

## AETAS

Aetas are characterized by their skin color, height, and hair type. They mostly have dark to dark-brown skin, curly hair, and are usually below five-feet tall. Traditionally, Aetas are hunting and gathering indigenous people. They're actually among the most skilled when it comes to jungle survival – they are even able to make use of plants as herbal medicine and possess tools and weapons. While they're nomadic, they are able to build temporary houses made of sticks.

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Traditional Aetas, who are skilled in weaving and plating, wear wrap around skirts or bark cloth (for women) and loin cloths for men. They are also into music and the arts – making use of ornaments as accessories and have ensembles of instruments to create melodious rhythms.

Most Aetas practice monotheism and are animists. They worship a Supreme Being and at the same time, also believe in environmental spirits. They believe that various places in our environment are being governed by both good and evil spirits. As for their clothing, they wear plain and simple attire