

[insert your program/organization name or logo here]

WAABIGONI GIIZIS – BLOSSOMING MOON

4TH Moon Lesson – May

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Waabigoni Giizis	Wah-bih-gwuh-nih-gee-zis	Blossoming Moon
Niiwin	Nee-win	Four
Giigonh	Gee-goo	Fish
Akwa'waa	Uh-kwuh-wah	Spear ice fishing
Gitigaan	Gih-tih-gawn	Garden
Mayajiigin	My-ah-gee-gin	Plant

*In the White Earth Indian Community, the 4th Moon is called Blossoming Moon. What is the name for the 4th Moon in your community? Who would you ask to find out?

Fish is our Relative

Nutrition info:

- Low fat source of protein
- Rich in Omega-3 fatty acids– important for development of eyes, brain and nervous system (during pregnancy and for infants)
- The American Heart Association recommends people eat fish regularly

