

# American Indian Heritage Day

at the BULLOCK MUSEUM

## Patterned Armband

### OVERVIEW

American Indians often used the land's natural resources in all aspects of their lives. That included making beads from bone, stone, wood, shell other natural resources. American Indians started using glass beads after making contact with European explorers. The glass beads are known as trade beads, pony beads and seed beads. Beading continues to be a popular art form. Native artists use glass beads for everyday decorations, or to embellish unique ceremonial garments, headpieces, shoes, musical instruments, bags and jewelry. The artists use the beads to make symbolic patterns in their work. In this activity, we will be making a patterned armband inspired by beautiful beadwork created by American Indians.

### Learn About It

Watch this [video](#) to see Miranda Nax'ce Myer, a Tonkawan beader, talk about beading and how she is keeping this traditional art form alive.

Visit these pages to explore more about the use of beads in American Indian culture:

[A Life in Beads, National Museum of the American Indian](#)

[Identity by Design, National Museum of the American Indian](#)

Click on Indigenous Innovation, Forming Cultural Identity, and The Powwow World to take closer look at the beading artform.

Plains beading examples, National Museum of the American Indian

Beads found in Texas through archeology, Texas Beyond History:

[Glass beads](#)

[Goliad beads](#)

[Trade beads](#)



String of travertine beads from Mogollons  
Courtesy Texas Archeological Research Laboratory



Navajo beaded bracelet,  
Courtesy National Museum of  
the American Indian.



Walla Walla bead bag,  
ca.1915.Seed beads.  
Courtesy National Museum of  
the American Indian.



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## Make It

Materials:

- Bullock Museum Armband template (attached below)
- Scissors
- Tape
- 3 colors of markers/crayons

Instructions:

**Step 1-** Print patterned armband template from this packet. Notice the template squares are numbered 1, 2 and 3. This is what makes the pattern in the armband. Cut out the template using scissors.

Tip: Print several armband templates to design for family and friends.



**Step 2-** Select 3 markers/crayons. The armband squares are numbered 1, 2 and 3. Assign each marker/crayon a number (Ex. 1=green, 2=black, 3=red). Color #1 squares your color for #1 (Ex. 1=green)



**Step 3-** Color #2 squares your color for #2 (Ex. 2=black).

Step 4- Color #3 squares your color for #3 (Ex. 3=red).



**Step 5-** When finished coloring, tape the colorful patterned armband around your wrist.

Optional: By adding more numbers to each square, create a unique armband pattern. Add more colors, for example yellow.



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1							1
1	1		1	1	1		1
2	1	1	1	1	2		2
	2	1	2				
3		2			3		3
3	3		3	3			3
	3	3	3				
		3					



1							1
1	1		1	1	1		1
2	1	1	1	1	2		2
	2	1	2				
3		2			3		3
3	3		3	3			3
	3	3	3				
		3					



1							1
1	1		1	1	1		1
2	1	1	1	1	2		2
	2	1	2				
3		2			3		3
3	3		3	3			3
	3	3	3				
		3					

