MOVEMENT & THE MEDICINE WHEEL SEASONS

Movement changes with seasonality. As we move through the seasons the variety of movements change along with the movements that are available with each season.

WINTER Biboon

In the winter it is darker longer and there is less movement in general. This is a time for story telling and legands.

Making Snow Angels Shoveling Snowshoeing

SPRING Ziigwan

Spring is the new year we see the plants and animals start to move again. We begin to prepare for summer

Prepare your Garden Go for walks Jump in Rain Puddles

FALL Dagwagin

Fall is a time to prepare for winter. It is also a time for harvest.

Rake Leaves Go for a hike Harvest your garden corn maze



During the summer the days are longer and there is lots of movement overall

Swim Play outside Run Through the sprinkler

MOVEMENT & THE MEDICINE WHEEL TIME OF DAY

Our movements change as we enter and move through the day.

MIDNIGHT Aabita-Dibikad

In the winter it is darker longer and there is less movement in general. This is a time for story telling and legands.

Making Snow Angels Shoveling Snowshoeing

DAWN Waaban

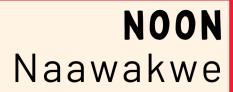
The sunrise offers a new beginning and we begin our day with the act of giving thanks.

Fishing/Hunting Preparing for the day Laying tobacco

EVENINGOnaagoshin

The setting sun in the west signifies the end of the day. This is a time to reflect.

Hunting/Fishing Plan for next day Stretching



During this time of day the sun is at its highest point in the sky. It provides light and fosters growth and movement of all living beings.

Go for a walk Work/School Go on a picnic

MOVEMENT & THE MEDICINE WHEEL STAGES OF LIFE

Our movements change depending on what stage of life we are in.

ELDER Mindimooyenh/ Akiwenzii

As we become older our physical movements begin to slow down. We rest and reflect..

Telling Stories
Passing Wisdom
Caring for your relatives

INFANT Abinoojiiyens

As we enter this world we are just learning how to move.

Holding your head up Crawling Walking



ADULT Ikwe/Inini

As we move into adulthood our movements are more planed out and calculated. We begin to accept constant change.

Caring for relatives
Caring for your space
Navigating day-to-day challenges

CHILD Abinoojii

This is our most active stage of life we move constantly and without fear. It is also when we start to make sense of the world around us. We develop into young adults.

Run Climb Develop Fine Motor Skills

MOVEMENT & THE MEDICINE WHEEL ASPECTS OF HEALTH

Our movements looks different with each aspect of health.

MENTAL Inendam

This is a place for wisdom. Our awareness increases as we become move to the elder stage of our life.

Observation:
Plants, animals, and
interconnectedness

PHYSICAL Niiyaw

Our physical bodies carry us through the seasons of life it is important to take care of them.

Dancing/Drumming Fast/Feast Foraging/Hunting

SPIRITUAL Giijichaag

As we move into adulthood our movements are more planed out and calculated. We begin to accept constant change.

Caring for relatives
Caring for your space
Navigating day-to-day challenges



One of the greatest challenges is to understand and gain control over our own emotions.

Laughing Crying Talking & Listening to others