# 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 legands.

Making Snow Angels Shoveling Snowshoeing

#### **SPRING** Mnokmi

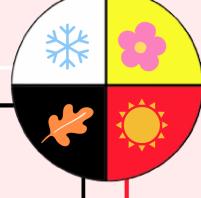
Spring is the new year we see the plants and animals start to move again. We begin to prepare for summer

Prepare your Garden Go for walks Jump in Rain Puddles



Fall 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

# MOVEMENT & THE MEDICINE WHEEL 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 legands.

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

# MOVEMENT & THE MEDICINE WHEEL 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

#### INFANT Abinoojiiyens

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

Holding your head up Crawling Walking



#### **ADULT** Gizhabewe

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** 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

# MOVEMENT & THE MEDICINE WHEEL 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