



ALASKA  
NATIVE  
HERITAGE  
CENTER

*Cultural and Educational Services*

*ANHC School Programs*

**Extending Your ANHC School Visit  
Program 2: Native Games and Yo-yos  
(K-12)**

Dear Teacher and Students,

Thank you for visiting the Alaska Native Heritage Center and participating in Native games and yo-yos.

Included in this packet is information on Native games courtesy of the Cook Inlet Tribal Council. This booklet has official game information for specific age groups while containing step-by-step instructions on how to play specific Native games, a historical background of the games, conduct and equipment requirements, sample score sheets and a listing of current state record holders.

Followed by the information on games, is a brief history of yo-yos.

Sincerely,

Glenn Olson  
Education Program Manager  
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## **Extending Your ANHC Visit Program 2: Native Games and Yo-yos (K-12)**

### **Yo-yo's**

The origin of the yo-yo used today in the Yup'ik and Inupiaq Alaskan Native cultures harkens back to the bola weapon. Hunters used the bola to entwine small animals and birds for food. The bola was made of several braided strands of sinew tied together at one end and ivory or stone weights attached to the open ends. A twirling and throwing motion could catch the smaller wild game. Today the yo-yo has only two strands and is used as a very popular toy for both adults and children.

For yo-yo tricks, read [Original 100 Alaska Eskimo Yo-Yo Stratagems](#) by Chris Kiana, Sr.

