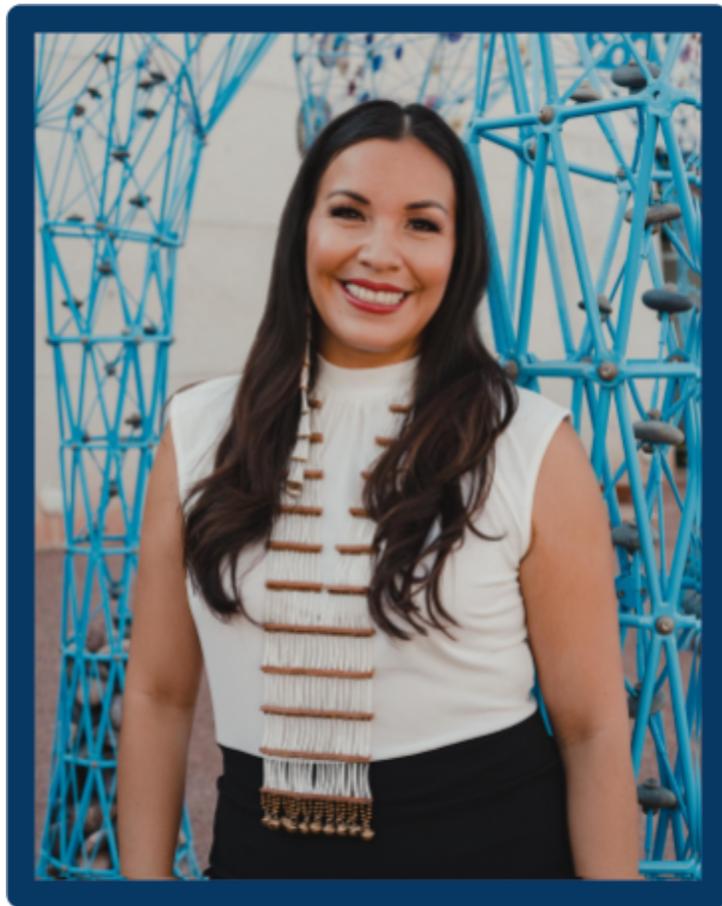


Violet Duncan

Teacher Resource Guide Lotus Blossoms 2026





About Violet Duncan

Violet Duncan is Plains Cree and Taino from Kehewin Cree Nation. An accomplished author, educator, dancer, and storyteller, she has shared her talents across the US, Canada, and Europe. She has written three picture books: *I Am Native*, *When We Dance*, and *Let's Hoop Dance!*, with her next book, *Where The Wind Blows*, set for Spring 2027. Her middle school novel, *BUFFALO DREAMER*, published by Penguin Random House, is a finalist for the 2024 National Book Award for Young People's Literature and an American Indian Youth Literature Award WINNER. As Creative Director at Young Warriors, Violet focuses on Indigenous performance and cultural practices and is experienced in mental health and community engagement. She is also a featured storyteller at various festivals nationally and internationally.

Music and Dance

Native American dance is much more than just moving to music. It is a special way to tell stories, honor traditions, and bring the community together. Some dances are for everyone to enjoy, while others are serious ceremonies used for praying or giving thanks. Music is a huge part of dance, featuring the steady beat of drums, the jingling of bells, and beautiful singing in native languages. While some dances are performed by the whole tribe, others might be just for certain groups, like healers or families. Today these dances remain a vital part of Native American life, keeping their history and culture alive for new generations.



Hoop Dance

Hoop dancing is one of the most recognizable forms of Native American dance where the dancers' feet continuously stomp to the drum beat as they twirl, throw and spin several hoops around their bodies to form images. Hoop dancing is mesmerizing to watch and requires meticulous skill to perform.

Fortunately, the hoop dancing tradition has been preserved and passed on to the younger generation. The Hoop Dance celebrates the

beauty of Life. The animals, the insects, the earth, the wind, the rain, our families, and the mountains are all shown through the hoops. The Hoop Dance celebrates and honors life.

Word Search Activity

V N J S P P M K L T L E B R B
L P Y K T E L D U A W X E E U
M P M N F T U R T I N N N Y F
P J C Q H U I C M N O E F C F
S N B V O B K N O O V H J W A
M V P R O E U C B Z M O R E L
H J J W P A I D Z W K O T M O
B E Q O G T X N V H D G S H U
L O F I S B V V I F K X K C U
X E O M S L F P O B I U L B H
Y S K A I N C U L T U R E Z R
O L N M B K W X E C R E E K Y
P O J D A N C E T R K L A F Y
L M A I E X O M A K Z C I R H
Z R T J D R U M L Q B G E R I

BUFFALO
DANCE

CULTURE
TAINO

VIOLET
HOOP

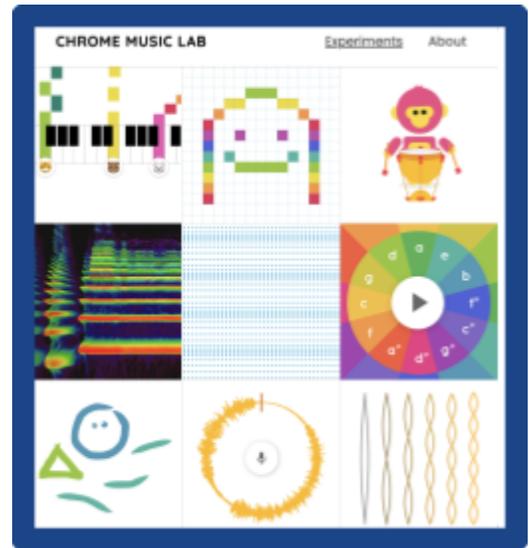
CREE
DRUM

Violet Duncaon “How We Dance” Storytime

violetduncan.com/about?wix-vod-video-id=e112f4f5ec824d60ae9b7e9c17cd4bec&wix-vod-comp-id=comp-jgsg28s0

STEAM Activity - Chrome Music Lab See Sound in Action!

Chrome Music Lab is a free, web-based collection of interactive experiments that makes music more accessible and fun to learn. It uses hands-on, visual activities to help users explore concepts like rhythm, pitch, and chords.



Visit: musiclab.chromeexperiments.com/Experiments

No need to create an account or download an app, only an internet browser is needed to access Chrome Music Lab. Chrome Music Lab also works on tablet devices.

Helpful Links & References

- www.violetduncan.com
- [Violet Duncan on Facebook](#)
- [Violet Duncan on Instagram](#)
- <https://www.expjourneys.com/2022/08/18/the-history-of-hoop-dance/>

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