

# 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 Bbon

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 Mnokmi

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 Dgwaget

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 Niben

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

#### Abta-dbeket

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

#### Waben

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

#### Dbek

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

#### Nawkwe

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 Ngekyam

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

Telling Stories  
Passing Wisdom  
Caring for your relatives

### ADULT Gizhabewe

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

### INFANT Abinoojiiyens

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

Holding your head up  
Crawling  
Walking

### CHILD Penoje

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** Nmejmenma

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** Ndesam

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** Jibam

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** Nmozhton

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

Laughing  
Crying  
Talking & Listening to others

