

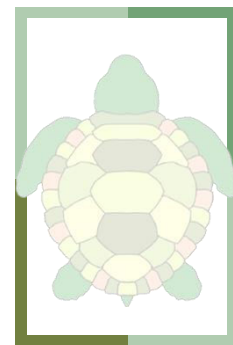
SESSION ONE: NAME GAME ICEBREAKER

Pick an Ojibwe word that best describes you and write it with your name on the name badge!

Geesis - Sun
 Ahnung - Star
 Wabun Ahnung - Morning Star
 Ahsin - Rock
 Ishskwaḡay - Fire
 Bawshkinaway - Smoke
 Nibi - Water
 Zahgaegun - Lake
 Minisi - Island
 Mushkoḡayng - Plain
 Chiwajiw - Hill
 Chinoodin - Big Wind
 Baybeemisaysi - Whirlwind
 Geezheebasun - Tornado

Animikee - Thunder
 Wawasum - Lightning
 Gimiwun - Rain
 Mushkobewun - Flood
 Mikwaniwun - Hail
 Kisinaa - Cold
 Nigwaankot - Cloudy
 Gazhagayns - Cat
 Gawg - Porcupine
 Maengun - Wolf
 Misabe Mukwa - Grizzly Bear
 Mizheekay - Turtle
 Mukwa - Bear
 Muskodaḡn Bishikee - Buffalo
 Nigig - Otter

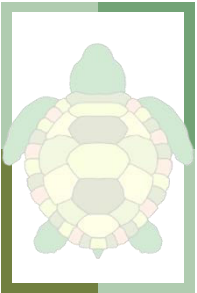
Wabizhashi - Martin
 Wawaḡkeshshi - Deer
 Wazhushk - Muskrat
 Zhongwyzh - Mink
 Migizi - Eagle
 Ahjijawḡ - Crane



SESSION ONE: PARENTING QUESTIONNAIRE

Fill in the questions below with the first thoughts that come to mind. We will start with questions 1 through 5 and share in a talking circle. If there is still time, we will continue with the last few questions.

1. Where did you learn to parent?

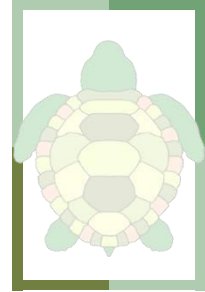


2. What are some people, places, or experiences that have taught you valuable lessons in parenting?

3. What are your strengths as a parent? (List at least 3)

4. Where would you like to improve as a parent? (List at least 3)

5. How can you encourage the development of your child's various abilities? Consider all areas of growth: physical, cognitive, social, emotional, spiritual and moral.



6. How can you use your own actions to model the values of Anishinabe culture for your children?

7. What are some of the difficulties you have experienced in your own transition from child to adult to parent?

8. In what ways were your own values and beliefs about parenting formed?

SESSION ONE: SEVEN SACRED VALUES

Love – Zaagidwin:

The eagle represents love because he has the strength to carry all the teachings. The eagle has the ability to fly highest and closest to the creator and also has the sight to see all the ways of being from great distances. View your inner-self from the perspective of all teachings. This is to know love and to love yourself truly. Then you will be at peace with yourself, all living things, and the creator.

Bravery – Aakwa'ode'ewin:

Bravery is represented by the bear. The mother bear has the courage and strength to face her fears and challenges while protecting her young. The bear also shows us how to live a balanced life with rest, survival, and play. Defend what you believe in and what is right for your community, family, and self. Make positive choices and have conviction in your decisions. Face your fears to allow yourself to live your life.

Wisdom – Nbwakaawin:

The beaver represents wisdom because he uses his natural gifts wisely: altering his environment in a way that benefits his family and the other creatures around them. Use your inherent gifts wisely and live your life by them. Recognize your differences and those of others in a kind and respectful way. Continuously observe the life of all things around you. Respect your own limitations and those of your surroundings.

Truth – Debwewin:

Truth is represented by the turtle, as he was here during the creation of Earth and carries the teachings of life on his back. The turtle lives life in a slow and meticulous manner because he understands the importance of both the journey and the destination. Show honor and sincerity in all that you say and do. Understand your place in this life and apply that understanding in the way that you walk. Be true to yourself and all other things.

Respect – Mnaadendimowin:

Respect is represented by the buffalo. The buffalo gives every part of his being to sustain the human way of living, not because he is of less value, but because he respects the balance and needs of others. Do not waste and be mindful of the balance of all living things. Share and give away what you do not need. Treat others the way you would like to be treated. Do not be hurtful to yourself or others.

Honesty – Gwekwaadziwin:

Honesty is represented by the raven. He reminds us to be ourselves and not someone we are not. The raven accepts himself and knows how to use his gift. He does not seek the power, speed, or beauty of others. He uses what he has been given to survive and thrive. Be honest with yourself. Recognize and accept who you are. Accept and use the gifts you have been given. Do not seek to deceive yourself or others.

Humility – Dbaadendiziwin:

Humility is represented by the wolf. For the wolf, life is lived for his pack and the ultimate shame is to be outcast. Humility is to know you are a sacred part of creation. Live life selflessly and not selfishly. Respect your place and carry your pride with your people and praise the accomplishments of all. Do not become arrogant and self-important. Find balance within yourself and all living things.

SESSION ONE: MY FAMILY'S VALUES

Looking at the values on **Page 6**, pick two values that are most important to you and your family. Discuss with your family why those two values are important and what they mean to your family.

VALUE:

What it means to my family and me:

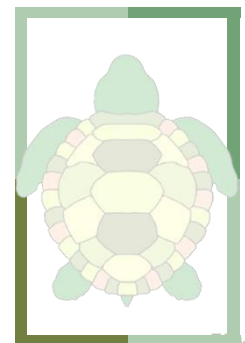
When and how does it guide our lives?

VALUE:

What it means to my family and me:

When and how does it guide our lives?

If you could pick a third value, what would it be?



SESSION ONE TAKE HOME ACTIVITY

PARENTING STRENGTHS AND IMPROVEMENT

Thinking about parenting strengths and areas of improvement from our brainstorming session, add at least five strengths and areas of improvement before the next session.

Additional Strengths:

Additional Areas of Improvement:

