

THE HEART BERRY

The strawberry is the first berry to ripen and often emerges in early summer. Because of this, June is given the name strawberry moon. The strawberry is used to teach us about our heart and love. They were given the name ode'imin because of the heart shape; ode means heart and min refers to berry. Strawberries are powerful medicine for everyone; they are good for our heart. Having a good strong heart means that we are healthy and filled with love. Playing outside gets our heart pumping. When you run really fast, can you feel your heart pumping in your chest? Eating good food, like strawberries, helps us to do the things we love, such as playing outside. To love means to have peace with yourself, balance in your life, and acceptance of all things. Zaagidiwin, love, is one of our seven grandfather teachings.

What are other ways you can work with your child to show love for our body, mind, and spirit this month?



ANISHINAABEMOWIN WORDS

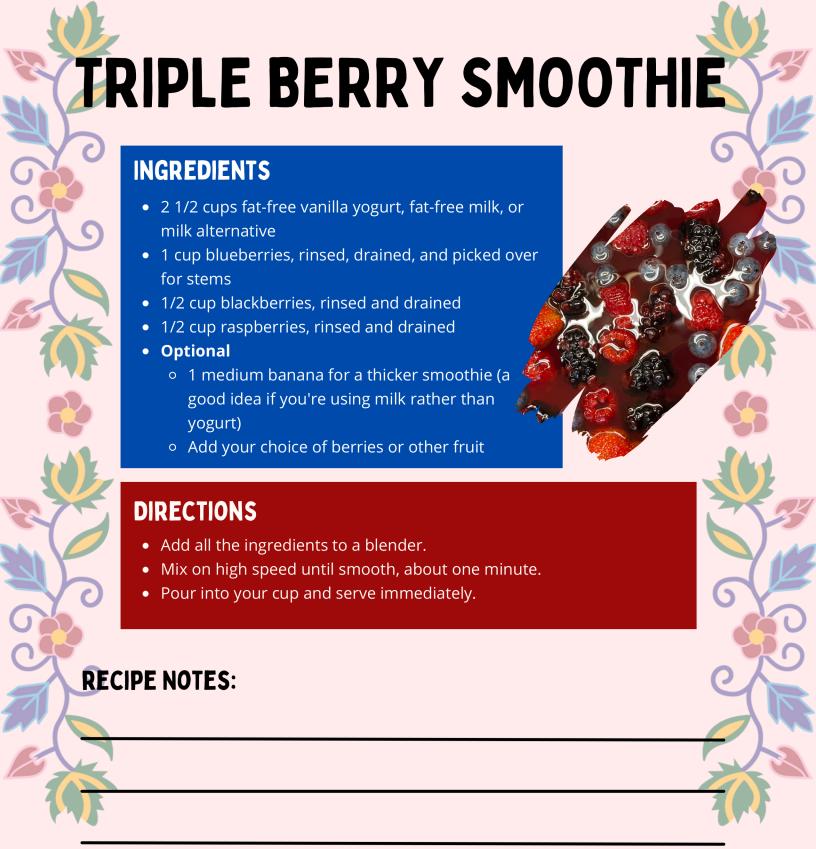
ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Niibin	Nee-bin	Summer
Ode'imi <mark>ni</mark> Giizis	Oh-day-ih <mark>-min-</mark> nih Gee-zis	Strawbe <mark>r</mark> ry Moon
Naanan	Nah-nun	Five
Mitig	Mih-tig	Tree
Wiigwaas	Wee-gwahs	Birch Bark
Bagaan	Buh-gahn	Nuts/Hazelnut
Bagesaanaatig	Bug-gay-saw-naw-tig	Plum Tree







"THESE PICTURES ARE
ABOUT HAVING THOSE
MEMORIES WITHIN
INTERGENERATIONAL
RELATIONSHIPS AND A
WAY TO RELATE TO
THOSE SPECIAL TIMES
AND PLACES WITH
FAMILY AND RELATIVES."



TIPS:

- 1. When you prepare food with love, the love is in the food.
- 2. Talk about the colors on the plate or cup.
- 3. Have your child open packages with your help.
 - a. Once they become older, children can open packages by themselves.
- 4. Use your My Anishinaabe Calendar to talk about the weather, seasons, months, and days.
- 5. Ask your child to describe how foods taste to them.
 - a. You can provide an example of what certain foods taste like for you.
- 6. Food made with happiness and love will taste good and nourish you!

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