



praentaaan

La Praamyayr Rooz – The First Prairie Rose

A Traditional Métis Teaching Story told by Calvin Racette

Kayaash, a long time ago, when the earth was still new, and was a very cold and windy place, the North Wind blew fiercely across the prairies, making it difficult for Mother Nature to grow plants, trees, or even provide a warm home for the animals. No matter how hard she tried, the harsh winds would freeze anything she planted.

Mother Nature would not give up. She wrapped herself in her great winter cloak and stepped outside. Sitting on a large rock, she reached into her cloak and pulled out a beautiful, big orange flower. She carefully placed it in the ground and said, "Grow, my dear flower."

Soon, the North Wind came rushing through, noticing the bright flower. "**Kaykwy ooma?** What is this?" he asked.

Mother Nature replied, "I am tired of your cold and grumpy ways. I want to bring life to the land."

The North Wind laughed. "Not on my watch!" He took a deep breath and blew his icy air over the flower, freezing it solid.

Mother Nature sighed, but **kii aahkamayimoow**, she was determined. She reached into her cloak again and placed a big blue flower in the ground. "Grow, my dear flower," she said. But once again, the North Wind returned, saw the flower, and froze it.

One by one, Mother Nature planted a yellow flower, then a red one, then purple and green. But each time, the North Wind came and turned them all to ice.

Finally, Mother Nature looked inside her cloak and found only one last flower—a small, delicate pink one. “Oh, my little one,” she said softly. “You are so tiny. The North Wind will freeze you in an instant.”

“Look at Mother Nature,” said the little flower. “She is trying to bring beauty and life to the land. You should take a break! You don’t have to be cold and harsh all the time.”

But the little flower spoke up. “It is my turn, Mother Nature. **Pakitinin**, *Let me try.*”

The North Wind thought for a moment. “I have been working hard for so long. It would be nice to rest.”

Mother Nature hesitated, but she gently placed the tiny pink flower in the ground. “Grow, my dear one,” she whispered.

Mother Nature spoke up. “Perhaps we can make a deal. You take a break and let the land grow warm, and when it is time, you can return.”

Before long, the North Wind returned and saw the small pink flower. He burst into laughter. “Is this all you have left? I don’t even need to try! One little puff and you’ll be gone forever!”

The little flower added, “And every year, when I bloom in the spring, it will be a sign that it is time for you to rest. Then, you can return in the winter when we are ready for you.”

The North Wind took a deep breath, ready to freeze the flower, but before he could, the little pink flower released a sweet and beautiful fragrance into the air.

The North Wind agreed. **Ashpinay akooshpii** - *Ever since that day*, the little pink prairie rose blooms every spring to remind the North Wind that it is time to go on holiday. Because of this, Mother Nature can fill the land with plants, animals, and warmth.

The North Wind stopped. “What is that smell?” he asked, surprised.

And that is why, even today, we see the prairie rose blooming across the land each spring. It reminds us to care for nature and be grateful for all the beauty around us.

“That is me,” said the little flower. “If you weren’t so grumpy and cold all the time, you could smell it more often.”

The North Wind had never smelled anything like it before. “What do you mean?” he asked.

Heritage Michif English Pronunciation Guide

la praamyayr rooz

la prahm-YARE rose

kii aahkamayimoow

key a-h-kuh-MAY-ee-MOW

kayaash

kuh-YAH-SH

pakitinin

pa-KIT-uh-NIN

kaykwy ooma?

cake-WHY oh-MA?

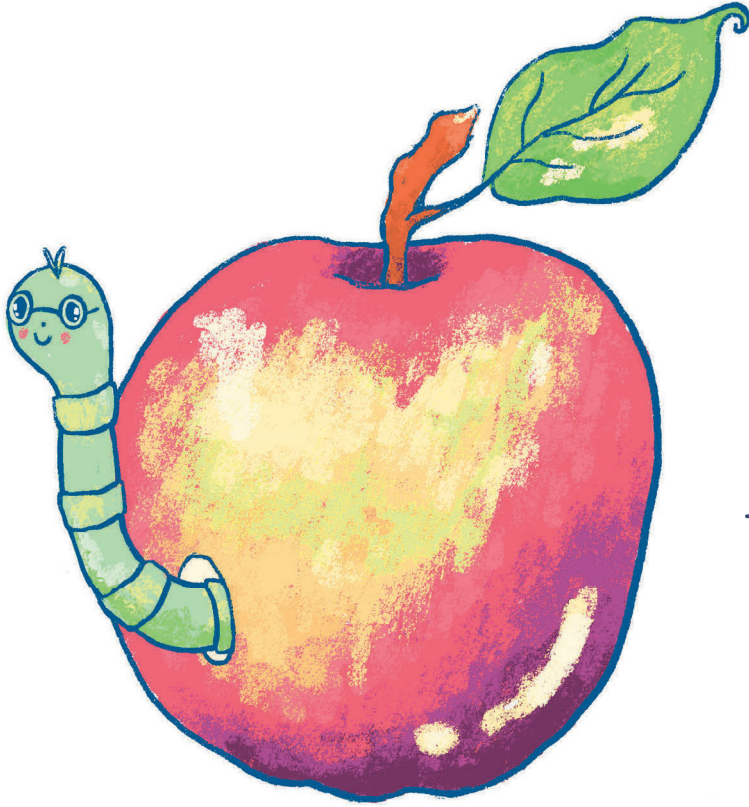
ashpinay akooshpii

ash-pin-NAY a-coash-PEE

*Capital letters indicate stressed syllables



Fill the written Michif number in the blank



1

_____ **pomm**

One apple

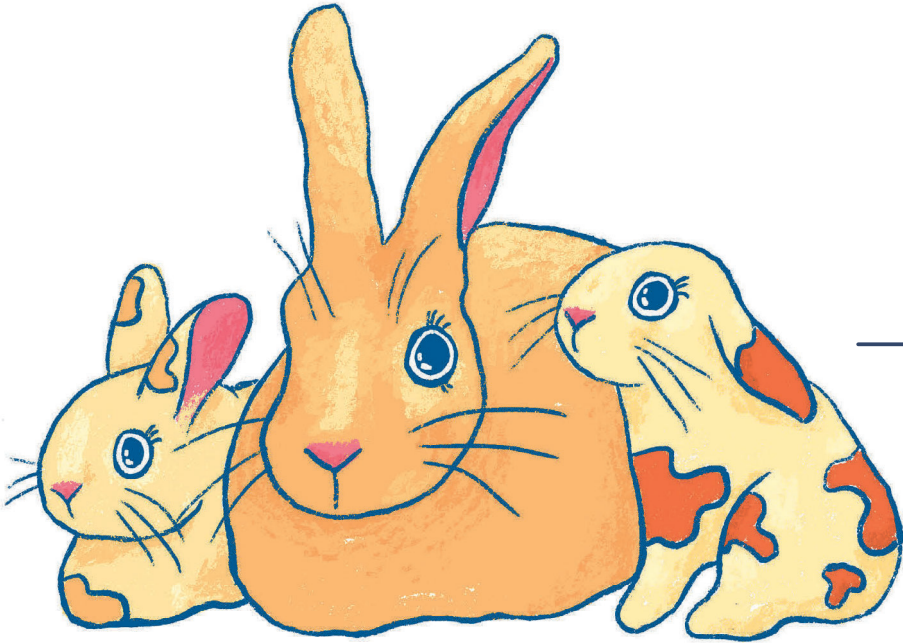
2

_____ **lii sooyii**

Two boots



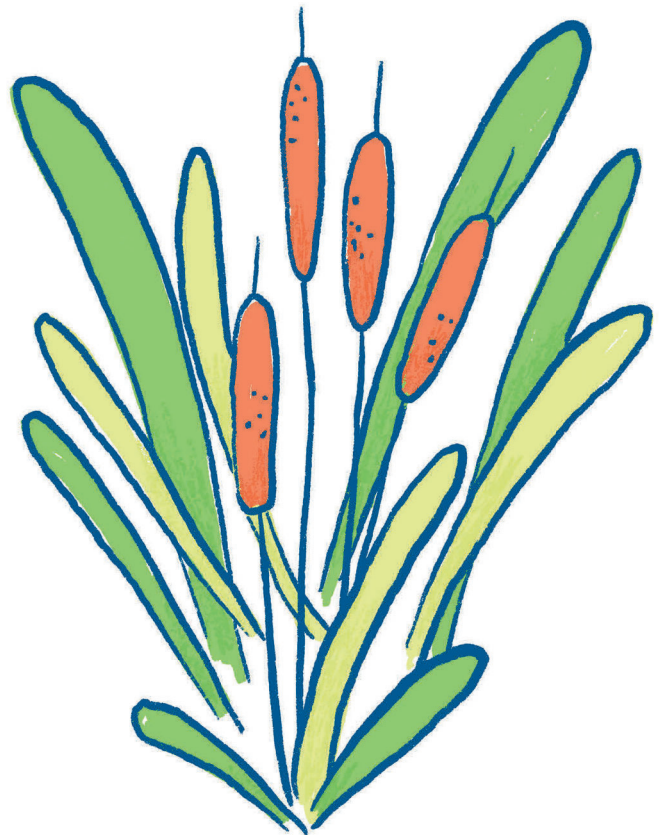
3



_____ **lii lyayv**

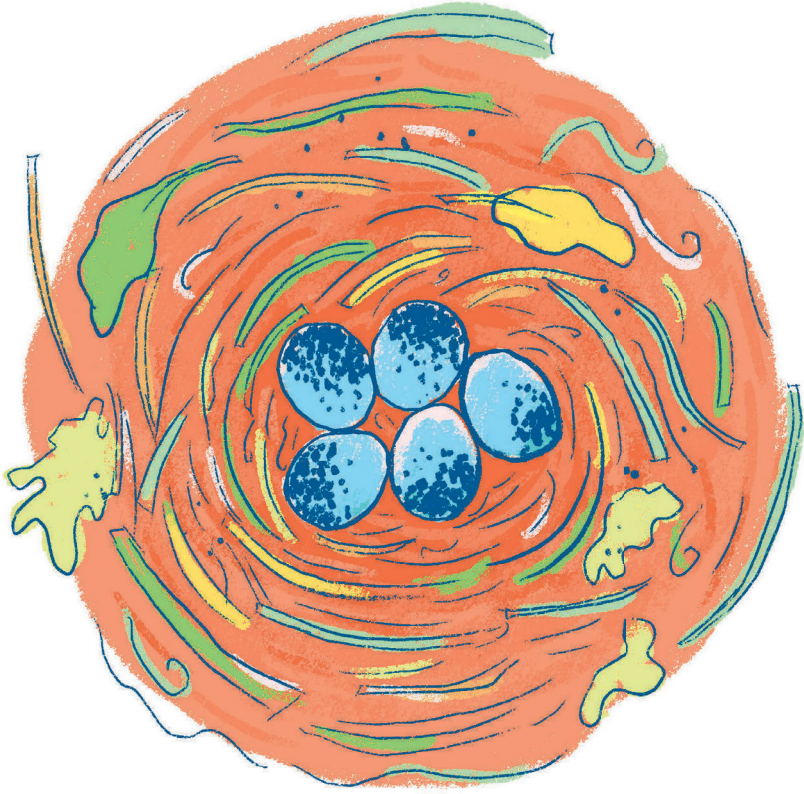
Three rabbits

4



_____ **lii koonoy**

Four cattails



5

_____ **lii zaef**

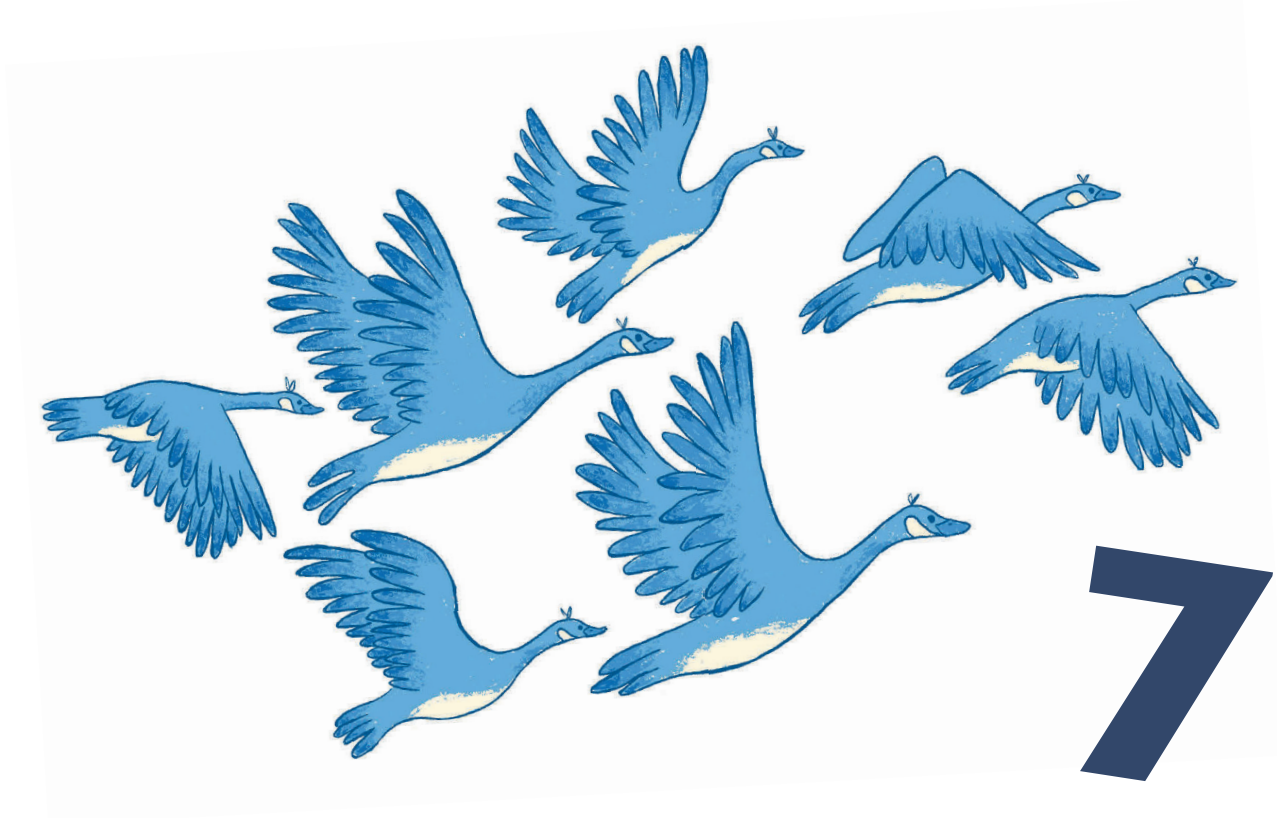
Five eggs

6



_____ **lii yamoo**

Six bees



_____ **lii zway**

Seven geese

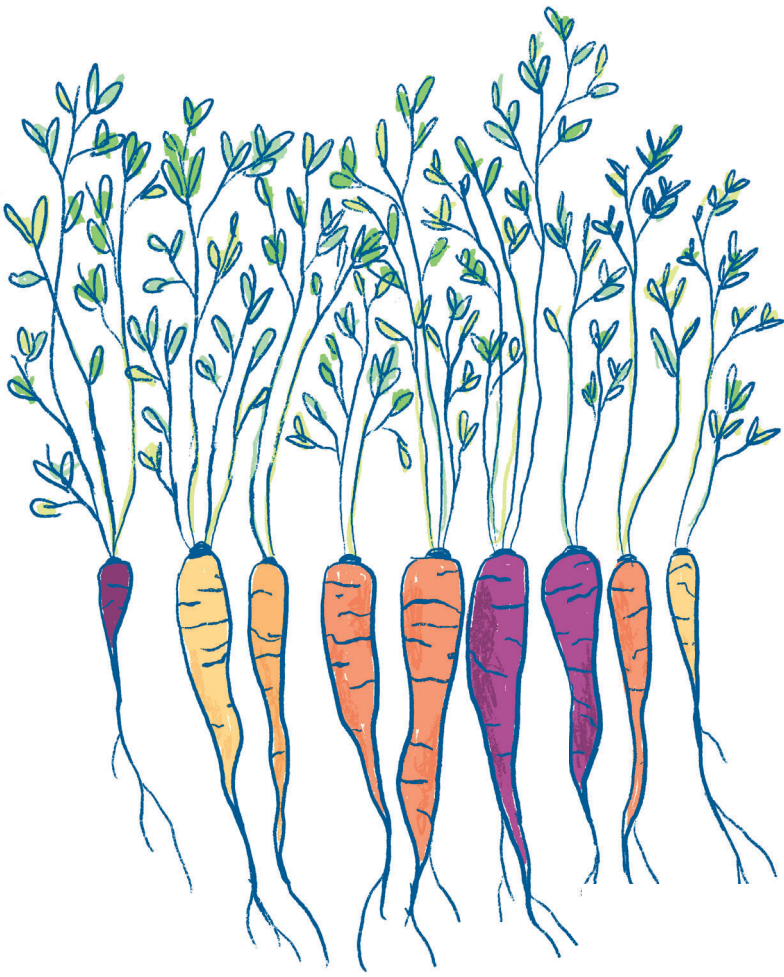
8



_____ **lii fleur**

Eight flowers

9



_____ **lii karot**

Nine carrots

10



_____ **lii frimii**

Ten ants

K C W G U S M R X S T R Y I F S D J H T S Y B Z X O R L W D
 X K A R O T U T U G O S E P G J Z R K K G Q K R F L M V K C
 B K V O M D I H Y G G H Q U Q C Y R K P U C I L C R K A B O
 W R G E B N O R A J L O D Q T R E O Y U Z T U C J O I S O Z
 W Q L F J X M S Z J A K O O S H O D K M A J F O K Q M M X Z
 O R V M T Q O P W H O V Y P T R M X X D A Y V N V D A E I S
 S E L B J X I D A B A P Y H V C M O O S H A H N O N O Z O I
 C F I P L F G T K F C A M S P R O U H F A Y T S D T W W M I
 V P Y Q P W P K L U Y Y R O Z U E M X N M O O S L X U O U R
 K R R X G W H Q H L S V P D W N E Q I A U D K A I G N B Y D
 G A M B Z U K W Y X L W G J A R C Y E L S L Y A Y V F Y N K
 I E Y F M N Q H C H S D U V O Y B N O G S J O J D T Y M H E
 Z N M A E M A E N G W A E N N Z N K O A N B I Q F Z U R O S
 B T N J Z U A O Y Z D N W F H D W D W K E W N T B T Z H R O
 D A P T G A Z W M A E M A E G W A A E N F P F W A L A Z V M
 F A N X J O L Q S E D Y A B Z O U N A A C Y O M R C E I Y Q
 G N Q O H E C K C F C D A T V L Q A C E F L T D P Z E V U Z
 B K S N A D E P J V O O Y A G X Y U W Z X R V Q U Q K C T V
 U F U L M S E S H K N C J B G X D Z N D G M T R Z T W E L W
 M L E J Y W M Y L X C D X N F K I M O O W U N Y C D E N L A
 P K O O L A Y V F I M G E U I B V T N U D X E D O T K Z Z G
 B O A O M U Z R L Q D Q E N S U W K I Z J O D I C T R M V R
 L A D S W J A M I N F G Q J R F Y N S S K A R O T Y N R X K
 O D U H F J A E J F U R C F B W Z T Z H H V L O T Q Z V U C
 R B N O I Q T V M L X F I H V E N H T K F V X R R S B A U A
 C Q Q O U X O V B O C R S M P K X G N N M O L Y A Y V W D O
 N G H Y F M O X Y R B W K N I O R G K N Y Q I N S N V R T S
 H A A I X K N G G Y U S N K T I X A N C R O N W M F Q W Q I
 E F Q B Q B U M L J S S P A Z N R I R I M O B L R K G K T E
 G O C D N S Z D G Z D F W N C S O P R O K E U M W L W K Y O

maemaengwaen

frimii

zhaardayn

moosh

koolayv

karot

zaef

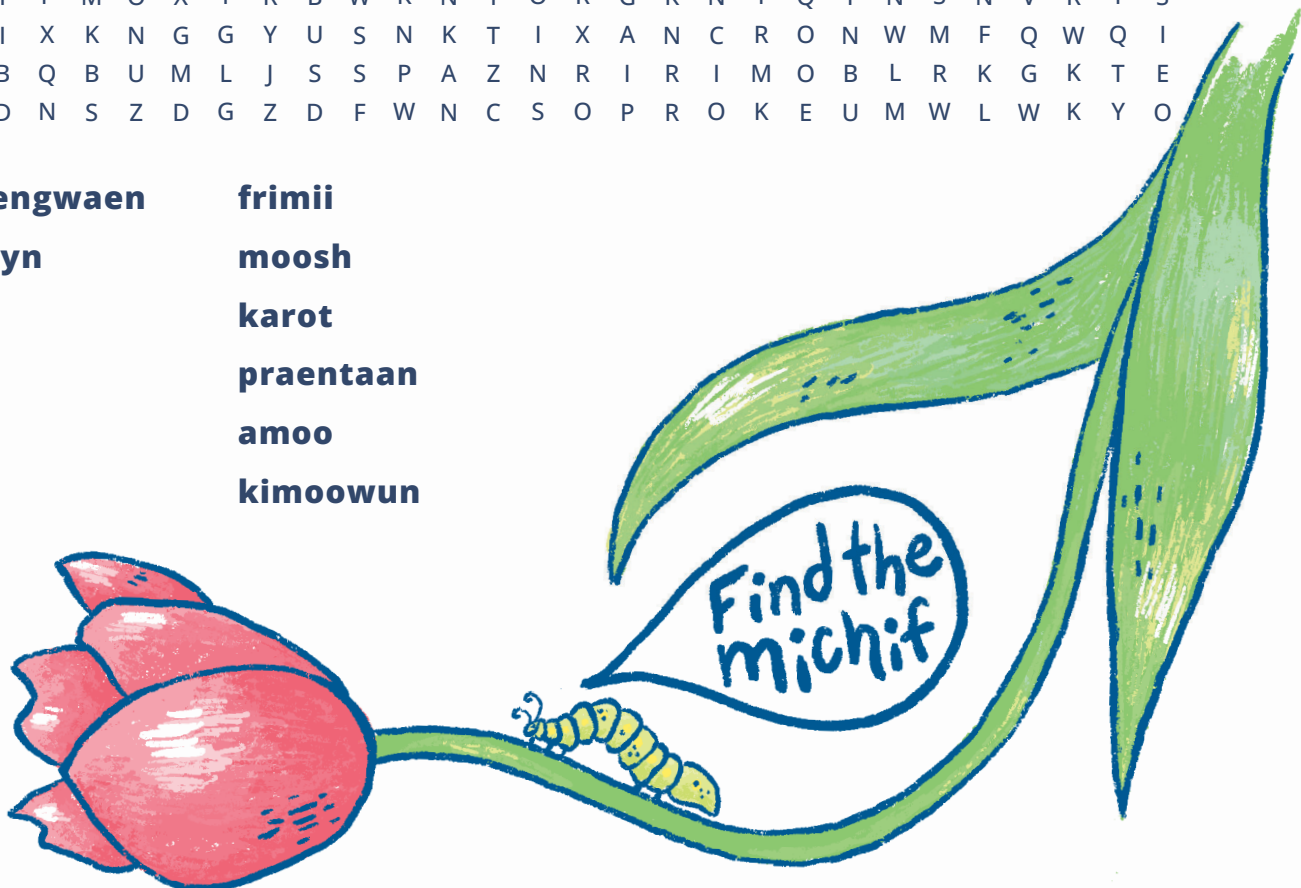
praentaan

keu

amoo

lyayv

kimoowun



Colour By Number

henn: red
deu: yellow
trwaa: pink

kaatr: green
saenk: grey
sis: orange



Flower antlers: deu

henn: one | **trwaa:** three | **sis:** six | **deu:** two | **saenk:** five | **kaatr:** four

How many do you see in **la zhaardayn** the garden?



I found _____ **nwayzoo** daan **la zhaardayn**.
bird

I found _____ **lii manichoosh** daan **la zhaardayn**.
bugs

Colour By Number



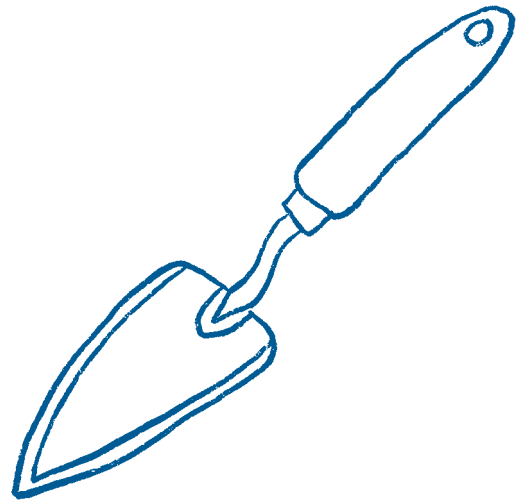
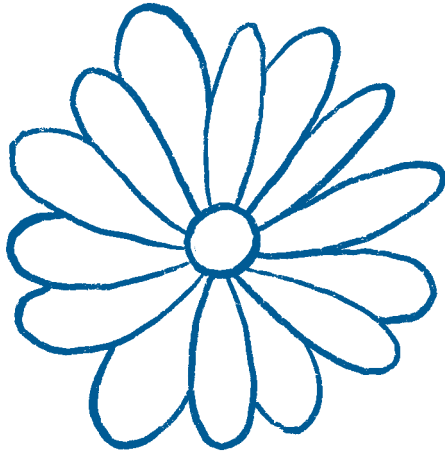
- 1:** roozh
- 2:** zhoon
- 3:** bleu
- 4:** ver
- 5:** vyalet
- 6:** oraanzh

li Mem

Matching/the same draw a line to match the picture to the word

**enn kaann
di loo**

amoo



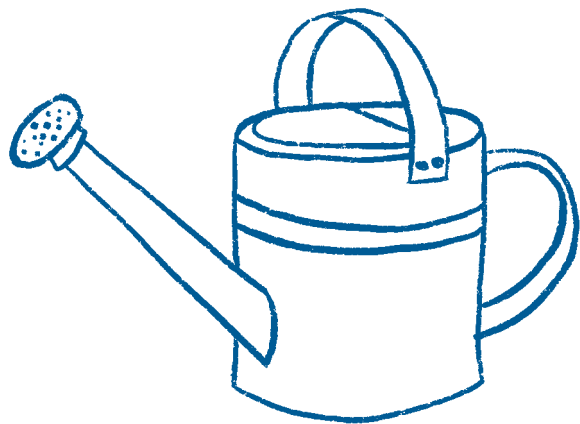
enn fleur



la besh



**aen
nwayzoo**



Decode the translations



la niizh tihkitayw

English translation



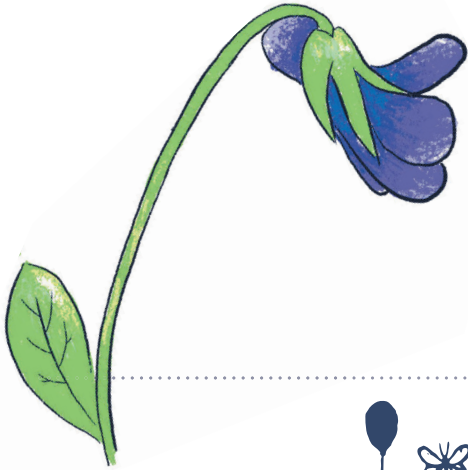
la glaas tihkitayw

English translation



la rivyayr tihkitayw

English translation



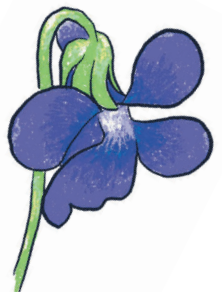
taanishi li taan anoosh?

English translation



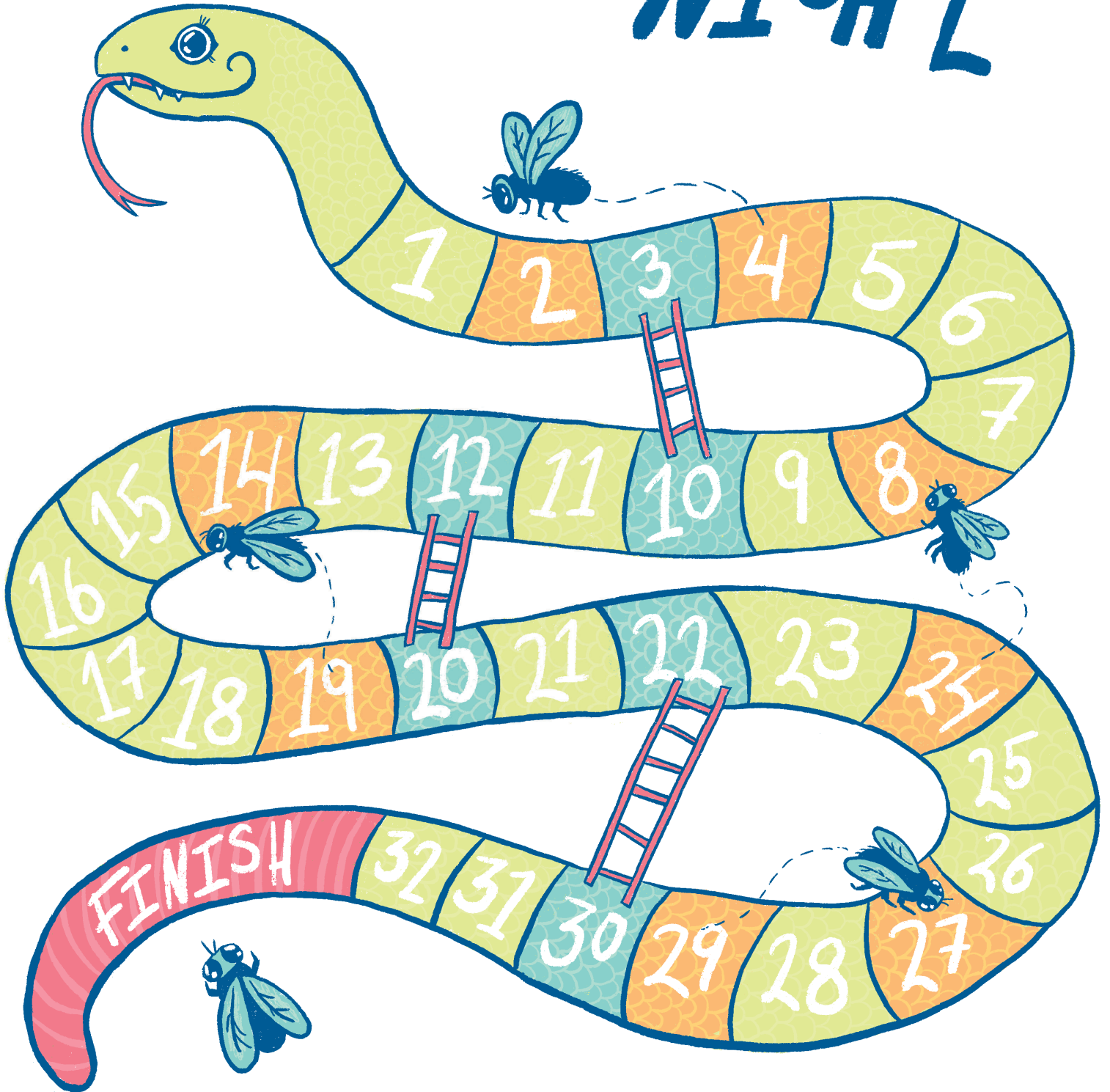
mitooni li boon taan

English translation



Moosh + NISHEL

Flies & Ladders



Start at the **tet di koolayv** head of the snake, roll a die, count in michif as you go along! Try to make it all the way to their **keu** tail and watch out for the **moosh** flies!

Find the Michif and translate the name of the vegetables below:



enn sitrooy

lii pwaa

enn karot

la salaad

enn toomaat