**Zhiibiin!**

**Zhiibiin! Stretch!**

zhiibigaadenin stretch your legs

zhiibininjiinin stretch your fingers

zhiibinikenin stretch your arms

zhiibaawaganenin stretch your back

zhiibizidenin stretch your feet

zaaminan touch it/them (inanimate)

zaamin touch it/them (animate)

|  |  |  |  |
| --- | --- | --- | --- |
| **Body Part** | **Niin - Me** | **Giin - You** | **Wiin - S/he** |
| Body | niiyaw | giiyaw | wiiyaw |
| Head | nishtigwaan | gishtigwaan | oshtigwaan |
| Eye(s) | nishkiinzhig(oon) | gishkiinzhig(oon) | oshkiinzhig(oon) |
| Ear(s) | nitawag(an) | gitawag(an) | otawag(an) |
| Nose | injaan | gijaan | ojaan |
| Mouth | nindoon | gidoon | odoon |
| Arm(s) | ninik(an) | ginik(an) | onik(an) |
| Hand(s) | nininj(iin) | gininj(iin) | oninj(iin) |
| Finger(s) | nininjiins(an) | gininjiins(an) | oninjiins(an) |
| Stomach | nimisad | gimisad | omisad |
| Back | nipikwan | gipikwan | opikwan |
| Leg(s) | nikaad(an) | gikaad(an) | okaad(an) |
| Knee(s) | ingidig(oog) | gidig(oog) | ogidig(oog) |
| Foot(Feet) | nizid(an) | gizid(an) | ozid(an) |
| Toe(s) | nizidens(an) | gizidens(an) | ozidens(an) |

Use ‘zaaminan’ or ‘zaamin’, and the ‘Giin’ column to teach children   
their body parts. You can say “zaaminan gishtigwaan” and they   
will learn to touch their head.