

Anishinaabemowin Conversations		
Questions		
Aanish ezhnikaazyin?	What is your name?	
Aabiish enjibaayin?	Where are you from?	
Aanish ezhayaayin?	How are you?	
Aabish ezhaayin?	Where are you going?	
Kii-mno-nbaa na?	Did you sleep well?	
G-giikiimgish na?	Are you sleepy?	
Kii-wiisin na?	Did you eat?	
G-debsinii na?	Are you full?	
Responses		
ndi-zhnikaaz.	My name is	
ndoo-njbaa.	I am from	
N-minozhayaa.	I am well.	
Nishin.	Good.	
Ndi-zhaa.	I am going to	
Enh, ngii-mno-nbaa.	Yes, I slept well.	
Kaa, ngii ze-gaam-dam.	No, I had a nightmare.	
Enh, n-giikiimgosh.	Yes, I am sleepy.	
Enh, ngii wiisin.	Yes, I ate.	
Enh, n-debsinii.	Yes, I am full.	
Enh.	Yes.	
Kaa.	No.	
Nahaaw.	Okay.	
Gaawiin!	No!	
Aanii	Hello	
Baamaa pii.	See you again.	
Mna-gii-zhi-gad-ken.	Have a nice day.	
Mino kizhep.	Good morning.	

Source: Documented by Duncan Stewart from conversations with Leona & Laurie Nahwegahbow

The Medicine Wheel		
Life Stages		
Gchi-anishinaabe	Elder	
Binojinhik	Children	
Eshkiniigijik	Teenagers	
Naawgi	Adult	
4 Seasons		
Biboon	Winter	
Mnookmi	Spring	
Niibin	Summer	
Dwaagi	Fall	
4 Directions		
Giiwednong	North	
Waabnong	East	
Zhaawnong	South	
Epngishmok	West	
Sacred Medicines		
Wiingaashik	Sweetgrass	
Semaa	Tobacco	
Giishkaandak	Cedar	
Mshkode-washk	Sage	
Medicine Wheel Colours		
Waabshkaa	White	
Zaawaa	Yellow	
Mskwaa	Red	
Mkadewaa	Black	
Elements		
Noodin	Air	
Shkode	Fire	
Aki	Earth	

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Nibi	Water

Wellness & Giving Thanks		
Gzhe-mnidoo	Great Spirit/Creator	
Eshkaakimig-kwe	Mother Earth	
Miigwech	Thank you	
Miigwech wendam.	I am grateful.	
Gchi miigwech Gzhe-mnidoo gii miishiiyan miijim miinwaa bimaadiziwin.	Thank you very much Creator for giving us food and life.	
Debwe-taad-san wii shki-too-yin!	Believe in yourself, you can do it!	
Biin-jina naa-bin, kam-kaan dash.	Look within yourself and you will find.	
Mshko-zi-win miin-waa be-gish owi	You will find strength and hope for	
waa-zha-we-bak waa-baang.	tomorrow.	
Mno yah.	In good spirits.	
Mino bmaadiz.	Live well.	
G'zaagin, mampii miskozii!	I love you, stay strong!	
Wii mino giizhgad.	It is going to be a good day.	