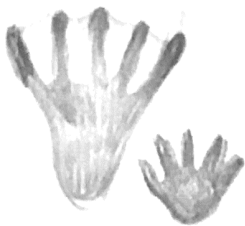


7 Sacred Teachings

Coloring & Activity Book

By: Mehjabeen Abidi



7 Sacred



Coloring &
Activity Book

Teachings



Based upon Anishinaabe-Ojibway 7 Grandfather teachings to live the Good Life [Mino-Bimaadiziwin]; by seeking to develop physically, mentally, emotionally, and spiritually.

Special Gratitude to my professor, Frankie Misner, for showing me this knowledge and sharing her passion of Indigenous awareness.

Special thank you to my children for sharing their ideas and excitement to create this project.





Eagles soar high above the land, bringing the messages from the Creator to Mother Earth. Eagles represent love, the most important teaching, as love is the energy and spirit of life.

(7 Grandfather Teachings (Ojibwe Story of SEVEN Grandfathers) ©, 2020)

Agidwin

VE

Eagle feather
is the highest
honor & sacred
gift (Killsback,
2013)

Draw what
you love
about
yourself.



Draw someone
you love.

Eagles symbolize victory, speed,
pride and royalty. What does the
eagle mean to you? Draw in the sun.

(What is the Protocol for Eagle Feathers?
(Did for Know) - Strong Nations, n.d.)

Minaaden

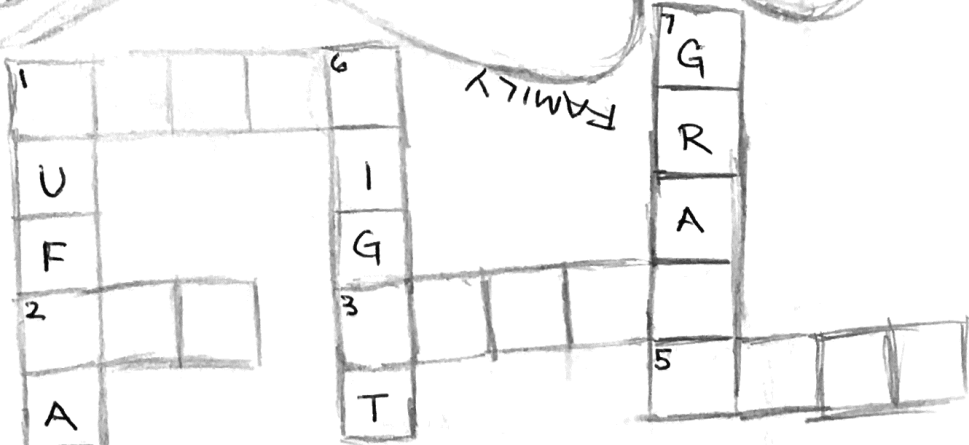
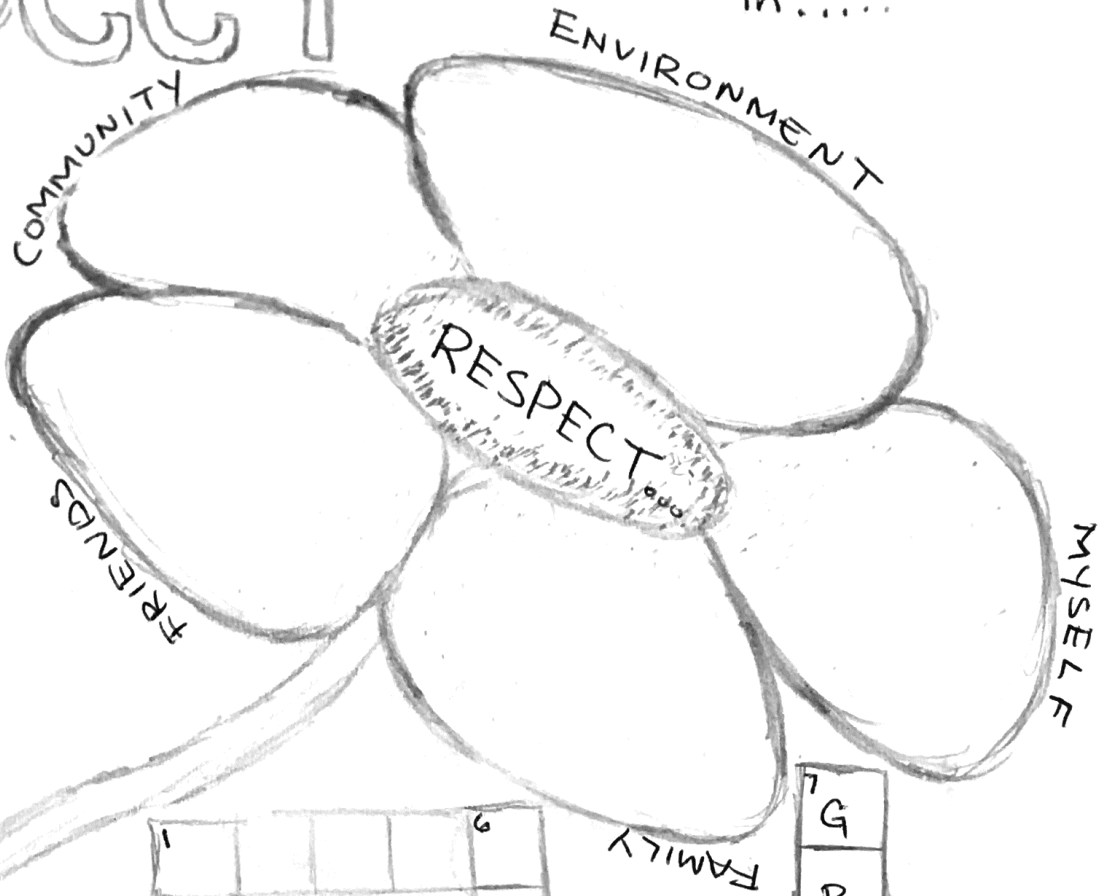


Bisons roamed Turtle Island in the millions during the 1800's. They were killed by early settlers. They represent respect as bisons give themselves for food, clothing, hunting, etc. (Our 7 Ojibway Teachings, 2014)

They teach us to respect everything around us
(7 Grandfather Teachings (Ojibwa Story of SEVEN Grandfathers) @, 2020)

Adamowin Respect

Draw how you show your respect
in.....

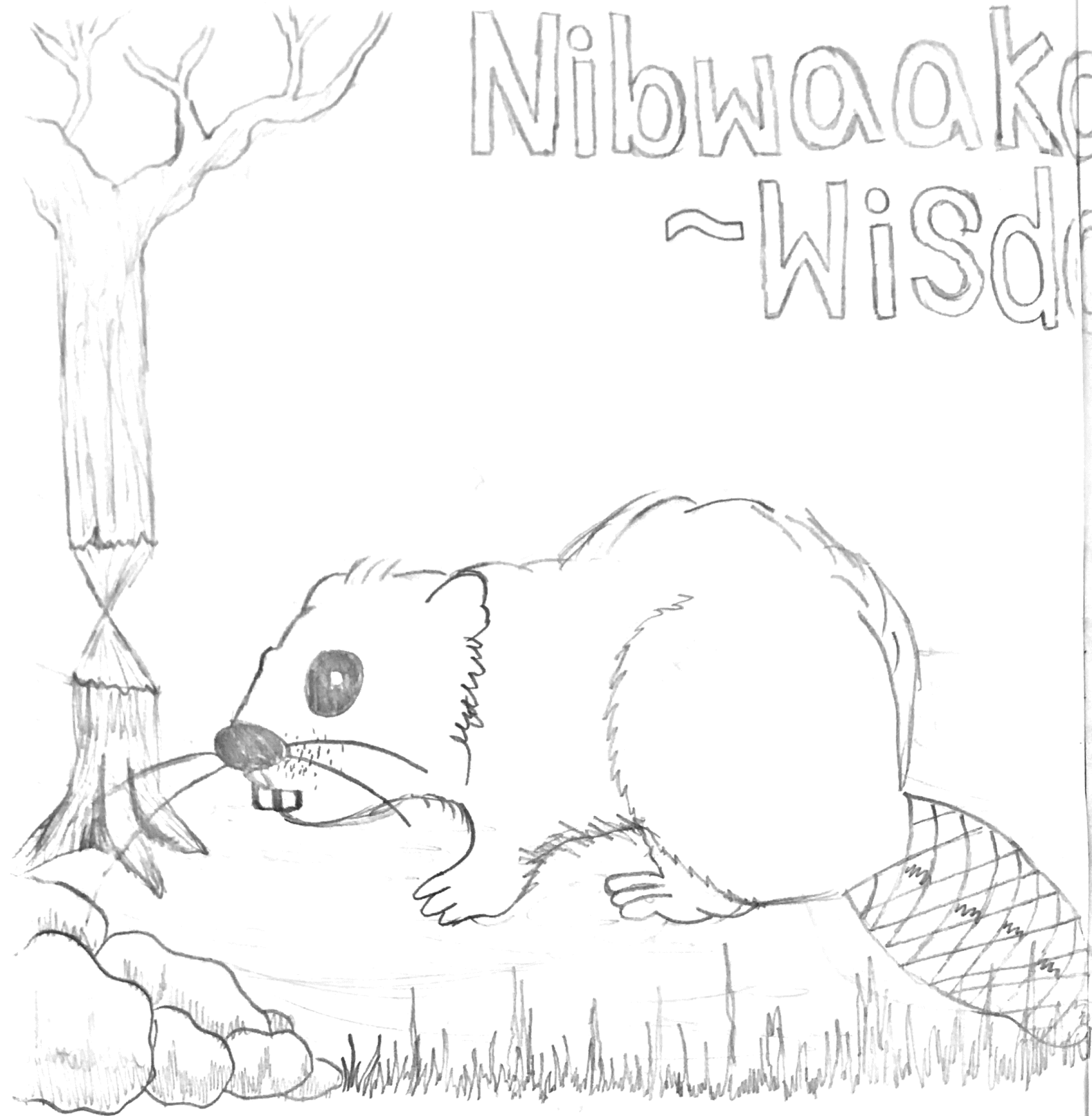


Across:

1. Bisons are the color _____.
2. Bisons stay warm by layers of _____.
3. Male & Female bisons have _____.
4. When bisons are angry, they stick their _____ straight up.
5. Bisons have a thick _____ to stay warm.

(15 Facts About Our National Mammal: The American Bison, 2019)

Nibwaaak ~Wisdom



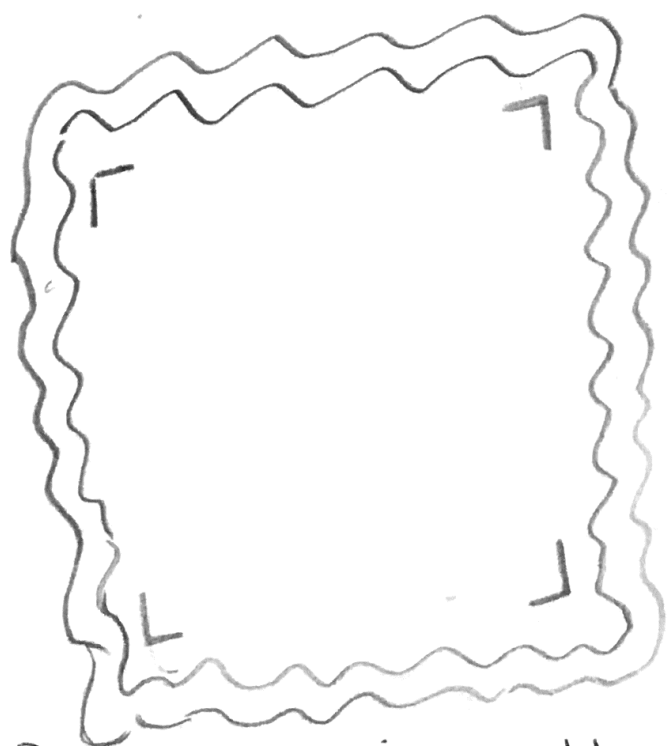
Beavers symbolize wisdom which means getting smarter. Beavers remind us we all have our special gifts and need to use them (Our 7 Ojibway Teachings, 2014).

Draw an
elder

Draw an elder you respect.



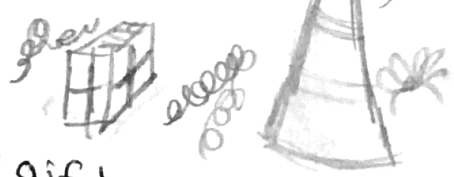
Elders are full of wisdom. All their experiences are like fruits in a basket that is shared. Color the fruit basket.



Draw you helping an elder.



Draw your special talent / gift.



Aakwaoo

~ Brav



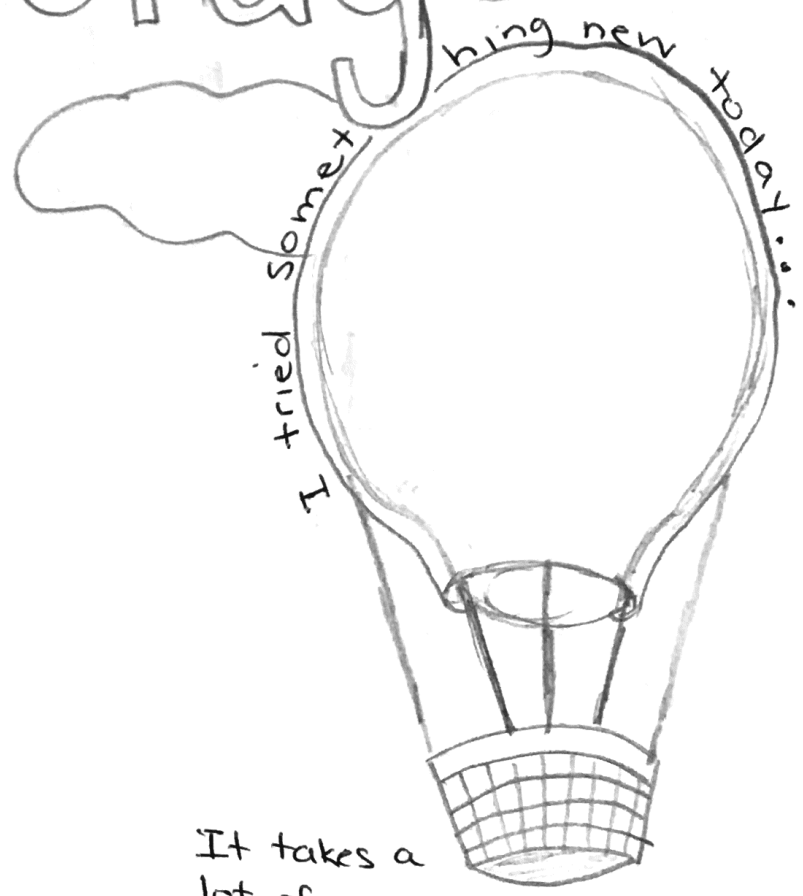
Mother bear symbolizes courage or bravery. She brings out all her strength to protect her cubs (Bouchard, 2016). This is how she gets stronger - by conquering her fear of danger.

win

Very/Courage



Draw you being brave.



It takes a lot of courage to try something new. Draw yourself being courageous.

BE BRAVE

BE BOLD

BE

YOU!



Daabaden diz



The wolf represents humility and teaches us how to be a part of a community (Bouchard, 2016). The wolf teaches us that everyone is unique and equal. Everyone has their own special gifts that make a community strong (Native Reflections, 2013)

IWIN

~ Humility



Draw your gifts.

Being grateful for what you have is a way of being humble. Draw what you are grateful for.

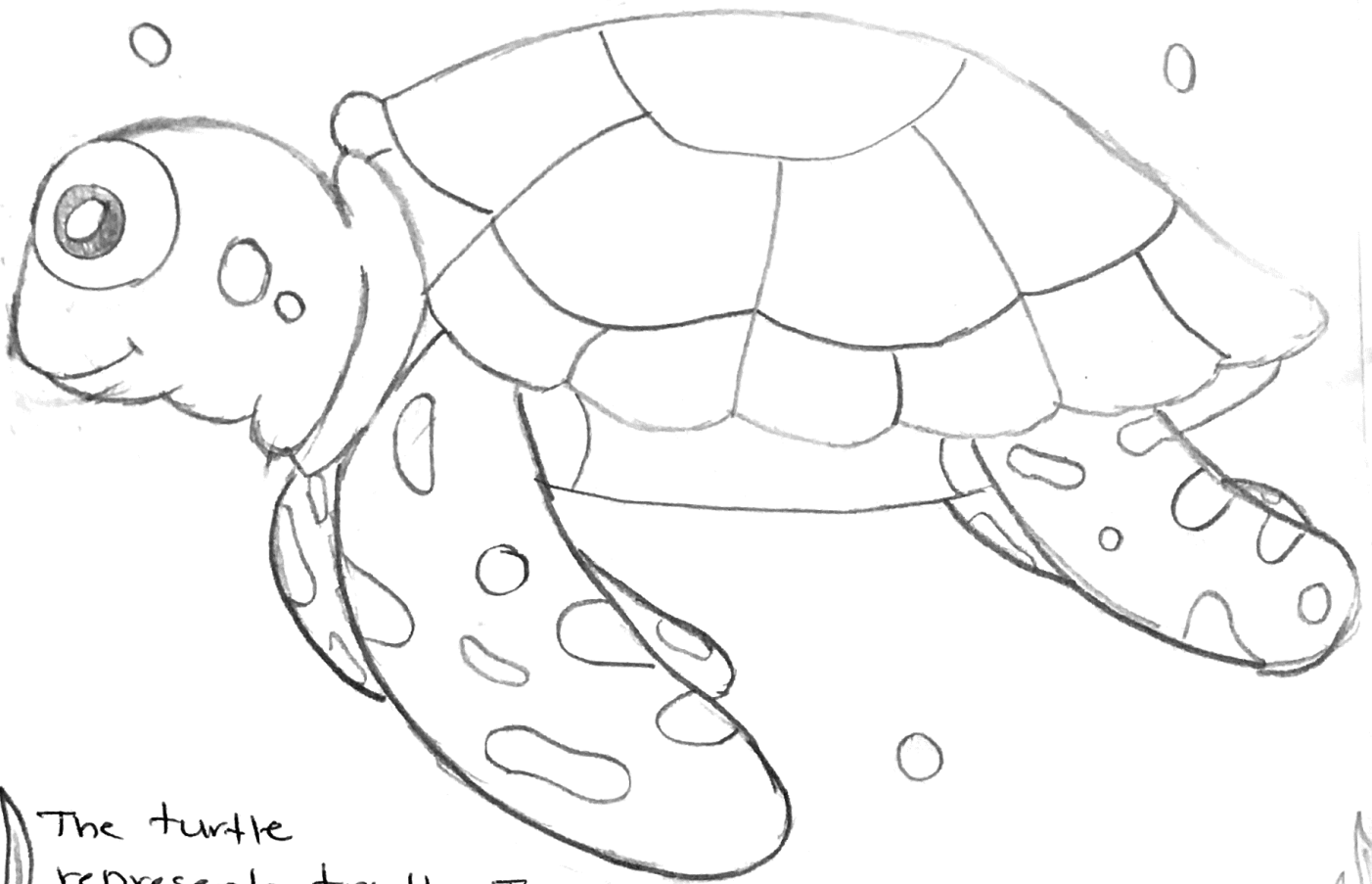
Thanking someone is a way of being humble. Draw someone you would like to thank.

Kind words to others and yourself shows your respect and humbleness.

Write or draw kind words you would say to others. Draw an act of kindness.



Debowen ~ Truth



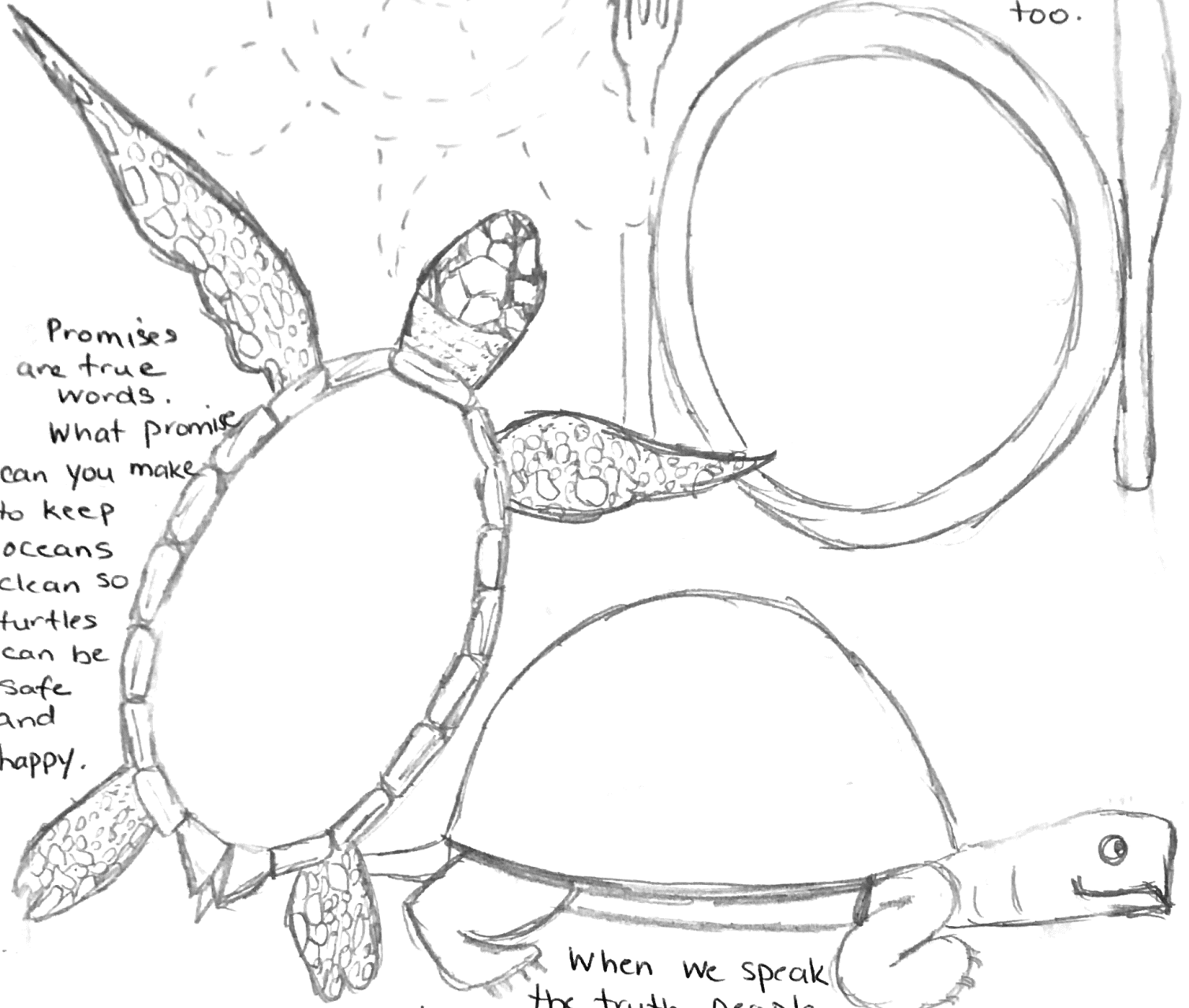
The turtle represents truth. Truth is spoken from the heart. The turtle carries all the teachings on its back (Bouchard, 2016)

win
th

Trace and color the
turtle.

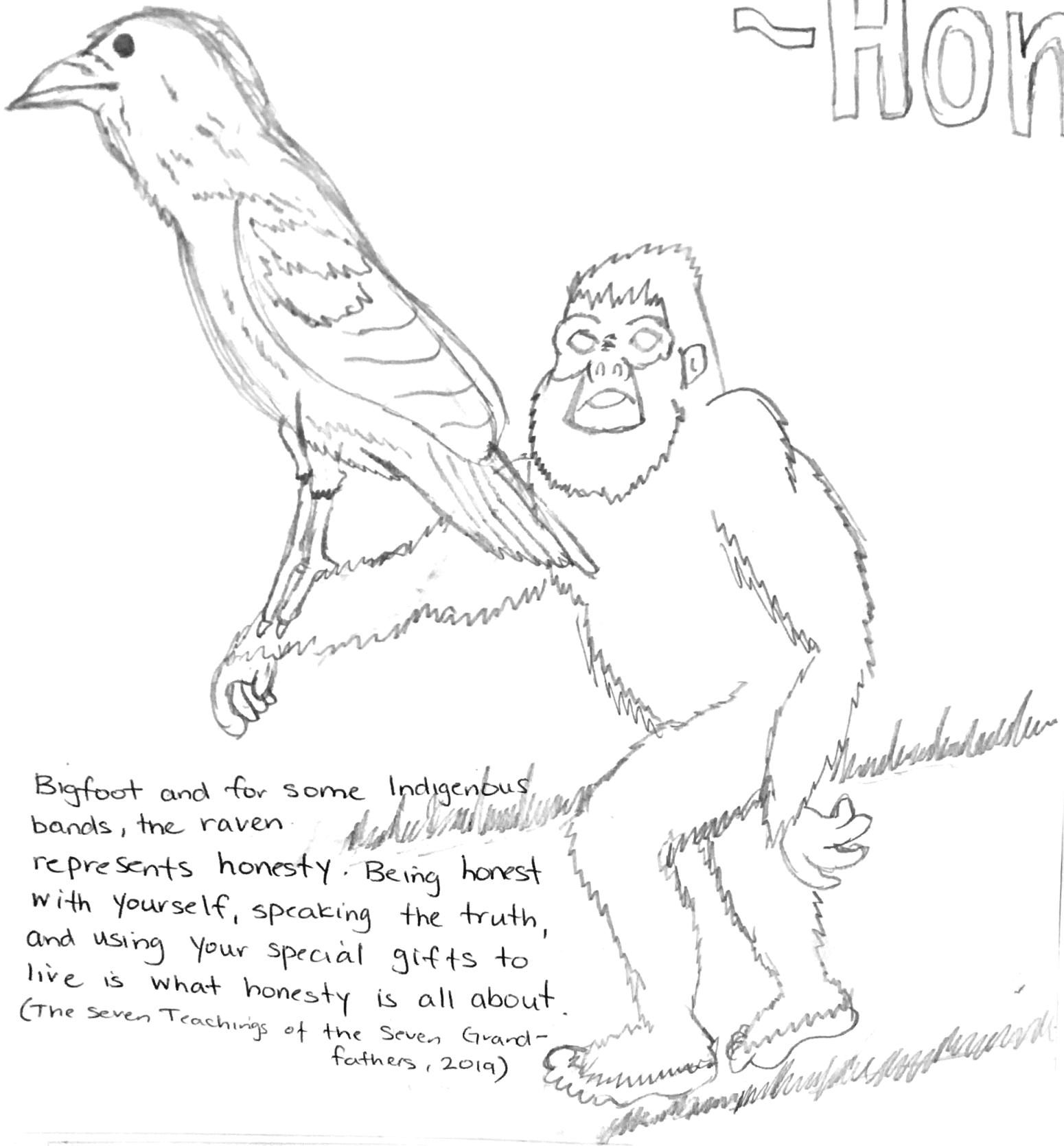
Draw some foods you
eat that turtles eat
too.

Promises
are true
words.
What promise
can you make
to keep
oceans
clean so
turtles
can be
safe
and
happy.



When we speak
the truth, people
believe in us. Draw yourself speaking
the truth.

Gwekwa ~ Hon

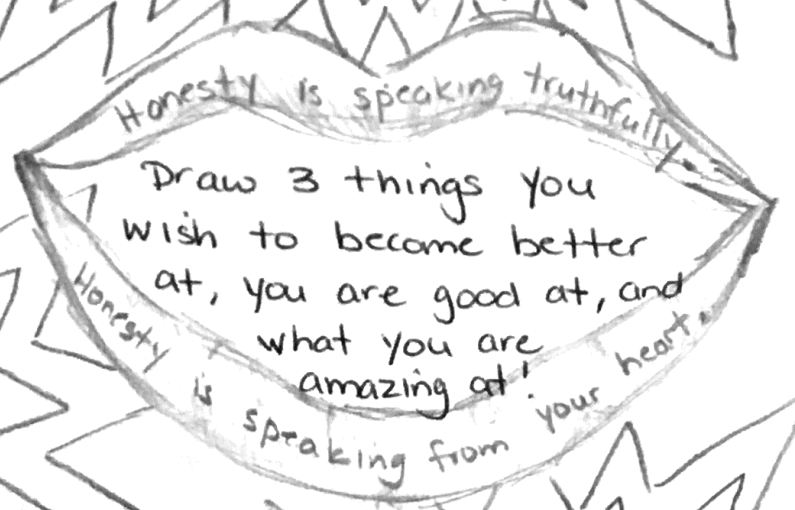


Bigfoot and for some Indigenous bands, the raven represents honesty. Being honest with yourself, speaking the truth, and using your special gifts to live is what honesty is all about. (The Seven Teachings of the Seven Grandfathers, 2019)

adziwin esty

1

2



3



Admitting you made a mistake is being honest. Draw a time you were honest.

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