



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](#)

VIDEOS IN THIS SERIES

[The 13th Moon \(20:45\)](#)

[13 Moons - January \(5:48\)](#)

[13 Moons - February \(6:16\)](#)

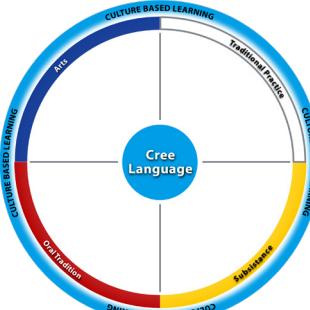
[13 Moons - March \(5:18\)](#)

[13 Moons - April \(7:10\)](#)

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PRE-PLANNING TEMPLATE



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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)
 nipi - 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
 Mikisiwpisim - 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
 mosōmnānāk - grandfathers
 ekwa - and
 nohkōminanak - grandmothers
 kihtēhayahk - Elders
 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 - 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 - 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 (Moult 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
Ihkopiwpisim - 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
Pawacakinasisipisim - 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.