



Message from Elders



Video Message from Elder Bert

George Littlechild



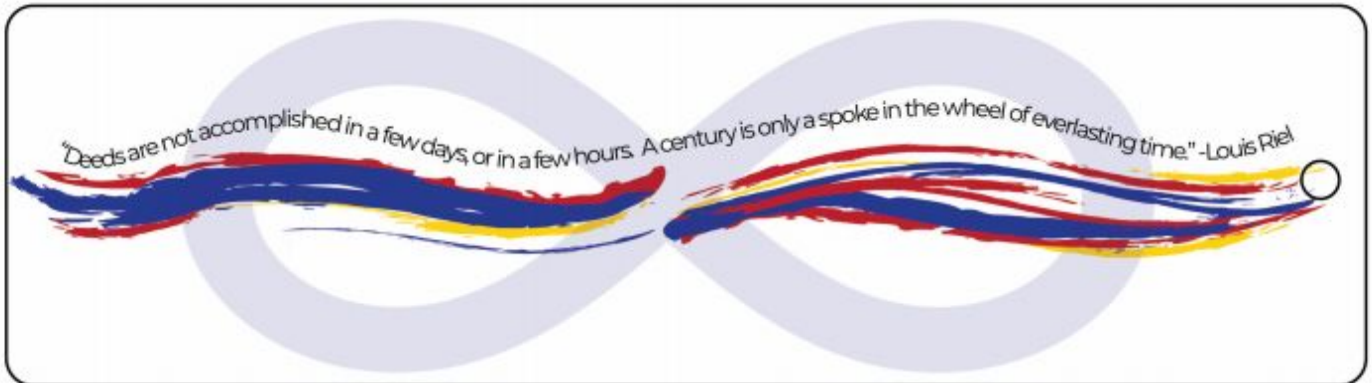
CREE PRAYER

Submitted by Mary Maggie Morin

Nohtawinan
Kisemanito
Wihchihinan mina
Kanaweyimanan
Anoch
Ka-Kisikiak
Niyanan Kitawaimisak
Napewak-napisisak
Iskwewak- iskwesisak
Ekwa
Kahkiyaw
Kotakak
Aysiniwak
Ota
Askiyik
Kita-tamihinan

English Translation:

Our Father
God Almighty
Help and
Keep us this
day
We are your children
Men and Boys
Woman and girls
and all
other people
of this
earth
Thank You!



***Spring has arrived...
here is a game you can play outside***

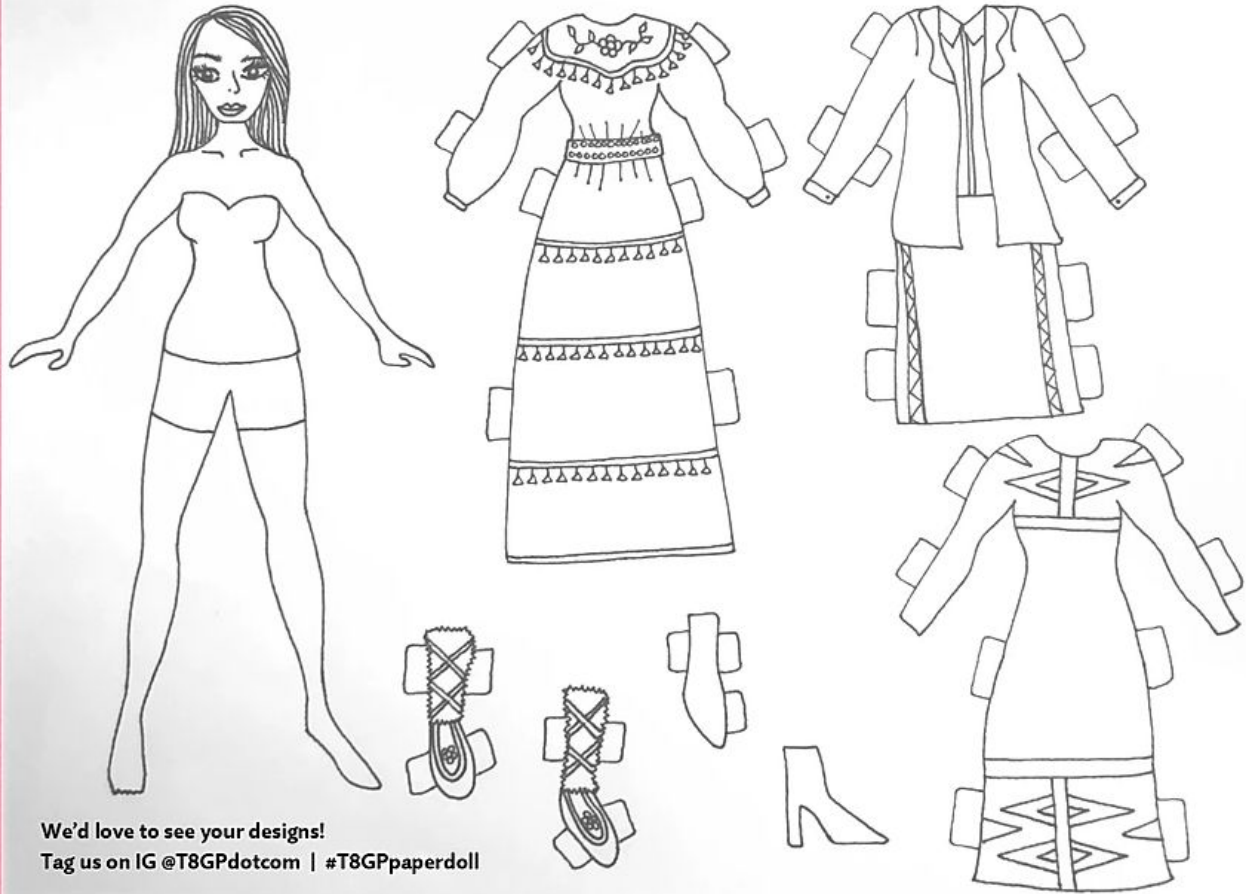
Make the Stick Jump

Who doesn't love the idea of making sticks jump? Five sticks approximately eight inches in height are stuck into the ground at different distances from a line. Each stick has between one and five lines painted or drawn on it. The closest stick will have the smallest number and the farthest stick the highest. One at a time, kids stand behind the line and take turns throwing rocks, bean bags, or hacky sacks at the sticks. If an object hits a stick directly, it will make the stick "jump" and points are awarded for that stick.

Equipment required: Five (approximately eight-inch) sticks and objects to throw (rocks, bean bags, etc.)

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Paper Doll



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Nehiyaw Kakesimowin

ᓂ"ᐃᓪᓐ ᓃᑲᓂᓂᓪᓐ

Nohtawinan Kisemanito Kakisewatisiyin

ᓂ"ᐃᓪᓐ ᑭᓂᓂᓂᓪᓐ ᓃᑲᓂᓂᓪᓐ

Saweyimanan anoch Kakisikak

ᑲᓂᓂᓂᓪᓐ ᓂᓂᓂᓂᓪᓐ

Ayisk kimiyinan Pimatisowin

ᓂᓂᓂᓂᓪᓐ ᑭᓂᓂᓂᓪᓐ

Saweyimanan ota kamamawi ayayahk

ᑲᓂᓂᓂᓪᓐ ᓂᓂᓂᓂᓪᓐ ᓂᓂᓂᓂᓪᓐ

Miyinan maskawatisowin mina iyinisowin

ᑭᓂᓂᓂᓪᓐ ᓂᓂᓂᓂᓪᓐ ᑭᓂᓂᓂᓪᓐ

Tanihtotamak mina tananahitama

ᓂᓂᓂᓂᓪᓐ ᑭᓂᓂᓂᓪᓐ

Takisteyimisoyak takistemayakihk kotahkak ayisinowak ekwa
takistetamahk nitawini

ᓂᓂᓂᓂᓪᓐ ᓂᓂᓂᓂᓪᓐ ᓂᓂᓂᓂᓪᓐ ᓂᓂᓂᓂᓪᓐ ᓂᓂᓂᓂᓪᓐ

Miyinan asay mina kawapatamak kasakastek mina kapakisimohk

ᑭᓂᓂᓂᓪᓐ ᓂᓂᓂᓂᓪᓐ ᓂᓂᓂᓂᓪᓐ ᑭᓂᓂᓂᓪᓐ

Hai-Hai Winakoma, Kinanaskomitinan, Pitane Ekosi Ikihk

"ᐃᓂ "ᐃᓂ ᓂᓂᓂᓂᓪᓐ, ᑭᓂᓂᓂᓪᓐ, ᓂᓂᓂᓂᓪᓐ ᓂᓂᓂᓂᓪᓐ

M. Bear 2018

Self-Care during COVID-19 Pandemic

