

Medicine Wheel Assignment – Cree

This assignment is available in electronic form on my website
<https://www.hboierc.com/mr-braden.html>.

Instructions:

1. On a piece of paper, draw as large a circle as possible.
2. Draw an X in the circle to complete the shape of a Medicine Wheel.
3. Open the Medicine Wheel PowerPoint or PDF.
4. Use the PowerPoint or PDF to place the following words in the appropriate quadrant of the Medicine Wheel. Notice, I always start in the east direction and move in a clockwise pattern.
5. Write the quotes from the last two slides on your paper as well.
6. Now colour your Medicine Wheel using the four Cree colours (yellow, red, blue and white) as illustrated on the previous page.
7. Put your name on your assignment.
8. Place your completed assignment in the envelope and return to HBO.

OR

Email your assignment to me at doug.braden@fsdnet.ca

OR

Or take a picture of your assignment and email it to me at doug.braden@fsdnet.ca.

Four Directions

Wapanohk
Sawanohk
Nekapehanohk
Kewetinohk

Seasons

Sekwan
Nipin
Takwakin
Pipon

Wellbeing

Ahcakowi
Mistahi ka Iteyihthak Awîyak
Maskawâtisiwin
Mâmitoneyihcikan

Four Human Races

Sekipatwâw
Nêhiyawuk
Kaskitewiyâs
Mistikôsiw

Stages of Life

Nihtawikiwin
Oskinikiw
Kisohpikiwin
Ostesimaw

Sacred Medicines

Cistemow
Masikes
Paskwawiwaskwa
Wikask

Parts of Day

Wapan
Ponapihtakesikaw
Otakosin
Tipiskaw

Four Elements

Iskotew
Nipi
Aski
Notin

Sacred Animals

Mikisew
Muhigan
Muskwa
Paskwiy Mistos

