Preface ................................................................. viii

Introduction ..................................................... x

Part I Learning Activities ................................. 1
Activity 1: A New Home ................................. 4
Activity 2: Pillars of Self-Esteem ...................... 7
Activity 3: What’s in a Name? ......................... 11
Activity 4: Americans All ............................... 14
Activity 5: Learning to Listen ......................... 17
Activity 6: Communication Stoppers ............... 19
Activity 7: Problem-Solving in Small Groups .... 21
Activity 8: Stress Talk ..................................... 24
Activity 9: What Motivates Us? ....................... 26
Activity 10: Bouncing Back ......................... 30
Activity 11: Self-Care ..................................... 34
Activity 12: Citizenship and Diversity ............. 37

Part II Learning Activities ................................. 41
Activity 13: Key Concepts ............................. 44
Activity 14: People Count ............................... 47
Activity 15: Key Concepts Review Writing Exercise .... 49
Activity 16: Our Heritage ............................... 51
Activity 17: Family Traditions ....................... 54
Activity 18: The Peopling of America ............... 57
Activity 19: A History of Our Community .......... 60
Activity 20: Stories about the People Who Helped Shape This Nation ......................... 62
Activity 21: Push and Pull ............................. 65
Activity 22: The Islands ................................. 67
Activity 23: Immigration Policy ....................... 70
Activity 24: Women and Diversity in the Peopling of the United States ......................... 72

Teaching Aids ................................................... 75
TA 1: Self-Esteem ........................................... 76
TA 2: Pillars of Self-Esteem ............................ 77
TA 3: Ingredients for Self-Esteem .................... 78
TA 4: Narratives for Photographs .................... 79
TA 5: Role-Play Cards ................................... 81
TA 6: Good Listening .................................... 84
TA 7: Communication Stoppers ..................... 85
TA 8: “The New Colossus” ............................ 86
Activity 24: Women and Diversity in the Peopling of the United States

Objectives

Activity Goal
To help the students understand the importance of women from diverse backgrounds in the history of the peopling of the United States.

Appreciation Objective
Students will gain an appreciation for the significance of women through the particular sagas of the diverse groups that shaped United States history.

Basic Information Objective
Students will explore facts, events and information concerning the history of Native American, African, Asian, European, Mexican and Puerto Rican women who, voluntarily or by force, immigrated to or migrated through the lands that would become the United States.

Critical- and Creative-Thinking Objective
Students will compare and contrast diverse aspects of United States history and analyze situations to determine the impact of the presence or absence of women.

Preparation

Materials: Student copies of TA 31: Women in United States History — Things to Remember; photographs of women from each of the six ethnic groups emphasized in the Americans All® program from the Americans All® Photograph Collection (Native American: numbers 235, 237, 238 and 239; African American: numbers 112, 129, 390, 391 and 393; Asian American: numbers 190, 261, 262, 273, 277, 283, 286, 289 and 293; European American: numbers 44, 355, 361 and 364; Mexican American: numbers 315, 317, 330 and 331; and Puerto Rican American: numbers 446, 451, 453 and 454); and a chalkboard or flip chart and markers.
Begin the activity by writing the phrase “founding fathers” on the chalkboard or flip chart. Lead a large-group discussion about the phrase and what its implications are concerning women as part of the early history of the United States. End the large-group discussion by telling the students that they will be exploring the roles of diverse women in United States history.

Next, divide the class into six groups and assign each group one of the six cultural and/or ethnic groups emphasized in the Americans All® program. Tell the students they will be exploring the history of women within diverse groups. Give each student group copies of TA 31: Women in United States History—Things to Remember corresponding to the ethnic and/or cultural group it has been assigned. Remind the students to decide upon which role each member will perform, and write the following instructions on the chalkboard or flip chart:

• Together, review your copies of TA 31: Women in United States History—Things to Remember by reading the facts aloud within your group.
• Allow time to discuss and consider reactions to each fact.
• Record five key conclusions about women in the ethnic and/or cultural group you have been assigned and be prepared to report them to the class.

Allow 15 to 20 minutes for this small-group work.

Reassemble the large group and have each group’s reporter display and report the group’s five key findings.

Next, lead a large-group discussion to answer the following questions:

• How were the experiences of the women in all groups similar?
• How were they different or unique?
• What important roles did women play?
• How did their presence or absence impact the development of particular areas of the United States?

Conclude the activity by displaying the selected photographs of women from the Americans All® Photograph Collection. Ask each student to select one photograph and write a fictitious journal entry as if he or she were this woman in history. In this journal entry, the students should express their feelings: fears, joys, etc.
Interdisciplinary Follow-Up Activities

- Have the students explore census data to determine numbers, ratios and facts about women in the United States today.
- Have the students conduct interviews with family members to discuss the unique expectations or roles for women in their culture, community or religion.
- Encourage student research and related reports on the roles of women in history and contemporary society. Suggested topics include:
  - women in the labor force;
  - women as healers;
  - laws that affect women;
  - the rights of women;
  - women as citizens;
  - great women leaders;
  - discrimination and barriers women face; and
  - gender bias and expectations.

Related Literature

For literature related to this learning activity see Literature Selections (page 161), books numbered 2, 28, 43, 63, 65, 84, 92, 102, 114, 121 and 129.

For post-reading activities, TA 32 through TA 39 (pages 142–149) may be used at the teacher’s discretion.