



BIBOON

(WINTER)

11

MANIDOO GIIZISOOHNS

Little Spirit Moon

12

GICHI MANIDO GIIZIS

Great Spirit Moon

13

MAKWA GIIZIS

Bear Moon

11TH MOON

MANIDOO GIIZISOOHNS

LITTLE SPIRIT MOON

KEWADIN (NORTH)

Little Spirit Moon is a time of healing. The cold winds of kewadin (north) bring the purifying snows that cleanse Mother Earth. Its purpose is to purify us and to heal all of creation. During this time, some plants die and return their bodies to their mother. Other plants fall into a deep sleep and awake only when Grandfather sun and the warm winds of the south announce the coming of spring. This time of year is also a story telling time. There are many stories about how plant medicines and foods were given to our people to help us. When we can connect with these stories we can understand how and why foods and medicines were given to us.

What are some opportunities you have this month to hear winter stories in your community?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Biboon	Bih-boon	Winter
Manidoo Giizisooohns	Mah-ni-due Gee-zih-soons	Little Spirit Moon
Mdaaswi Shi Bezbig	Mih-daw-sway Shih Bay-zig	Eleven
Waawaashkeshii	Wah-wah-shkay-she	Deer



"CLEANING UP AFTER OURSELVES AND REMEMBERING TO LEAVE A SPACE IN BETTER CONDITION THAN HOW WE FOUND IT. WE LEARN FROM OUR CHILDREN JUST AS MUCH AS CHILDREN LEARN FROM US. THIS YOUNG CHILD UNDERSTANDS HER RESPONSIBILITIES TO CARE FOR MOTHER EARTH, AND HER PARENTS JOINED HER IN CLEANING THE ROADSIDE. HER PARENTS FOLLOWED HER LEAD."

12TH MOON

GICHI MANIDO GIIZIS

GREAT SPIRIT MOON

MANIDO MIJIM (SPIRIT FOOD)

The moon around January is known as Great Spirit Moon because it is a time to honor the silence and realize our place in all of creation. We are only a part of creation; we are humble. Food helps us find the bond and connection between the spirit world and the physical world. The food that we eat comes from the contributions of land, water, animals, plants and many other living beings. In that way, our food has a spirit. Bringing food into our bodies gives us physical and spiritual sustenance and connects us with all of creation. By recognizing this, we use one of our seven grandfather teachings, dabaadendiziwin, humility.

What are other ways you can talk with your child about humility this month?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Manidoo Giizis	Mah-nih-dew Gee-zis	Great Spirit Moon
Ashi niizh	Uh-shih-neezh	Twelve
Mashkiki	Mush-kih-kih	Medicine
Mandaamin	Mun-dah-min	Corn
Miinikaan	Mee-nih-kahn	Seed
Dabaadendiziwin	Duh-baa-den-dih-zih-win	Humility

"ONE MORNING, I HAD A FRIED EGG OVER QUINOA, BROCCOLI AND TOMATOES. THIS ONE WITH MY DAUGHTER RIGHT THERE...IT MADE ME HAPPY BECAUSE SHE WAS EXCITED TO GET IN THERE WITH ME, SO THAT WAS A PART OF MY WELL-BEING. THIS PICTURE IS A BIG ONE FOR ME... IT'S INCORPORATING THE LITTLE ONES INTO EATING GOOD FOODS IN A STRESS-FREE ENVIRONMENT."





13TH MOON

MAKWA GIIZIS

BEAR MOON

MAKWA (BEAR)

Bear cubs are born around February, which is why we call this time of the year bear moon. During the time of new life, we are reminded to reconnect with who we are and pass our traditional knowledge on to the next generation. We can reconnect with our Anishinaabe culture through food. By using labels and following a recipe in the language, we can learn new words everyday. We can reconnect with our culture by learning to garden and forage for food the way our ancestors did. We can make and use traditional food utensils such as a bootagan. We can go to special family spots for hunting, fishing and gathering. When we use the language, make and use food utensils, garden, hunt and fish the way our ancestors did, we connect with them and preserve the ways for our descendants.

What are new Anishinaabemowin words you can learn with your child this month?



ANISHINAABEMOWIN WORDS

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Makwa Giizis	Muh-kwah Gee-zis	Bear Moon
Ashi niswi	Uh-shih-niss-way	Thirteen
Mashkodesimin	Mush-koe-day-sih- min	Bean
Zaagigi	Zah-gih-gih	Sprout

"THE LANGUAGE WILL NOT BE ALIVE IF WE PREVENT OUR CHILDREN FROM SPEAKING THE LANGUAGE. LANGUAGE CAN BE DEVELOPED IN SO MANY WAYS, ESPECIALLY INTO MANY ASPECTS OF PLAY AND EATING. USING A LABEL MAKER OR PRINTING OUT DOCUMENTS WITH ANISHINAABEMOWIN AND PLACING THEM ON DOORS, SHELVES, PLACE MATS, COLORED BLOCKS, TOY ANIMALS, AND MORE, SO THAT WAY, WE'RE MAKING IT ACCESSIBLE AND EASIER TO USE THE LANGUAGE IN EVERYDAY LIFE."

