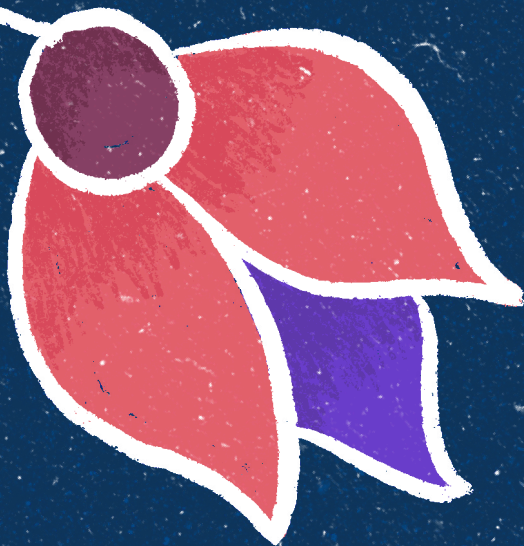
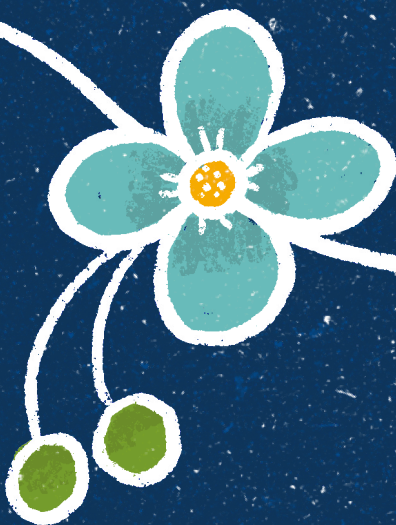




michif language

The Four Seasons



Michif French



A Year in Seasonal Rhythms

A Métis Teaching told by Koohkum Rita

Spring: Blooming & New Beginnings

Snow melting can cause flooding.

Seeds take root, and the weather gets warmer.

Crocuses and fruit trees are blooming.

Switch winter gear to summer gear.

Get garden ready for planting – usually starting middle of May after last frost.

Started from seed directly into the garden.

We would put a fence up to keep pests out.

Separate gardens for winter vegetables.

Métis families all around did the same. Gardens weren't hobbies. They were lifelines.

Grandpa would drop off me, Mom, and Dad at the creek in St. Madeline.

Dad would trap.

Mom and I stayed in the tent with our potbelly stove.

She taught me to make rugs and mats.

Summer: Heat & First Harvest

Very hot, heatwaves and drought in the prairies.

This could cause problems for people, animals, and plants.

By June, raspberries and strawberries were bursting red.

Time to can.

We'd gather cranberries, pin cherries, chokecherries, saskatoon berries.

The cellar would fill with jars of jam and jelly.

Gooseberries we'd eat fresh, they are too soft to keep.

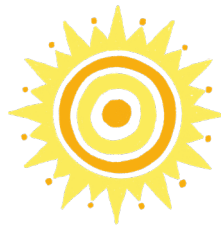
Peas, beans, lettuce, scallions, radish, and rhubarb made their way into our meals.

We ate what we grew.

What we didn't eat, we preserved.

The sun was hot; we made sure to keep our garden moist.

We'd carry buckets from the slough if the rain barrel ran dry.



Fa//: Season of Thanks

Temperature starts to cool, time to take down your garden.

Plants go dormant.

Prepare by picking and preserving what you can.

Root vegetables were hung in the cellar so they wouldn't rot, don't let them touch or they'll spoil.

We removed the excess greenery and left it on the garden beds.

It would break down over the winter.

I'm not sure we were ever told it was for mulch or compost, our family just said to leave it.

The chokecherries were crushed and laid out to dry.

Hazelnuts were picked and used for baking by Aunties.

Animals start to prepare for Winter – squirrels. And so did we.

Thanksgiving was a big family gathering.

We would give praise and thanks.

Daylight savings for us in Manitoba reminded us winter was near.

Winter: Stillness & Stories

Winter often brings cold weather with shorter days.

Animals find ways to keep warm.

We played cards often — games like Rummoli.

The adults played for money, but when we played, we used markers to pretend it was money.

We would go sledding and skating for entertainment – Uncle would clear snow off the slew or creek and we would use it as a skating rink.

Meals were hearty.

Meat, potatoes, and vegetables.

We started to pull from the cellar.

Stews, soups, and always dessert, we had canned fruit from warmer days.

The land is still.



praentaaan

La Primiay Prayrii Rooz – The First Prairie Rose

A Traditional Métis Teaching Story told by Calvin Racette

Daan le taan passae, *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. “**kway sa?** *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. **moi assay sa**, *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.”

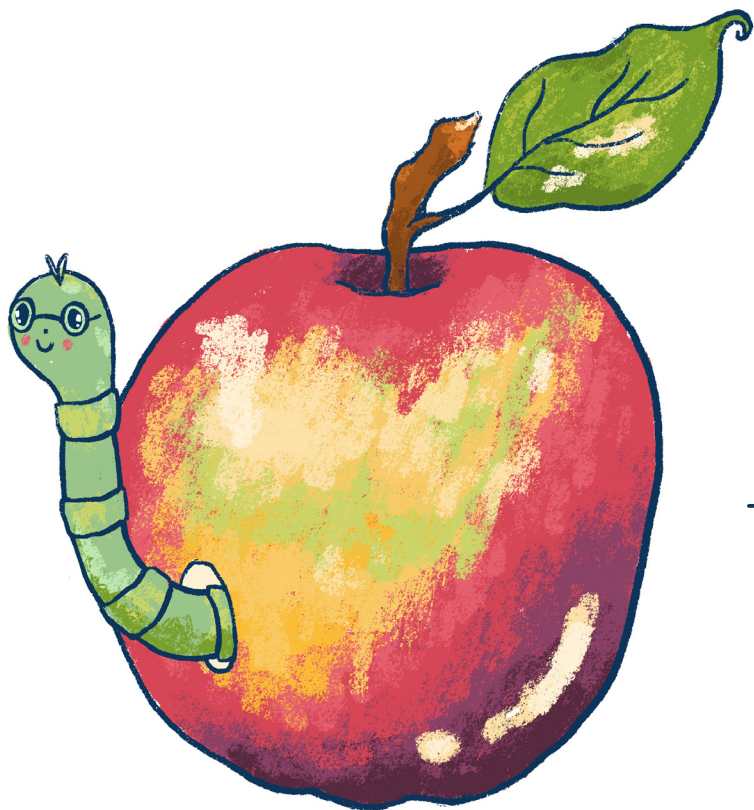
The North Wind agreed. **Ashpinay akooshpii** - *Ever since that day*, the little pink prairie rose blooms every spring to remind the North Wind that it is time to go on holiday. Because of this, Mother Nature can fill the land with plants, animals, and warmth.

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.

Michif French English Pronunciation Guide			
La Primiay Prayrii Rooz	la prahm-YARE rose	Kii aahkamayimoow	key a-h-kuh-MAY-ee-MOW
Daan le taan passae	kuh-YAH-SH	Moi assay sa	pa-KIT-uh-NIN
Kway sa	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

_____ **pumm**

One apple

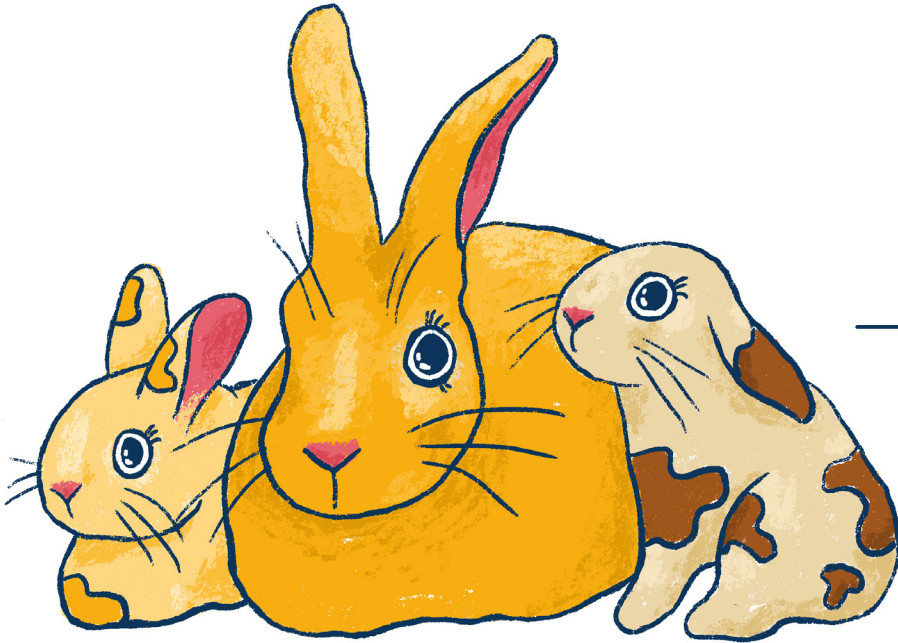
2

_____ **butt**

Two boots



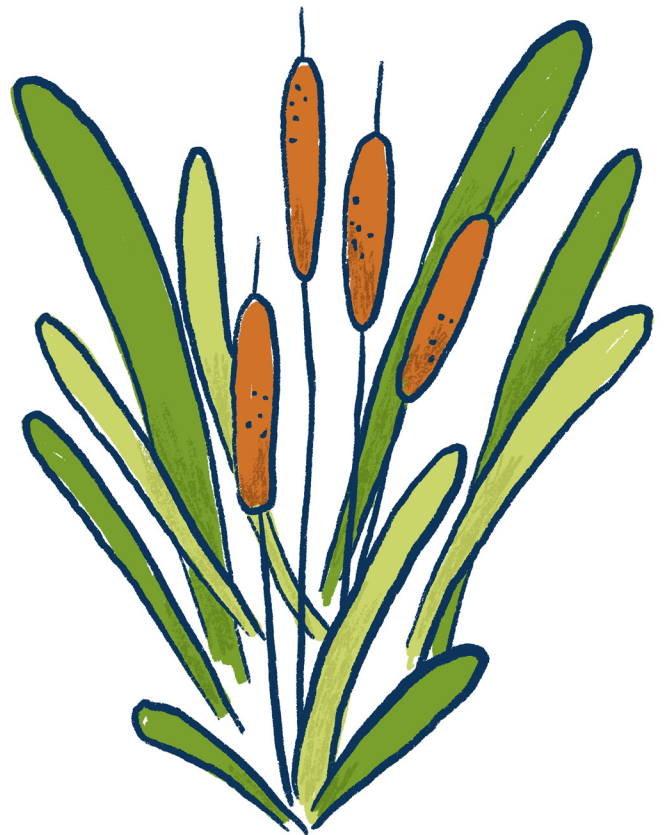
3



_____ **lievr**

Three rabbits

4



_____ **caiyoo**

Four cattails



5

_____ **zauf**

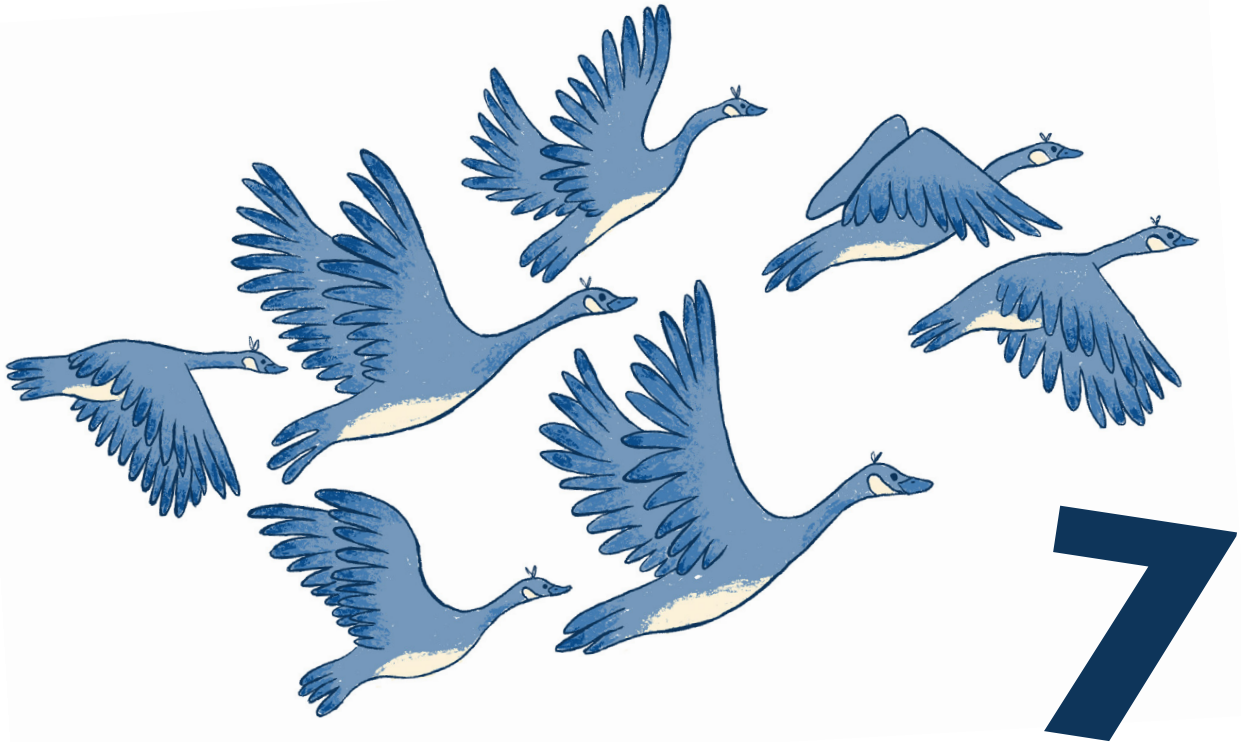
Five eggs

6

_____ **bae**

Six bees

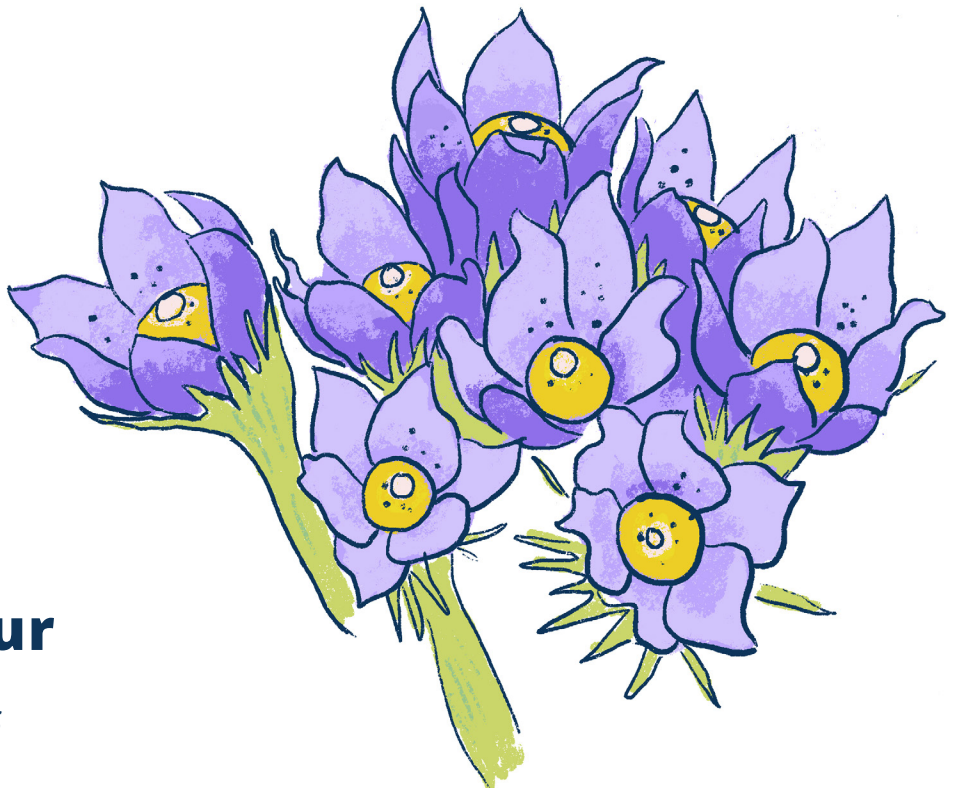




_____ **zway**

Seven geese

8



_____ **fleur**

Eight flowers



9

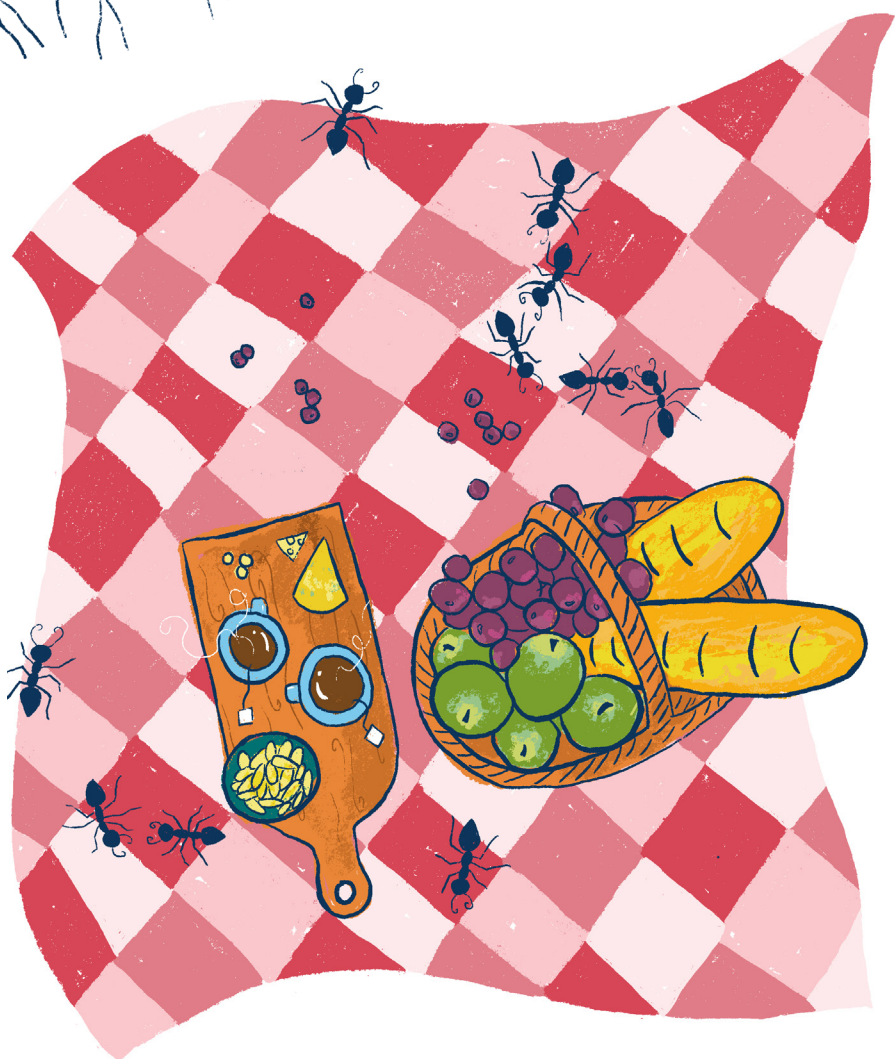
_____ **carrut**

Nine carrots

10

_____ **frimii**

Ten ants



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

papiion

zhardayn

koolayv

zauf

keu

lievr

frimii

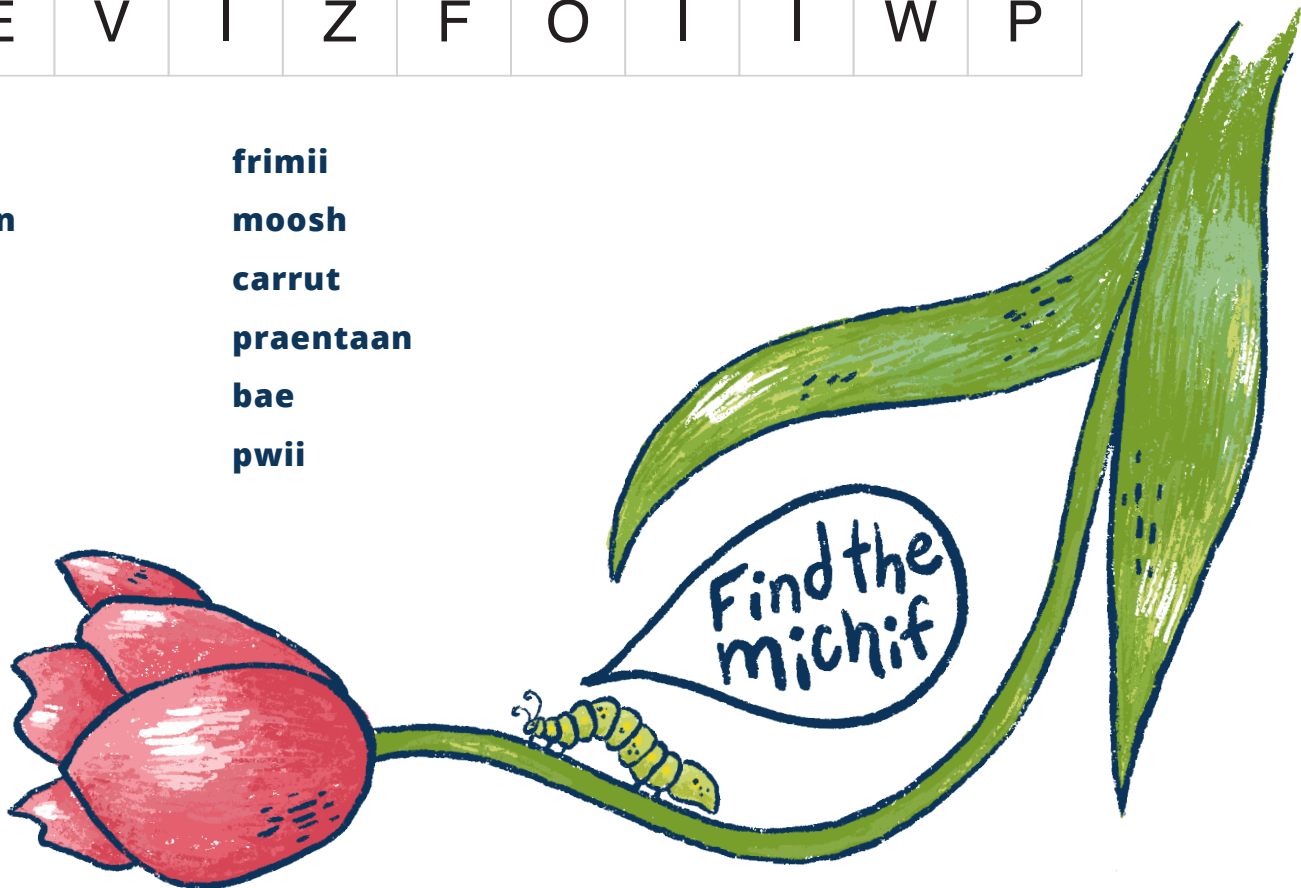
moosh

carrut

praentaan

bae

pwii



Colour By Number

aen: red
deu: yellow
trwaa: pink

kaat green
saenk: grey
sis: orange



Flower antlers: deu

aen: one | **trwaa:** three | **sis:** six | **deu:** two | **saenk:** five | **kaat:** four

How many do you see in **le zhardayn?**
the garden



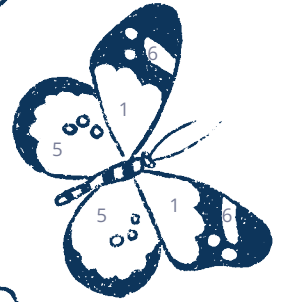
I found _____ nwayzoo daan le zhardayn.

bird

I found _____ bayt daan le zhardayn.

bugs

Colour By Number

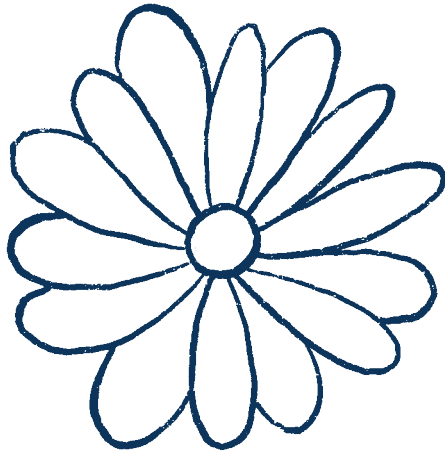


- 1:** rouzh
- 2:** zhown
- 3:** blu
- 4:** ver
- 5:** vyalet
- 6:** zoraanzh

met aansaamb

Draw a line to match the picture to the word

aen bae



**aen kaan
pour varsii
dloo**



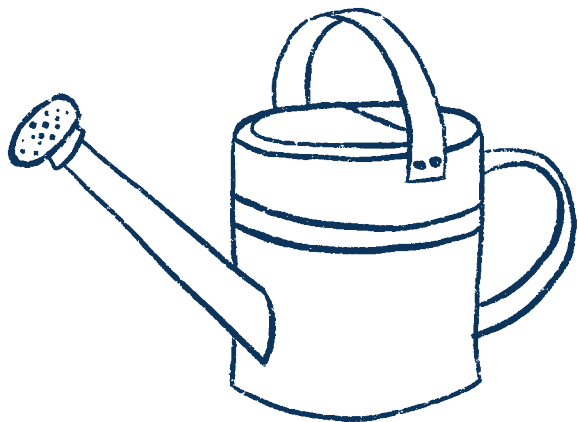
aen fleur



aen pel



**aen
nwayzoo**



Decode the translations

a b c d e f g h i j k l m n o p q r s t u v w x y z



la niizh foondjuu

English translation



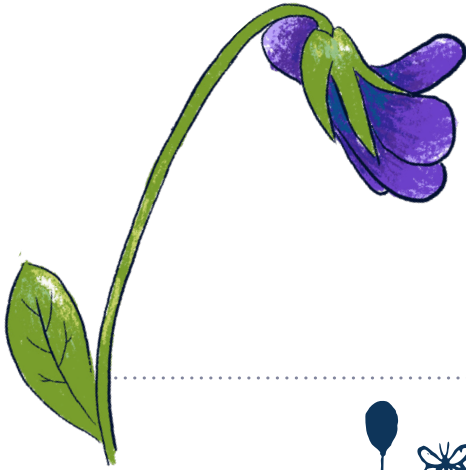
la glaas foondjuu

English translation



la rivyayr a dizhelii

English translation



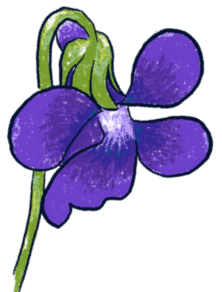
keushte le taan auzhourdjwii?

English translation



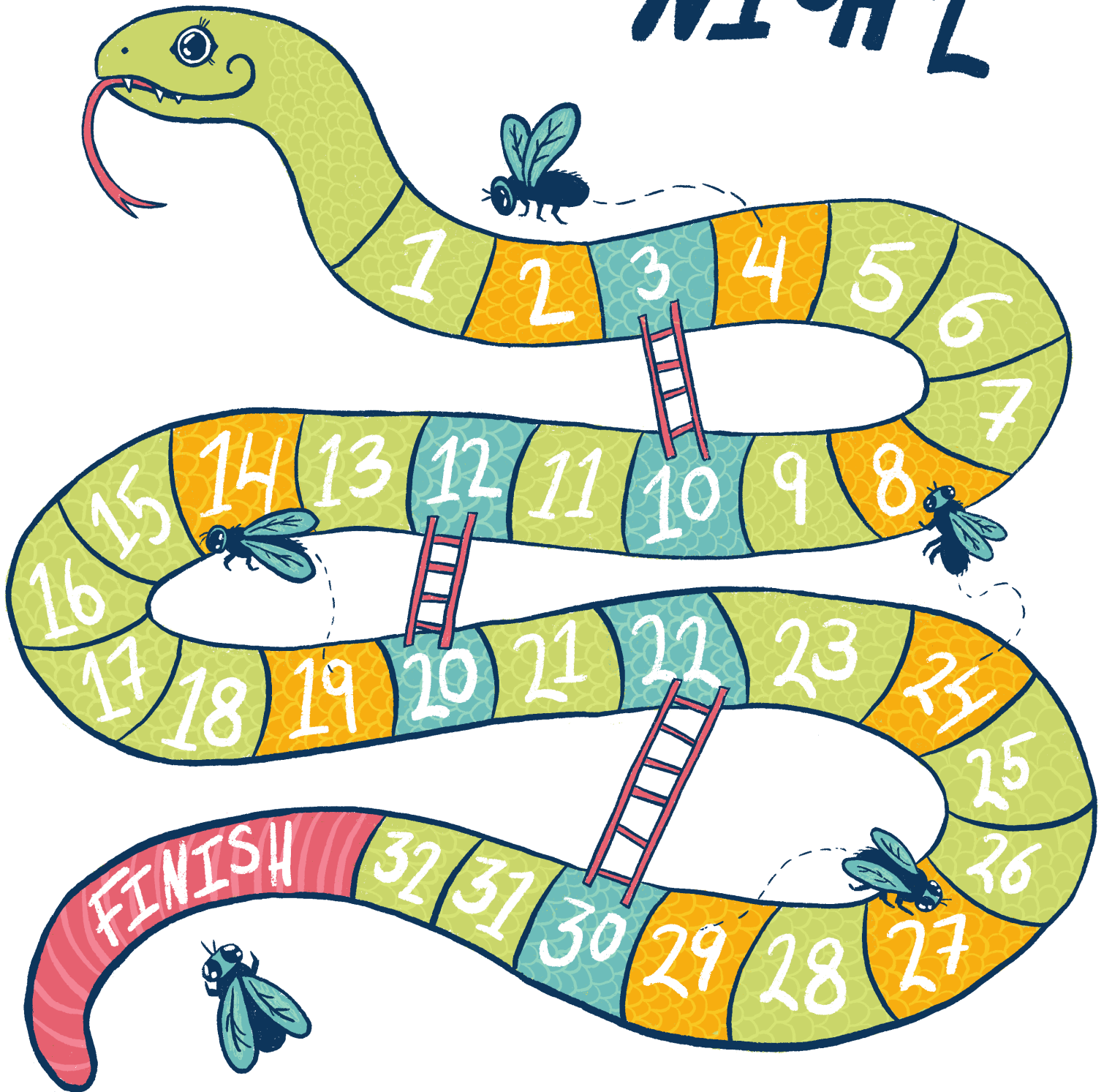
l'taan ay tray bonn

English translation



Lii Moosh + NISHÉL

Flies & Ladders



Start at the **tet de la 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:



aen sitrool

lii pwaa

aen carrut

li salaad

aen toomaat



Summer & the five senses

Summer is the time of growth, prosperity, and liveliness. The world is full of wonderful activity during this time. Use the five senses — sight, sound, touch, taste and smell — and reflect what makes this season so enjoyable for you.

Close your eyes... Where are you, take a deep breath, what do you smell? Write it down and describe how it makes you feel.

Close your eyes... Where are you, reach out and what do you feel? Is it under your feet? On the tip of your nose? Between your fingers? Write it down and describe what you like about it.

Close your eyes... Where are you, what do you see? Is it bright or is it dark? Write it down and describe the scene.

Close your eyes... And listen carefully, where are you? Can you describe the sounds? Is it loud or is it quiet? Write it down and reflect on other times these sounds can be heard.

Close your eyes... Take a bite! How does it taste? Is it sweet, sour, salty, or creamy? Is it crunchy, flaky, soft or mushy? Does it burst with juice that runs down your chin or is gooey? What is the temperature? Write it down and reflect on when you like to eat this most?



ouboor dloo

the shoreline

Write it in *big* letters

Write it in *small* letters

Write it in *fancy* letters

le fwaen verr

the green grass

Write it in *big* letters

Write it in *small* letters

Write it in *fancy* letters

LET'S GO CAMPING

What are you packing?



Match the Michif name to the image and translate the words below:

1: lii blooay _____

2: aen pwel _____

3: aen kaab _____

4: aen aytwull _____

5: aen vyayloon _____

6: aen mesh _____

7: aen haash _____

8: aen taas _____

9: le tae _____

10: fanaal _____

11: meuzeuk _____

12: aen fleur _____

13: le koffii _____

14: lii marshmallow _____

15: aen kroshay _____

16: le feu _____

17: aen grenn dipnet _____

18: laeng de paysh _____

19: li pwasoon _____

20: aen flashlight _____

21: aen vayr _____

22: lii lonn veu _____

23: aen feuay _____



What is missing? What other things would you bring on your trip?

aen feuay: leaf
music: music
lii lonn veu: binoculars
le koffii: coffee
aen aytwull: star
aen mesh: matchstick
li tae: tea
aen grenn dipnet: pinecone

laeng de paysh: fishing rod
fanaal: lantern
aen fleur: flower
aen haash: axe
li feu: fire
aen vayr: worm
aen vyayloon: fiddle
li bwaa: wood

aen pwel: frying pan
lii blooay: blueberry
aen kroshay: hook
lii marshmallow: marshmallow
aen flashlight: flashlight
aen taas: cup
aen kaab: rope





Colour and count the objects. Write the number of each in Michif below:

Strawberries

lii frayz

Stars

lii ziiwel

Leaves

lii feuay

aen: one | trwaa: three | sis: six | deu: two | saenk: five | kaat: four

Colour By Number

aen: blue

deu: purple

trwaa: green

kaat: orange

saenk: yellow

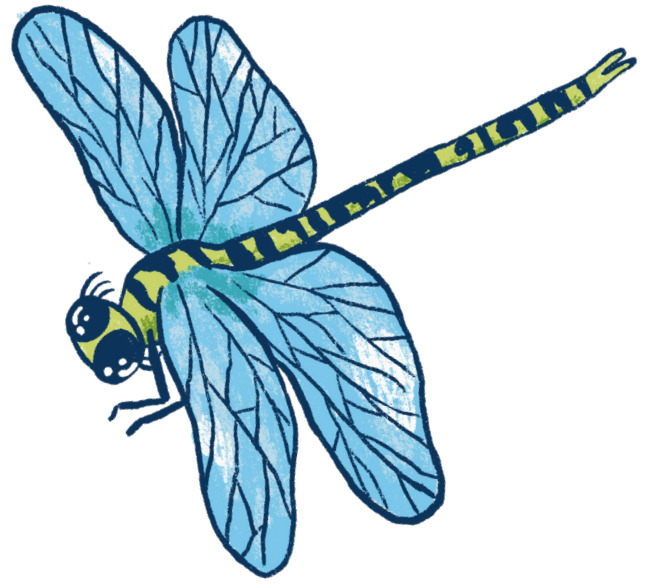
sis: brown



aen: one | **trwaa:** three | **sis:** six | **deu:** two | **saenk:** five | **kaat:** four

met aansaamb

Find the matching translations



aen noors

rose

lii ziitwel

aen zhardayn

la pel

feuay

le maray

aen taas

lii frayz

aen carrut

shovel

cup

strawberry

marsh

stars

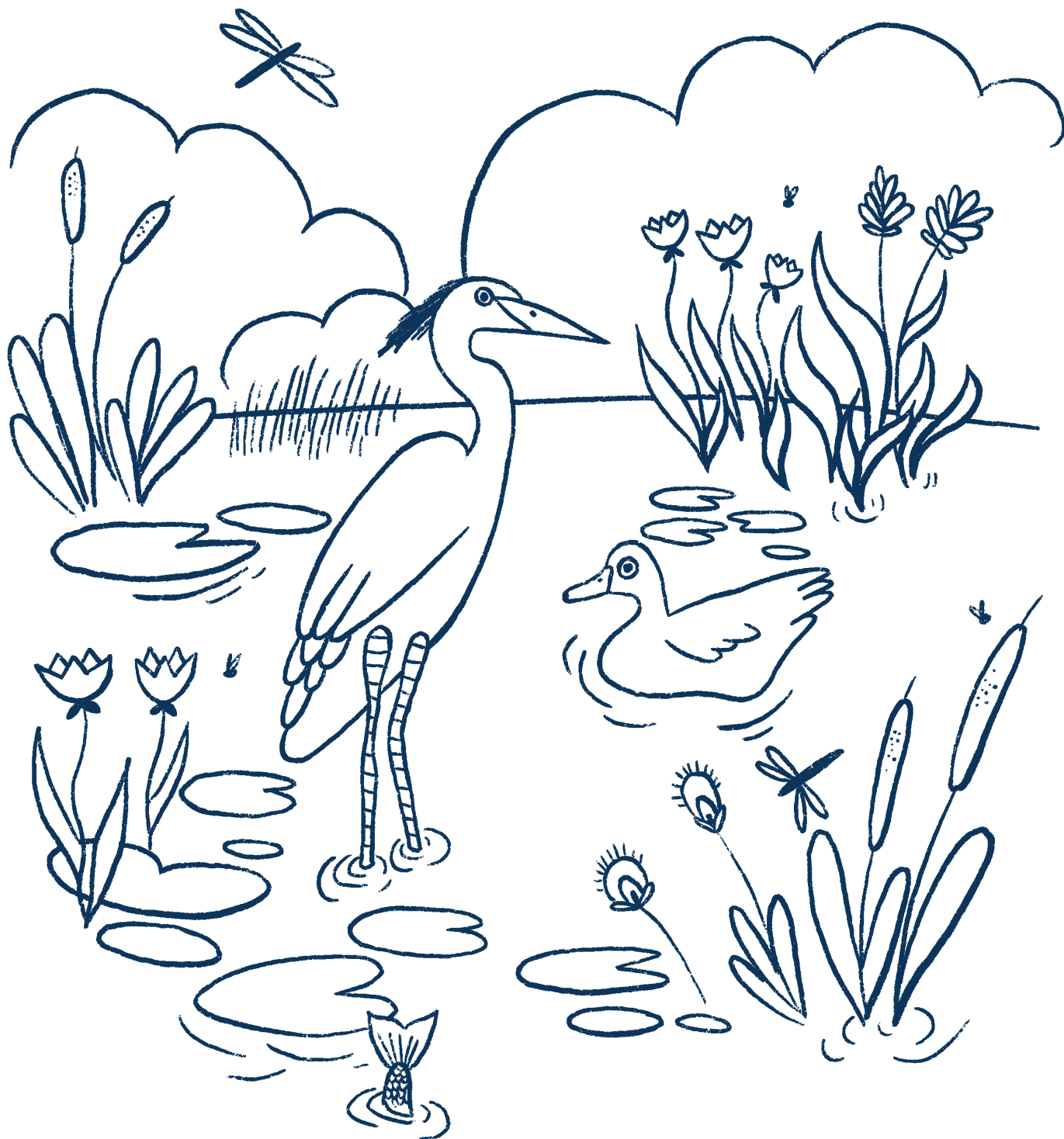
one

carrot

pink

bear

How many do you see in **li maray** the marsh?



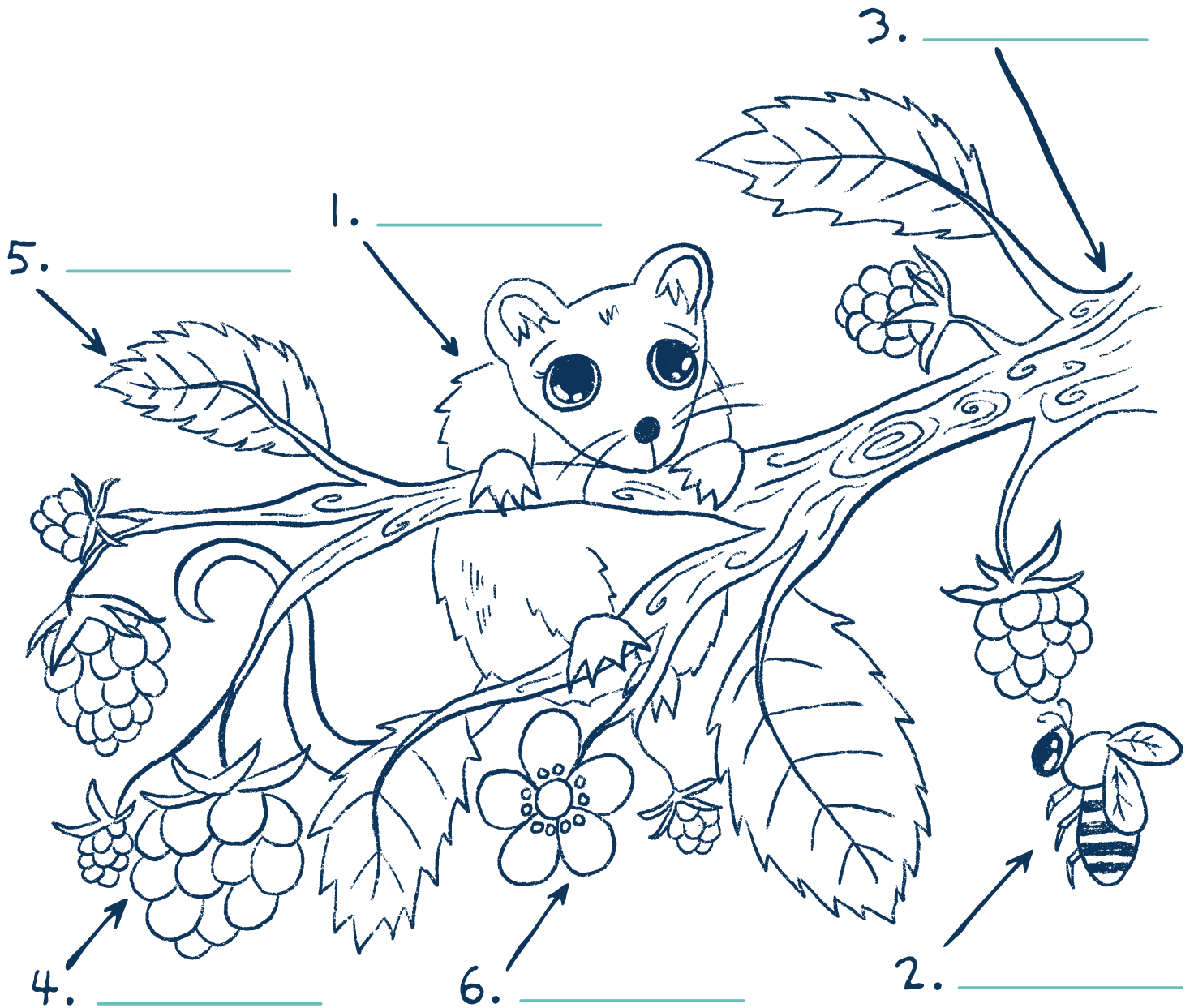
I found _____ kanaar daan le maray.

duck

I found _____ aen fleurr daan le maray.

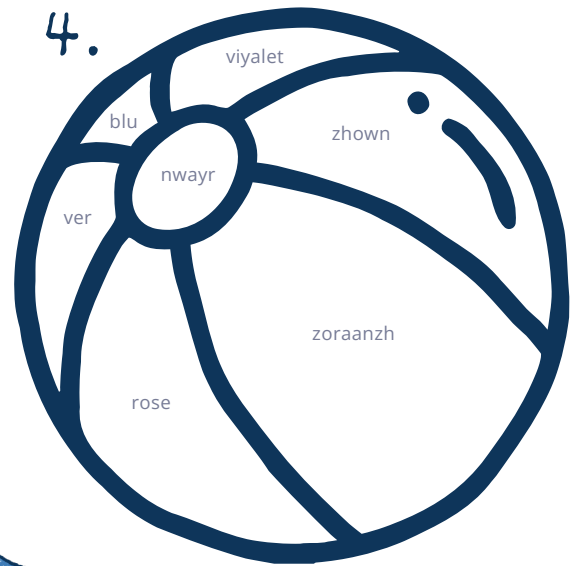
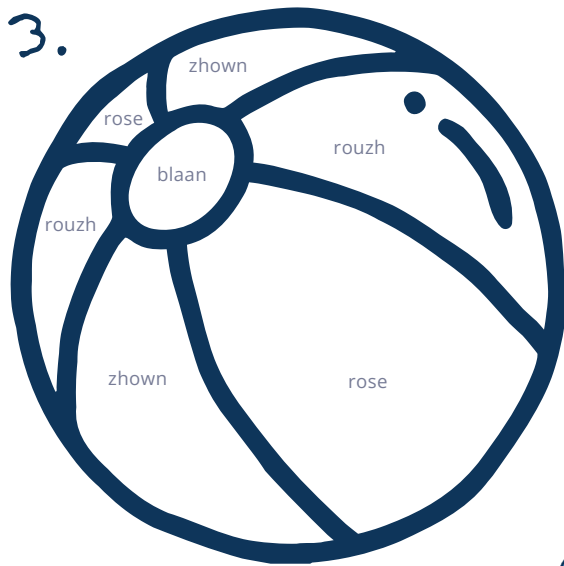
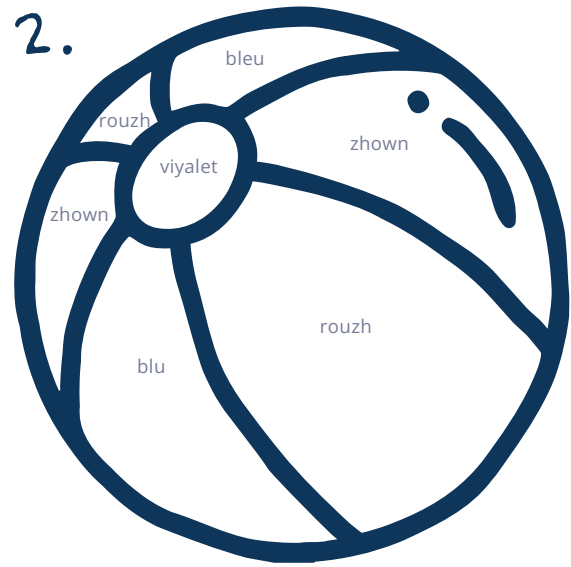
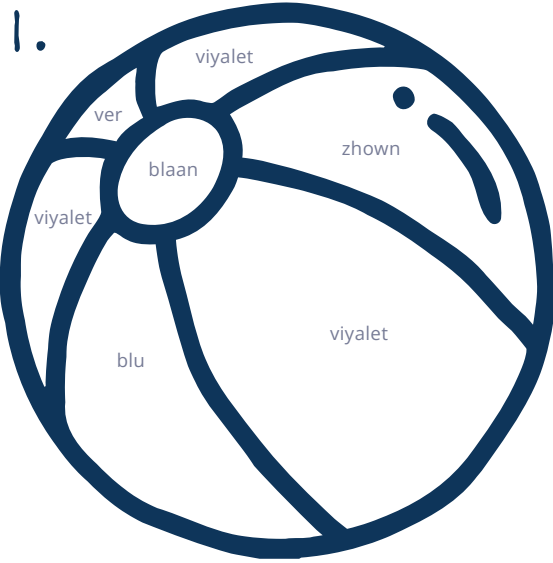
flowers

Find the correct Michif for the following terms;
 Mouse, Raspberry, Wood, Leaf, Bee, and Flower.
 Add the label to each item in Michif.



- | | | |
|-----------------|-------------|------------------|
| • le fwaen verr | • aen fleur | • aen zourii |
| • bwaa | • kanaar | • aen moosh |
| • aen bae | • feuay | • lii fraambwayz |

Help **le shyaen** the dog find **sa baal** the ball by colouring in each one. His **baal ball** is white, blue, purple, yellow and green.



la baal number _____ belongs to **le shyaen**!

What do you see?

Look at the picture and find how many you can see of each thing then circle the correct number in Michif.

sis jhis saenk **fleurr**

Flowers

set jhis trwaa **zaniimoo**

Animals

nauf jhis set **rosh**

Rocks

aen kaat sis **le feu**

Fire

nauf set aen **taant**

Tent

saenk aen sis **papiion**

Butterfly

whit kaat jhis **lii bwaa**

Logs

trwaa sis whit **zaarb**

Trees

deu nauf aen **nwayzoo**

Bird

aen set whit **shayzh**

Chair





Decode the translations

a b c d e f g h i j k l m n o p q r s t u v w x y z



il fay shoo

English translation



ill va fer shoo dimaen

English translation



coup ii le fwaen

English translation



Draw **aen soutrel** the grasshopper **aen naamii** a friend!



l ii zeklayr

English translation



latonn

Autumn Reflections

Stories told by Elder Bettye Poitras

Garden

When I was a little girl, I loved visiting my Grandma Sinclair in Lebret during the fall. She had a huge garden, and she let me help pick the carrots, dig up potatoes, and collect beans. It was quiet and peaceful out there. Even though she wasn't always a kind woman, in the garden she was gentle with me. She showed me how to work with the earth and harvest food. I still remember how happy I felt working in the sunshine with her.

Root Cellar

After we harvested everything, we brought it into the house and cleaned it all. My grandma had a root cellar that was so clean, you could eat off the floor. She kept all the canned jars and big containers of carrots, potatoes, and turnips down there. I learned that this was how we kept food for the winter. It was a big part of how our family survived the cold months.

Fruitcake

When I was young, my dad moved us to Regina because he didn't want me to go to the residential school in Lebret. My mom and aunts went there, and they told me how hard it was. They were made to clean huge floors by hand and were often punished. They didn't learn much, and it was a very sad and strict place.

The One Who Worked

From the time I was four years old, I was expected to work hard as I was the eldest sibling. I babysat, cleaned, and even cooked when I was just a little girl. I didn't get paid much, and when I did, I had to give the money to my mom. My younger siblings didn't have to do the same work I did. It was hard, but it taught me how to take care of myself.

Music & Me

I didn't learn guitar until I was older. I bought a book and taught myself. It was tough on my fingers at first, but I kept practicing. Later, I even wrote my own songs. Music became something really special to me.

A Song for Rose

One time, I was in the hospital and shared a room with an elderly woman named Rose. She seemed very sad and quiet. One night, I felt inspired and wrote her a song. I played it for her and later recorded it for her funeral. Her family told me the song captured her life perfectly. I didn't know her long, but I felt very connected to her.

Sleigh Ride

At New Year's, Grandpa Sinclair would hitch the horses to a sleigh and we'd visit friends and family. The horses wore bells and we were bundled up in blankets. Every house had a big meal with bannock, beans, potatoes, and cake. It was a Métis tradition to go house to house to celebrate together. Even after we moved to the city, we kept that tradition going in smaller ways.

What are your fall rituals?

How do they differ from Elder Betty's or your grandparents/Elders?

Colour By Number

aen: red
deu: yellow
trwaa: blue
kaat: green
saenk: purple
sis: orange



aen: one | **trwaa:** three | **sis:** six | **deu:** two | **saenk:** five | **kaat:** four

Fill the written Michif number in the blank

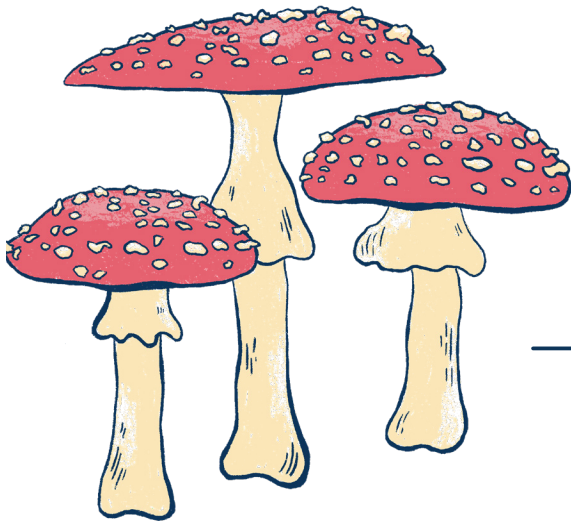


_____ **swiss**

One chipmunk

_____ **sitrooyl**

Two pumpkins



_____ **shampionn**

Three mushrooms

_____ **feuay**

Four leaves





Colour and count the objects. Write the number of each in Michif below:

Pumpkins
sitrooyl

Fungi
shampionn

Pine cones
lii grenn dipinet

set: seven | whit: eight | sis: six | nauf: nine | saenk: five

Match the Numbers



Draw a line to match the numeral to the word

met aansaamb

Find the matching translations

taan koovaac

viyalet

aen sitrooyl

lii moosh

le vaan

frimii

feuay

aen nishel

trwaa

il fayshoo

kaat

rouzh

leaf

overcast

red

wind

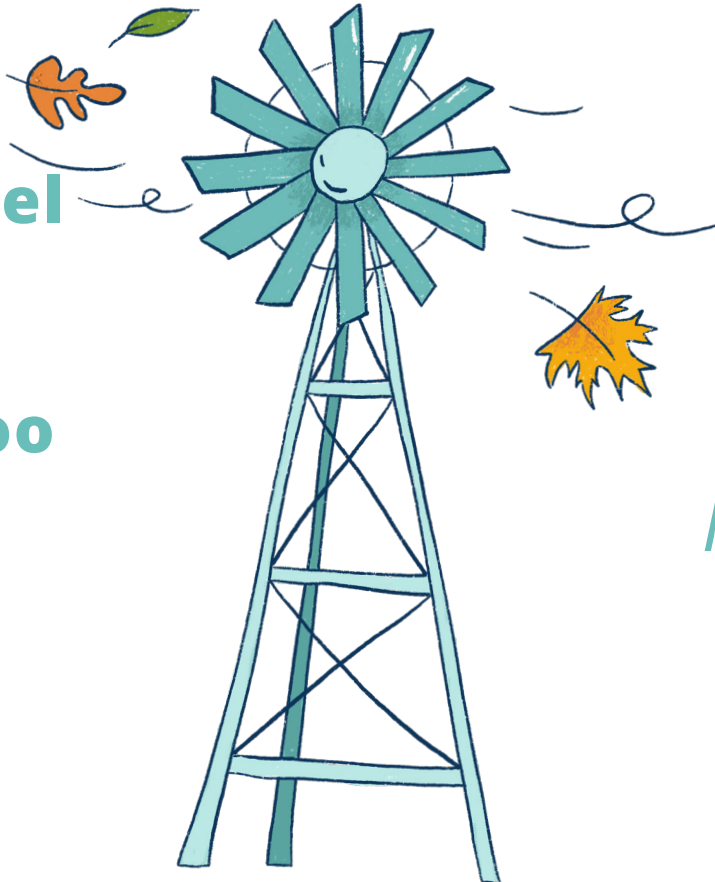
flies

three

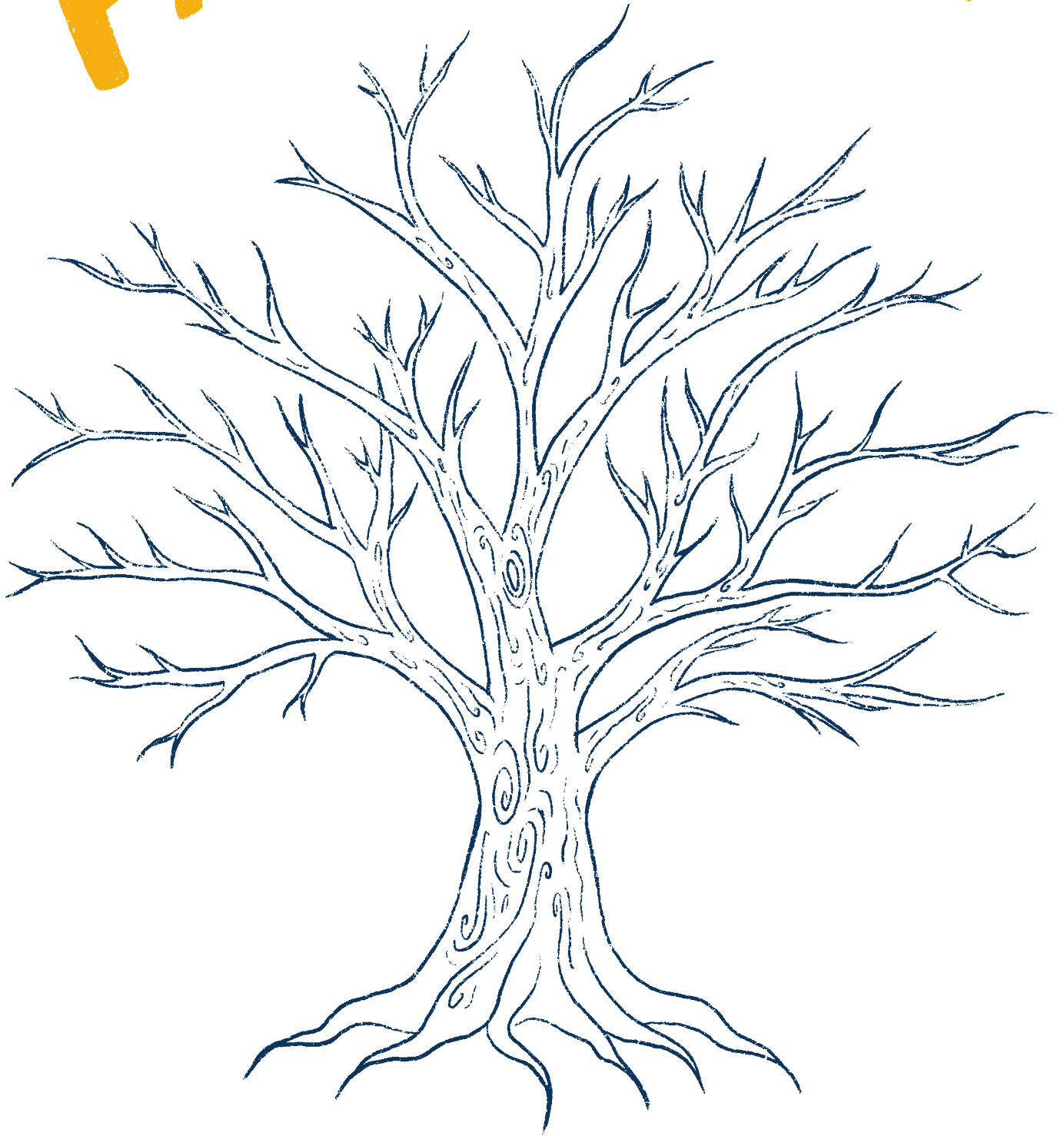
ants

purple

pumpkin



FILL the TREE



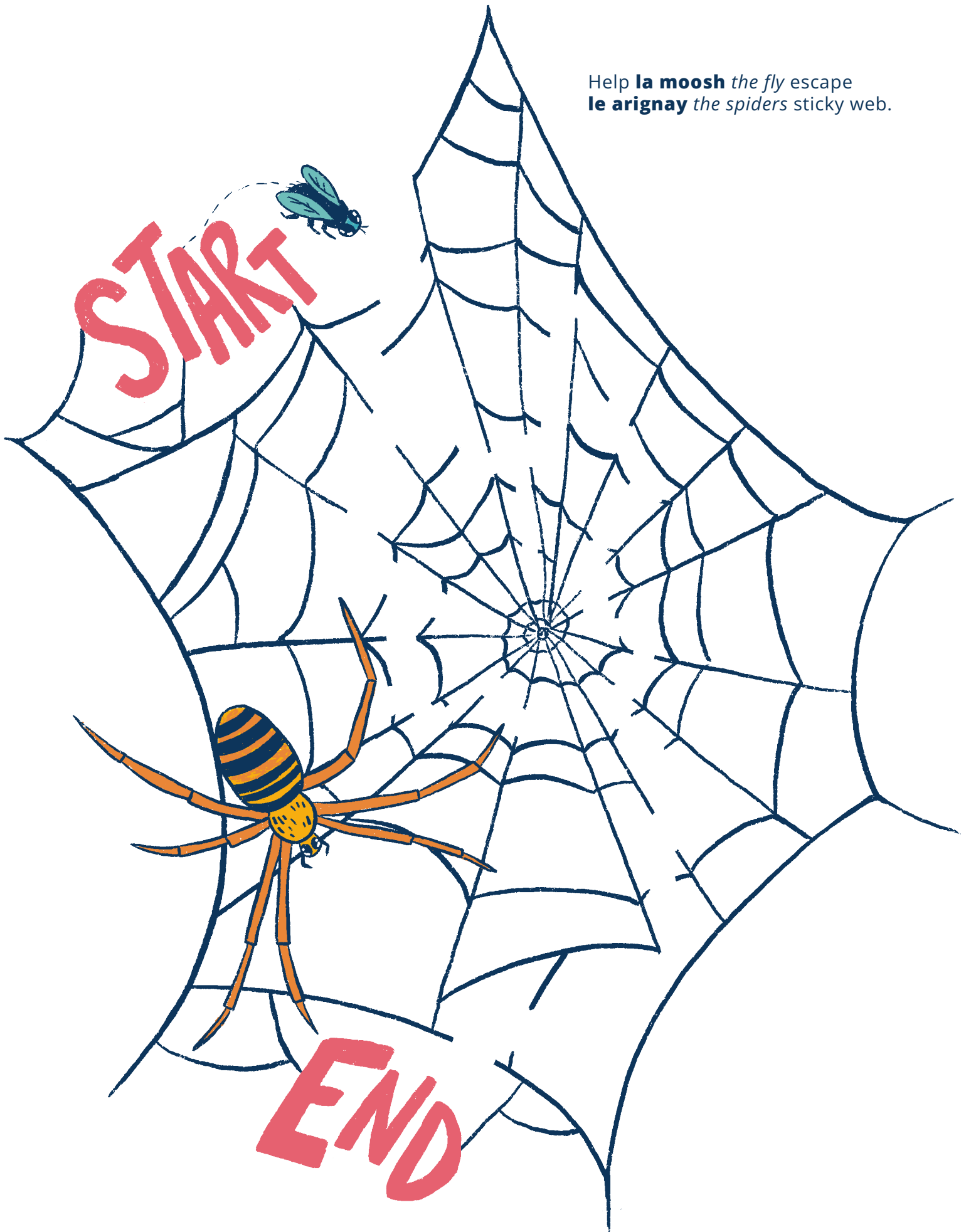
Fill in the tree, add in **lii feuay** the leaves
and other creatures who live in it.

Colour By Number



- 1:** rouzh
- 2:** zhown
- 3:** blu
- 4:** ver
- 5:** vyalet
- 6:** zoraanzh

Help **la moosh** the fly escape
le arignay the spiders sticky web.

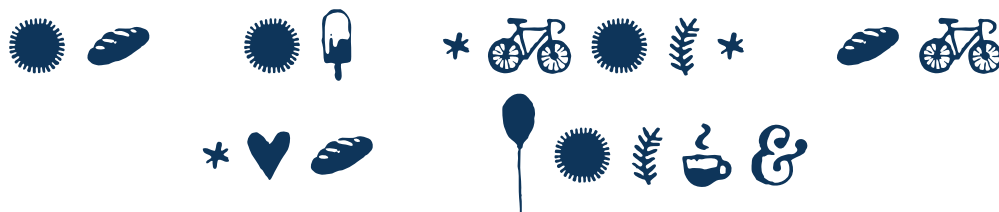


Decode the translations



il fay fret

English translation



il va fer groovaaan

English translation



met ton capoo

English translation



allon zhoay dahor

English translation



allon praand aen maarsh

English translation



l'ivayr

Winter & the five senses

Winter can be a hard time of year but in the cold and dark there are beautiful things to be found. Reflect on the winter season using the five senses — sight, sound, touch, taste and smell — what are the best parts or you?

Close your eyes... Where are you, take a deep breath, what do you smell? Write it down and describe how it makes you feel.

Close your eyes... Where are you, reach out and what do you feel? Is it under your feet? On the tip of your nose? Between your fingers? Write it down and describe what you like about it.

Close your eyes... Where are you, what do you see? Is it bright or is it dark? Write it down and describe the scene.

Close your eyes... And listen carefully, where are you? Can you describe the sounds? Is it loud or is it quiet? Write it down and reflect on other times these sounds can be heard.

Close your eyes... Take a bite! How does it taste? Is it sweet, sour, salty, or creamy? Is it crunchy, flaky, soft or mushy? Does it burst with juice that runs down your chin or is gooey? What is the temperature? Write it down and reflect on when you like to eat this most?

What do you see?



Colour and count the objects. Write the number of each in Michif below:

Fish
lii pwasoon

Antler sheds
lii korn

Snowflakes
flukon de niizh

Snowshoes
lii raachet

aen: one | trwaa: three | sis: six | deu: two | saenk: five | kaat: four | whit: eight | nauf: nine | jhis: ten

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

pwasoon

korn

flukon de niizh

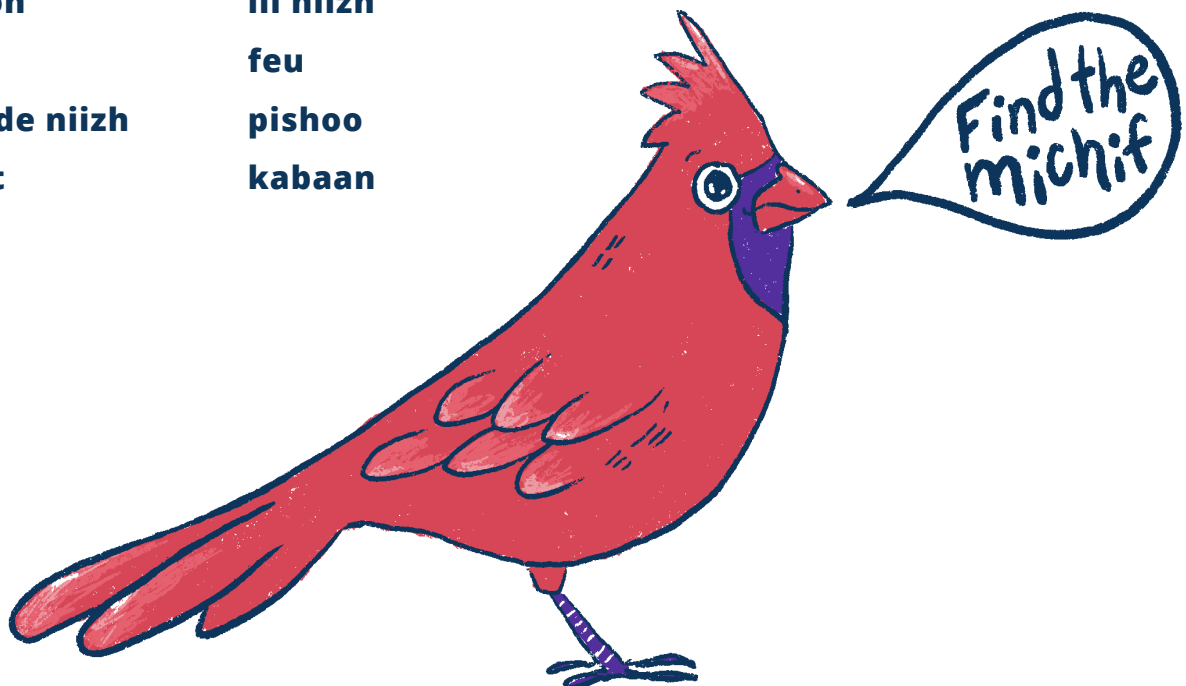
raachet

ill niizh

feu

pishoo

kabaan





ii niizh

It's snowing

Write it in *big* letters

Write it in *small* letters

Write it in *fancy* letters

sa fay vraymaan fret

It's really cold

Write it in *big* letters

Write it in *small* letters

Write it in *fancy* letters

Draw **aen feu** *a fire* to help **la pishoo** *the lynx* warm up!



Count the stripes on **la pishoo** *the lynx's* clothes and write the number in Michif.

aen kriimoon
scarf

lii baa
socks

Decode the translations

a b c d e f g h i j k l m n o p q r s t u v w x y z



iskwii

English translation



je fill fret

English translation



allon restii diidaan

English translation



praentaan

l'itii



l'ivayr

latonn

Colour in **lii feuay** the leaves according to their seasons and practice the Michif words out loud. Circle the Michif word for the season you are in now.

latonn: fall | l'itii: summer | l'ivayr: winter | praentaan: spring

Colour By Number

1: rouzh

2: zhown

3: blu

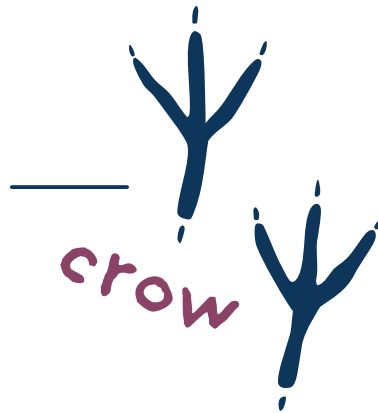
4: ver

5: zoraanzh



rouzh: red | zhown: yellow | blu: blue | zoraanzh: orange | ver: green

Match the number to the prints.



- 1: aen lievr 4: kornayl
2: aen kanaar 5: shoovreu
3: aen noors 6: rinawr



aen lievr: rabbit | shoovreu: deer | rinawr: fox | aen noors: bear | lii kanaar: duck | kornayl: crow



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