

OOMÁNISTA O'OHKOISINNIMAAT





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**LEARN HOW TO USE  
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THE QR CODE!**



**FOR THE BEST EXPERIENCE,  
WE RECOMMEND YOU USE  
COLOURED PENCILS OR CRAYONS!**

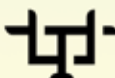
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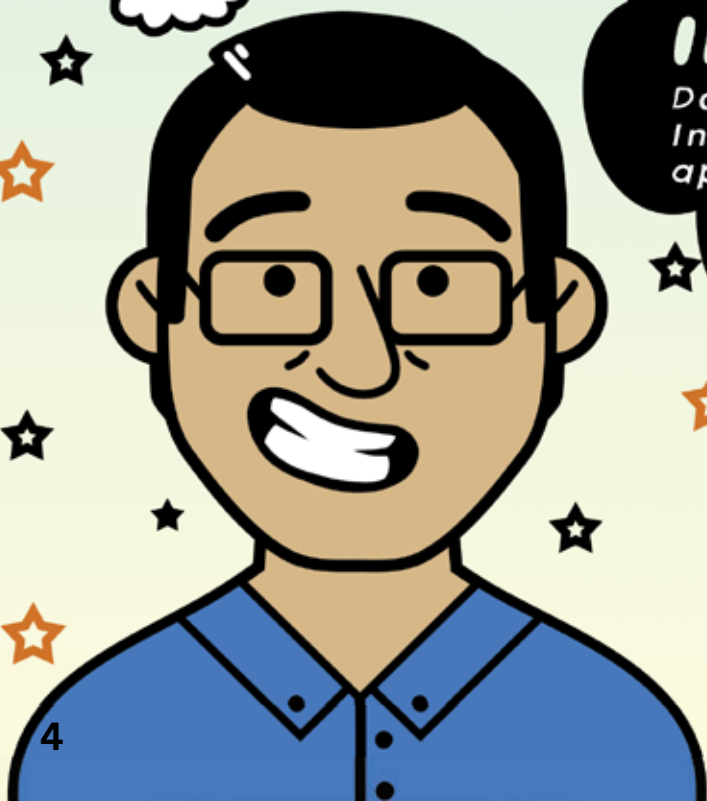
# ACKNOWLEDGING THE LAND

Land acknowledgements are a way to deepen our understanding while honouring the Indigenous people who have lived on and cared for the land for generations.

USAY is situated on the traditional territory of the Siksika, Kainai, Piikani, Îyârhe Nakoda and the Tsuut'ina Nations. In addition, the City of Mo'ohkînstsis (Calgary) is home to the Otipemisiwak Métis Government of the Métis Nation Battle River Territory- Districts 5 and 6. Use **INDIGIPRINTS** to hear an acknowledgement of Treaty 7!

## NOT LOCATED IN TREATY 7?

Download  
Indigi**MAP**  
app to find  
your area  
and learn  
more!







**IT'S ALWAYS BEST TO START  
ANY ACTIVITY WITH A PRAYER,  
USE THE APP TO HEAR A  
BLACKFOOT PRAYER!**

**LISTEN TO A PRAYER!**



# LEARN TO INTRODUCE YOURSELF

Explore the various ways to introduce yourself with increasing difficulty!

**SIMPLE:** Hi, my name is \_\_\_\_\_  
Write your name

**IN BLACKFOOT:** Oki Nítaaníko \_\_\_\_\_  
(OH-kee) (nee-TAH-nee-koh) Write your name

**MEDIUM:** Hi, my name is \_\_\_\_\_  
Write your name

I am from \_\_\_\_\_  
Write where you are from

**IN BLACKFOOT:** Oki Nítaaníko \_\_\_\_\_  
(OH-kee) (nee-TAH-nee-koh) Write your name

Nómohto'too \_\_\_\_\_  
(Nohm-do-do) Write where you are from

**DIFFICULT:** Hi, my name is \_\_\_\_\_  
Write your name

I am from \_\_\_\_\_  
Write where you are from

and my grandparents are \_\_\_\_\_  
Grandparent name

\_\_\_\_\_  
Grandparent name

**IN BLACKFOOT:** Oki Nítaaníko \_\_\_\_\_  
(OH-kee) (nee-TAH-nee-koh) Write your name

Nómohto'too \_\_\_\_\_ kii Naaáhsiksi  
(Nohm-do-do) Write where you are from (kee) (naa-AH-siks)

\_\_\_\_\_  
Grandparents name

# DRAW YOURSELF IN BLACKFOOT

Create your own self-portrait or a random funny **MOSS TOKSÍS** (face), and learn how to say facial features in Blackfoot.

**MO'TOKÁÁN**

(mo-doh-KAHN)

Hair

**MIÁÁPINAAN**

(mee-AHH-bee-naan)

Eyebrows

**MOÁPSSPIKSI**

(mo-AAH-beeks-see)

Eyes

**MOHTÓÓKIISTSI**

(moh-DOH-gee-ists)

Ears

**MOHKISISÍS**

(MOH-kis-sis)

Nose

**MOOTSTSI PINNAAN**

(moo-tsís-tsi-been-naan)

Cheeks

**MAÓÓ**

(maa-OY)

Mouth

**MOHPSSKÍNA'**

(moh-beeks-see-naa')

Chin

Now admire your art, and practice your Blackfoot words!





## MY FAMILY IN BLACKFOOT

**NITSI'TAPIIMIKS** (family) is at the heart of Blackfoot culture.

Knowing your relatives and how to address them properly is important for understanding your identity and place within the community. The Blackfoot language has specific words for different family members, and learning these helps strengthen both language skills and cultural connections.

### ENGLISH:

### BLACKFOOT:

### PRONUNCIATION:

Me

Niisto

(nee-sto)

(My) Mother

Niksissta

(nik-sis-sta)

(My) Father

Ninná

(ninn-AH)

Grandmother

Naa'ahs

(naa-AHS)

Grandfather

Naa'ahs

(naa-AHS)

Sister

Nínsst

(neen-sst)

Brother

Níssa

(nee-sah)

Aunt

Níksist

(neek-sist)

Uncle

Níssa

(nee-sah)

Son

Nohkó

(noh-koh)

Daughter

Nítán

(nee-tan)

Learning these words can help you introduce **NITSI'TAPIIMIKS** (family) members and talk about relationships in Blackfoot.

# MY FAMILY TREE

## 1. FILL IN YOUR FAMILY TREE

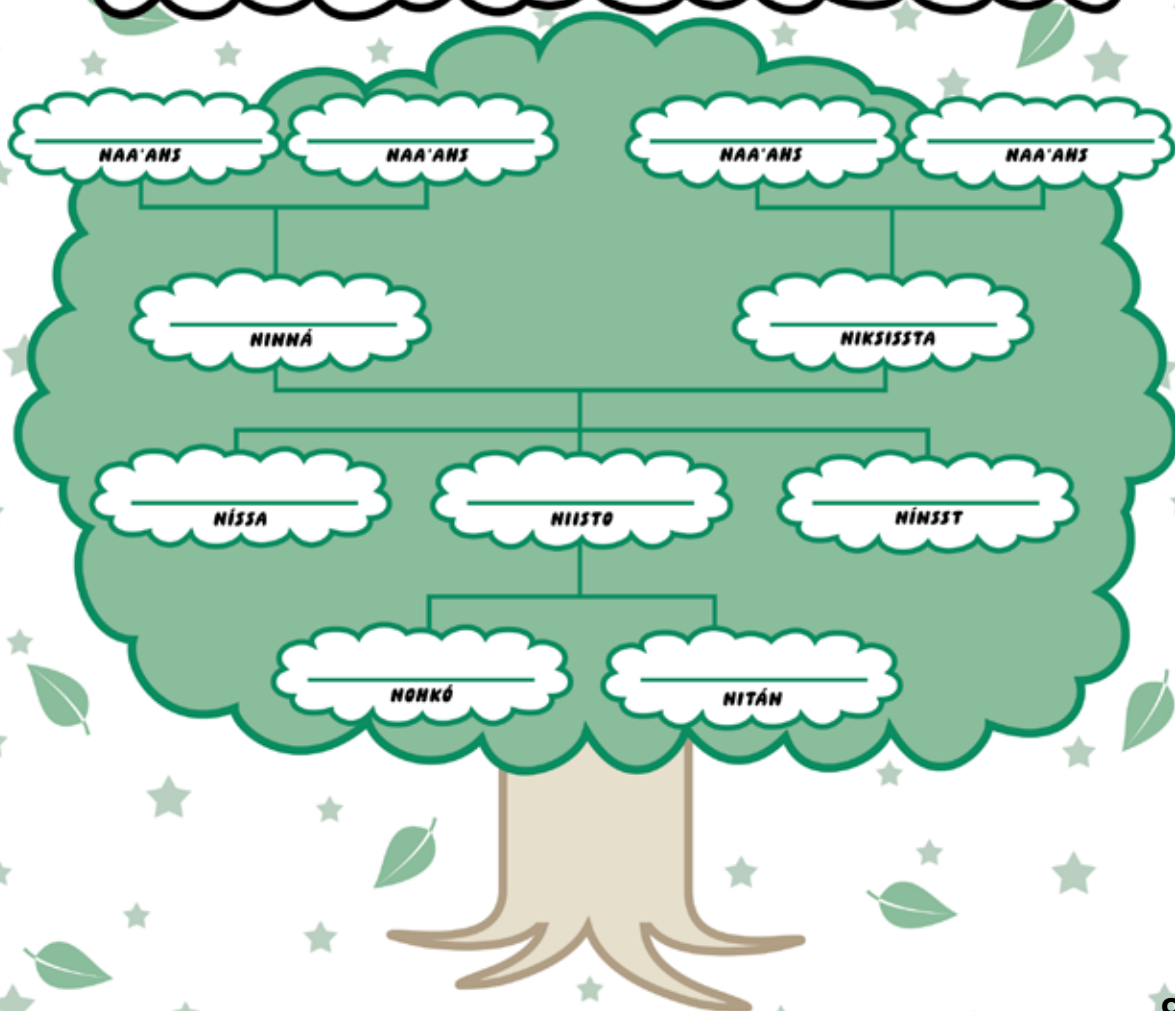
- Write "Me" in the center cloud and above it, write "**NIISTO**" (which means "Me" in Blackfoot).
- Add the names of your parents, grandparents, siblings, and children in the correct spaces.

## 2. TRANSLATE YOUR FAMILY MEMBER'S TITLES INTO BLACKFOOT

- On the "My Family in Blackfoot" page, write the English title (such as "Mother" or "Grandfather") above the Blackfoot word listed below.
- Example: Above "**NINNA**", write Father.

## 3. USE BLACKFOOT WORDS IN EVERYDAY CONVERSATIONS

- Try using Blackfoot words when talking about your **NITSI'TAPIIMIKS** (family).
- Teach a friend or sibling what you've learned!



# BLACKFOOT NUMBERS

Let's talk numbers! Numbers are a part of the foundation of language and daily life. Learning to count in Blackfoot helps preserve the language and strengthen cultural connections. By using the app, tap each number to hear its pronunciation and explore Blackfoot counting!

1

Ni'tókska  
(nee-TOH-ksh-ka)

2

Naatóka  
(nah-AH-toh-kah)

3

Niokska  
(nee-OH-ksh-ka)

4

Niiso  
(nee-EE-soh)

5

Niisíto  
(nee-SEE-toh)

6

Naoi  
(nah-OH-ee)

7

I'ihkítsíka  
(IHK-kee-tsee-kah)

8

Naaniso  
(nah-nee-SOH)

9

Pi'ihkso  
(pee-IHK-soh)

10

Kiipo  
(kee-POH)





# BLACKFOOT DICE GAME



## HOW TO PLAY:

**OBJECTIVE:** Be the first player to reach a total score of 50 (Niisíkopóto) by rolling the dice and adding up the Blackfoot numbers.

### MATERIALS:

- Two six-sided dice (take turns rolling the dice)
  - Scoresheets or paper (each player gets a scoresheet)
  - Pen or pencil
- (For extra help, keep "Blackfoot numbers" page handy for Blackfoot pronunciations).

WATCH  
HOW  
TO  
PLAY!



### ROLLING THE DICE:

On a player's turn, they roll both dice  
The player must say the Blackfoot numbers rolled out loud and add the numbers together and say the total.

### SCORING:

The player adds the total to their scoresheet in Blackfoot numbers. For example, if a player rolls a 3 (Niosksa) and a 5 (Niisíto), they say "Niosksa, Niisíto" and write down 8 (Naaniso) on their scoresheet.

### WINNING THE GAME:

The first player to reach a total score of 50 wins the game.  
If multiple players reach 50 (Niisíkopóto) in the same round, the player with the highest total wins.

### EXAMPLE ROUND:

Player 1 rolls a 2 (Naatóka) and a 4 (Niiso). They say, "Naatóka, Niiso" and write down 6 (Naoi) on their score sheet.  
Player 2 rolls a 3 (Niosksa) and a 5 (Niisíto). They say, "Niosksa, Niisíto" and write down 8 (Naaniso) on their scoresheet.

### OPTIONAL RULES:

**Double Points:** If a player rolls the same number on both dice (doubles), they get double points for that roll.

**Bonus Roll:** If a player rolls a total of 10, they get an extra roll.

# BLACKFOOT PHONEMES

Let's learn about the Blackfoot alphabet!

**a, h, i, k, m, n, o, p, s, t, w, y**  
and apostrophe ' is the glottal stop

## VOWELS AND VOWEL COMBINATIONS

In English, vowels are the letters A, E, I, O, U. These letters help make words sound smooth and clear.  
In Blackfoot, vowels work the same way, but they are slightly different. Instead of A, E, I, O, U, Blackfoot uses:

VOWEL(S):	PRONOUNCE:	EXAMPLE WORD:	EXAMPLE MEANING:
a	(AH)	aotohkoinátsi	(It is orange)
aa	(AAH)	aapinákos	(tomorrow)
i	(I-H)	nitaakítápowa	(I will go there)
ii	(EE)	níisto	(me)
o	(OH)	pokón	(ball)
oo	(OOH)	ookóówayi	(home)
oii	(WEE)	no'ohkoiksi	(my sons)
ai	(EYE)	aisimmiwa	(he/she drinks)
aii	(EYE-EE)	naikópótowa	(16)
ao	(OW)	aotohkoinám	(It is an orange) as in fruit
aoo	(OW-OO)	maoó	(mouth)

## CONSONANTS

Consonants are the sounds that shape words.  
In Blackfoot, consonants are similar but may sound softer or sharper than English. Some key points:

- **P, T, K** - These are softer than in English, almost like a breathy sound.
- **S** - Always sounds like "s" in snake (never like "z").
- **N, M** - Similar to English.
- **HK** - A unique Blackfoot sound, like a rough "h" in the throat.

**blackfoot**  
Learning guide

WATCH THE  
BLACKFOOT  
LEARNING GUIDE!

UNDERSTANDING BLACKFOOT VOWELS AND CONSONANTS WILL HELP YOU PRONOUNCE WORDS CORRECTLY AND SPEAK THE LANGUAGE MORE NATURALLY!



# GREETINGS AND COMMON PHRASES

Language is more than just words—it connects people, carries culture, and keeps traditions alive. Greetings and common phrases are some of the first steps in learning any language because they help build relationships and create understanding. This page introduces some of the most useful Blackfoot phrases to help you start speaking and connecting in the language.

## GREETINGS:

### ENGLISH:

### BLACKFOOT:

### PRONUNCIATION:

Hi	Oki	(oh-kee)
Goodbye	Aakitáma'tsinootsiyao'p	(Ah-git-da-maht-seen-no-tsee-yop)
How are you?	Tsa Nitapiwa	(tsah)-(nee-taa-bee-wa)
I am fine	Nít sókápaís	(Nit)-(so-gah-bee-is)
What is your name?	Tsa Kitaaníkowa	(Tsah)-(git-taan-nik-goh)
My name is...	Oki Nítaaníko...	(OH-kee)-(Nee-taan-nik-goh)
Good morning	Ítaamíkskannaotónni	(ee-tah-meek-skah-nah-oh-toh-nee)
Good night	A'ahsi kóko	(aah-see)-(koh-koh)

## PHRASES:

### ENGLISH:

### BLACKFOOT:

### PRONUNCIATION:

Me	Níisto	(nee-stoo)
You	Kíisto	(gee-stoo)
Yes	Aah	(Ahh)
No	Saa	(sa-AH)
Maybe	Tsaah tao'	(tsah-doh)
Where?	Tsimá	(Tsee-mah)
Who?	Takáá	(Tah-kah)
What?	Tsa Nistapi	(Tsah)-(Nee-tap-bee)
When?	Tsika	(Tsee-kah)





## EXPLORE THE CITY!

Enjoy coloring a city view of **MO'OHKÍNSTSIS** (Calgary).  
Use the app to learn some city words in Blackfoot!



# STICKERS WITH POWER







# COLOURS OF THE RAINBOW

Rainbows are full of beautiful colours! Each colour has a Blackfoot name. Learn them, say them out loud, and match them to the rainbow! Use the app to watch a video of the Blackfoot colours!

WATCH VIDEO HERE!



## MATCH THE COLOURS!

Colour and match each Blackfoot word to the correct colour on the rainbow!

MÁOHKSINNÁTSI

AOTANKOINÁTSI

OOTANKOINÁTSI

SAISKSIIMÓKONÁTSI

OOTSSKONÁTSI

SÍKÓTSSKONÁTSI



# THE LOST HAT







# DESIGN YOUR OWN TIPI!



## INSTRUCTIONS:



**YOU'LL NEED SCISSORS, A GLUE STICK, AND YOUR CHOICE OF COLOURS FOR THIS ACTIVITY!**

**1. Design/Colour your tipi before constructing it!**

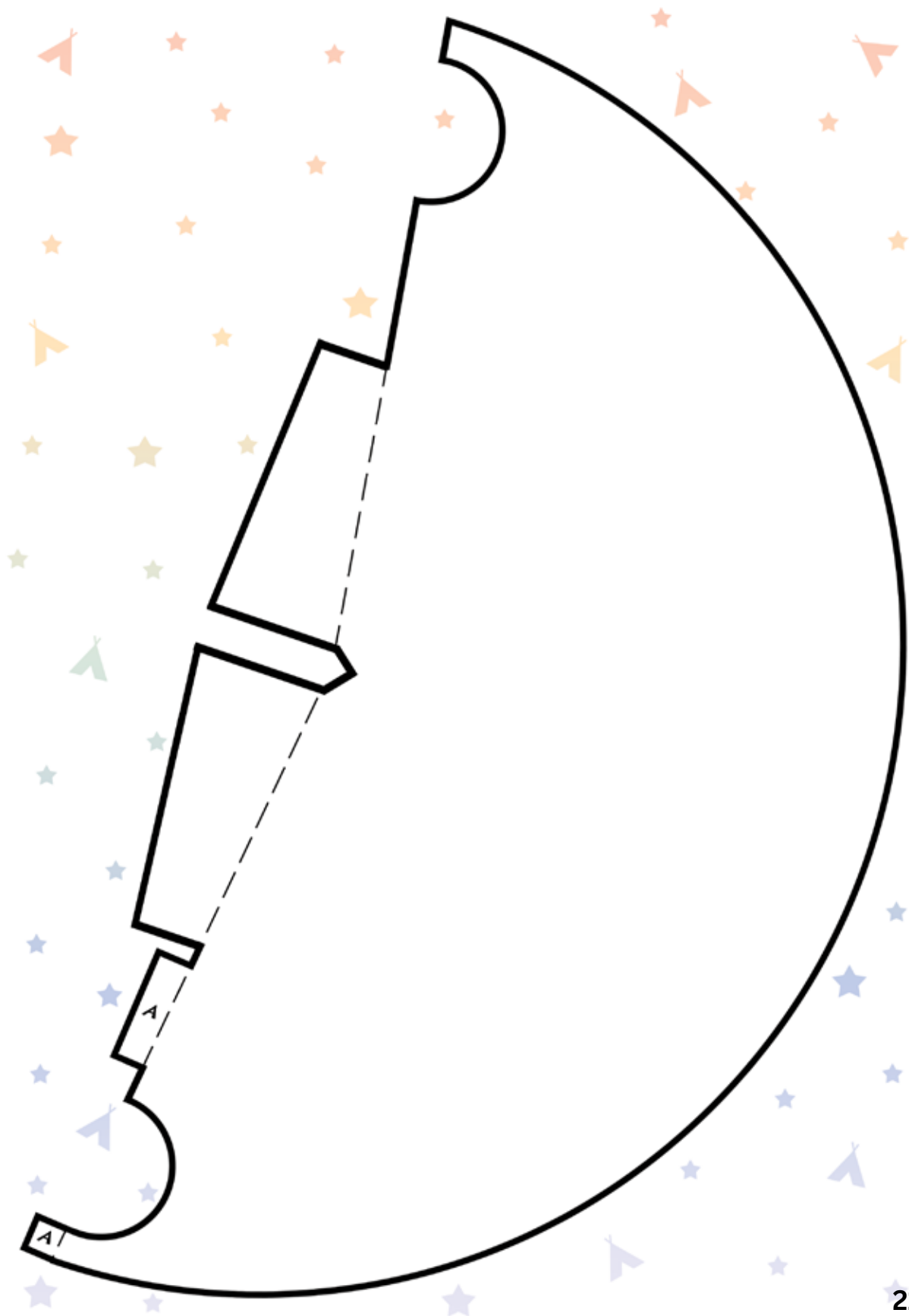
**2. Cut out the shape**

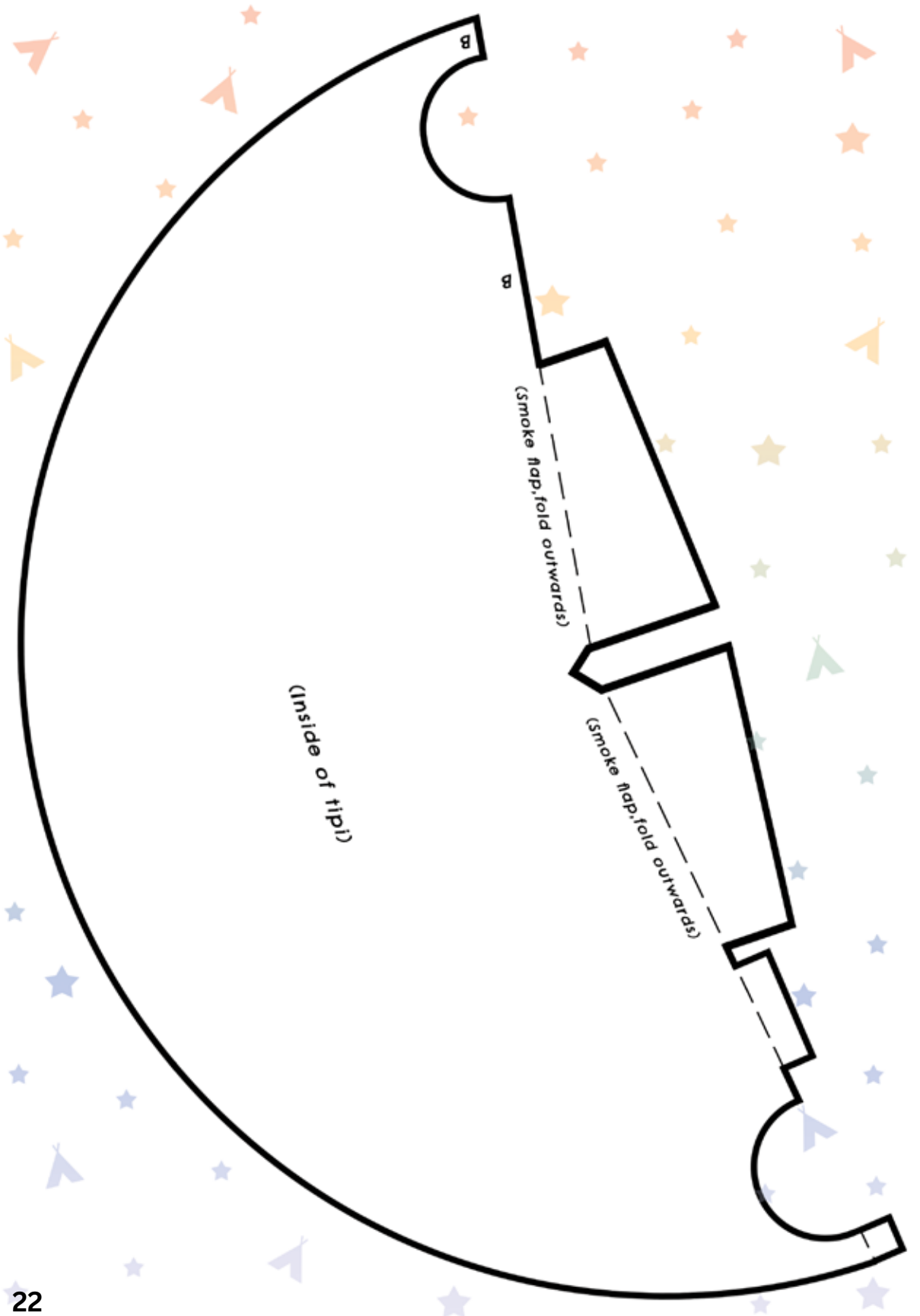
**3. Put glue where it says 'A'. And fold where there is a dotted line**

**4. Form the template into a cone, and press the 'A' onto the side that says 'B'**

**Now enjoy your very own tipi!**







# MY TIPI DESIGN!

**NIITOIYIS** (My tipi) tells a story—it reflects who you are and what is important to you. The symbols, colours, and patterns all have meaning. Think about your design and answer the questions below in English and Blackfoot!

## QUESTIONS:

1. What does **NIITOIYIS** (your tipi) represent?

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2. Why did you choose these colours?

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3. What symbols did you include, and why?

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## MY STORY

(Write a short story about your tipi below using some Blackfoot words!)

Example:

**NIITOIYIS** (Your tipi) is **OOTSSKONÁTSI** (blue), **MÁÓHKINNÁTSI** (red) and **OOTANKONÁTSI** (yellow). The **NAATÓ'SI** (sun) is in the center because it gives us life. I added a **AAWATOIYI** (deer) because it's my favourite animal.

Now it's your turn! Write your story: \_\_\_\_\_

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# GROUNDING YOURSELF!

Taking care of yourself and feeling connected to the land is a key part of language learning. Grounding yourself involves walking barefoot on natural surfaces like grass, soil, or sand. You can also ground yourself by doing a calming activity or hobby. These type of practices can boost your mood, reduce stress, and improve sleep, making you feel more alive and refreshed.

## INSTRUCTIONS:

- Use the APP to listen for key Blackfoot words.
- Take note of any Blackfoot words you hear.
- Match each image to its Blackfoot name.
- Hint: Answers are upside down under each image!

Let's learn some nature inspired Blackfoot words, so when you're grounding yourself you can also expand your Blackfoot vocabulary and deepen your connection to the land!

DEER



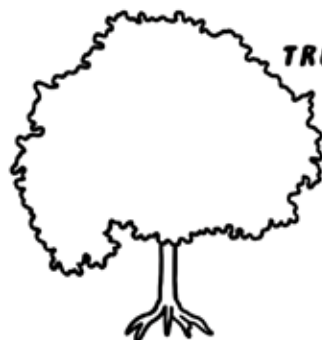
AAWATOIYI

SUN



OMAHKAI'STOO

TREE



MIISTSI

RABBIT



AAWATOIYI

RAVEN



OMAHKAI'STOO

OMAHKAI'STOO  
AAWATOIYI  
NAATÓ'SI  
ÁÁATTSISTAA  
MIISTSI



# MEDICINE WHEEL TEACHINGS



WATCH



VIDEO!

When you hear the term “medicine wheel,” know that it’s a newer name. Traditionally, we had different words depending on our region and teachings. These wheels are deeply symbolic, with circular structures that reflect the cycles of life and the universe.

## CYCLES WITHIN THE CIRCLE

The medicine wheel holds many layers: birth, youth, adulthood, Elder; spring, summer, fall, winter; sunrise, daytime, sunset, nighttime. These cycles go on and on, showing us that everything in creation is connected. By learning from the wheel, we learn more about ourselves and our place in the universe.

## LIFE AS A SPIRAL, NOT A LINE

These teachings are not linear. You may understand one part today, but return later in life and see a deeper meaning. It’s like a spiral going upward—if you compress it, it looks like a circle. Each time you revisit the teachings, you gain more from them.

## THE FOUR ASPECTS

We also learn about the physical, emotional, spiritual, and mental parts of ourselves. Each quadrant of the medicine wheel can represent these aspects. Alongside them, we see the four elements: earth, air, fire, and water. These layers all work together in the teachings.

## USING THE QUADRANTS

To avoid overwhelming others, we teach in steps—bit by bit, quadrant by quadrant. Each quadrant connects a direction, a colour, a stage of life, a season, an element, and a gift or personality trait. When grouped this way, the teachings are easier to understand and apply.

## LEARNING FROM THE LAND AND THE PEOPLE

If you want to go deeper, connect with people from the area you’re learning about. Their Elders, parents, and grandparents may hold these teachings. Not everyone carries this knowledge, but when you find the true Elders and approach them respectfully, they may share what you need.

# WELLNESS CHECK-IN

1. TSAA KÍTAANISTSIMOHSSPA A'NOHK KSIISTSIKOI? (HOW ARE YOU FEELING TODAY?)

NIITSIIKO'KSISSSTSI

APITSI'INH

OOKITAKI



I'TÁAMS

OYITSI'TAKI

SAYITAPIIYI

2. SÍMIT AONKÍÍ (DRINK WATER!) HOW MANY GLASSES HAVE YOU HAD TODAY?

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5+

3. TSA NÍSTÁPI KÍTSOI'INPA A'NOHK KSIISTSIKOI (WHAT HAVE YOU EATEN TODAY?)

Nítsii (I ate) \_\_\_\_\_

Níisa'kákso'ohsin... (My favorite food is...) \_\_\_\_\_

4. ON A SCALE FROM 1-5, HOW MUCH ENERGY DO YOU HAVE?

1

2

3

4

5

(Low to High)

5. WRITE ONE GOOD THING THAT HAPPENED TODAY:

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6. TSIISTSIYA KITAHTTSI KSIMAA'TSSPA? (WHAT IS SOMETHING YOU'RE THANKFUL FOR?)

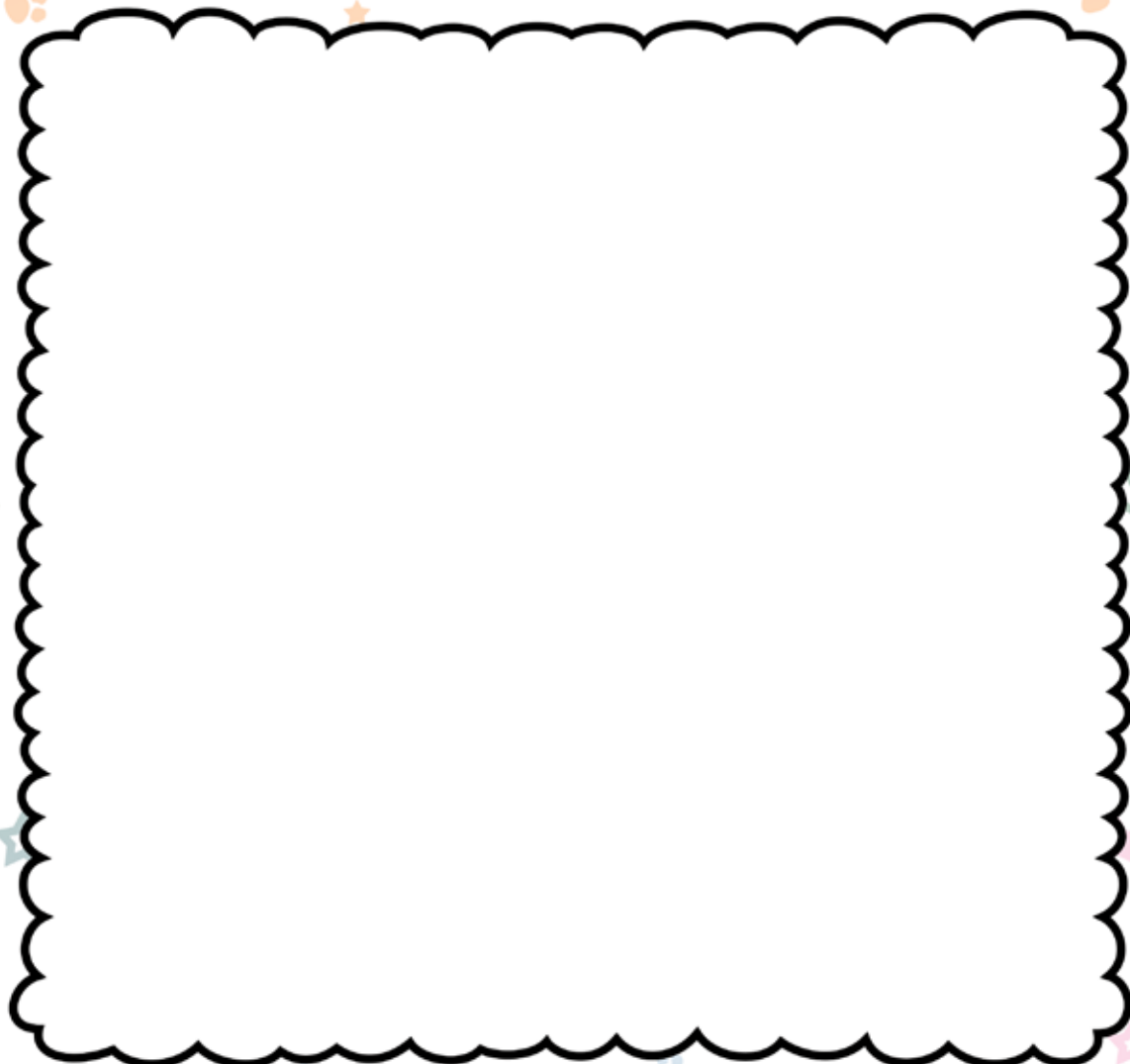
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# MY FAVOURITE ANIMAL!

Draw a picture of your favourite animal in the box below!



Colour the animal that you have or would like to have as a pet.



**IMITÁÁ**  
(ee-mee-TAH)



**POOS**  
(poh-ss)



**ÁÁATTSISTAA**  
(AHH-tseet-stah)



**MA'MIIWA**  
(MAH-mee-wah)

# SEASONS & WEATHER

USE THE APP FOR PRONUNCIATION HELP!



**MOTÓYI**  
(MOH-DOH-YEE)

**AISOOTAA**  
(AYE-SUE-DAH)  
It's raining



**NIIPÓ**  
(NEE-BO)

**IKSISTOYI**  
(EEK-SIS-TOH-YEE)  
It's hot



**AO'KOWA**  
(AWH-KOH-WAH)

**AISOPO**  
(AYE-SOH-BO)  
It's windy



**ISSTOYII**  
(EES-TOH-EE)

**AO'ONPOTA**  
(AWH-ON-PON-TAH)  
It's snowing

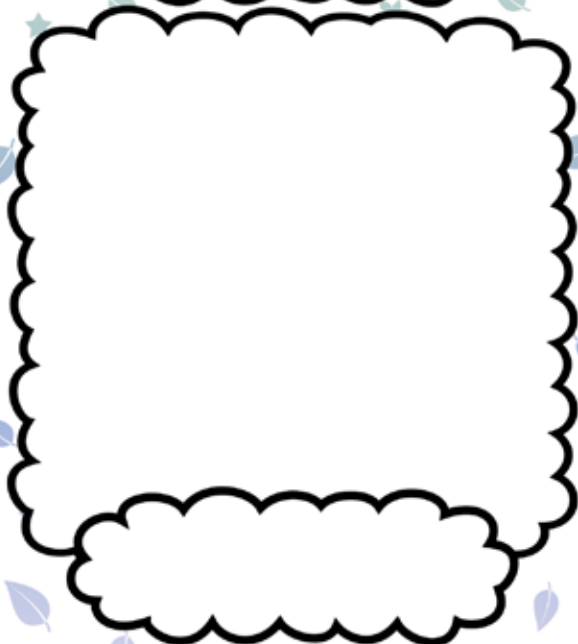
**ISSTOYI**  
(EES-TOH-EE)  
It's cold



# MY FAVOURITE SEASONAL ACTIVITIES

## DRAW & LABEL!

Draw a picture of your favourite activity to do during each season and label the season in Blackfoot!



My favourite season is \_\_\_\_\_

# THE SIGNIFICANCE OF THE SUN IN BLACKFOOT CULTURE

In Blackfoot culture, the Sun represents life, creation, and the connection between the people and the Creator. It is seen as a powerful force that watches over the land and all living beings.



The Sun symbolizes renewal, strength, guidance, and gratitude. It is a reminder of balance, harmony, and the cycles of life that sustain the people and the land.



(NAH)

(SEE)

(TON)

In Blackfoot teachings, the Sun and Moon are partners – they work together to bring balance to the world, guiding the cycles of day and night, life and rest.

The Blackfoot people hold ceremonies to honour the Sun, giving thanks for its gifts and seeking its guidance. These ceremonies carry deep meaning and are rooted in respect and tradition.

# THE SIGNIFICANCE OF THE MOON IN BLACKFOOT CULTURE

The Moon moves through many phases, each carrying its own meaning and energy. These shifting phases remind us of change, growth, and the cycles of life.



In Blackfoot culture, a woman's moon time is sacred. It is a time of powerful connection to the Earth, the Moon, and the life-giving forces, honoured with respect and care.

KO'KOMIKI'SOOM

(KO)

(SOOM)

(KO)

(KEE)

(MEE)

The Sun and Moon have a son known as Lipisówaahs – Morning Star. He is a special figure in Blackfoot stories who brings teachings to the people.

To learn more about the Sun, the Moon, and the Blackfoot creation stories, it's important to respectfully approach a Knowledge Keeper or Elder. They hold the wisdom and protocols that help guide learning in a good and respectful way.



# CALENDAR MONTHS IN BLACKFOOT

**IAN**

**KA'TO**  
(KAH-TOW)

**FEB**

**PIITAI**  
**KÍSÓM**  
(BEE-TAH)  
(KEE-SOON)

**MAR**

**SAOMÍTSI**  
**KÍSÓM**  
(SAH-OM-IT-SEE)  
(KEE-SOON)

**APR**

**MÁTSÍKÁPISSAATÓSI**  
(MAAH-TSEE-GAH-BEE-SAAH-DO-SEE)

**MAY**

**AAPINTSI'INKÍTSAATÓSI**  
(AH-BEE-IN-TSEE-KEET-SAAH-DO-SEE)

**JUN**

**MÍSÁM**  
**SOOTAATÓSI**  
(ME-SAAH)  
(SOO-DAH-DO-SEE)

**JUL**

**MIINISTSI**  
**O'TSÍTAÍTSSPI**  
(ME-NISS-TSEE)  
(O-TSIT-DAY-TSIP-BEE)

**AUG**

**PÁKÍPISTSI**  
**O'TSÍTAÍTSSPI**  
(PAH-KEE-BIT-TSEE)  
(O-TSIT-DAY-TSIP-BEE)

**SEP**

**AAWÁKAASI**  
**KÍSÓM**  
(AAH-WAH-KAAH-SEE)  
(KEE-SOON)

**OCT**

**NIIPÍSTSI O'TSÍT**  
**AÍNNISI'INHPI**  
(NEE-BISS-SEE)  
(OT-SIT)  
(AAH-NEE-SEE-INH-BE)

**NOV**

**IITAÓTSSTOYI**  
(EE-TAH-OM-TSEE-DOY-EE)

**DEC**

**ÍSSTAATÓSI**  
(EE-STAH-DO-SEE)



# BLACKFOOT MEDICINE

USE THE APP TO WATCH A VIDEO ON BLACKFOOT MEDICINES!



**SIPÁTSIMO**  
(SWEETGRASS)

Sweetgrass is the most sacred medicine. It is a gift from naató'si (the sun) and Mother Earth. Sweetgrass contains 21 blades of grass, braided into three sections: Seven blades represent the seven generations before us, seven generations ahead of us, and represent the seven sacred teachings. When all in harmony, it helps us walk in the way of our ancestors. Sweetgrass ties together the male and female, teaching us to walk side by side as one. Found across the prairies in Canada and the U.S. It connects us to our ancestors and Indigenous ways of knowing. Sweetgrass is considered good medicine for all.



**KA'KSIMI**  
(SAGE)

Sage was a gift from the Creator to all Indigenous people here on Earth. It can be found on the prairies all across North America. There are different types of sage. Sage is a cleansing agent used to cleanse the mind, body, and soul, and to cleanse the home. Sage can also be used in sage tea to help with digestive challenges.



**KISTAPI**  
(CEDAR)

Cedar is harvested in British Columbia, in more humid, coastal climates. Cedar is beautiful and sacred. Uses: Cedar tea, Smudging (used with other medicines as well). Cedar brings cleansing, clarity of mind and soul, and removes impurities. When harvesting cedar or any medicine, we always offer tobacco first as an act of respect.



**PISSTÁÁHKAAN**  
(TOBACCO)

Tobacco is a sacred medicine and a gift from the Creator, naató'si (the sun, source of all life). Tobacco is used to re-harmonize with Mother Earth. We always give tobacco before taking any medicine. It is a way to show respect and gratitude to the land. Tobacco is used in prayer, healing, and as a gift. If Elders cannot harvest medicine, it is a responsibility to pick for them. Everything around us is considered a living being, so tobacco helps us communicate and give thanks to these beings before harvesting.

# HOW TO PLAY YANTZEE IN BLACKFOOT!

## WHAT YOU NEED:

- Five, six sided dice
- A scorecard and pen/pencil
- A cup for shaking dice

## OBJECTIVE:

Roll the dice to get the highest score by making different combinations.

## BASIC TURNS:

1. Roll all five dice.
2. Decide which dice to keep and which to roll again.
3. You get up to three rolls per turn.
4. Choose a category on the scorecard and write down your score.

## PRACTICE ROLLING!

Roll five dice and say the numbers in Blackfoot:

**1 - NI'TÓKSKA** (nee-TOH-ksh-ka)

**2 - NAATÓKA** (nah-AH-toh-kah)

**3 - NIOKSKA** (nee-OH-ksh-ka)

**4 - NIISO** (nee-EE-soh)

**5 - NIISÍTO** (nee-SEE-toh)

**6 - NAOI** (nah-OH-ee)

## YAHTZEE CONTINUED...

### SCORING COMBINATIONS:

- Three of a kind - (three same dice)
- Four of a kind - (four same dice)
- Full House - (two & three same dice)
- Small straight (four in a row) - (four in order)
- Large straight (five in a row) - (five in order)
- Yahtzee (five of a kind) - (five same dice!)

### STRATEGY TIPS:

- Save your Yahtzee for the big points!
- If you roll bad numbers, try for a small straight.
- Use your chance space wisely.

### SCORE THIS ROLL!

Roll five dice and record the numbers. Try to find the best scoring category. Write it down in Blackfoot!

**1 - NI'TÓKSKA** (nee-TOH-ksh-ka)

**2 - NAATÓKA** (nah-AH-toh-kah)

**3 - NIOKSKA** (nee-OH-ksh-ka)

**4 - NIISO** (nee-EE-soh)

**5 - NIISÍTO** (nee-SEE-toh)

**6 - NAOI** (nah-OH-ee)





# LET'S DANCE!

A **PÁSKAAN** (powwow) is a large gathering filled with singing, dancing, drumming, and sharing traditions. It's a time for **NO'OH PÁPII'INPÍKS** (family) and **NIITA'KAIKS** (friends) to come together and celebrate life.

A **ÓTÁKSI PÁSKAAN** (round dance) is different from a powwow. Round dances are usually smaller, more intimate gatherings held during the winter months. The dancers move together in a circle, symbolizing unity and connection.

At a powwow, dancers wear beautiful **ISSKSISTSAAKI** (regalia) that reflect their style and spirit. Each dance style is unique and full of meaning. Some of the dances you can discover include:

CHICKEN DANCER

JINGLE DANCER

FANCY DANCER

GRASS DANCER

TINY TOTS

USE THE APP TO WATCH A VIDEO OF A REAL  
**ÓTÁKSI PÁSKAAN (ROUND DANCE)!**

Reflect on what you see and hear. Pay attention to the drumbeat, the rhythm, the movement, and the feeling of the circle. What stands out to you?



# LET'S ISSKSISTSAAKI!



Use the app to step into the world of dancers. Move your device around to see dancers up close and have fun colouring the beauty of the **ISSKSISTSAAKI!**



## BEAD AND EMBRACE!

In Blackfoot culture, **OOKA'TÁKSSIN** (beadwork) is more than just decoration; it is a living expression of who we are. Through every bead, every stitch, and every pattern, we honor the spirit of **INNÁKOOTSIIYSSIN** (respect) for the people, our ancestors, and the land that carries our stories.

The act of **SÁPINKA A'TONAOKSIS** (threading the needle) is the beginning of this sacred process. It is a moment of focus and patience, where the beader brings their thoughts, prayers, and intentions into their work. As the thread weaves through each bead, a new story is created – one stitched with spirit and care.

**MAANISTSI NÁTSSPI KII MAANITÁPÁNNIYAO'SIN** (color and meaning) are deeply important. Every color is carefully chosen, holding its own voice within the design. No choice is made lightly; each shade is part of the story, woven together to speak without words, carrying memories, dreams, and teachings.

Beadwork is often made for **MIISTÁPINKANTÁKSSIN** (gift giving). A beaded gift is an act of love and connection, a way of honoring relationships, offering protection, or celebrating life's important moments. To give or receive beadwork is to share something sacred – a piece of the heart and spirit, given freely.

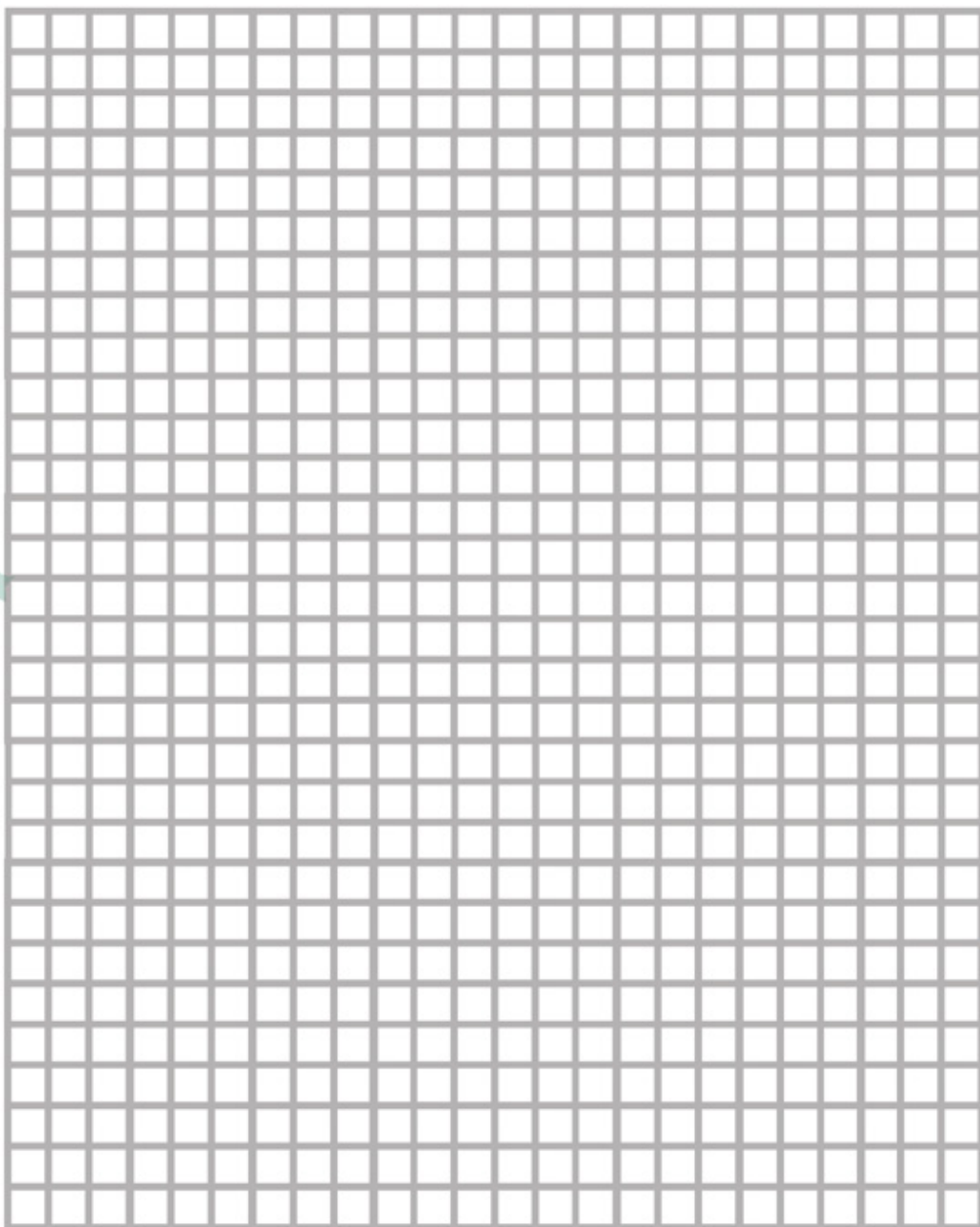
Through it all, beadwork ties us to our **PAITÁPIIYSSINNI** (traditions). Passed down through generations, it connects us to the hands and hearts that came before. Each piece is a thread between past, present, and future – a way of embracing who we are and carrying our stories forward, one bead at a time.

# LET THE IMAGINATION FLOURISH!

Get creative and make your own **OOKA'TÁKSSIN** (beadwork)!  
Use this template to bring your vision to life!



**WATCH THE VIDEO ABOUT BEADING WITH THE APP!**



# BLACKFOOT CROSSWORD PUZZLE!



## ACROSS:

2. Ko'komiki'somm

5. Miistsís

6. Imitáá

8. Ístókimátsis

10. Mi'káiyssi

12. Mo'ohkínstsis

13. ááattsistaa

14. Aah's

15. Matapíksi

## DOWN:

1. Naató'si

2. Niitoyis

3. Ooka'tákssin

4. Naatowápssin

7. Ma'miiwa

9. Níssa

11. Nitsi'tapiimiks

13. Pókón

**HINT: BLACKFOOT  
TRANSLATIONS ARE  
THROUGHOUT THE  
JOURNAL - IF YOU GET  
STUCK, USE THE APP!**



# BLACKFOOT Pictionary!

Tear out the page and play with your family/friends! Here's a list of Blackfoot prompts and pronunciations for what you need to draw and a score sheet to keep track!

(Rules are on the back of this page)

## Pictionary Score Card

ROUND

TEAM 1

TEAM 2

1

2

3

4

5

Easy

**NAATÓ'SI**

(nah-toh-see)  
Sun

Easy

**MA'MIIWA**

(mah-mee-wa)  
Fish

Easy

**I'TÁÁMS**

(ee-dah-miss)  
Happy

Easy

**AISOOTAA**

(aye-sue-dah)  
Rain

Medium

**AISOPO**

(aye-soh-bo)  
Wind

Medium

**IMITÁÁ**

(ee-me-taah)  
Dog

Medium

**MONKSISÍS**

(MOH-ksis-sis)  
Nose

Medium

**MIISTÍS**

(mees-t-sees)  
Tree

Hard

**ÁÁATTSISTAA**

(aah-tsees-dah)  
Rabbit

Hard

**MOSSTOKSÍS**

(moss-do-ksis)  
Face

Hard

**ISSTOYII**

(es-toh-ye)  
Winter

Hard

**ÍSTÓKIMÁTSIS**

(es-stoh-kee-maht-sis)  
The Drum

# PICTIONARY RULES:

## WHAT YOU NEED:

- Paper and pens/markers (or a whiteboard)
- Timer (60 seconds is standard)

## SETUP:

- Divide into teams: 2+ teams with at least 2 players each.
- Choose a drawer: Each round, one player from a team will draw.
- Prepare word prompts given

## HOW TO PLAY:

- The drawer picks a word (randomly or from a card).
- They have 60 seconds to draw the word without speaking, writing letters, or using numbers.
- The team guesses as the drawer draws.
- If the team guesses correctly within the time limit, they score a point.
- Rotate to the next team or player and repeat.

## WINNING:

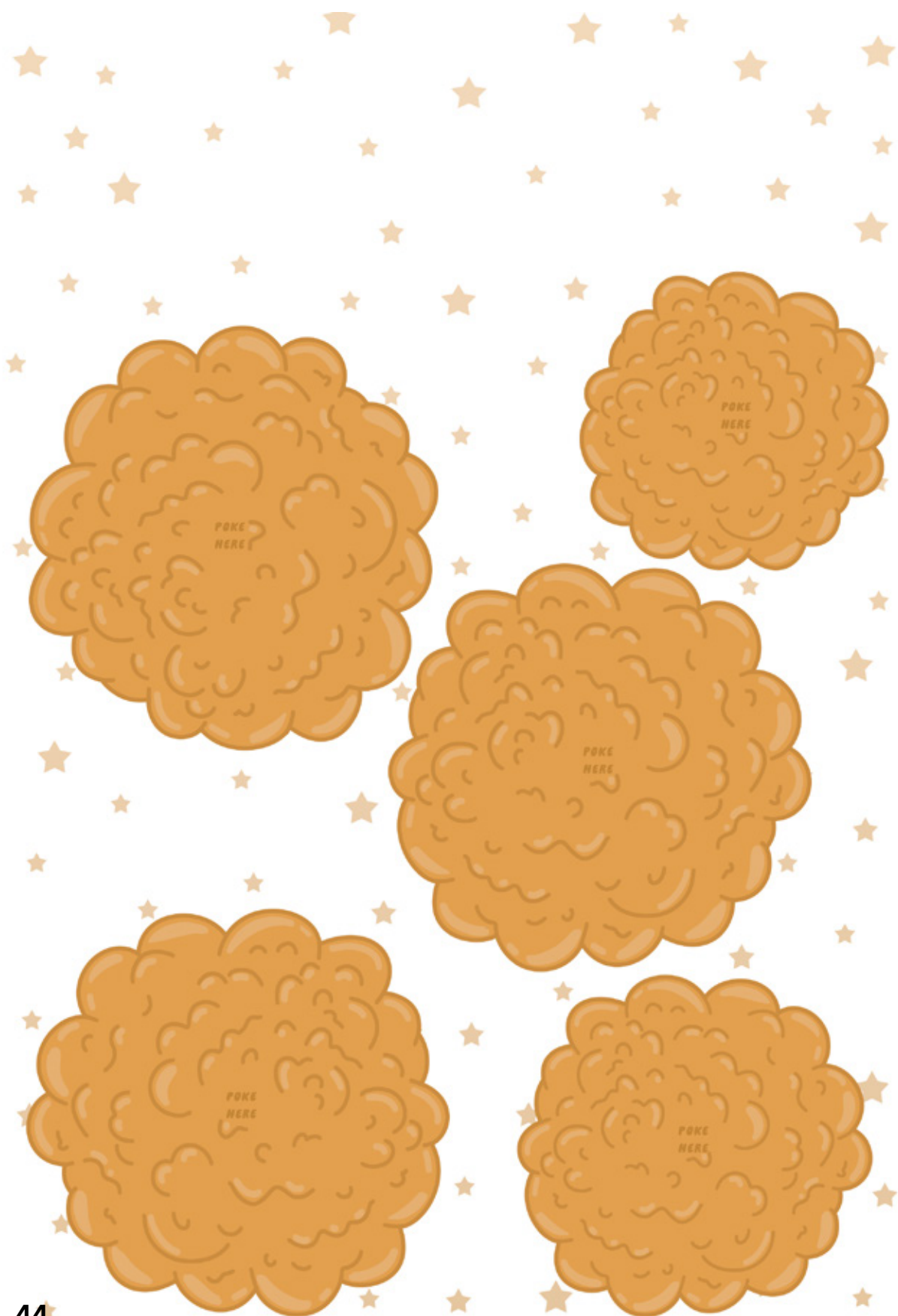
Play until a set number of points is reached (e.g., first to 10), or for a certain number of rounds.

The team with the most points at the end wins.

# POKE THE FRY BREAD!

**IMMISTSIINKIITAAN** (Fry bread) is made with love, but did you know poking a hole in the center helps it cook evenly? On this page, imagine you're preparing a piece of **IMMISTSIINKIITAAN**! Use a pencil, pen, or even your finger to poke holes in the center of each **IMMISTSIINKIITAAN**.







# IMMISTSÍINKIITAN FUN!



**IMMISTSÍINKIITAN** (Fry bread) is more than just food—it's a tradition, a comfort, and a delicious way to bring people together. Whether you enjoy it with honey or jam, this crispy and fluffy bread is a favourite in many Indigenous communities.

Now, let's get **OIYAO'SSIN** (cooking)!

## INGREDIENTS:

- 4 cups **Ó'KAPAYIN** (flour)
- 1 tablespoon baking powder
- 1 teaspoon **ISTTSIKSIPOKO** (salt)
- 1 ½ cups warm **AONKÍÍ** (water)
- 1 tablespoon oil or melted butter
- **IMMISTSII** (Oil for frying)

USE THE APP  
TO WATCH A  
STEP-BY-STEP  
VIDEO ON HOW  
TO MAKE FRY  
BREAD!

## INSTRUCTIONS:

1. Mix it up! In a large mixing bowl, combine the **Ó'KAPAYIN** (flour), baking powder, and **ISTTSIKSIPOKO** (salt).
2. Add the **AONKÍÍ** (water) slowly while stirring until a soft dough forms.
3. Knead for about 5 minutes, then let it rest for 15 minutes.
4. Divide the dough into balls and roll them out into flat circles.
5. Heat the oil in a pan over medium-high heat.
6. Fry each piece until golden brown, about 1-2 minutes per side.
7. Enjoy! Serve warm with butter, jam, or **NAAMÓI'STAAN** (honey).

## TIPS & TRICKS:

- If the dough is sticky, add a little more **Ó'KAPAYIN** (flour).
- Don't overwork the dough, or it will be tough.
- Try it with powdered sugar, cinnamon, or ground beef for a tasty variation!

# DISCOVER THE STORY OF QUILLWORK!



**AOKÁKIYAO'SIT KÍTAAKÍTSSKSÍNNÍP**  
(Watch & Learn!)

Quillwork is a sacred art form among the Blackfoot people. It begins with the porcupine, a respected animal whose quills are used for traditional decoration.

To properly do quillwork, a person must receive the rights through **NAATOWÁPSSIN** (ceremony). This includes being gifted the knowledge, responsibilities, and spiritual connection to the practice. There is even a porcupine song that is part of this ceremony, sung to honour the transfer of rights and show respect to the animal.

Quillwork is treated like **NAATOWÁPSSIN** (ceremony). It is done with prayer, and intention. Women are the ones who sew the quills, while men respectfully gather them. Traditionally, quill work cannot be done at night.

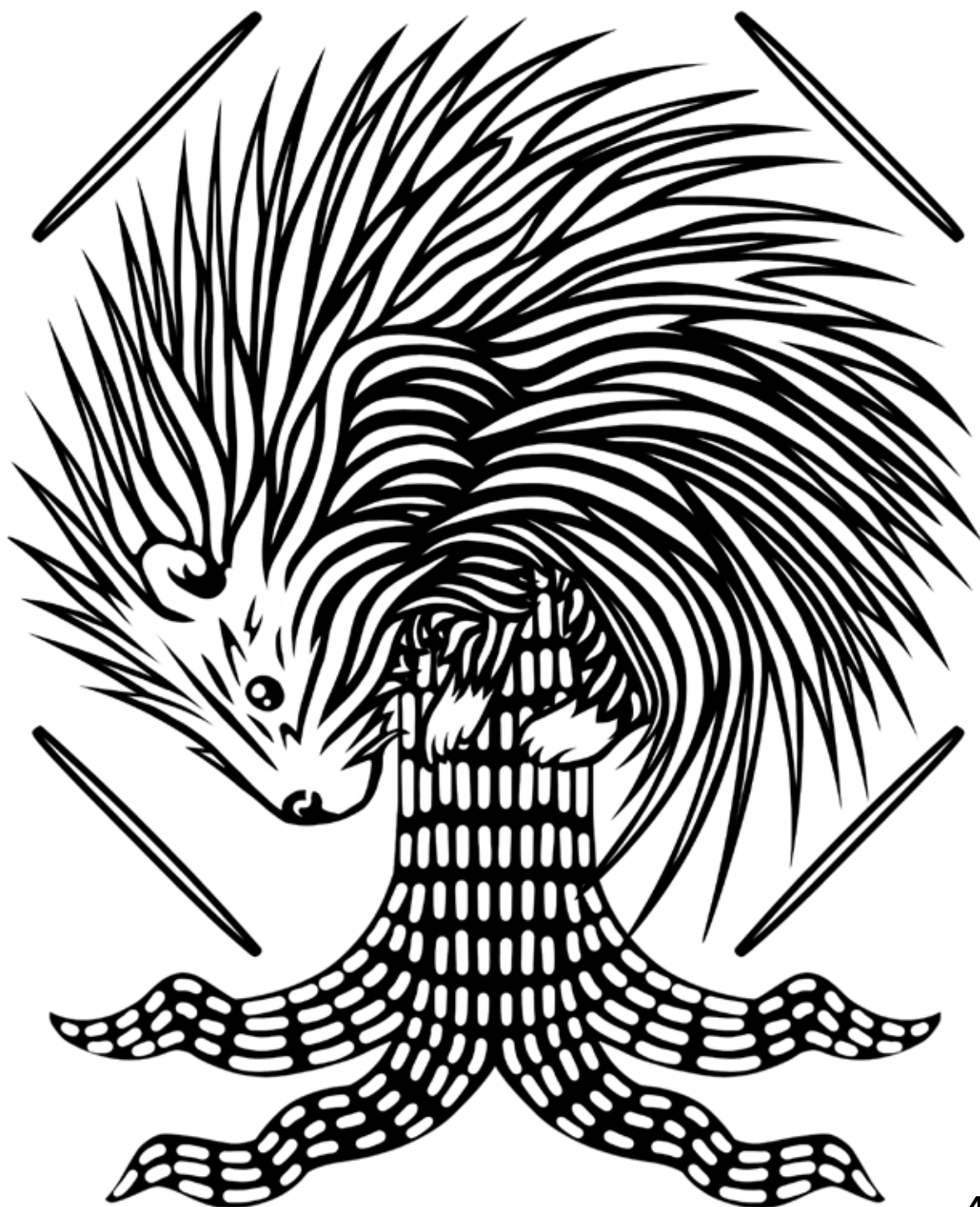
There are many techniques used to sew quills, such as the zig-zag stitch, single line, and saw tooth patterns. These methods vary by nation, but within Blackfoot culture, quillwork was the primary form of artistic expression long before beads were introduced.

Dyes used in quillwork come from natural sources. Red and yellow ochre, along with black charcoal, are gathered from the land and used to colour the quills. This process ties the art to the Earth and the seasons, reminding us that everything in our culture is connected.

Keep exploring, keep learning, and keep the story alive!

# LET'S GET COLOURING!

*Use your favourite colours to make this story your own, and think about what it means to you!*





# MY LANGUAGE JOURNEY

Take a moment to reflect on everything you've learned in this journal. Write down your thoughts below!

1. What was your favourite word or phrase? Why?

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2. Which activity or page did you enjoy the most?

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3. How do you plan to use Blackfoot in your daily life?

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4. Did any words remind you of a story, place, or person?

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5. What was the most surprising thing you learned?

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6. What do you want to learn next?

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Language is a journey, not a destination. Keep practicing, speaking, and sharing what you've learned. Every word you use helps keep Blackfoot strong!

**OOMÁNISTA'O'OHKOISKSINNIMAAAT** (Keep learning)!





**DOMÁNISTAO'OHKOISKSINNIMAAT IS A CREATIVE AND EDUCATIONAL RESOURCE DESIGNED TO CELEBRATE AND REVITALIZE THE BLACKFOOT LANGUAGE THROUGH REFLECTION, DRAWING, WRITING, AND INTERACTIVE EXPERIENCES. CREATED BY INDIGENOUS YOUTH AND SUPPORTED BY ELDERS AND LANGUAGE KEEPERS, THIS JOURNAL INVITES YOU TO EXPLORE THE RICHNESS OF THE BLACKFOOT LANGUAGE AND WORLDVIEW.**

**THROUGH GUIDED PROMPTS, VOCABULARY PRACTICE, AND CULTURAL ACTIVITIES, LEARNERS OF ALL AGES CAN DEEPEN THEIR CONNECTION TO BLACKFOOT IDENTITY, LANGUAGE, AND COMMUNITY.**

**THIS JOURNAL IS INTERACTIVE - SCAN THE AUGMENTED REALITY PAGES THROUGHOUT TO ENGAGE WITH AUDIO PRONUNCIATION, VIDEOS, AND DIGITAL STORYTELLING EXPERIENCES MADE POSSIBLE THROUGH INDIGIPRINTS.**

### **WANT TO LEARN MORE?**

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