

PRIOR TO YOUR VISIT

The tours are more meaningful if the class has had an introduction to indigenous culture. Suggested student reading includes:

- *Indians of the Oaks*: Millicent Lee
- *The Painted Rocks*: Ruth Alter
- *My Ancestor's Village*: Roberta Labastida

For teachers, the study guide by SDSU Anthropology Professor, Dr Lynn Gamble, and GERALYN MARIE HOFFMAN, is helpful: *A Teacher's Guide to Historical and Contemporary Kumeyaay Culture*.

COME PREPARED

- Student clothing should be appropriate for outdoor activities.
- Name tags increases docents' ability to interact with students.

WHAT TO EXPECT

- Hilly terrain
- Restroom facilities
- Free bottled water
- A Kumeyaay-Ipai Interpretive Center pencil for each student as a souvenir of their visit.

Please note:

- No lunches can be eaten on site. Community Park nearby is an option.
- Fruit drinks, which attract bees and wasps, are not permitted on site.

TOUR SCHEDULE

Education Center Welcome (20-30 minutes)

- History of Poway and the site
- The Kumeyaay and a child's role in the culture
- Artifacts are introduced from a "discovery table"

Site Tour (30-45 minutes)

- Student clothing should be appropriate for outdoor activity and weather.
- Students will tour the hilly site, circling upward to the mortar bedrock area where the Kumeyaay families met to prepare acorns and other food items.
- Students learn where the Kumeyaay lived seasonally and about plants used for construction, medicinal purposes, and food. Sometimes wild life is

discussed during this portion of the tour. Students will see ancient milling stones and interesting rock formations.

Hands-On Activity (40-60 minutes)

- Students break into three (3) groups and rotate through three different activities.

Group 1 – Rock Art

- Discuss pictographs
- Each student will create their own “spirit rock” with paint pens on a cobblestone, which may be taken home at the end of the tour.

Group 2 – Kumeyaay Stick Game

- Students become familiar with Kumeyaay numbering and counting while playing a game with painted wooden counting and game sticks.

Group 3 – Acorn Grinding/Shawii

- In the replica Kumeyaay 'ewaa (house), students will learn about oak trees and acorns and how the Kumeyaay utilized them in their daily lives. *Acorns do have nut meat.*
- The students will make a Shawii from the acorns. A traditional grinding stone is used during this activity.