

# Tubes to Totems

Some Native American tribes traditionally **believe** that each person is connected with nine different **animals** that will accompany him or her through life, acting as **guides**.

A totem is a representation of an animal that is **significant** to you or your family, and that you adopt as an **emblem**. Totem poles are monumental pillars that are carved, painted, or hung with symbols, images and figures that **represent** your totems, one on top of the next.

Totems are decorated in **bright** colours.

Totem poles serve as important illustrations of family trees and cultural **heritage** for the Native American people.

The taller the pole, the more **important** you are!

Today, you're going to create a totem pole of your own.

This totem pole can represent you as an individual.

Or, it can symbolise you and all the people and animals around you.

*Please turn over for the directions...*

## Totem Colour Code

**Red** is the colour of blood, representing war or valour

**Blue** is for the skies and waters, including rivers and lakes

**White** is for the skies and spacious heavens

**Yellow** is the colour of the sun, bringing light and happiness

**Green** is the earth with its hills, trees, and mountains

**Black** represents power



Good luck!



# Directions...

- 1 Gather together 4-9 **tubes** (e.g. toilet roll tubes, or kitchen roll or wrapping paper), along with some sticky **tape** and any colourful **craft materials** that you have.
- 2 Read through the different **meanings** associated with colours and animals on totems.

3 Select at least 4 (up to 9) **animals** to represent you and - if you like - your family, friends, and pets too.

4 Choose which **colours** you will use for each totem.

5 **Decorate** one tube at a time, drawing the totems so they're looking at you, like each of your spirit animals.

6 Use tape to **stick** your tubes together one on top of the other, until your totem stands **mighty** and **tall**.

7 Write an **artist's statement** describing each totem of your pole, and why you chose them.

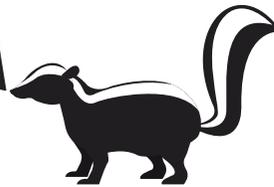
8 Show off your totem pole! Native American people often **stand** a totem pole outside the **entrance** to their home, so that **visitors** will know who to expect inside.

**Top Tip:**  
Traditionally, the **bottom** figure on a totem pole is the most **important** one, so think carefully about which totem will take the prized place at the bottom.

## Top Tip:

Totem pole design centres around your connections with **nature**, animals, and spirits. It's a big bonus if you can include natural materials in your design. If you can, on a walk outdoors, **gather** some bright flowers, leaves, and feathers to use on your totem pole.

You can do it!



# Totem Animal Code

**Crow** Magical, shape shifting, change.

**Deer** Compassion, caring, gentle.

**Dog** Noble, faithful, loyal.

**Dolphin** Kind, happy, playful.

**Dove** Spirit messenger, peace, love.

**Dragon** Richness, power, fiery.

**Dragonfly** Carefree, lightness, joy.

**Eagle** Divine spirit, freedom, risk-taker.

**Elephant** Strength, royalty, pride.

**Elk** Majestic, independent, noble.

**Falcon** New beginnings, adventure, rising above.

**Fish** Slyness, quick to change one's mind.

**Flamingo** Psychic, open, power of illusion.

**Fox** Cunning, quick-witted, wild.

**Frog** Cleansing, rebirth, adaptability.

**Gazelle** Aware, eager, sprightly.

**Giraffe** Attaining the unreachable, sees the future.

**Goat** Surefooted, stubborn, sturdy.

**Gorilla** Keeps peace through aggression.

**Grasshopper** Good luck, abundance.



**Hawk** Intuition, recollection, vision.

**Heron** Self-determined, self-reliant.

**Hippo** Birth, mother-fury, protection of family.

**Horse** Travel, freedom, grace.

**Hummingbird** Healing, energy, vitality.

**Jaguar** Chaos, shape-shifter, aggressive.

**Kangaroo** Leaping away from danger.

**Lion** Family, courage, protector.

**Lizard** Self-protection, hidden defence, camouflage.

**Llama** Comforting to others, secure, responsible.

**Lynx** Keeper of secrets, guardian, listener.

**Meerkat** Lively, chatterbox, community.

**Mongoose** Rebellious, impulsive, authentic.

**Monkey** Health, success, swiftness.

**Moose** Headstrong, steadfast, enduring.

**Mouse** Scrutiny, order, organiser.

**Ostrich** Grounded, practical, honest.

**Otter** Friendly, joyful, helpful.

**Owl** Insight, mystery, secrets.

**Panther** Caution, careful decisions.



# Totem Animal Code

**Parrot** Mockery, language, prophecy.

**Peacock** Immortality, dignity, refinement.

**Pelican** Resilient, unselfish, rising above.

**Porcupine** Companionship, good nature.

**Prairie Dog** Swift, industrious, digger.

**Puma** Companion on journeys to other worlds.

**Quail** Creator of harmony and tolerance.

**Rabbit** Lives by own wits, steps through fear.

**Raccoon** Disguise, secret, night vision.

**Ram** Persevering, curious, new beginnings.

**Rat** Drive to succeed, enjoys luxury and wealth.

**Rhino** Insightful, solid, good judgment.

**Roadrunner** Speed, busy, accomplishment.

**Rooster** Flamboyant, upward reaching, cocky.

**Salmon** Intense, inspired, can swim upstream.

**Seagull** Loud, resourceful, opportunistic.

**Seal** Active imagination, creativity.

**Shark** Hunter, survival, workaholic.

**Skunk** Has a reputation, demands respect.

**Snail** Tender nature, healing, sensitive.

**Snake** Impulsive, shrewd, clever.

**Spider** Networker, crafty, protector.

**Squirrel** Planner, gatherer, preparedness.

**Stag** Lord of the forest, power of regeneration.

**Swan** Beauty, elegance, transformation.

**Turkey** Generous, sharer, blessings.

**Turtle** Nurturer, shy, patient.

**Unicorn** Purity, innocence, dreamer.

**Weasel** Ingenuity, stealth, ferocious.

**Wolf** Appetite for freedom, can be a loner.

