



# ZIIGWAN (SPRING)

**1**

**ONAABANI GIIZIS**

**Snow Crust Moon**

**2**

**ISKIGAMIZGE GIIZIS**

**Making Sugar Moon**

**3**

**ZAAGIBAGAA GIIZIS**

**Leaf Budding Moon**

**4**

**WAABIGONI GIIZIS**

**Blossom Moon**



1ST MOON

# ONAABANI GIIZIS SNOW CRUST MOON

## THE GIFT OF MAPLE SYRUP

One day, Nanabozho went walking around. "I think I'll go see how my friends the Anishinaabe are doing," he said. So, he went to a village of Indian people. But, there was no one around. So, Nanabozho looked for the people. They were not fishing in the streams or the lake. They were not working in the fields hoeing their crops. They were not gathering berries. Finally, he found them. They were in the grove of maple trees near the village. They were just lying on their backs with their mouths open, letting maple syrup drip into their mouths. "This will NOT do!" Nanabozho said. "My people are all going to be unhealthy if they keep on living this way." So, Nanabozho went down to the river. He took with him a big basket he had made of birch bark. With this basket, he brought back many buckets of water. He went to the top of the maple trees and poured water in, so that it thinned out the syrup. Now, thick maple syrup no longer dripped out of the broken twigs. Now what came out was thin and watery and just barely sweet to the taste. "This is how it will be from now on," Nanabozho said. "No longer will syrup drip from the maple trees. Now there will only be this watery sap. When people want to make maple syrup they will have to gather many buckets full of the sap in a birch bark basket like mine. They will have to gather wood and make fires so they can heat stones to drop into the baskets. They will have to boil the water with the heated stones for a long time to make even a little maple syrup. Then my people will no longer grow unhealthy. Then they will appreciate this maple syrup Gitchee Manitou made available to them. Not only that, this sap will drip only from the trees at a certain time of the year. Then it will not keep people from hunting and fishing and gathering and hoeing in the fields. This is how it is going to be," Nanabozho said. And, that is how it is to this day.

What are some ways that you can show appreciation and respect for food with your child this month?



# ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Ziigwan	Zee-gwun	Spring
Onaabani Giizis	O-nah-buh-nih Gee-zis	Snow Crust Moon
Bezhig	Bay-zhig	One
Inawemaagan	Ih-nay-way-mah-gun	Relative
Zhiawaagamizigan	Zhee-wah-gu-mih-zih-gun	Maple Syrup
Biskitenaagan	Bih-skih-tay-naw-gun	Birch Bark Sap Buckets
Miinikaan	Mee-nih-kahn	Seed



"GATHERING THE  
SAP AT THE SUGAR  
BUSH AND GETTING  
THE FIRE HOT TO  
BOIL IT DOWN. THIS  
IS AN IMPORTANT  
PROCESS TO PASS  
DOWN TO OUR  
CHILDREN."





# ISKIGAMIZGE GIIZIS MAKING SUGAR MOON

## THE MAPLE TREE

The great maple tree gives us a special gift each year. In the spring, after all of the sap is collected and it is time to process it, we are reminded to have respect and be thankful. The time of the year we call Making Sugar Moon is a time to reflect on all of the gifts of nature and how we can be respectful and show our thanks. Our teachings remind us of the importance of treating things with respect and doing all things in a Good Way. We treat the maple tree with respect by offering our tobacco and thanking the tree for all that it has done to nourish us. We ask the maple tree to help keep our mind, body, and spirits healthy as we use its medicine. Collecting and processing maple sugar in a Good Way nourishes us too. We are thankful for the gift of the maple tree. Giving and sharing our food in a great thanksgiving is an important tradition to carry forward. By collecting, processing, and giving thanks in a Good Way, we are using our teaching of minaadendamowin, respect, and not taking things for granted.

What are other gifts from Creation that we can give thanks for with our children this month?



# ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Ziigwan	Zee-gwun	Spring
Iskigamizige Giizis	Ih-skih-guh-mih-zih Gee-zis	Maple Sugaring Moon
Niizh	Neezh	Two
Minaadendamowin	Mih-nah-den-dah- moh-win	Respect
Aki	Uh-key	Mother Earth

"WE SPENT SO MUCH TIME IN THE GARDEN AND DISTRIBUTING TO THE COMMUNITY. THAT WAS A LOT OF FUN! IN THE MIDDLE, I AM DISTRIBUTING FOOD TO AN ELDER IN THE COMMUNITY."





3RD MOON

# ZAAGIBAGAA GIIZIS

## LEAF BUDDING MOON

### CREATION STORY

During leaf budding moon, we are reminded that life-giving energy is one of the most powerful healing medicines. The plants are given new life during this moon. With the coming of summer, they blossom and bear the seeds of the next generation. This life-giving energy is an important part of our creation story. The creation story says that our Creator sent his singers to Earth in the form of birds to carry the seeds of life to all four directions. In this way, life was spread across the Earth. On the Earth, Creator placed the swimming creatures in the water and gave life to all the plant and insect world. He placed the crawlers and the four-legged on the land. These parts of life lived in harmony with each other. Lastly, Creator placed Original Man on the Earth. He was given instructions by Creator to walk the Earth and name all the animals and plants of all the hills and the valleys of Creator's gitigan (garden). Leaf budding moon reminds us of the tradition of honoring life by naming new living creatures.

What are some new plant names you can learn with your child this month?



# ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Ziigwan	Zee-gwun	Spring
Zaagibagaa Giizis	Zah-gih-buh-gah Gee-zis	Leaf Budding Moon
Niswi	Nih-swih	Three
Miinikaan	Mee-nih-kon	Seed
Zaagigi	Zah-gih-gih	Sprout
Shkaakaamikwe	Shka-kah-me-kway	Mother Earth
Gitigaan	Gih-tih-gawn	Garden



"CARING FOR MOTHER EARTH - TEACH OUR CHILDREN THE IMPORTANCE OF CARING FOR SHKAAKAAMIKWE. WHEN WE CARE FOR HER, SHE TAKES CARE OF US WITH WHAT WE GROW. THE CARE THAT WE GIVE IS REFLECTED IN WHAT MOTHER EARTH GIVES BACK TO US."





4TH MOON

# WAABIGONI GIIZIS BLOSSOM MOON

## BAAPI (TO LAUGH)

Blossom moon is a time of the year where the plants around us are growing and maturing. We are reminded of this blooming when we participate in food processes with our family such as gardening, cooking, hunting, and fishing. When we are doing these things, we think about what's to come of the work we are doing: the fruits, vegetables, and meals that will blossom from our labor. We are forward thinking and have a growth mindset as we visit, laugh, and share stories with the ones we love. We have a relationship to each other and our land and our water. As we grow and blossom ourselves, we should always remember that laughter is the best medicine. Laughter connects and heals us throughout our life.

What opportunities can you make to laugh with your child this month?





# ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Waabigoni Giizis	Wah-bih-gah-nee Gee-zis	Blossoming Moon
Niiwin	Neewin	Four
Gigoonh	Gee-goo	Fish
Mayajiigin	My-ah-gee-gin	Plant
Gitigaan	Gih-tih-gawn	Garden

"IT'S JUST NICE TO GATHER,  
AND IT'S FUN TO SEE THAT MY  
SON ENJOYS IT. EVEN BEING 10  
YEARS OLD, HE JUST LOVES IT.

HIS GRANDPA WAS MORE  
EXCITED THAT HE'S OUT THERE  
HUNTING. HE DOESN'T EVEN GO  
OUT AND HUNT THAT MUCH  
ANYMORE BECAUSE IT'S  
GETTING HARD FOR HIM TO GET  
OUT THERE, BUT HE STILL  
KEEPS THE FIRE GOING IN THE  
GARAGE SO THEY CAN WARM UP  
WHEN THEY COME IN."

