Name	9:	Date:	_ Class Hr:	Score:/20	
Worksheet: The Changing Woman Puberty Ceremony (Kinaaldá)					
Part 1: Background Reading					
The Kinaaldá is an important ceremony in Navajo culture that celebrates when a girl reaches womanhood. It is based on the story of Changing Woman , one of the most important Navajo holy figures. During the ceremony, the girl is guided by her family and community. She learns about responsibility, strength, kindness, and the role of women in Navajo life.					
Some	parts of the ceremony incl	ude:			
•	Running in the early morn	ing to build strength a	nd endurance.		
•	Having her hair tied back	and molded to symbo	lize growth.		
•	Being blessed and guided	by female relatives.			
•	Making and sharing alch'	íí' (corn cake), an imp	ortant traditional fo	ood.	
The ce	eremony teaches balance,	respect, and the impo	ortance of carrying	on traditions.	
Part 2	: Vocabulary				
Match the word with its meaning: (1pt Each)					
1.	Ceremony -				
2.	Tradition -				
3.	Blessing -				
4.	Responsibility –				
5.	Inquisitive -				
Part 3: Comprehension Questions					
1.	Why was the Kinaaldá cer	remony important for	Changing Woman?	' (2pts)	

2. Who is Changing Woman and what does she represent in the story? (2pts)

3.	. Why was Changing Woman challenged physically and mentally for her ceremony? (2pts)
4.	. What was the representation of the deer hide to tie her hair? (2pts)
Part 4	4: Reflection
1.	. Why do you think it is important for the Navajo people to continue celebrating the Kinaaldá today? (2pts)
2.	. What are some ways your family or culture celebrates growing up or becoming older? (2pts)
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Part :	5: Creative Connection
	or sketch a symbol or scene from a Kinaaldá (such as running, corn cake, or Changing an herself). (10pts)
Write	e 1–2 sentences explaining what your drawing means to you: (3pts)