

Zhaazhiibiiwin!
‘Yoga!’
Kindergarten through Fourth Grade Phy. Ed.
Created by Ogimaabinesiikwe

[1] Ahaw abinoojiindog. Niin-niin-nin!

[1] Ok kids. Me-me-me
(They reply giin-giin-giin! ‘you-you-you’)

[2] Gidoozhiitaam ina? “Enhya, indoozhiitaamin!” Ahaw! Wiindamawishig
ezhinaagoziyeg ozhiitaayeg.

[2] Are you all ready? “Yes, we’re ready!” Ok, tell me how you look when you’re ready.

[3] “Niminwabimin. Nibizaan-ayaamin. Giwaabamigoo.” Ahaw! Miigwech izhichigeyeg.

[3] “We’re sitting. We’re quiet. We’re looking at you.” Ok! Thank you all for doing this.

[4] Noongom giga-zhiibiimin. Yo’ow zhaazhiibwiiwin izhinikaade Yoga.

[4] Today we’re going to stretch. This type of stretching is called Yoga.

[5] Mii wenda-apiitendaagwak da-ikwanaamoyang miinawaa da-baginaamoyang megwaa
zhiibiiyang.

[5] It’s very important that we inhale and exhale while we’re stretching.

[6] Giishpin izhichigesiwang ganabaj giga-giiwashkweyendaamin.

[6] If we don’t do it we may get dizzy.

[7] Gagwejitooodaa naaning da-ikwanaamoyang miinawaa da-baginaamoyang.

[7] Lets practice inhaling and exhaling five times.

[8] Ahaw! O-naadiyok gidapishimoniwaan

[8] Ok! Go get your mats.

[9] Minwabig imaa gidapishimoniwaang. Giga-ikwanaamom miinawaa giga-baginaamom ningo-diba'igaans.

[9] Set comfortably on your mats. You're going to inhale and exhale for one minute.

[10] Maamakaaj! Noongom bazigwiig. Gidaa-atoonaawaa bezhig gizidiwaa jiiigayi'ing gigidigiwaang. Noongom wawombinikenig. Izhininjiinig maamawi da-nabagitooyeg gininjiiniwaan. Niisinikenig niigaan giyawawaang. Noongom agoozogaabawig. Gagwejitoog ningo-diba'igaans. Ikwanaamog. Bagidinaamog. Mii i'iw yoga zhaazhiibiiwin izhinikaadeg "Mitig".

[10] Great! Now stand up. You all can put one foot on the side of your knee. Now all of you lift both of your arms above your heads. Put your hands together to make them flat. Bring your arms down in front of your body. Now balance while standing. Try it for one minute. Inhale. Exhale. That yoga stretch is called "Tree".

[11] Maamakaaj! Dookigaabawig bezhig gizid imaa niigaan iwedi bezhig imaa ishkweyaang. Biskigaadenig bezhig imaa niigaan. Noongom wawombinikenig. Izhininjiinig maamawi da-nabagitooyeg gininjiiniwaan. Niisinikenig niigaan giyawawaang. Noongom agoozogaabawig. Gagwejitoog ningo-diba'igaans. Ikwanaamog. Bagidinaamog. Mii i'iw yoga zhaazhiibiiwin izhinikaadeg "Ogichidaa".

[11] Great! Now put one foot forward. Put the other foot back. Bend your front leg. Now raise both arms above your head. Put your hands together to make them flat. Bring your arms down in front of your body. Now balance while standing. Try it for one minute. Inhale. Exhale. That yoga stretch is called "Warrior".

[12] Maamakaaj! Noongom dabas-ayaag michasagong imaa gininjiiniwaang miinawaa gigidigiwaang. Desaawiganenig dibishkoo go adoopowin. Ikwanaamog miinawaa bagidinaamog ashi-naano-biisi-diba'igaans. Dabasaawiganenig dibishkoo go bebezhigoganzhii. Ikwanaamog miinawaa bagidinaamog ashi-naano-biisi-diba'igaans. Waagaawiganenig dibishkoo go gaazhagens neshkaadizid. Ikwanaamog miinawaa bagidinaamog ashi-naano-biisi-diba'igaans. Maamakaaj! Mii iniw zhaazhiibiiwinan izhinikaadewan adoopowin-bebezhigoganzhii-gaazhagens.

[12] Great! Now get down on the floor on your hands and knees. Straighten your backs like a table. Inhale and exhale for fifteen seconds. Lower your backs like a horse. Inhale and exhale for fifteen seconds. Arch your backs up like an angry cat. Inhale and exhale for fifteen seconds. Great! These stretches are called table-horse-cat.

[13] Ahaw. Noongom giga-nawetaam. Aabajitoog gininjiiniwaa da-bimosekaazoyeg niigaan naaning. Gidaa-ishpidiyenim da-izhinaagoziyeg naasaab animosh zhiibiid. Gagwejitoog ningo-diba'igaans. Ikwanaamog. Bagidinaamog. Maamakaaj! Mii yo'ow yoga zhiibiiwin izhinikaadeg animosh!

[13] Ok. Now you're going to bend over. Use you hands to pretend to walk forward five steps. You should put your butt up high so you look like a dog stretching. Try it for one minute. Inhale. Exhale. Great! This yoga pose is called dog!

[14] Noongom niisidiyenig. Aabajitoog gininjiiniwaa da-gaanjwebinidizoyeg. Gagwejitoog ningo-diba'igaans. Ikwanaamog. Bagidinaamog. Maamakaaj! Mii yo'ow yoga zhaazhiibiiwin izhinikaadeg ginebig.

[14] Now you're going to lower your butts. Use your hands to push your upper body up. Try it for one minute. Inhale. Exhale. Great! This Yoga pose is called snake.

[15] Ahaw! Geyaabi gidabas-ayaam michisagong imaa gininjiiniwaang miinawaa gigidigiwaang. Noongom gidaa-zhiibinikenim miinawaa gidaa-izhinoo'aanaawaa gikaadiwaa agaamayi'iing ishkweyaang. Gagwejitoog ningo-diba'igaans. Ikwanaamog. Bagidinaamog. Noongom

aanjinikenig miinawaa aanjigaadenig. Gagwejitoog ningo-diba'igaans. Ikwanaamog. Bagidinaamog. Maamakaaj! Mii yo'ow yoga zhaazhiibiiwin izhinikaadeg animosh gaayosed.

[15] Ok! You're still low to the floor on your hands and knees. Now you should point one arm forward and point the opposite leg backwards. Try it for one minute. Inhale. Exhale. Now switch arms and legs. Try it for one minute. Inhale. Exhale. Great! This yoga pose is called hunting dog.

[16] Ahaw. Noongom giga-nawetaam miinawaa. Gidaa-ishpidiyenim da-izhinaagoziyeg naasaab animosh zhiibiid. Noongom ombigaadenig. Gego biskigaadenikegon. Gagwejitoog ningo-diba'igaans. Ikwanaamog. Bagidinaamog. Aanjigaadenig miinawaa gagwejitoog ningo-diba'igaans miinawaa. Ikwanaamog. Bagidinaamog. Maamakaaj! Mii yo'ow yoga zhiibiiwin izhinikaadeg wembigaaded.

[16] Ok. Now you're going to bend over. You should put your butt up high so you look like a dog stretching. Now lift one leg upwards. Don't bend your leg. Try it for one minute. Inhale. Exhale. Switch legs and try it again for one minute. Inhale. Exhale. Great! This Yoga pose is called leg lifter.

[17] Noongom gidaa-animikoshinim michisagong. Zhaazhiibinikenig miinawaa izhigaadenig imaa ishkweyaang zhingishineg. Ombinikenig miinawaa ombigaadenig aabita-diba'igaans. Gidaa-izhinaagozim naasaab gichiwinini. Mii wenji-izhinikaadeg Gichiwinini yo'ow yoga zhaazhiibiiwin. Ikwanaamog. Bagidinaamog. Maamakaaj!

[17] Now you should lie face down on the floor. Put your arms forward and your legs back. Lift your arms and legs for 30 seconds. You should look like Superman. This is why this Yoga pose is called Superman. Inhale. Exhale. Awesome!

[18] Noongom gidaa-ojjiingwanabim. Aasoshimoonog miinawaa dakonamok gibikwaakoganaaniwaan. Izhichigeg aabita-diba'igaans. Ikwanaamog. Bagidinaamog. Maamakaaj! Mii yo'ow yoga zhaazhiibiiwin izhinikaadeg bepwaawigang.

[18] Noongom get on your knees. Bend your back backwards and hold your ankles. Do this for 30 seconds. Inhale. Exhale. Great! This yoga pose is called camel.

[19] Noongom giga-minwabim gidiyaashiwaang. Dakonamok gibikwaakoganaaniwaan miinawaa izhigaadenig ishpimisagong. Gagwejitoon aabitaadiba'igaans. Ikwanaamog miinawaa bagidinaamog. Mii yo'ow yoga zhaazhiibiiwin izhinikaadeg wembiniibinaakwaanizided.

[19] Now you're going to sit on your butts. Grab your ankles and lift your legs up straight. Point your toes to the ceiling. Try this for 30 seconds. Inhale and exhale. This yoga pose is called toe pointer.

[20] Noongom gidaa-minwabim miinawaa biskigaadenig jiiigayi'ii giyawiiwaang aazhigijishineg. Ikwanaamog. Bagidinaamog. Maamakaaj! Mii yo'ow yoga zhaazhiibiiwin izhinikaadeg anwebing.

[20] Now sit comfortably and bend your legs backwards to the side of your body as you lay backwards. Inhale. Exhale. Great! This Yoga pose is called resting.

[21] Ahaw. Noongom giga-minwabim. Aazhoogaadebig. Atoon gininjiiiniwaan gigidigiwaaning ishpayi'ii inaasamininjiiiniyeg. Ikwanaamog. Bagidinaamog. Mii yo'ow yoga zhaazhiibiiwin izhinikaadeg bizaanabing. Gagwejitoog da-ikwanaamoyeg miinawaa da-bagidinaamoyeg ningo-diba'igaans.

[21] Ok. Now sit comfortably. Sit with your legs crossed. Put your hands on your knees with your palms facing upwards. Breathe in and out. This yoga pose is called meditation. Try breathing in and out for one minute.

Ahaw, mii sa iw. Miigwech!

OK, that's it. Thanks!