

# Traditional Lands and Ways of Life of First Peoples—Key



Cultural Region	Location	First Peoples (some examples)	Traditional Ways of Life
<b>Eastern Woodlands</b>	southern Ontario and Québec, area surrounding the Great Lakes	<ul style="list-style-type: none"> <li>• Huron (Wendat),</li> <li>• Algonquin</li> <li>• Mohawk</li> <li>• other Iroquoian nations</li> </ul>	hunting/farming
<b>Subarctic Woodlands</b>	from the east coast, extending across the Canadian Shield	<ul style="list-style-type: none"> <li>• Woodlands Cree</li> <li>• Swampy Cree (Omushkego)</li> <li>• Beothuk</li> <li>• Mi'kmaq</li> </ul>	hunting
<b>Plains</b>	southern prairie provinces	<ul style="list-style-type: none"> <li>• Blackfoot (Siksika)</li> <li>• Assiniboine</li> <li>• Sioux (Dakota)</li> <li>• Plains Cree</li> </ul>	hunting/gathering
<b>Arctic</b>	far north	<ul style="list-style-type: none"> <li>• Thule</li> <li>• Inuit</li> <li>• Innu</li> </ul>	hunting/fishing
<b>Western Plateau</b>	interior south B.C.	<ul style="list-style-type: none"> <li>• Salish</li> <li>• Kootenay</li> </ul>	gathering/hunting
<b>Northwest Coast</b>	islands and northern B.C. coast	<ul style="list-style-type: none"> <li>• Haida</li> <li>• Tlingit</li> <li>• Nisga'a</li> </ul>	fishing