curriculum developed by Sofie Teller-Cloud, Leslie Teller, Dr. Candy Villagomez
- Reviewed by UW–Madison Extension Positive Youth Development Review Committee
- Story by Jessie Taken Alive-Rencountre



*Thunder's Hair* by Jessie Taken Alive-Rencountre can be purchased through Amazon or [jessierencountre.com](http://jessierencountre.com).

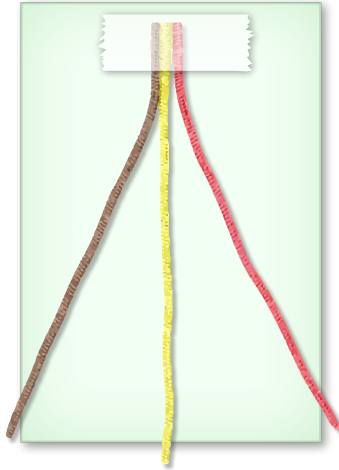


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## Materials

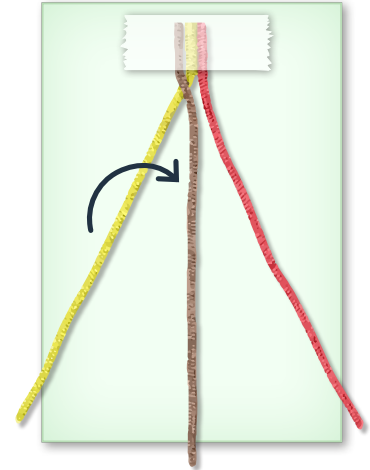
- Yarn (black, brown, red, yellow)
- Tape
- Small rubber bands
- Scissors
- Construction paper
- Glue
- Markers

1



Cut 3 even strands of yarn to the size of paper and tape down at the top. Allow participants to choose their own yarn color to match their hair if they wish.

2



Begin by crossing the yarn over to the other side from left to right so each side meets in the middle.

3



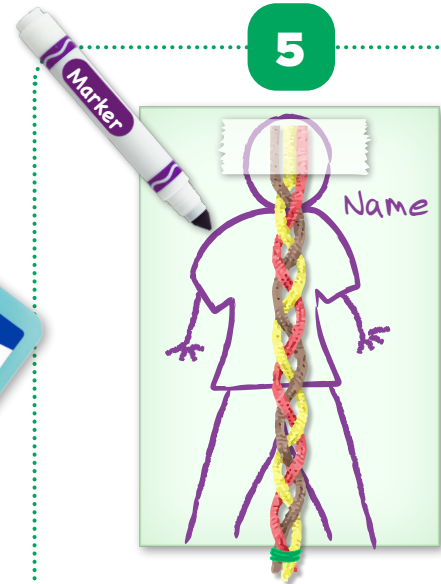
Continue steps until you reach the bottom and tie with a rubber band. Keep yarn flat on the paper and do not allow it to twist when braiding.

4



Glue down the braid to secure it to the paper.

5



Using markers, begin drawing a person to go with the braid. Review words from the story and make sure they write their name at the top.

**Have fun!**



# Thunder's Hair • Reflection Questions

1. Thunder met people who made fun of him for his hair. Why do you think that is? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
2. Why didn't Thunder want to tell anyone he was being bullied? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
3. In what way were people helpful to Thunder? Adults who helped him were grandma, principal and a friend.
  - a. How did his grandma help him? \_\_\_\_\_
  - b. How did his principal help him? \_\_\_\_\_
  - c. How did his friend help him? \_\_\_\_\_
  
4. How would you support Thunder while he was being bullied about his hair? \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_
  
5. What is something we could do as a class/group to help stop bullying? Develop a plan and share ideas with adults.  
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