



# 25 NORTH DAKOTA

## FREEDOM MINUTES FOR ELEMENTARY SCHOOL STUDENTS



As our nation approaches **America 250**, the 250th anniversary of the adoption of the Declaration of Independence, **ND250** highlights North Dakota's unique role in the American story.

This milestone invites reflection on our shared history while inspiring the next generation to understand and shape our nation's future. To support classroom engagement, ND250 offers 25 one-sentence "Freedom Minutes"—ready-to-use facts designed to spark brief, meaningful conversations that connect North Dakota's history, heritage, and contributions to the broader story of the United States.



## The 25 Facts

### GENERAL

1. The North Dakota flag has a bald eagle holding a branch and arrows. It has 13 stars and a shield with 13 red and white stripes in front of it. A red ribbon is at the bottom that says "North Dakota". In the eagle's mouth is a ribbon with the Latin words "E Pluribus Unum" which means "many uniting into one."

**Source Link:** [\*North Dakota Flag\*](#)

2. On November 2, 1889, North Dakota became the 39th state in the United States.

**Source Link:** [\*Fun Facts\*](#)

3. North Dakota has a special land feature called a continental divide. A continental divide is a line that separates river systems that flow to opposite sides of the continent.

**Source Link:** [\*Continental Divide\*](#)

4. North Dakota's official nickname is the "Peace Garden State."

**Source Link:** [\*State Nicknames\*](#)

5. Dairy farming is very important in North Dakota. In 1983, milk became the official state drink.

**Source Link:** [\*Milk\*](#)



## FIRST PEOPLE & LIVING CULTURES

6. American Indians were the first people to live in North Dakota.

**Source Link:** [Early People](#)

7. The early ancestors of American Indians were called Paleo-Indians.

**Source Link:** [Paleo-Indians](#)

8. Today, there are five tribes in North Dakota. They are the Three Affiliated Tribes, Spirit Lake Nation, Standing Rock Sioux Tribe, Sisseton-Wahpeton Sioux Tribe, and the Turtle Mountain Band of Chippewa.

**Source Link:** [Tribes](#)

9. American Indian tribes are sovereign nations that govern themselves and create their own laws. The state of North Dakota does not control them, but state and tribal leaders work together to support their communities and solve problems.

**Source Link:** [Tribal Government](#)

10. For American Indians, an eagle feather is a very special and sacred object.

**Source Link:** [Religion](#)



## LAND & LEGACY

11. North Dakota is one of the top three windiest states in the United States.

**Source Link:** [\*In a Nutshell\*](#)

12. North Dakota has three main land areas: the Red River Valley, the Drift Prairie, and the Missouri Plateau. People grow different kinds of crops in each area.

**Source Link:** [\*Geography and Climate of North Dakota\*](#)

13. Agriculture is North Dakota's #1 industry. North Dakota farmers help feed the world.

**Source Link:** [\*Conclusion\*](#)

14. North Dakota's first farmers were the Mandan, Hidatsa, and Arikara tribes. They grew corn, beans, sunflowers, and squash.

**Source Link:** [\*The First Farms\*](#)

15. Railroads helped many new settlers move to North Dakota by Euro-American settlers.

**Source Link:** [\*In a Nutshell\*](#)



## INNOVATION & EXCELLENCE

16. Scientists have found fossils from more than 12 different kinds of dinosaurs in North Dakota. The dinosaur found most often in the state was Triceratops.

**Source Link:** [Mesozoic Era](#)

17. President Thomas Jefferson wanted the United States to stretch from the Atlantic Ocean to the Pacific Ocean. He sent explorers to explore the new land from the Louisiana Purchase. This famous trip is called the Lewis and Clark Expedition, “The Greatest Adventure in American History!”

**Source Link:** [Introduction](#)

18. When she was a teenager, Sakakawea used her bravery and skills to help the Lewis and Clark Expedition. She became one of the most famous women in U.S. history.

**Source Link:** [Honoring Sakakawea](#)

19. The Lewis and Clark Expedition spent 213 days in North Dakota.

**Source Link:** [Results of the Expedition](#)

20. North Dakota is a leader in making biofuels, which are fuels made from plant material. The state mainly uses corn to make ethanol fuel which helps the country use less fuel from other places.

**Source Link:** [Agriculture and Energy](#)



## CELEBRATING TOGETHER

21. The North Dakota State Fair is in Minot and is a big summer event. People from all over the state can bring their exhibits or come and have fun.

**Source Link:** [Major Cities](#)

22. The Theodore Roosevelt Rough Rider Award honors people from North Dakota who have done great things for the state and country. The award started in 1961.

**Source Link:** [Theodore Roosevelt Rough Rider Award](#)

23. Many important historical documents and artifacts from North Dakota are kept in the state archives at the Heritage Center.

**Source Link:** [Headquarters of North Dakota Government](#)

24. The Liberty Memorial Building houses the State Library which is available for all citizens of North Dakota.

**Source Link:** [Headquarters of North Dakota Government](#)

25. Grand Forks is home to the University of North Dakota.

**Source Link:** [Major Cities](#)



**FOR MORE  
INFORMATION**

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