



λ'pūlmixq

Activity Book

Honoring our Ancestors through Generational Wellness

IT IS **OKAY** TO FEEL...



ʔacq'wóol'ʔ kn
I'M HAPPY



ʔacták'mcx kn
I'M SAD



ʔayálnut kn
I'M EXCITED/
CHEERFUL



ʔacł'él'cx kn
I'M CALM/HOLDING STILL



ʔack'ayóč' kn
I'M TIRED/SLEEPY



ʔaccépt kn
I'M PROUD



ʔacł'aq'úm kn
I'M JEALOUS



ʔacyulínut kn
I'M WORRIED/
CONCERNED



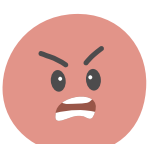
ʔacmayáal's kn
I'M SURPRISED



ʔacq'ánu? kn
I'M SCARED



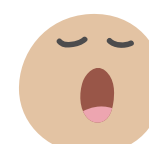
ʔacwált kn
I'M SHY/
ANXIOUS



ʔacqałéx' kn
I'M ANGRY



ʔacc'ýyk'cx kn
I'M SILLY



x'análnut kn
I'M BORED



ʔacqínmism kn
I'M LOVED/WANTED



ʔactx'wálstm kn
I'M CONFUSED



ʔacséex'wicx kn
I'M EMBARRASSED



ʔaccáy'a? kn
I'M ANNOYED/
NERVOUS/BOTHERED



táysq'wanu? kn
I'M BRAVE



ʔay'sálnut kn
I'M DISGUSTED



ʔacł'aq'ín'us kn
I'M SATISFIED



ʔackón' kn
I'M DISSATISFIED



ʔacx'ón' kn
I'M TIRED/WEAK

ʔac'í k ana ʔ tit sq'íx ?

HOW ARE YOU TODAY?



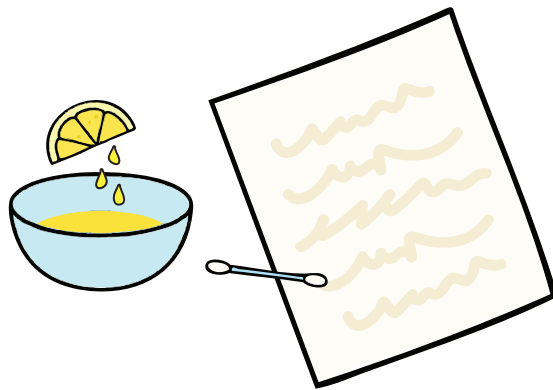
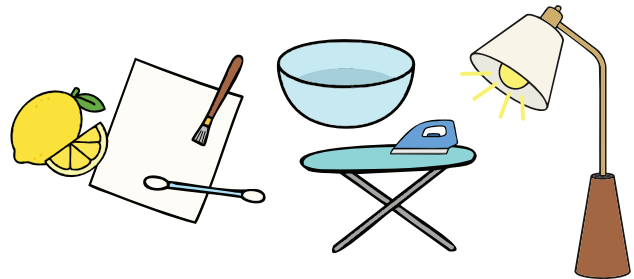
**COWLITZ
INDIAN TRIBE**
The Forever People

ł'áq'w ʔit sáʔn kł : invisible ink !

Let's make invisible ink!

Materials:

Lemon, paper, bowl, cotton swab or paintbrush, and iron and ironing board (or a light bulb).



Instructions:

1. **Prepare the Ink:** Squeeze lemon juice into a bowl. Use a cotton swab or paintbrush to write your message on the paper.
2. **Dry the Message:** Let the paper dry completely. The lemon juice will be invisible when dry.

Reveal the Message:

1. **Heat:** Hold the paper near a heat source like an iron or light bulb. The heat will oxidize the lemon juice, causing it to turn brown and reveal your message.
2. **Light Bulb:** Alternatively, you can heat the paper by holding it close to a light bulb for a few seconds.
3. **Science:** The lemon juice, being an organic acid, contains carbon compounds that oxidize and darken when heated.



ł'áq'w ?it sá?n kł: playdough !

Let's make playdough!

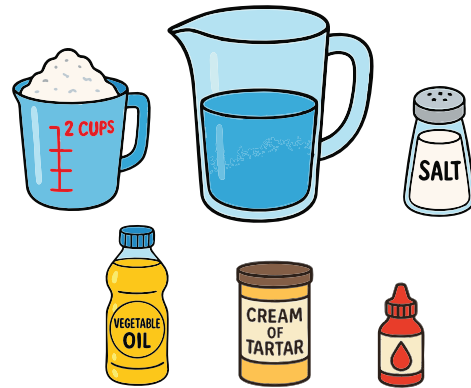
Ingredients:

Dry:

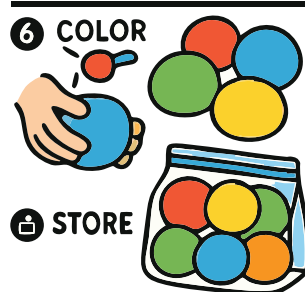
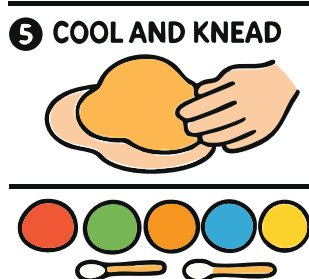
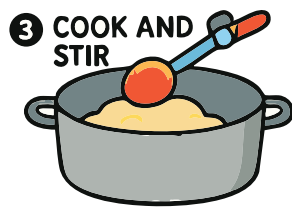
2 cups all-purpose flour
1 cup salt
1 tablespoon cream of tartar
(optional, for better elasticity)

Wet:

2 cups water
2 tablespoons vegetable oil
Food coloring (liquid, powder,
or unsweetened drink mix)



Instructions:



7 STORE

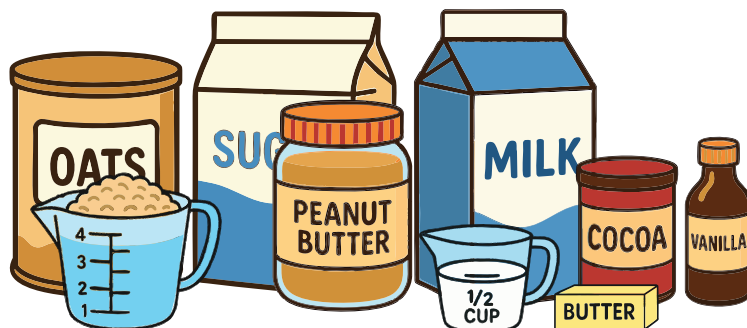
- 1. Combine Dry Ingredients:** In a large pot, mix the dry ingredients.
- 2. Add Wet Ingredients:** Pour in the wet ingredients. If you are making only one color, you can add a few drops of food coloring to the mixture at this stage.
- 3. Cook and Stir:** Place the pot over medium heat and stir the mixture continuously. The dough will begin to thicken.
- 4. Achieve Desired Consistency:** Continue to cook and stir until the dough pulls away from the sides of the pot and forms a ball. If the dough is still sticky, continue cooking it for a bit longer until it feels dry and like playdough.
- 5. Cool and Knead:** Remove the pot from the heat and transfer the dough to a clean counter or silicone mat. Let it cool slightly until it's cool enough to handle.
- 6. Color and Finish:** Once cool, divide the dough into smaller balls for coloring. Make a small indent in the center of each ball, add a few drops of food coloring, and knead the coloring into the dough until it is evenly distributed.
- 7. Store:** Store the finished playdough in an airtight container or a resealable plastic bag to keep it soft.

ᐱ'áq'w ʔit sáʔn kł: no-bake cookies!

Let's make no-bake cookies!

Ingredients:

1. 3 cups oats (old fashioned or quick)
2. 1/2 cup butter (1 stick)
3. 1/2 cup milk
4. 2 cups sugar
5. 1/2 cup peanut butter
*Tip: spray the measuring cup with cooking spray before adding the peanut butter.
6. 1/4 cup cocoa powder
7. 1 teaspoon vanilla



Instructions:

1. Measure oats into a large measuring cup and set aside.
2. In a large pot, combine butter, milk, sugar, peanut butter, and cocoa.
3. Stir together over medium heat (no higher) until fully combined. Don't quit stirring. Be patient.
4. Once it is boiling while you stir (not just small bubbles around the edge, but a rolling boil) set the timer for 4 minutes.
5. Continue stirring constantly making sure to scrap the sides of the pot as needed.
6. When the timer goes off, turn off the heat and add vanilla. This will cause the mixture to bubble up. Stir to blend.
7. Add the oats and mix until the oats are completely covered. Try to work fast as the mixture will start to harden as it cools.
8. Scoop onto wax paper, using a greased cookie scoop if you have one.
9. Let fully cool, about 20 minutes.
10. YUM!



tám t ʔasʔəxn?

What do you see?



ʔámxkʷu	basket
ščétxʷn'	bear
qi tásam'ʔtn'	drum
qáwm'	camas
ʕ'áqaxn	longhouse
káyʔ	grandma

qáxaʔ	dog
wíʔ	canoe
ʔúʔq	paddle
spatáʕn	rock
cáqʷʔ	wapato
šwaq'íq'	frog

xʷéplq	rainbow
q'w'alémʔtn'	tobacco
ʔitámaʔ	clothes
cáʔšn	shoes
ʔáʔxam'ʔtn'	book
t'anémicxtn'	photograph

ł'áq'w ʔit p'íł'n kł t pəckł tak t ʔáʔxam'łtn'

Let's flatten leaves with books

1. Collect some leaves in different shapes and colors
2. Lay out a piece of paper and place the leaves on it. Make sure the leaves don't touch each other.
3. Lay a second sheet of paper on top
4. Place this between two sheets of scrap cardboard (a cut down piece of a cardboard box is perfect)
5. Place in an out-of-the-way place with a pile of heavy books on top for 1-2 weeks, or until flattened and dry



λ'áq'w ?it λ'á?n kʔ tit λ'áxλ'axumx !

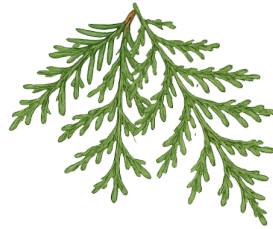
Let's look
for trees!



yámç
Douglas fir



k'wuxwáʔtn'
Sitka spruce



catáwi?
Western redcedar



súskpn'ʔ
Western hemlock



t'awíc'ʔ
White pine



k'wásiʔ
Ponderosa pine



λ'ámq'ʔ
Pacific yew

ł'áq'w ?it sá?n kł t ł'áqaxn

Let's build a longhouse!

Popsicle Stick Longhouse Instructions

Materials Needed:

- Popsicle sticks (about 50–60)
- White glue or hot glue (with adult supervision)
- Cardboard base (about 8" x 10")
- Scissors (or craft cutters for popsicle sticks)
- Ruler
- Pencil

Step 1 – Make the Base

1. Cut a piece of cardboard into a rectangle roughly 8" x 10" or larger.

Step 2 – Build the Walls

1. Lay popsicle sticks side by side until they form a panel. Make as many as you think you need.
2. Glue two sticks horizontally across the back to hold them together.
3. Make two long wall panels and two short wall panels.
4. Using a ruler, draw a triangle on top of your rectangle to match the roof slope (like a house shape) on the two short panels.
5. On one short wall panel, cut or leave an opening for a doorway.

Step 3 – Assemble the Structure

1. Glue the wall panels together into a rectangle shape on the cardboard base.
2. Make sure the doorway is facing forward.

Step 4 – Roof Support Beams

1. Glue popsicle sticks across the top lengthwise to connect the long walls (like rafters).
2. Add two long sticks running along the roof peak.

Step 5 – Roof Panels

1. Make two large roof panels by gluing sticks side by side to cover the sloped sides.
2. Attach them to the rafters, meeting at the peak.

Step 6 – Roof Details

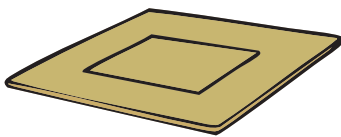
1. For the "logs" shown in the picture, glue popsicle sticks along the top and edges of the roof at regular intervals.
2. Optionally, cover the roof with brown paper or cardboard and paint to resemble bark.

Step 7 – Finishing Touches

1. Add small stick pieces for trim.
2. Paint or stain if desired.
3. Let the glue dry fully before moving your longhouse.

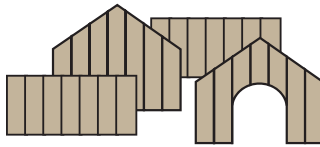
MAKE THE BASE

Cut a rectangle of cardboard.
Draw an outline of the footprint.



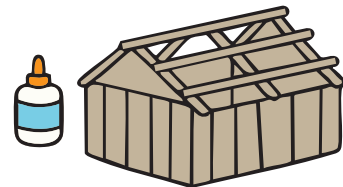
BUILD THE WALLS

Assemble 2 panels for side walls and two taller panels for end walls. Cut out a door opening in one of the taller panels.



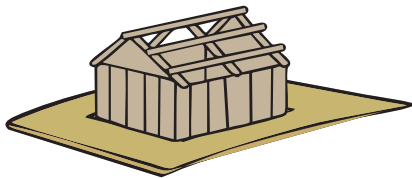
ROOF SUPPORT BEAMS

Glue 4 or more sticks across the top lengthwise. Add 2 sticks along the roof peak.



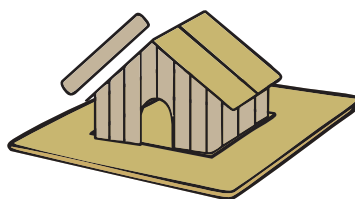
ASSEMBLE THE STRUCTURE

Glue the panels together on the cardboard base.



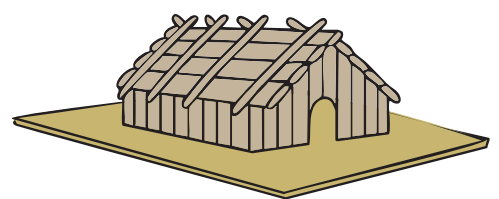
ROOF PANELS

Make two large roof panels side by side.



ROOF DETAILS

Glue sticks along the top and edges of the roof-like logs.

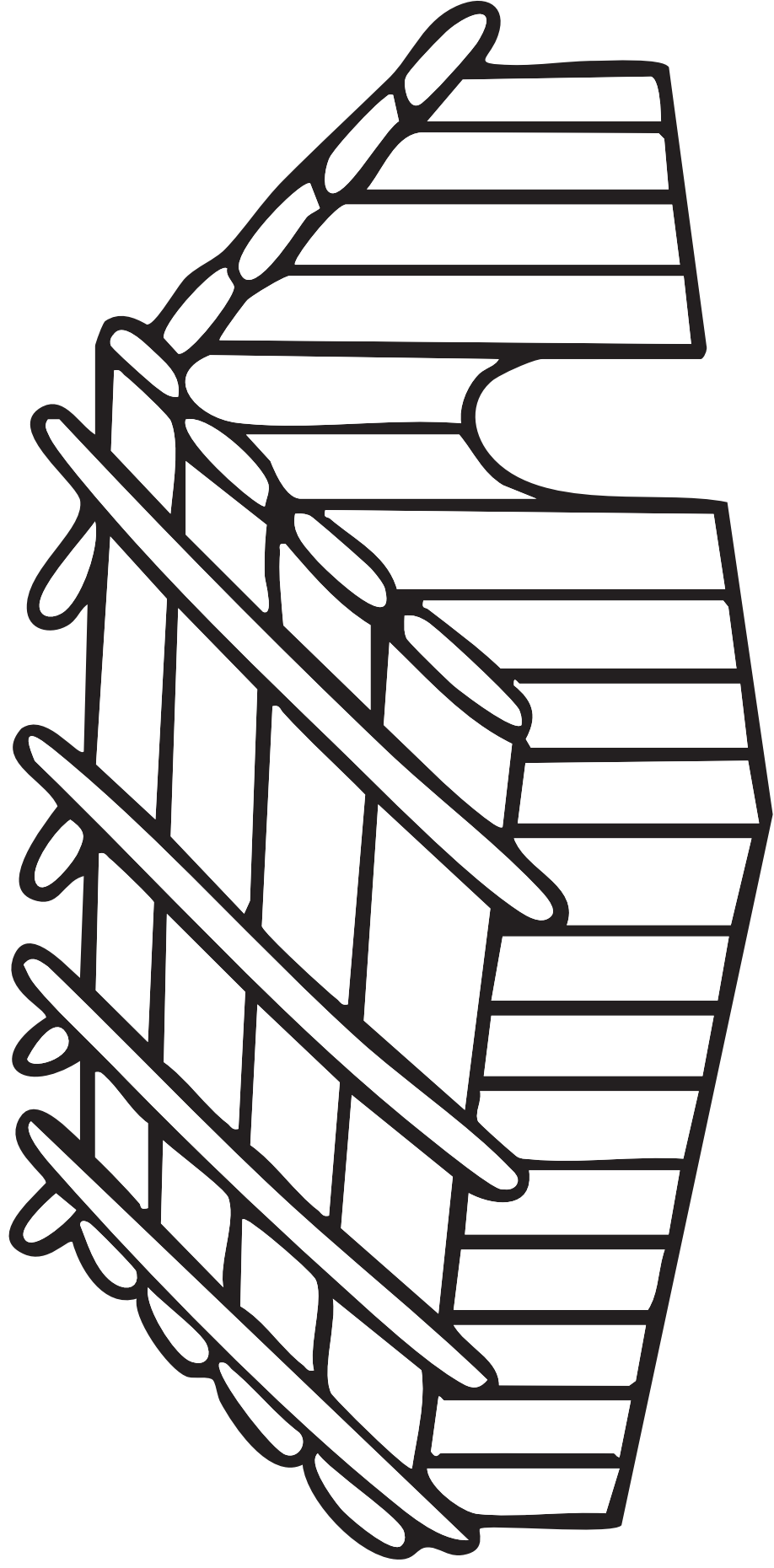


FUN PART

These instructions are just guidelines. Use real sticks for a more authentic longhouse.
Make it bigger! Make it smaller! Let your imagination soar! Have fun!

cáq^wšina? + tit ʔaλ'áqaxn

Color your longhouse!



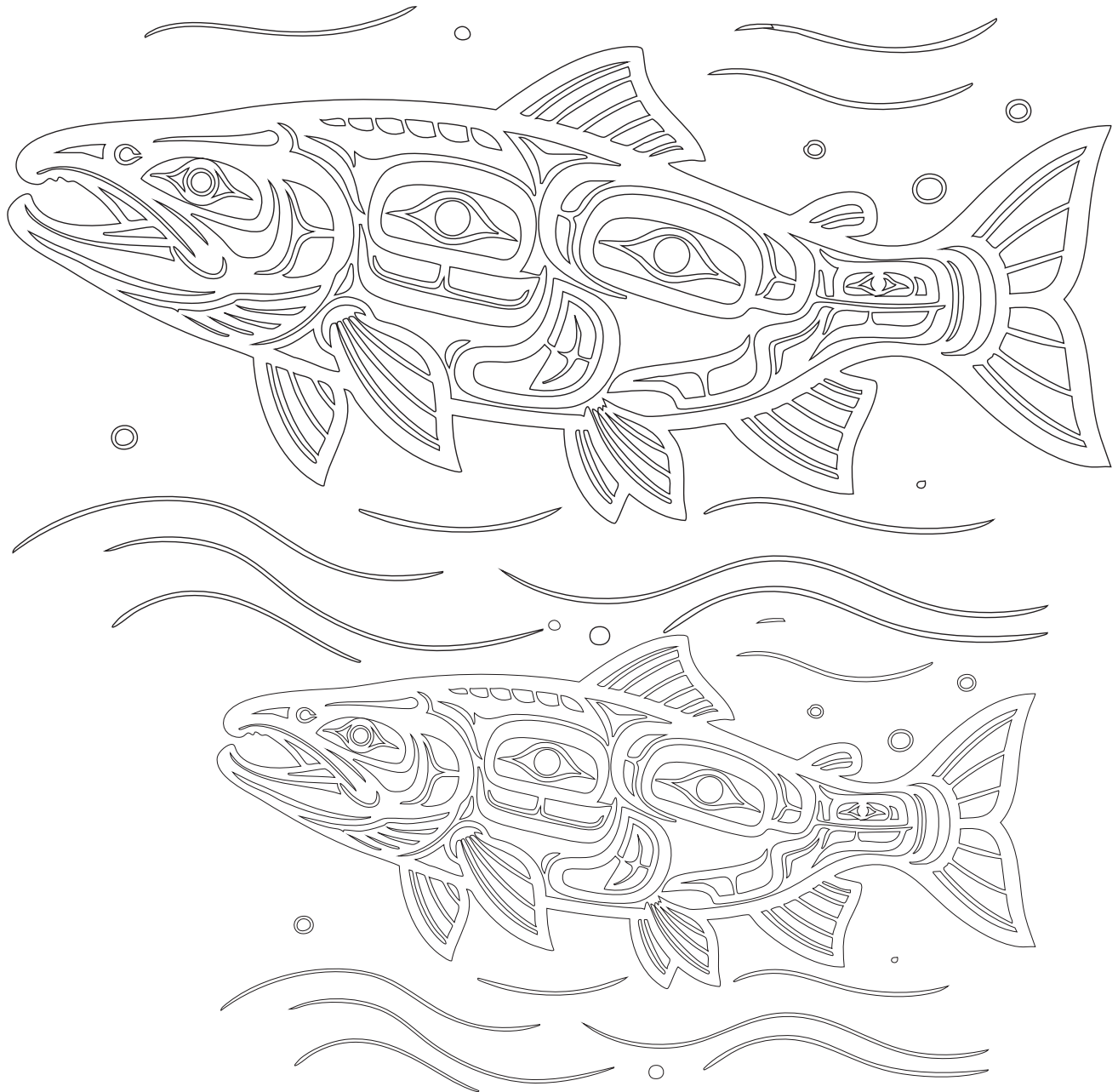
cáq^wšina? † tit sčətx^wn'

Color the bear!



cáq^wšina? † tit c'áw†

Color the Chinook salmon!



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cáq^wšina? † tit qinúy'†n'

Color the wolf!



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cáq^wšina? † tit x^wx^wáy'

Color the golden eagle!



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cáq^wšina? † tit spánč

Color the squirrel!



cáq^wšina? † tit p'ayék'^w

Color the bluejay!



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cáq^wšina? † tit šwaq'íq'

Color the frog!



cáq^wšina? † tit támx

Color the land!



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Cowlitz language

Find the words!

Find the word in the puzzle. Words can go in any direction.
Words can share letters as they cross over each other.

a	á	s	í	k'	l	a	x	y	u	ʔ	ó	o	q'
n	w	y	ł'	á	p	ł'	w	š	é	č	ʔ	s	p
ó	a	q	é	x	p'	ʔ	á	i	y	ə	t'	w	a
ʔ	ə	á	s	x	q'	w	a	ł'	m'	n	w	á	n'
t'	n	x	w	k	m'	í	s	w	ʔ	ó	k'	w	á
s	ó	a	ʔ	w	a	c	ʔ	k'	q	ʔ	s	a	t'
k'	í	ʔ	č	š	ʔ	č	ú	s	á	k	x	ʔ	a
á	q'	w	ə	i	w	ə	ʔ	ə	x	w	s	m'	w
a	p	í	š	p	i	š	m'	q'	a	š	t	a	k'
k'	a	p	i	c	q'	y	ú	í	n'	i	ó	t	s
a	w	p'	é	č'	m	q	c	q'	á	t	q	x	k'
ʔ	a	q'	y	ú	m	a	č'	a	t'	m	w	t	á
ó	q	š	m'	q'	é	x	w	w	é	ʔ	c	á	x
q	w	s	ó	a	y	t	k'	š	s	ó	a	x	s

píšpiš	cat	swáwaʔ	mountain lion	ł'áł'ʔ	porcupine
qáxaʔ	dog	p'əč'm	bobcat, lynx	č'amúyq'aʔ	snail
sk'wət'án'	mouse	šwaq'íq'	frog	yəxm'c	lizard
čenóʔk'šitm	owl	sk'áak'aʔ	crow	sík'lxayuʔ	snake
ʔút'm'	grasshopper	xátxt	duck	stóq'c	mountain goat

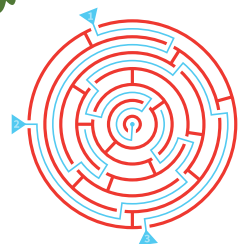
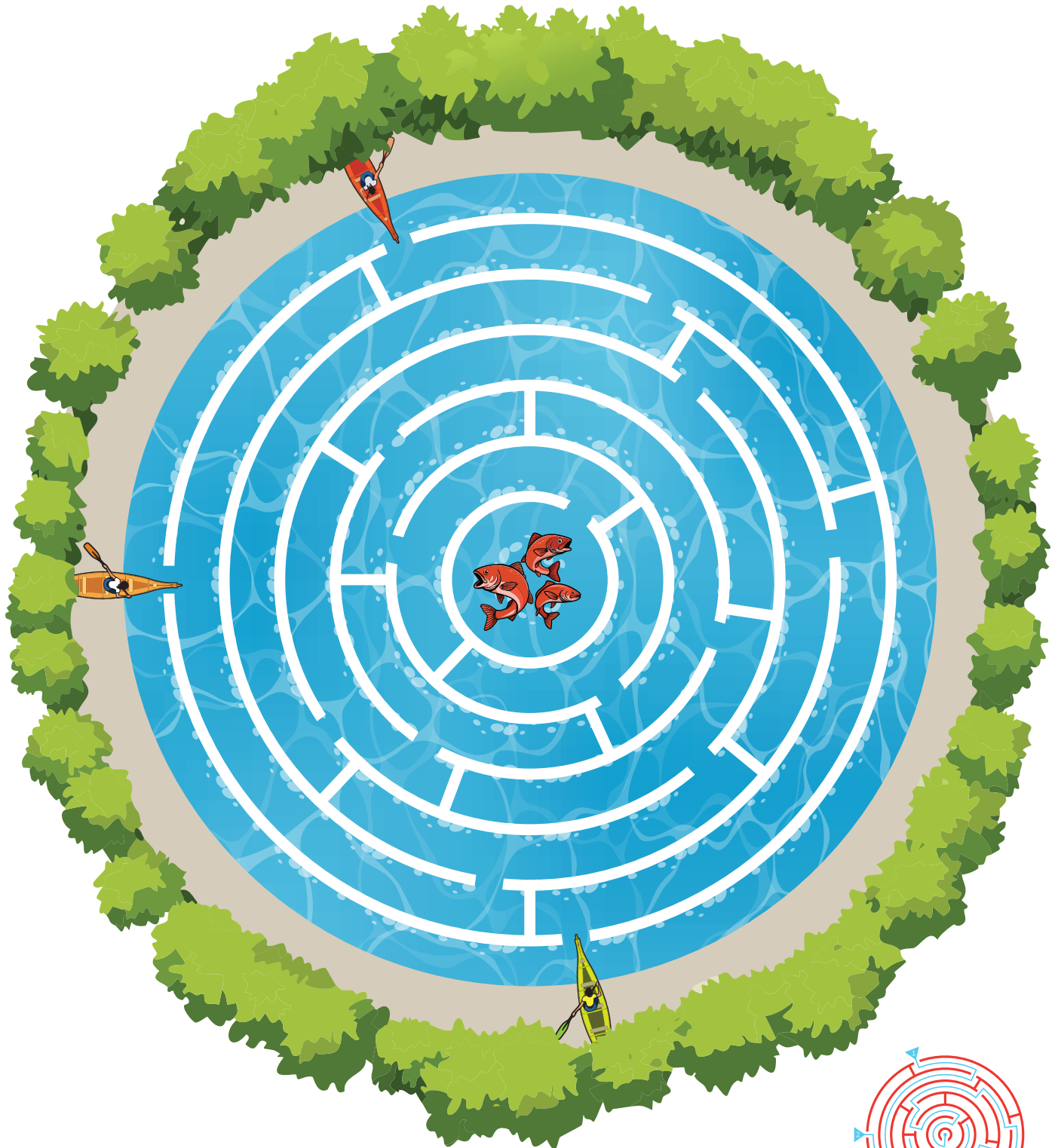
Answers on last page.



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wáks kʔ sʕʕasámn kʔ!

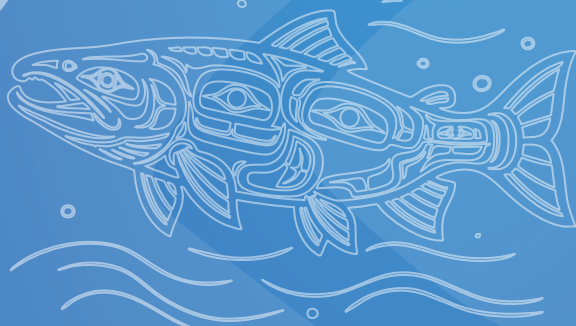
Let's go fishing!



Cowlitz language

Find the words answers!

a	á	s	í	k'	l	a	x	y	u	?	ó	o	q'
n	w	y	ł'	á	p	ł'	w	š	é	č	?	s	p
ó	a	q	é	x	p'	?	á	i	y	ə	t'	w	a
?	ə	á	s	x	q'	w	a	ł'	m'	n	w	á	n'
t'	n	x	w	k	m'	í	s	w	ł	ó	k'	w	á
s	ó	a	?	w	a	c	ł	k'	q	?	s	a	t'
k'	í	?	č	š	?	č	ú	s	á	k	x	?	a
á	q'	w	ə	i	w	ə	ł	ə	x	w	s	m'	w
a	p	í	š	p	i	š	m'	q'	a	š	t	a	k'
k'	a	p	i	c	q'	y	ú	í	n'	i	ó	t	s
a	w	p'	é	č'	m	q	c	q'	á	t	q	x	k'
?	a	q'	y	ú	m	a	č'	a	t'	m	w	t	á
ó	q	š	m'	q'	é	x	w	w	é	?	c	á	x
q	w	s	ó	a	y	t	k'	š	s	ó	a	x	s



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