

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 legends.

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

SUMMER Niibin

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

Swim
Play outside
Run Through the sprinkler

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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 legends.

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



EVENING Onaagoshin

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

NOON Naawakwe

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

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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 planned 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



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ASPECTS OF HEALTH

Our movements looks different with each aspect of health.

MENTAL

Inendām

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

EMOTIONAL

Ezhi-ayaayin

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

Laughing
Crying
Talking & Listening to others

