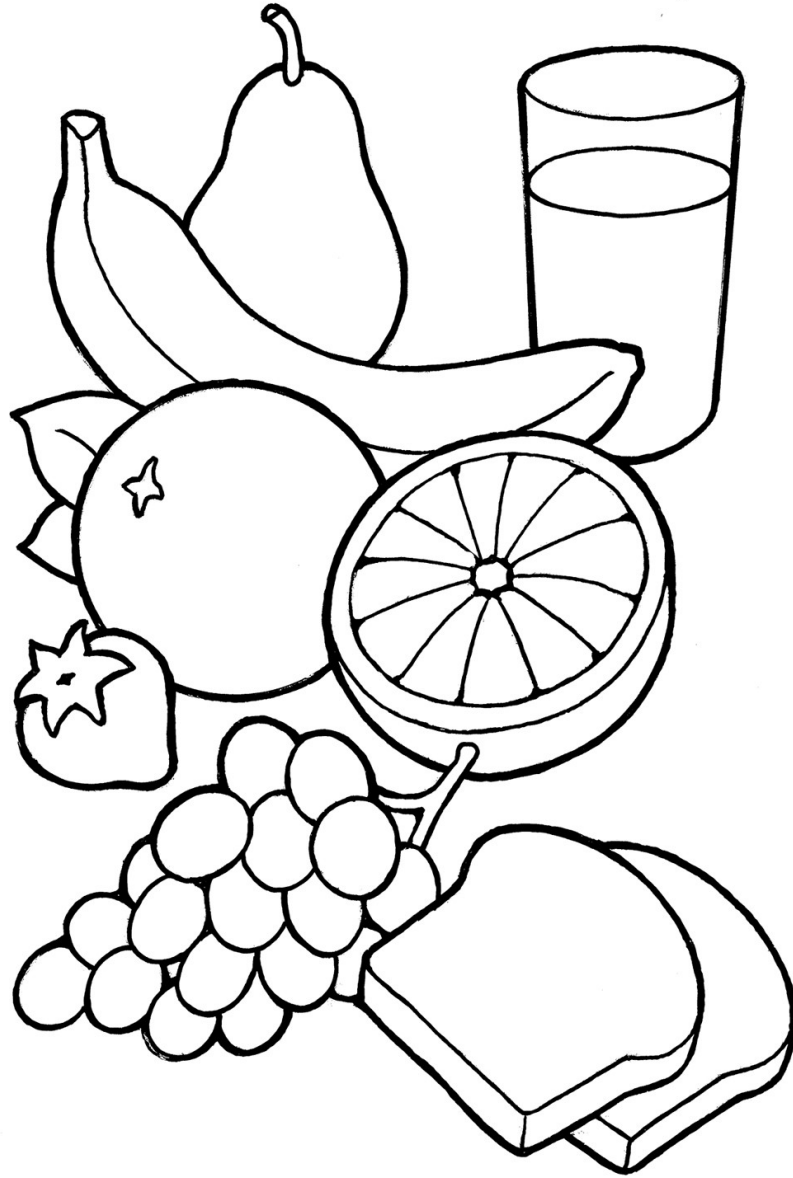


Mnobjmadzëwen



Living Healthy

Potawatomi Vowels

é-slash

a-amish

ë-bumps

o-boat

i-feet

ê-hook

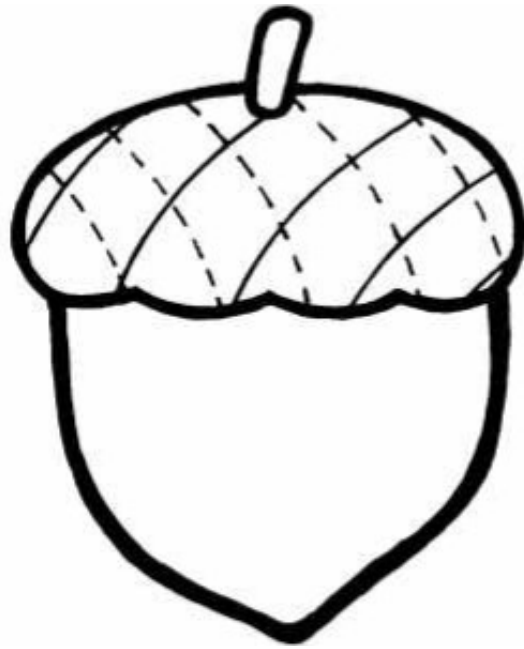
ttth-chip

è-speck

th-jump

e-lint

g-green



mtêkmen

Plural: Mtêkmenen

Mtêkmen —Acorn

Mtêkmenen —Acorns (plural)

Please count the Mtêkmenen using your Potawatomi Language:
Write your answer below.

1- ngot

2- nish

3- nswé

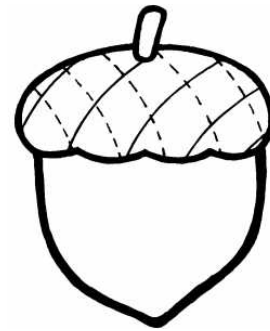
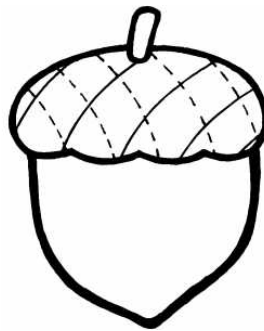
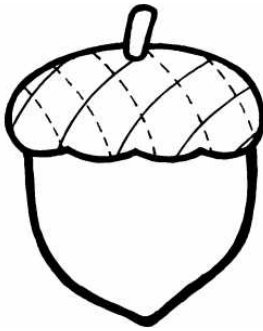
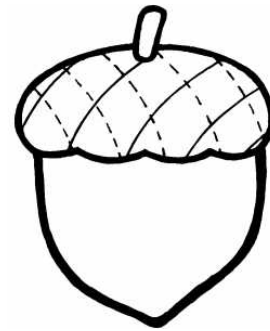
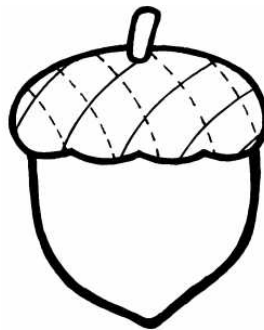
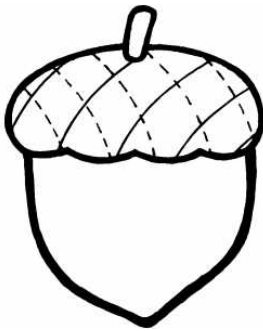
4- nyéw

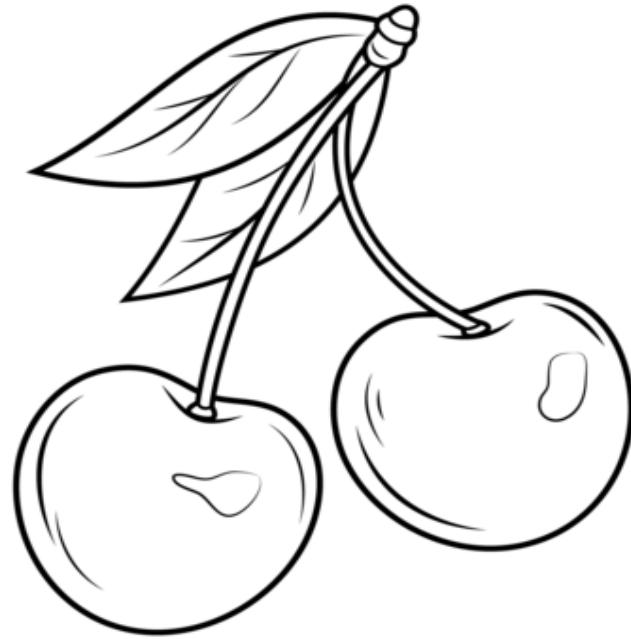
6- ngotwatso

7- no'ëk

8- shwatso

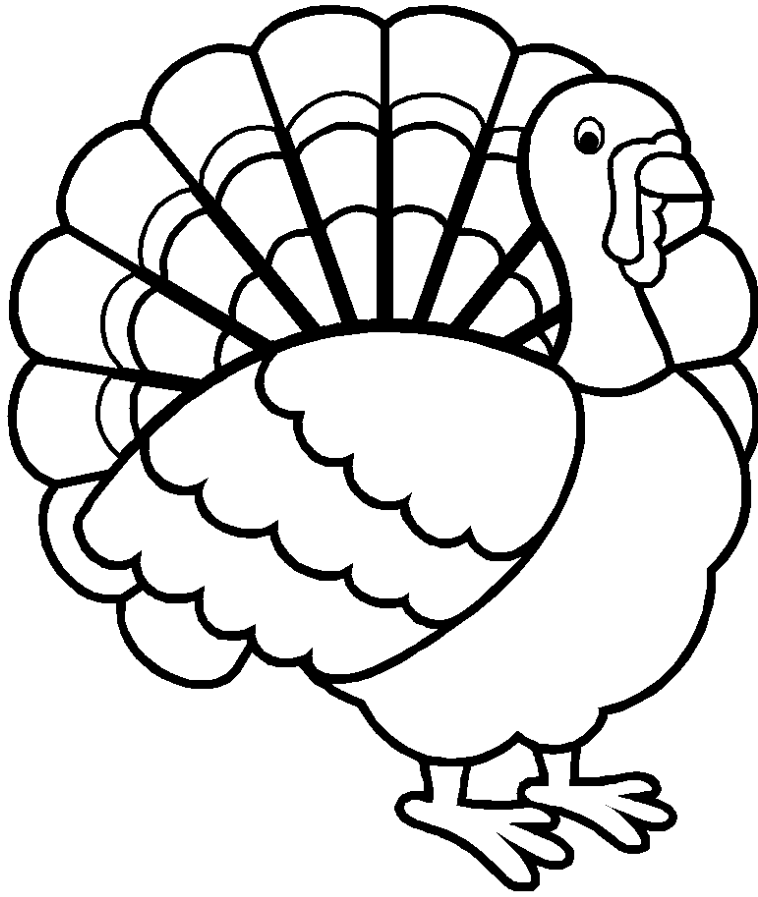
9- zhak





Wigwasmen

Plural: Wigwasmenen



Msezé

Plural: Msezéyêk

Please count the **Msezé** feathers using your Potawatomi Language:

Please write your answer below.

1-ngot

2-nish

3-nswé

4-nyéw

5-nyanen

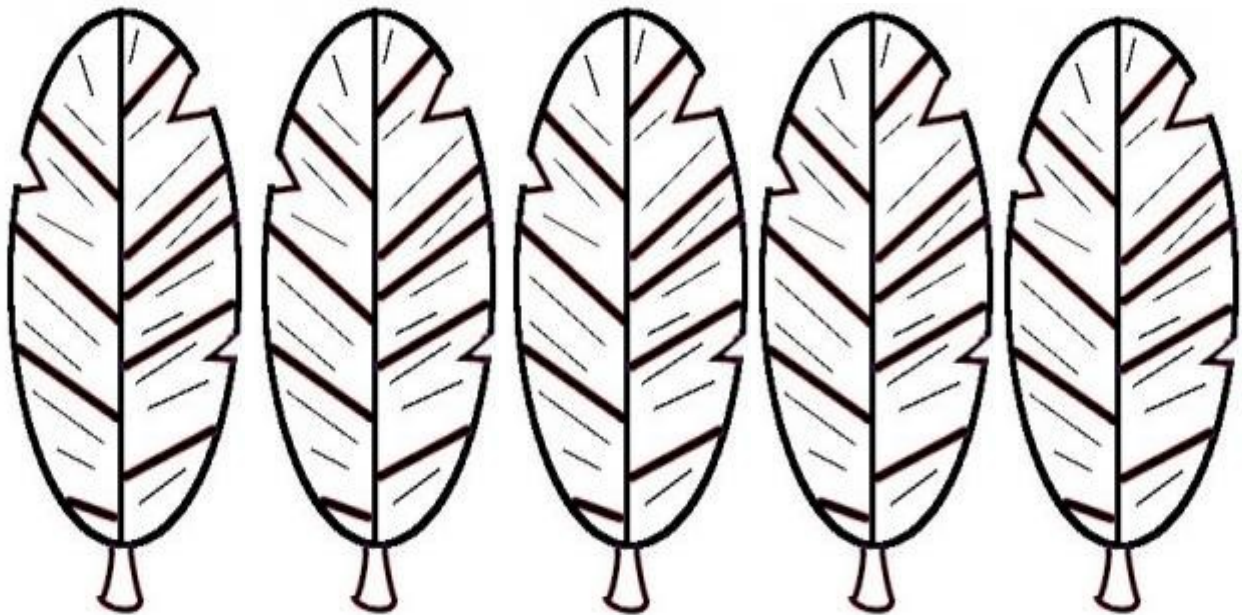
6-ngotwatso

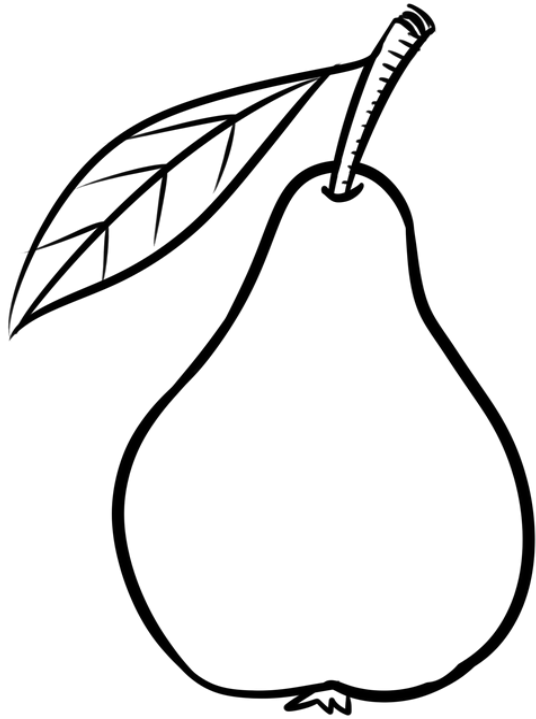
7-no'ëk

8-shwatso

9-zhak

10-mdatso





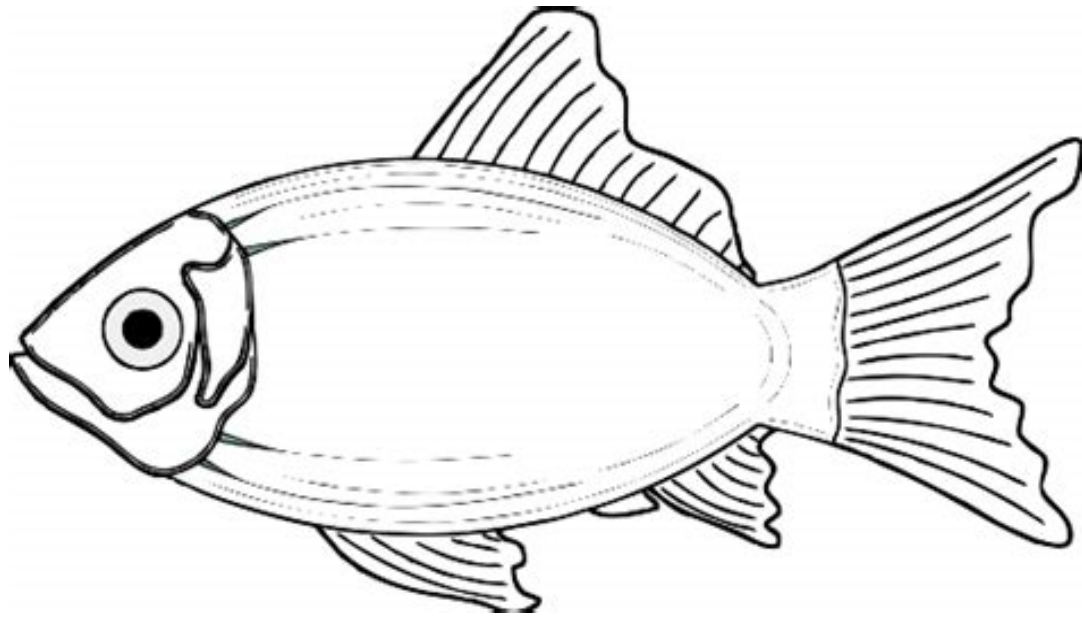
Bokto

Plural: Boktoyen



Mdamen

Plural: Mdamnêk



Gigo

Plural: Gigoyêk



Please count the Gigoyêk (fish) using your Potawatomi Language:
Please write your answer below.

1-ngot

2-nish

3-nswé

4-nyéw

5-nyanen

6-ngotwatso

7-no'ëk

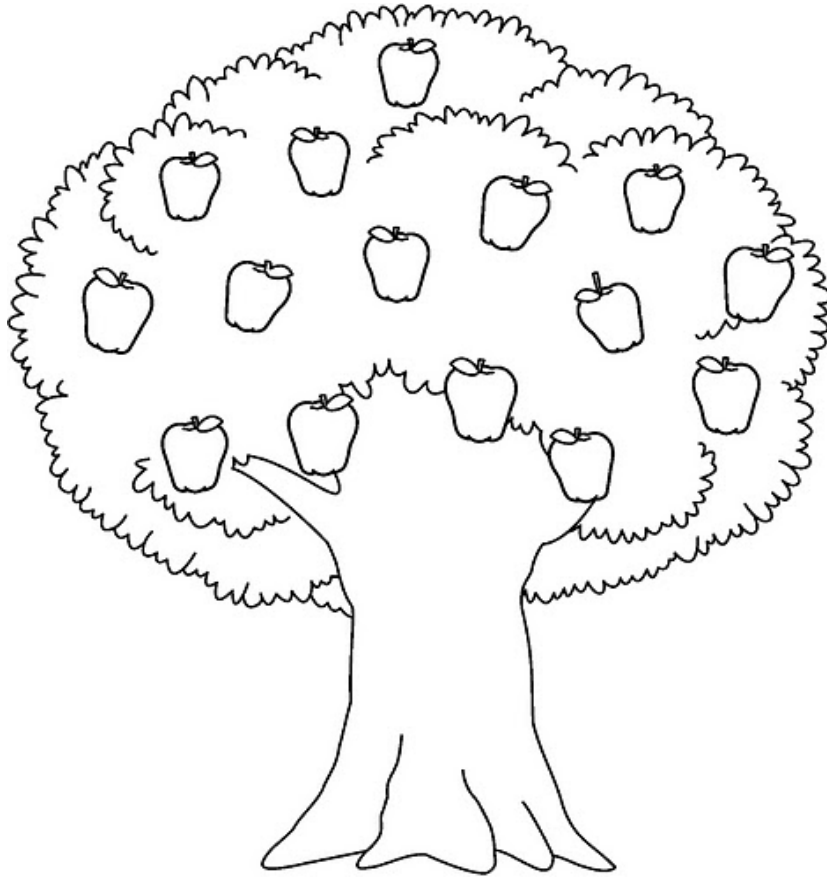
8-shwatso

9-zhak

10-mdatso

Mshimen

Plural: Mshimnëk



Please count the **Mshimnëk** (apples) using your Potawatomi Language:
Please write your answer below.

1-ngot

2-nish

3-nswé

4-nyéw

5-nyanen

6-ngotwatso

7-no'ëk

8-shwatso

9-zhak

10-mdatso

11-mdatso nsetth ngot

12-mdatso nsetth nish

13-mdatso nsetth nswé

14-mdatso nsetth nyéw

15-mdatso nsetth nyanen

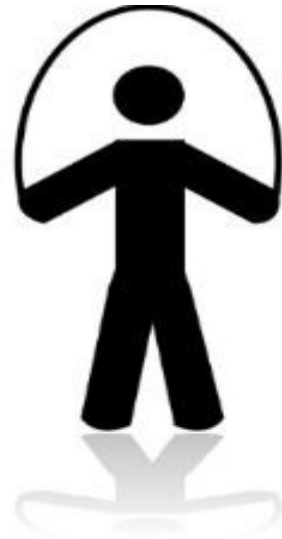
16-mdatso nsetth ngotwatso



Nwaton

Have fun by dancing!

Nwatowêk - they are having a good time dancing



Mthendzén

Exercise!

gda mthendes - You should exercise.



Wi nē mban

“Good night!”

Mno mban - sleep well!



Mnowisnëwen gda mithnemen athë mnobmadzëygo

We should eat this good food, so we can live healthy lives

Mnobmadzëwen coloring book created by Pokagon Band Language Program