



sîkwan

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.”

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

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

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

“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.

“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.”

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

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.”

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.”

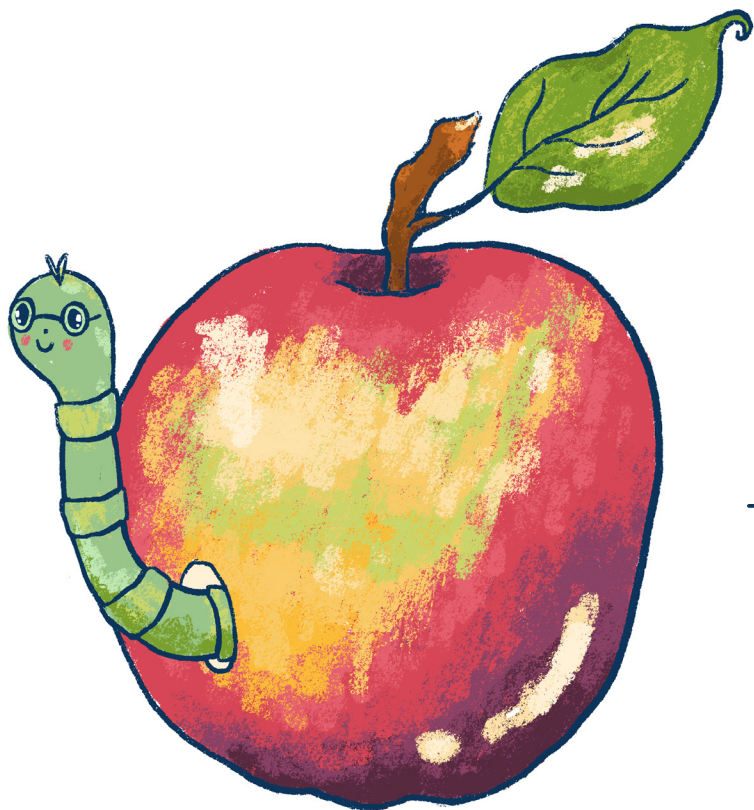
The North Wind agreed. **Ashpinay akooshpii** - *Ever since that day*, the little pink prairie rose blooms every spring to remind the North Wind that it is time to go on holiday. Because of this, Mother Nature can fill the land with plants, animals, and warmth.

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.

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
Kii aahkamayimoow	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

_____ **pom**

One apple

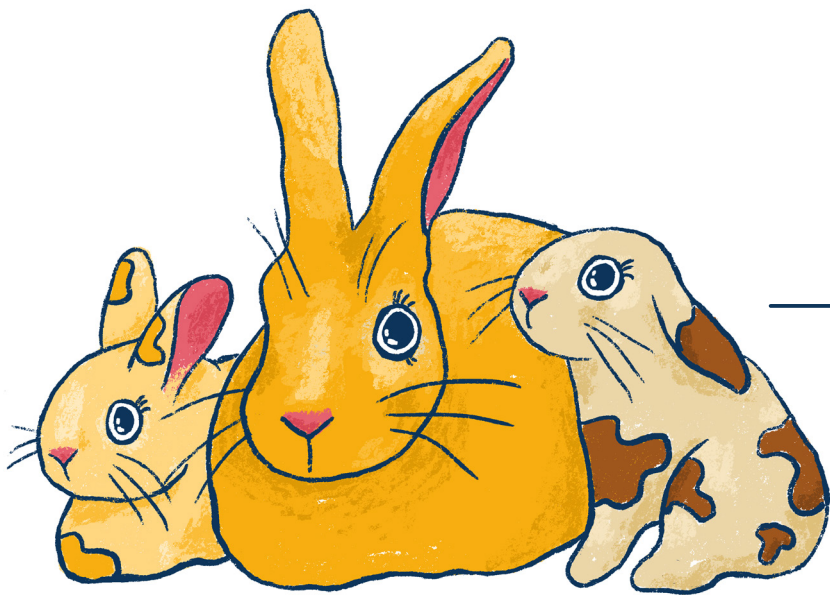
2

_____ **bwat**

Two boots



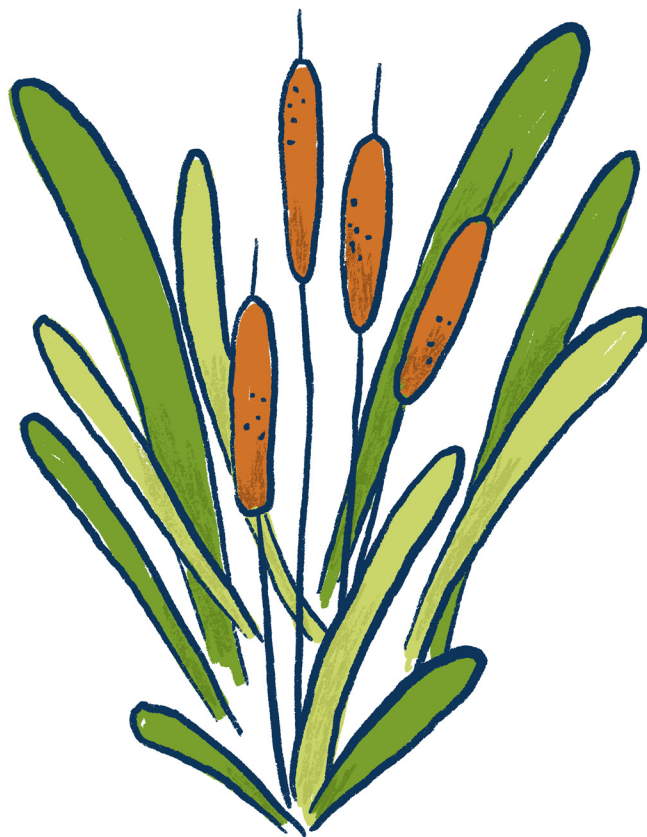
3



wâposhwak

Three rabbits

4



pasihkânak

Four cattails



5

_____ **wâwa**

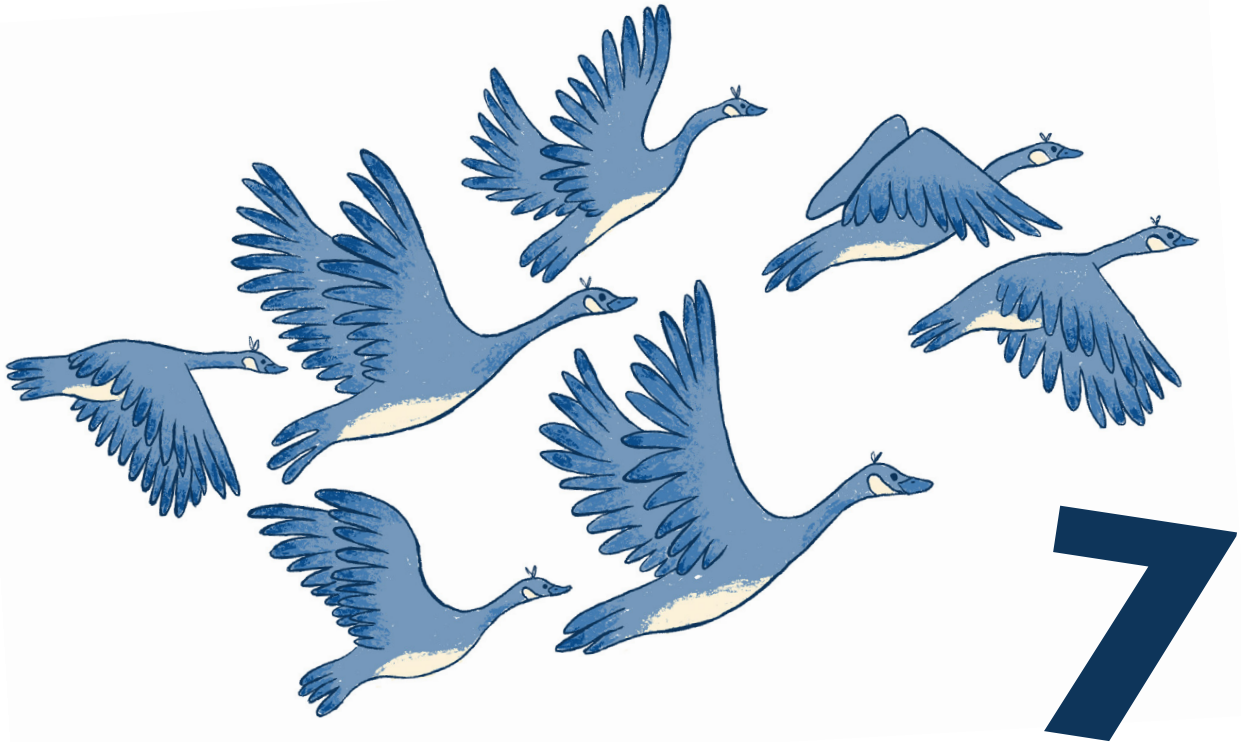
Five eggs



6

_____ **âmôwak**

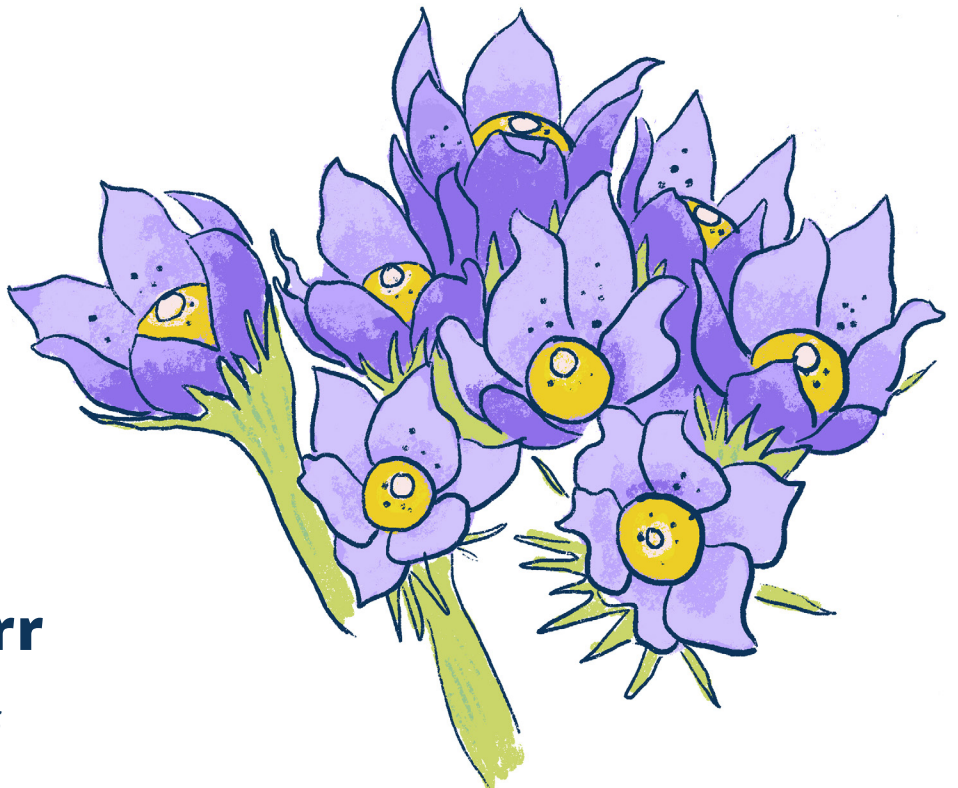
Six bees



_____ **niskak**

Seven geese

8



_____ **flårr**

Eight flowers

9



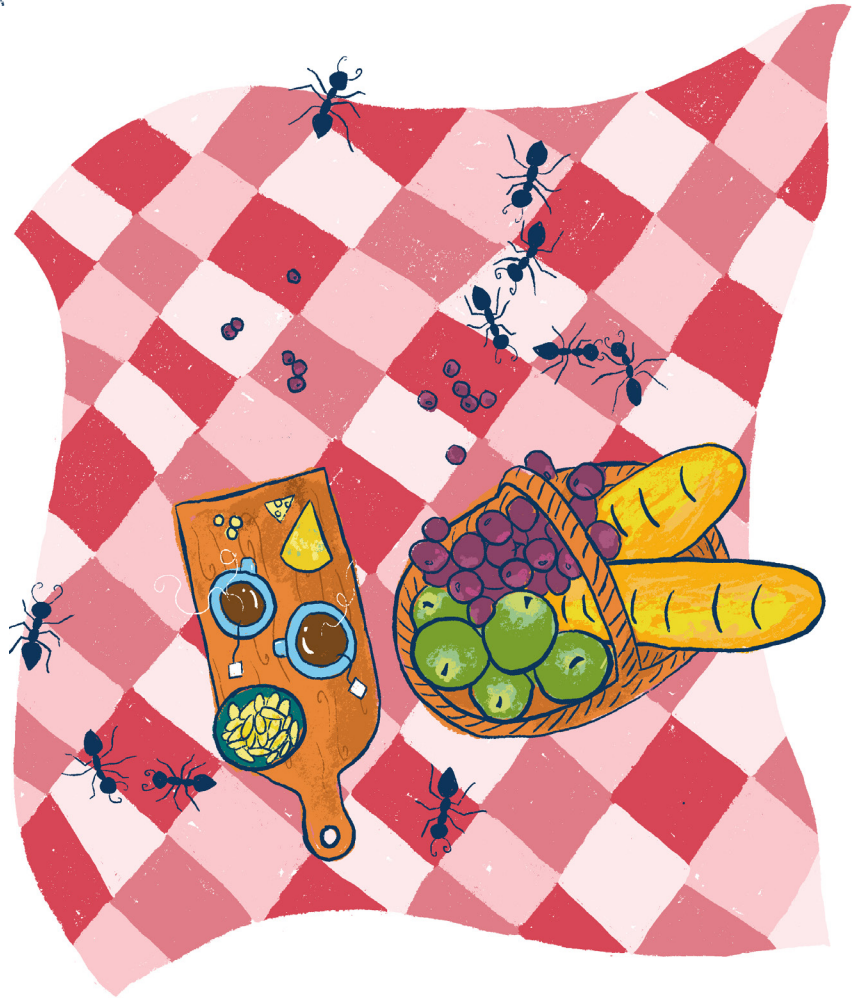
korrot

Nine carrots

10

alîkosak

Ten ants



K C Ô C D N S Z D G Z D F W Ń C S Ő P R O Ê C L M W L W K Y
 X K W G U S M R X S T R Y Î F S D J H T S Y B Z X O R L W D
 B K Å R O T U T U G Ô S Ê P G J Z R K K G Q K R F L Ñ V K C
 W R V Ô M D Î H Y G G H Q U Q C Y R K P U C Î L C R K Å B O
 W Q G E B Ñ O R Å J L O D Q T R E O Y U Z T U C J Ô Î S O Z
 O R L F J X M S Z J A L Î K O S Ô D K M A J F O K Q M M X Z
 S Ê V M T Q Ő P W H Ő V Y P T R M X X D Å Y V Ñ V D W Ê I S
 C F L B J X Î D A B Å P Y H V C M Ô Ő S K I S T I K Å N Ő I
 V Z Î 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 Î
 K W Y Q P W P K L U Y Y R Ô Z U Ê M X Ñ M Ô O S L X A Ô U R
 G Å R X G W H Q H L S V P D W N E Q I Å U D K Å I G N B Y D
 Î P M B Z U K W Y X F W G J Å R C Y Ê L S L Y A Y V F Y Ñ K
 Z O Y F M Ñ Q H C H S L U V Ő Y B Ñ O G S J Ô J D T Y M H Ê
 B S M Å E M A Ê G W A Å Å N N Z N K Ô A N B I Q F Z U R Ô S
 D H Ñ J Z U A Ô Y Z D N W R H D W D W K Ê W Ñ T B T Z H R Ô
 F M P T G A Z W M A Ê M A Ê R W A A Ê I F P F W Å L A Z V M
 G V N X J Ő L Q S E D Y P A S I H K Å N A K Ő M R C E Î Y Q
 B Z Q Ô H Ê C K C F C D A T V L Q A C Î F L T D P Z E V U Z
 U K S N Å D Ê P J V Ő Ô Y Å G X Y U W P X R V Q U Q K C T V
 M F U L M S Ê S H K N C J B G X D Z N I G M T R Z T W E L W
 P L E J Y W K A M Å M A K N F K I M Ô K W U Ñ Y C D Ê N K Å
 B K O Ô L Å Y V F I M G E U I B V T N U D X Ê D Ô T K Z O G
 L Ô Å Ő M U Z R L Q D Q Ê N S U W K Î Z J Ô D Î C T R M R R
 O A D S W J A M Î Ñ F G Q J R F Y N S S K Å R Ő T Y Ñ R R K
 R D U H F J Å Ê J F U R C F B W Z T Z H K I M Ô W A N V O C
 C B Ñ O Î Q M V M L X F Î H V Ê Ñ H T K F V X R R S B Å T Å
 Ñ Q Q Ô U X Ô V B O C Ê W M P K X G N Ñ M Ô L Y Å Y V W D Ô
 H G H Y F M O X Y R B W K N I Ô R G K N Y Q Î Ñ S N V R T S
 E Å Å I X K N G G Y U S Ñ K T Î X Å N C R Ô Ñ W M F Q W Q Î
 G F Q B Q B U M L J S S P A Z N R I R Î M O B L R K G K T Ê

kamâmak

kistikân

kinîpik

wâwa

pasihkânak

wâposh

alîkos

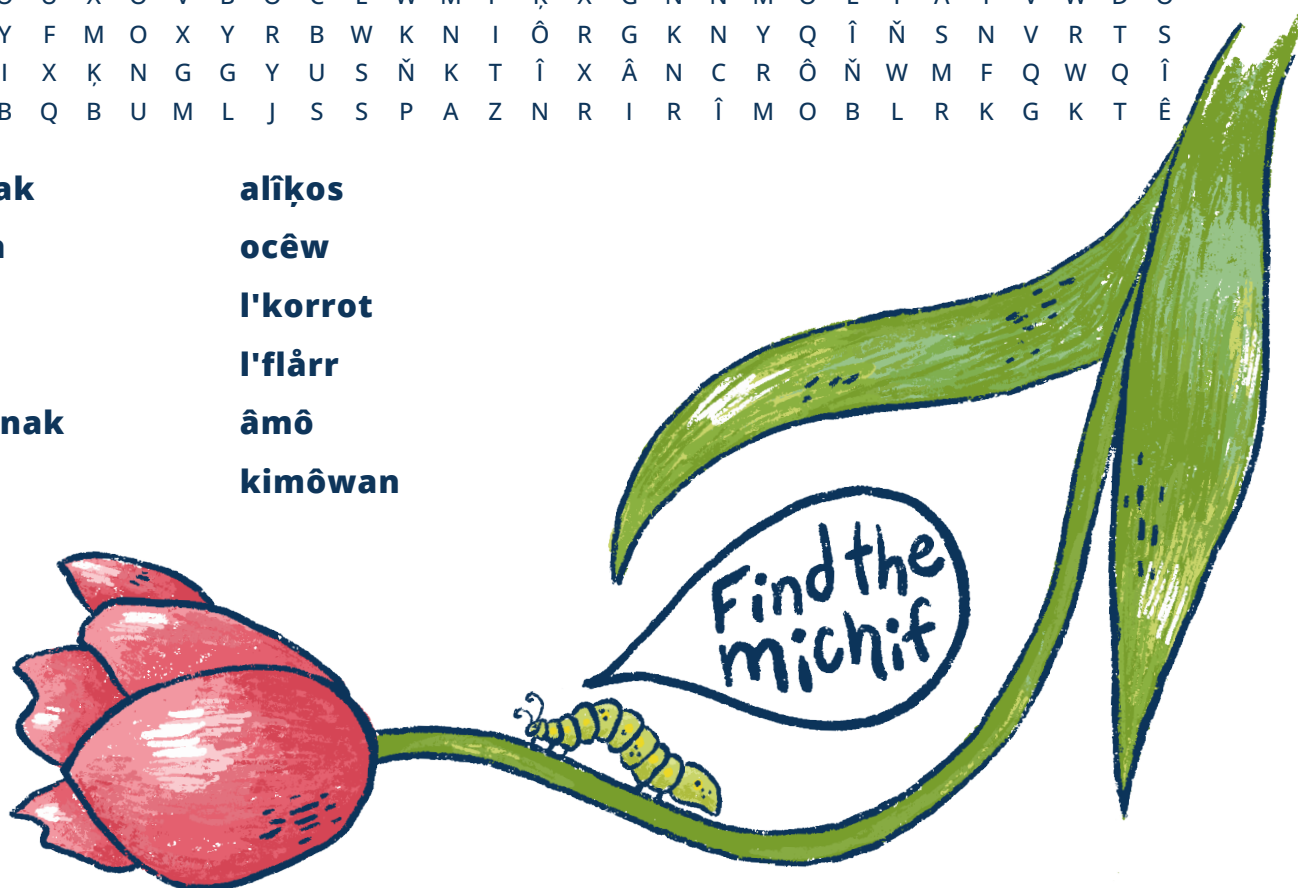
ocêw

l'korrot

l'flârr

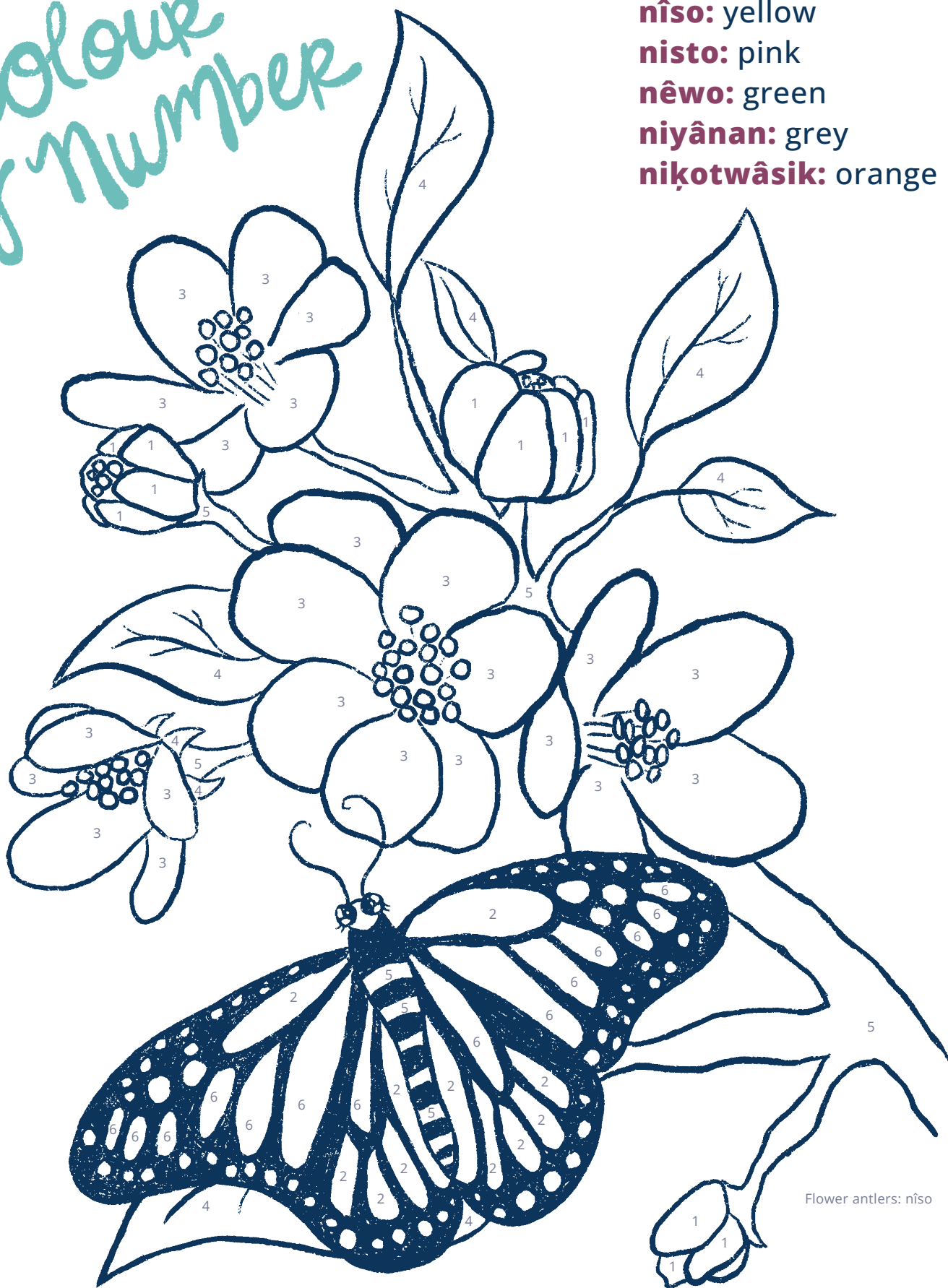
âmô

kimôwan



Colour By Number

piyak: red
nîso: yellow
nisto: pink
nêwo: green
niyânan: grey
niḳotwâsik: orange



Flower antlers: nîso

piyak: one | **nisto:** three | **niḳotwâsik:** six | **nîso:** two | **niyânan:** five | **nêwo:** four

How many do you see in **kistikân** the garden?



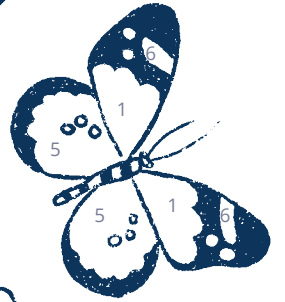
I found _____ **piyîsîs kistikânihk.**

bird

I found _____ **mancôsak kistikânihk.**

bugs

Colour By Number



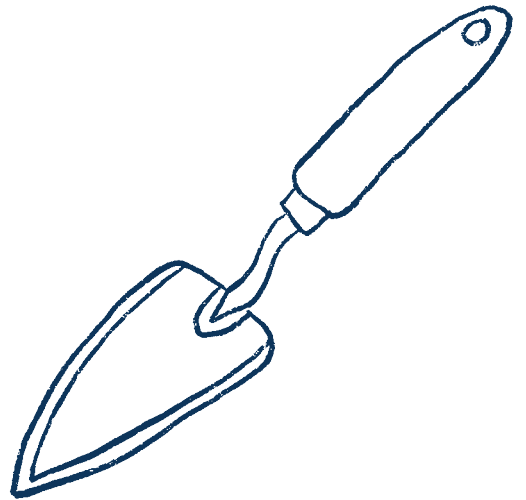
- 1:** lirrôsh
- 2:** l'jõñ
- 3:** l'blô
- 4:** l'vârr
- 5:** l'viyolâ
- 6:** l'zarrâñsh

miska

Draw a line to match the picture to the word

sîqayahciqêw
l'kan

âmôwak



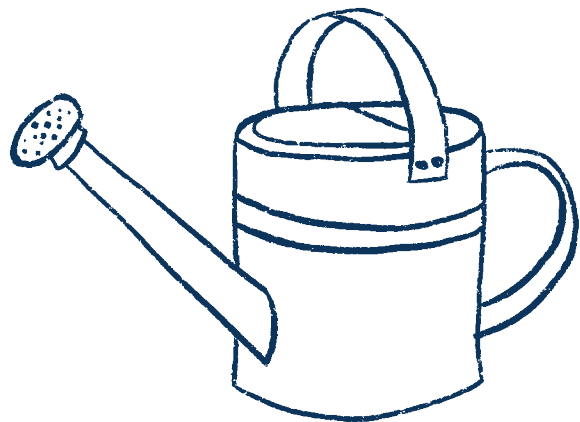
l'flårr



lapel



piyîsîs



Decode the translations



kôna tihkisô

English translation



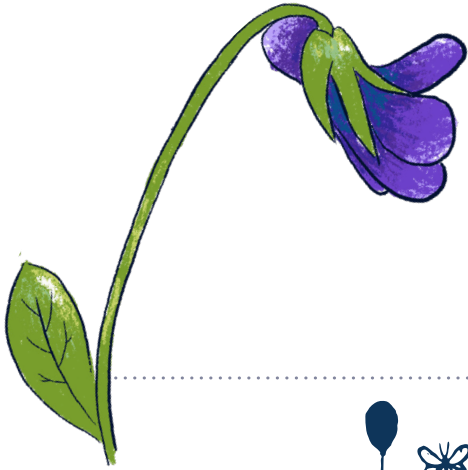
maskwamî tihkisô

English translation



sîpî tihkitêw

English translation



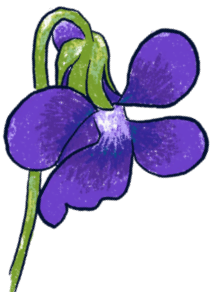
tân'si isi kîsikâw anohc?

English translation



macîkîsikâw

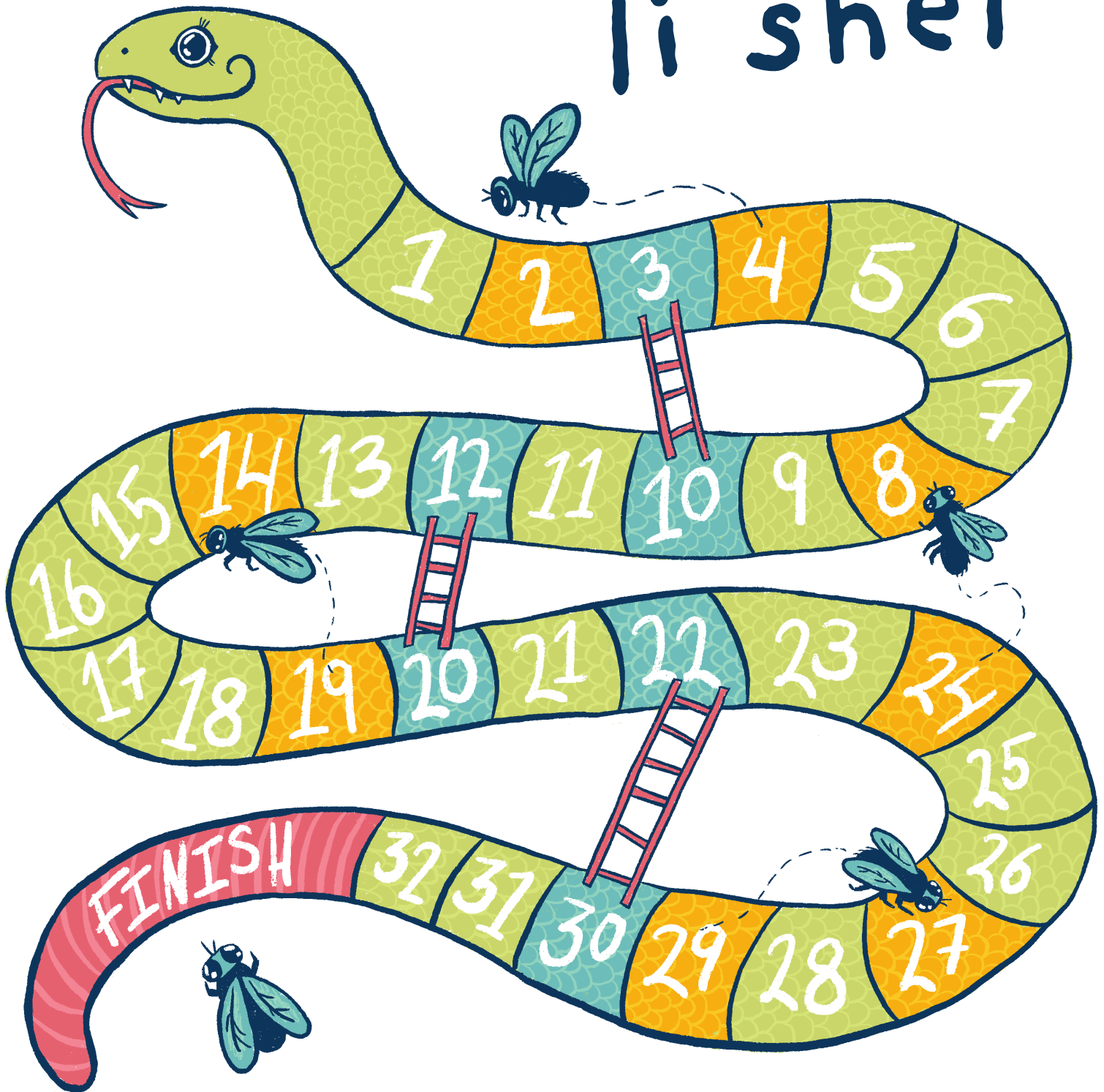
English translation



ocîsisak +

Flies & Ladders

li shel



Start at the **kinîpikos ostikwân** head of the snake, roll a die, count in michif as you go along! Try to make it all the way to their **misoy** tail and watch out for the **ocîsisak** flies!

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



misimînis

nîpiya

l' korrot

askêwipaḱwa

lî tamat