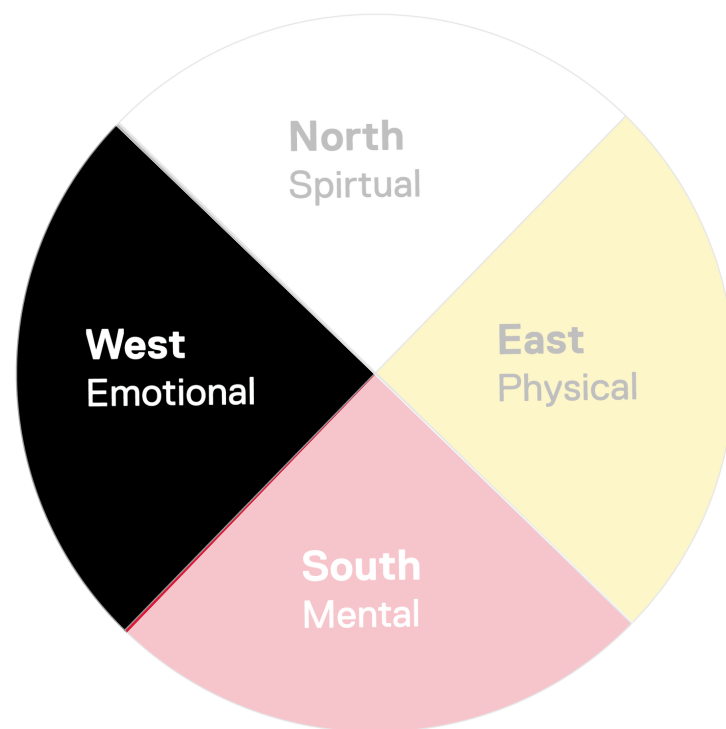
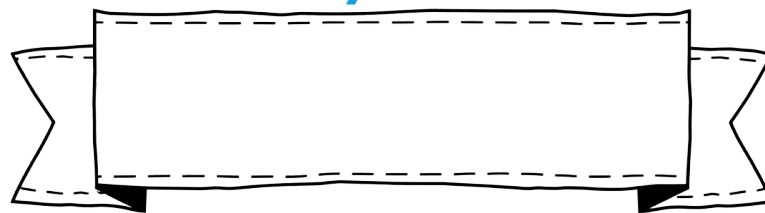




S.Mac



Aaniin Eshinikaaziiyin:
What is your name:



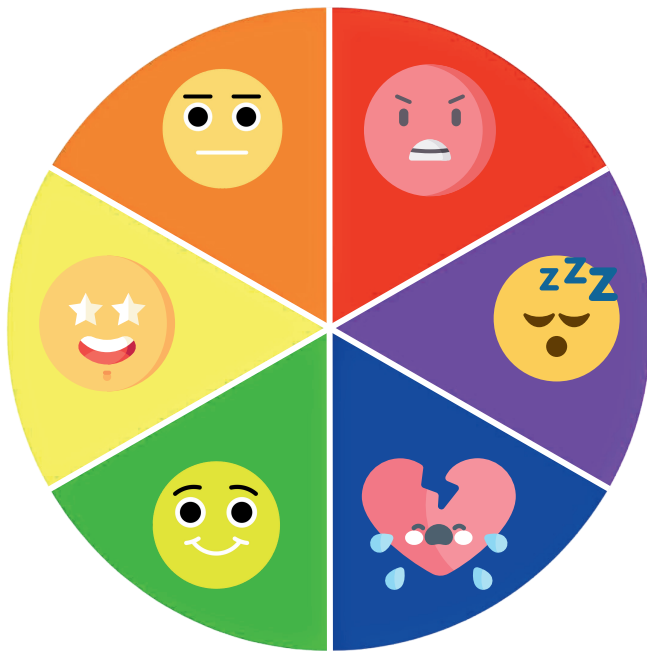
What do feelings look like?

Draw a line to match the feelings to the faces.

nishkaadizi
(angry)

baapinakamigizi
(excited)

maanendam
(sad)



ayekozi
(tired)

minwendam
(happy)

biigiskaaadendan
(bored)

(KIND) Minode'e vs (MEAN) Inigaa' ACTIONS

IF MINODE'E, DRAW:



IF INIGAA', DRAW:



SHARING YOUR
FAVOURITE
ODAMINWAAGAN
(TOY)

=



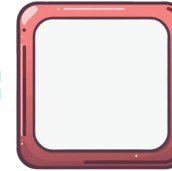
SAYING "GI-
ZAAGI'IN"
(I LOVE YOU)

=



SAYING
"MIIGWETCH"
(THANK YOU)

=



WIISAGENDAMI'
(CAUSE HURT
OR PAIN)

=



CALLING
SOMEONE
"MAANAADIZI"
(UGLY)

=



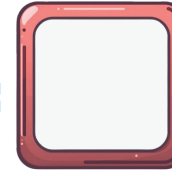
IGNORING A
GICHI-
AYAA(G)
(ELDER)

=



TAKING AN
ODAMINWAAGAN
WITHOUT ASKING

=



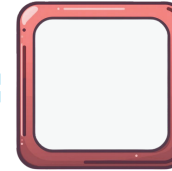
BOOKOSHKAA
(BREAK)
SOMEONE'S
ODAMINWAAGAN

=



LAUGHING AT
SOMEONE
WIISAGENDAM
(HURT)

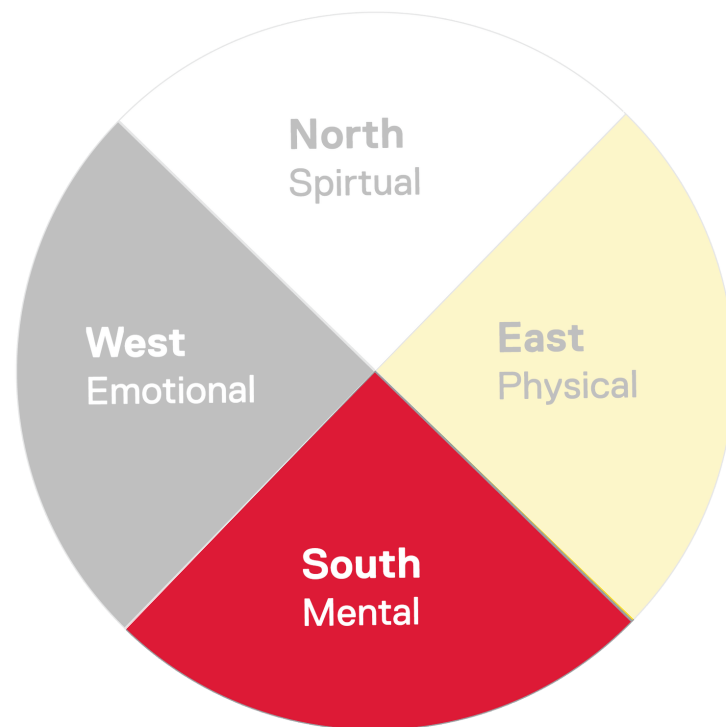
=



BII'O (WAITS)
PATIENTLY IN
LINE

=





Aaniin Eshinikaaziiyin:
What is your name:

What are 3 things you would like to do that you're **goshi** (afraid) to try?

1.

2.

3.

aaniin danaa (Why not)? What stops you?

☐ I'm scared of people watching me try.

☐ I'm nervous that I might fail.

☐ I don't want to do it alone.

☐ I don't know how and need help.

☐ I don't want people to judge me.

☐ I think it might be too hard.

What are 3 actions you made that **wiisagendami'** (cause pain)?

1.

2.

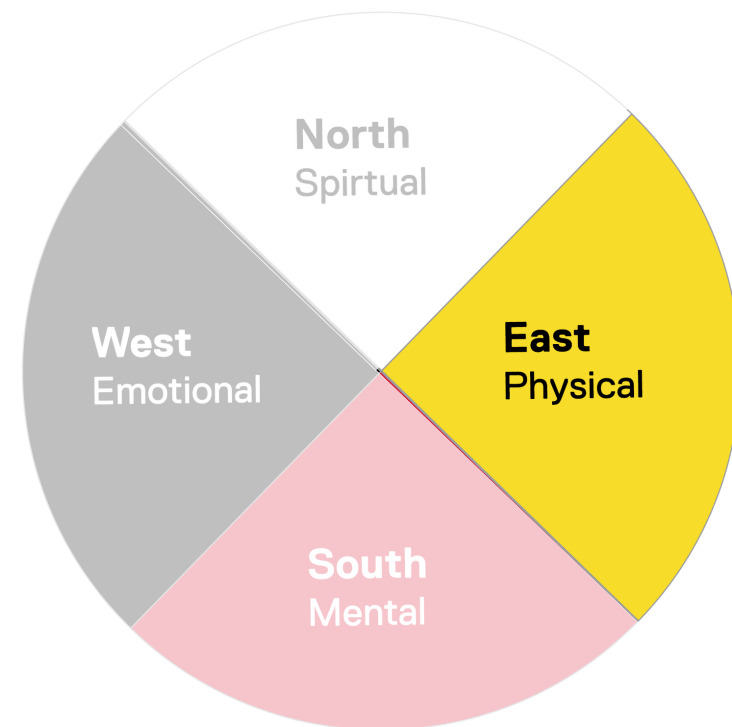
3.

What are 3 actions you can take this week to make you **minawaanigo'** (happy)?

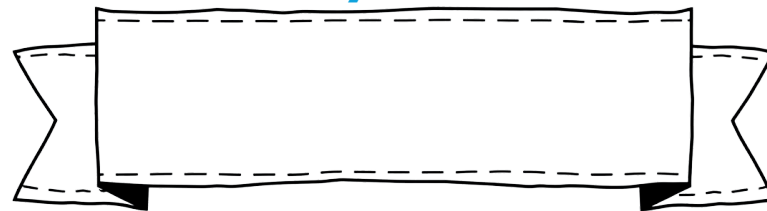
1.

2.

3.



Aaniin Eshinikaaziiyin:
What is your name:



5 Senses Exercise

Let's practice using our 5 senses to notice things!

What are 5 things you **waabam** (see)?



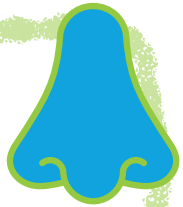
What are 4 things you **mikoojinaan** (feel)?



What are 3 things you **noondaw** (hear)?

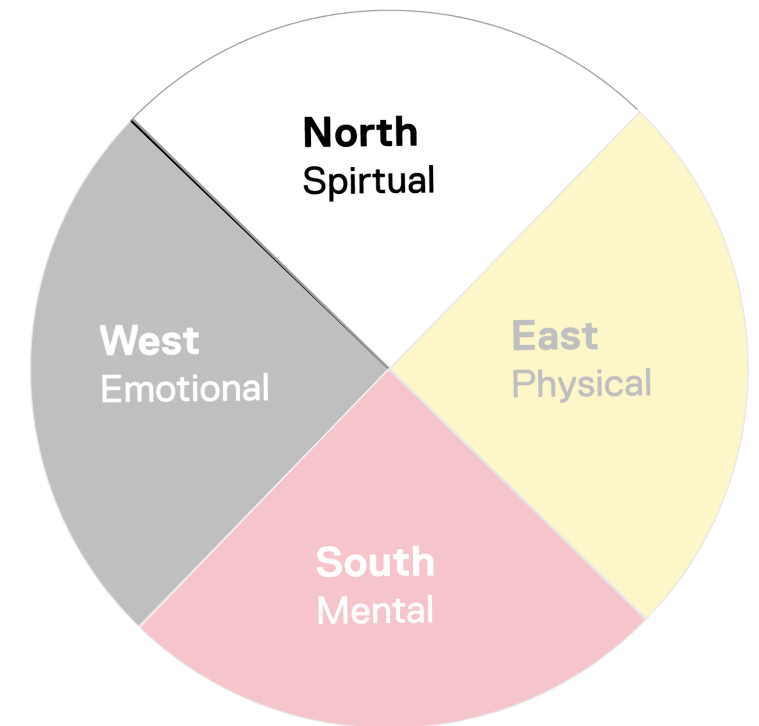
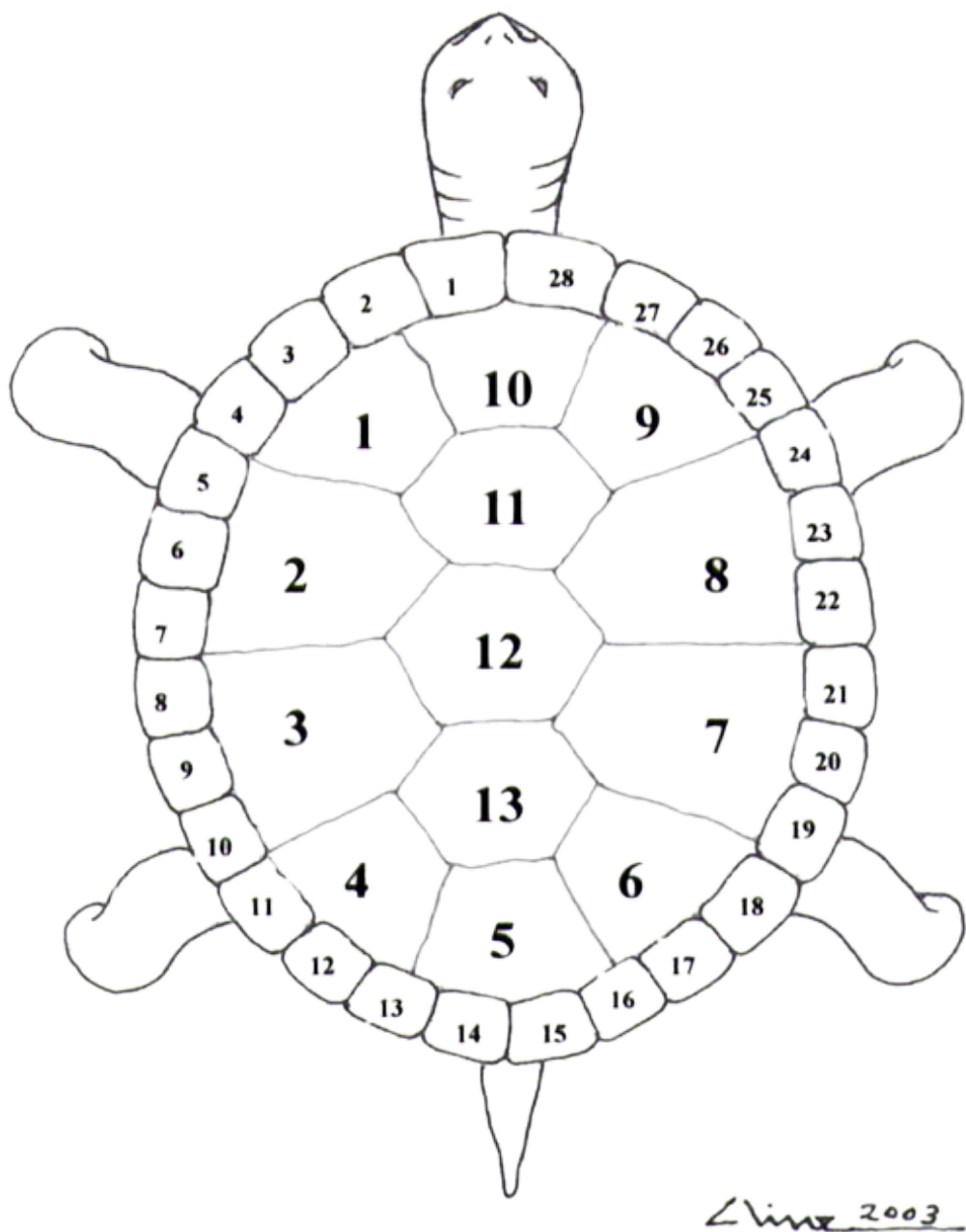


What are 2 things you **bijimaam** (smell)?



What is 1 thing you **godam** (taste)?





Aaniin Eshinikaaziiyin:
What is your name:

Nokomis Giizis (Grandmother Moon) shows herself 13 times throughout the year, beginning in **Ziigwang** (Spring) - the time of new life and growth.

Before our current type of calendar, the Indigenous Peoples used the natural cycles to understand time and nature. The **Michikehn** (Turtle) is nature's most perfect calendar and is the best representation of the Natural World and the Cycles.

Each Full Moon and plate on the turtle's back has a given name. These names can vary from place to place and nation to nation, and they speak to what Natural Cycles occur in that time. Though there can be many natural occurrences in each Moon period due to simplicity one name is used. What this means is that you can find different names for the same period of time and so avoid limiting yourself to viewing differences as wrong.

Keep an open mind when it comes to the **Ojibwaymowin** / **Anishinaabemowin** (The Ojibway Language) and how you use it.

Today we align the Traditional Teachings of the Turtle with the modern calendar, because we must live in both worlds. However, it is like forcing a circle peg into a square hole, but such as it often is, the combining of two worlds.

Misko Asin / Red Stone / Barbara Day

Indigenous Advisor / Elder for Algoma Family Services

Menominii Giizis / Ricing **(Wild Rice) Moon - August**

Menomin (wild rice) grows in Ontario naturally. The Ojibway people and other nations harvested the **Menomin** since the beginning of time. It is both an important and staple food. It grows in marshes, ponds and on certain waterways. It is a highly nutritious food and provided survival in the time of Ancestral Sustenance Food Gathering and was easily transportable in woven baskets or pouches. A little could go a long way and feed a lot of people. **Menomin** could be added to meals to make it even tastier, such as soups and other dishes.

