



13 Moons Teachings - The Lunar Cycle

SEASON: All Seasons

SYNOPSIS

Wāpastim explains the 13 Moons, their Cree names, and a multitude of teachings that accompany each moon. These teachings include water teachings, teachings for humans around the physical, mental, emotional, and spiritual realms, and much more.

THEMES

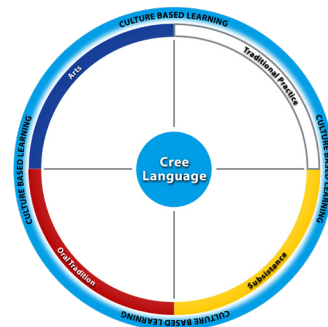
lunar calendar versus Gregorian calendar, connections with animal behavioral cycles, hunting cycles, weather cycles, human cycles, respect, relationships, gratitude, spiritual practices

LEGENDS/STORIES



Legend of Night and Day

PRE-PLANNING TEMPLATE



VIDEOS IN THIS SERIES

The 13th Moon (20:45)

13 Moons - January (5:48)

13 Moons - February (6:16)

13 Moons - March (5:18)

13 Moons - April (7:10)

13 Moons - May (6:48)

13 Moons - June (9:42)

13 Moons - July (6:28)

13 Moons - August (8:38)

13 Moons - September (9:13)

13 Moons - October (6:23)

13 Moons - November (5:26)

13 Moons - December (6:11)



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CREE TERMS

The 13th Moon

tānisi - hello

Wapastim - White Horse

nisīkāson - is my name

nēhiyawihwawin - Cree Way

nēhiyawak - Cree people

mosom - grandfather

miskinahk - turtle

kisemanito - Creator

wacask - muskrat

kahkiyaw - all

wahkohtowin - relationships

wahkohtamowin - relationship with others

nohkom - grandmother

tipikawpisim - moon

Manitopisim - God's Moon (13th Moon)

nīpiy - water

maskeke - medicine

ayisiyinowak - people

kinanaskomitinawah - thank you

13 Moons - January

tānisi - hello

Wapastim - White Horse

nisīkāson - is my name

Manitopisim - God's Moon (13th Moon)

nēhiyawak - Cree people

Kisepisim - January (The Great Moon)

kihtēhayahk - Elders

nohkom - grandmother

tipikawpisim - moon

wahkohtowin - relationships

wahkohtamowin - relationship with others

kiyam - it's okay; let it be

maskeke - medicine

wapoy - water

kinanaskomitinawah - thank you

kahkiyaw - all of you

13 Moons - February

tānisi - hello

Wapastim - White Horse

nisīkāson - is my name

nēhiyawak - Cree people

Mikisiwapisim - February (Eagle Moon)

kihtēhayahk - Elders

mosom - grandfather

mikisiw - eagle

kinanaskomitinawah - thank you

kahkiyaw - all of you



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13 Moons - March

tānisi - hello
 Wapastim - White Horse
 nisīkāson - is my name
 nēhiyawak - Cree people
 Niskipisim - March (Goose Moon)
 nohkom - grandmother
 tipikawpisim - moon
 mosōmnanak - grandfathers
 ekwa - and
 nohkōminanak - grandmothers
 kihtēhayahk - Elders
 kinanaskomitinawah - thank you
 kahkiyaw - all of you

13 Moons - April

tānisi - hello
 Wapastim - White Horse
 nisīkāson - is my name
 nēhiyawak - Cree people
 Ayikipisim - April (Frog Moon)
 kihtēhayahk - Elders
 maskwa - bear
 oho - owl
 kinanaskomitinawah - thank you
 kahkiyaw - all of you

13 Moons - May

tānisi - hello
 Wapastim - White Horse
 nisīkāson - is my name
 nēhiyawak - Cree people
 Sakipakawipisim - May (Leaf Budding Moon)
 kihtēhayahk - Elders
 nohkom - grandmother
 tipikawpisim - moon
 mosom - grandfather
 maskwa - bear
 matotisan - sweat lodge
 kinanaskomitinawah - thank you
 kahkiyaw - all of you

13 Moons - June

tānisi - hello
 Wapastim - White Horse
 nisīkāson - is my name
 nēhiyawak - Cree people
 Opaskawihowipisim - June (Egg Hatching Moon)
 kihtēhayahk - Elders
 Nēhiyaw - Cree
 askiy - land
 Otehiminipisim - Strawberry Moon
 miteh - heart
 mosom - grandfather
 [continued...]



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[continued...]

pisim - sun

maskeke - medicine

wapoy - water

kinanaskomitinawah - thank you

kahkiyaw - all of you

13 Moons - July

tānisi - hello

Wapastim - White Horse

nisīkāson - is my name

nēhiyawak - Cree people

Opaskowipisim - July (Moulting Moon)

nohkom - grandmother

tipikawpisim - moon

kihtēhayahk - Elders

maskeke - medicine

wapoy - water

napakāsiht - balsam fir tree

kinanaskomitinawah - thank you

kahkiyaw - all of you

13 Moons - August

tānisi - hello

Wapastim - White Horse

nisīkāson - is my name

nēhiyawak - Cree people

Ohpahowipisim - August (Flying Up Moon)

kihtēhayahk - Elders

maskeke - medicine

wapoy - water

nipiy - water

wawaskesiw - elk

moswa - moose

yapew - bull moose

kinanaskomitinawah - thank you

kahkiyaw - all of you

13 Moons - September

tānisi - hello

Wapastim - White Horse

nisīkāson - is my name

nēhiyawak - Cree people

Onocihitowipisim - September (Mating Moon)

wawaskesiw - elk

pihēw - grouse

moswa - moose

yapew - bull moose

mosom - grandfather

maskwa - bear

kihtēhayahk - Elders

maskeke - medicine

wapoy - water

kinanaskomitinawah - thank you

kahkiyaw - all of you



13 Moons Teachings - The Lunar Cycle

13 Moons - October

tānisi - hello
 Wapastim - White Horse
 nisīkāson - is my name
 nēhiyawak - Cree people
 Kaskatinowipisim - October (Freeze Up Moon)
 kihtēhayahk - Elders
 nohkom - grandmother
 matotisan - sweat lodge
 moswa - moose
 wawaskesiw - elk
 yapew - bull moose
 apiscimosis - deer
 maskeke nipi - medicine water
 nohkom - grandmother
 tipikawpisim - moon
 kinanaskomitinawah - thank you
 kahkiyaw - all of you

13 Moons - November

tānisi - hello
 Wapastim - White Horse
 nisīkāson - is my name
 nēhiyawak - Cree people
 Ihkopiwapisim - November (Frosty Moon)
 kihtēhayahk - Elders
 Oskapewisak - Elder helpers
 kinanaskomitinawah - thank you
 kahkiyaw - all of you

13 Moons - December

tānisi - hello
 Wapastim - White Horse
 nisīkāson - is my name
 nēhiyawak - Cree people
 Pawacakinasipisim - December (Frost Bearing Moon)
 kihtēhayahk - Elders
 nohkom - grandmother
 tipikawpisim - moon
 maskeke nipi - medicine water
 kinanaskomitinawah - thank you
 kahkiyaw - all of you



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EXAMPLES OF GRADE AND CURRICULUM CONNECTIONS

Kindergarten Math: Geometry

Children investigate shape - specific shapes found in nature: shapes of the moon changing during its cycles.

Grade 2 Science: Earth Science

2 ES 1.4 Students investigate Earth, its landforms, its bodies of water, and its relationship to the sun.

Grade 4 Science: Space

4S 1.1 Students investigate and describe objects in space in connection to daily life.

4S 1.3 Many cultures connect observations of objects in space to time, place, and daily life in various ways. The Moon has been used throughout history to measure time.

Physics 20

Students apply Newton's law of universal gravitation to astronomical observations.