

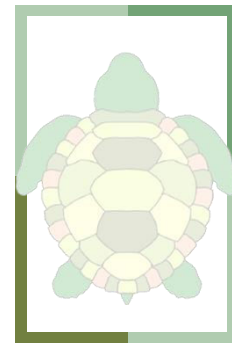
SESSION ONE: ATTRIBUTE NAME GAME

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
 Ishskwaᑭay - Fire
 Bawshkinaway - Smoke
 Nibi - Water
 Zahgaegun - Lake
 Minisi - Island
 Mushkodayng - 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
 Muskodayn Bishikee - Buffalo
 Nigig - Otter

Wabizhashi - Martin
 Wawashkeshshi - Deer
 Wazhushk - Muskrat
 Zhongwyzh - Mink
 Migizi - Eagle
 Ahjijawk - Crane



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 – Nbwaakaawin:

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 3**, pick two values that are 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:

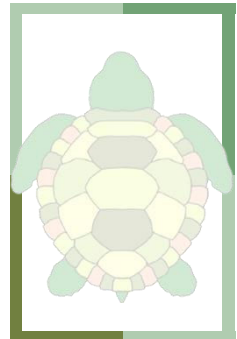
When and how does it guide our lives?

VALUE:

What it means to my family and me:

When and how does it guide our lives?

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



SESSION ONE TAKE HOME ACTIVITY

SACRED TREE PUZZLE AND DRAWING

Put together the Sacred Tree Puzzle one time during the next week. After you put it together, draw your own version of the sacred tree below! Don't forget to decorate the frame too!

