

This book is part of the Inuutsiarniq Reading Series developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktit reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktit reading program that supports students in their development from emergent to independent readers.

Healthy behaviours start at home. Healthy children become healthy adults. For more information, visit www.gov.nu.ca/health and your local Health Centre.

Family Engagement/ It Starts at Home

A child's success as a reader is dependent on supportive home and school environments. Reading, and a love of reading, begins at home. The Department of Health has developed a series of levelled take-home books to support reading at home. The following is a list of things you can do to support children as they become independent readers.

Keep distractions to a minimum. Find a quiet place to read and talk about the book. Even the best readers have a difficult time focusing on reading when there are too many distractions.

Take turns. Read to the child, read with the child, and let the child demonstrate his or her reading skills to you. This will help you provide gentle corrections, and it will provide an opportunity for the child to show you how he or she is improving.

Read it again and again. It is good to read the book a few times. Repetition helps strengthen learning and develops a child's confidence in reading.

Ask questions. As you read through the book, pause and ask questions about what is going on. This will help the child think about what he or she is reading, and will reinforce reading comprehension.

Focus on successes, not mistakes. All early reading experiences should focus on praising success, as this will build confidence in the child.

Talk about the symbols or letters and sounds. Help the child learn the names of the symbols or letters and the sounds they make. Point out other things around the house that start with the same sound.

Read it and experience it. If possible, make connections between what the book is about and what happens in life. For example, if the book is about food, talk about food you eat together at home.

Book details

Level: 11

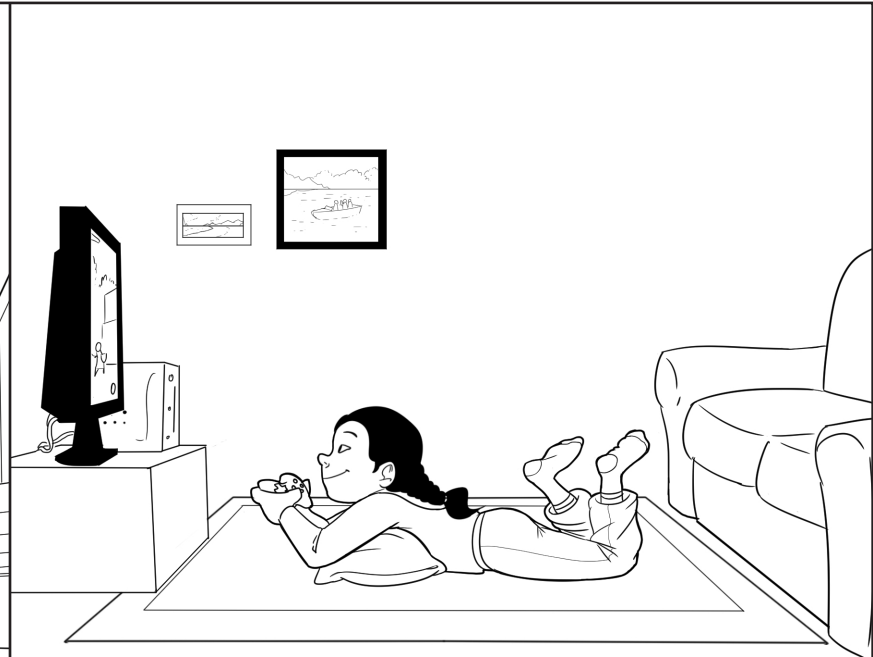
Text Type: Fiction

Subject/themes: Video games, addictions, lying, saying sorry, relationships with friends

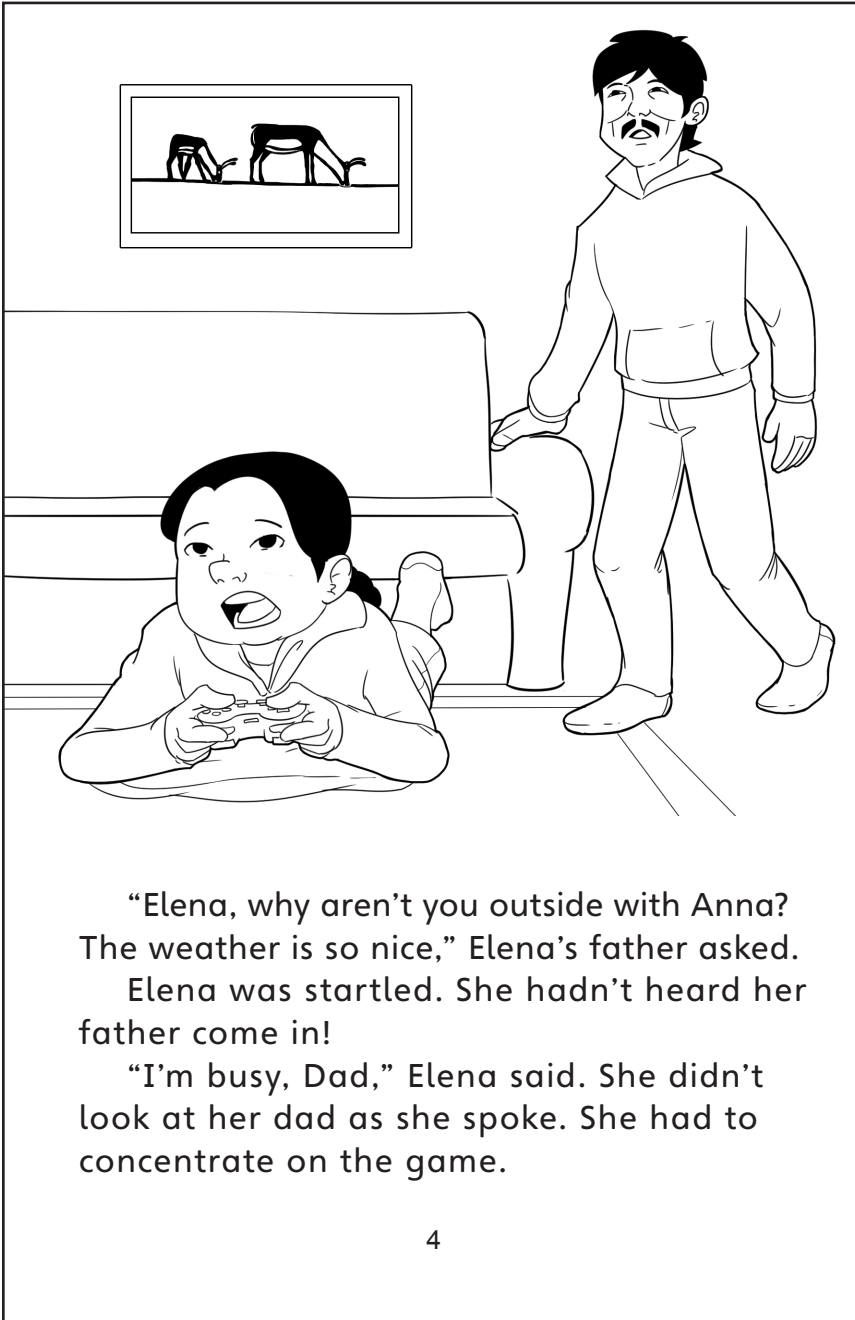
Key features: Dialogue, third-person point of view, past and present tense



Elena couldn't stop watching the clock! As soon as the school bell rang, she raced to the door. Her friend Anna ran after her. "Want to come over tonight? We can play games outside," Anna asked. "Sorry, Anna, I'm busy tonight," Elena said.



Elena ran all the way home. She had waited the whole day to play her new video game. She'd been trying to beat the game since she got it on the weekend. Elena turned on her video game player. She grabbed the controller and lay down on her stomach.



“Elena, why aren’t you outside with Anna? The weather is so nice,” Elena’s father asked.

Elena was startled. She hadn’t heard her father come in!

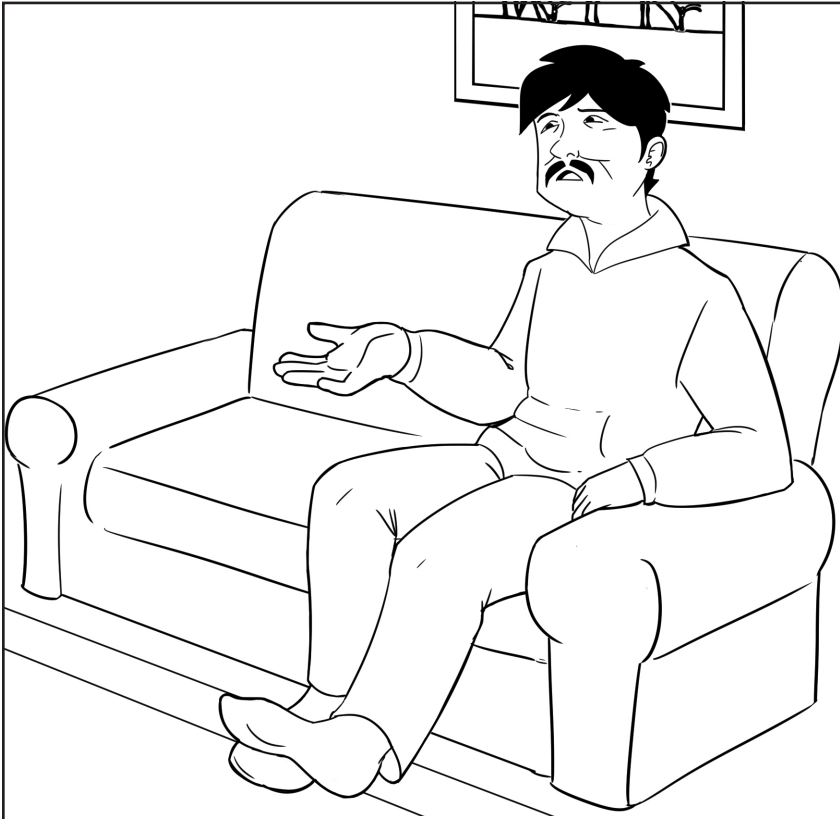
“I’m busy, Dad,” Elena said. She didn’t look at her dad as she spoke. She had to concentrate on the game.



“You’ve been playing this game a lot, Elena. What’s it about?” her father asked.

“You play as this girl and she has to save her kingdom from darkness,” Elena said.

“I’m at a really hard spot,” she added.



Her father watched her play the game. "Maybe Anna wants to play with you," he said.

"No," Elena lied. The truth was that Elena only wanted to play her game by herself. Elena's father frowned.



Elena's dad said something but she didn't hear him. She had to use all of her concentration to beat the game.

"Elena, I think you need to turn off your game," her father said.

"Dad! You made me lose!" Elena shouted. She threw the controller.



Elena got up, ran into her bedroom, and slammed the door. She felt bad for yelling at her dad, but she was angry.

She had spent the whole week trying to beat that game. She was just about to but her dad distracted her.



Elena took a deep breath. She felt bad about lying. She missed playing outside with Anna too.

Elena opened her bedroom door and found her dad in the living room. He had turned off the TV and put away the controller that Elena had thrown.



“I’m sorry for yelling, Dad. I don’t know why I got upset,” Elena said.

“You’ve been playing that game too much,” her dad said. “I think you should take a break from it.”

Elena’s face got hot. But maybe he was right.



“Playing the game is all I can think about, but sometimes it makes me mad,” Elena said. “And I lied. Anna did want to play outside, but I wanted to play my game.”

“Video games can be a lot of fun, but it’s important to do other things, too,” her dad said.



Elena knew her dad was right.
Since it was still bright outside, Elena went over to Anna's house and they played so many fun games outside. They laughed and played until they were out of breath. Elena was really happy.

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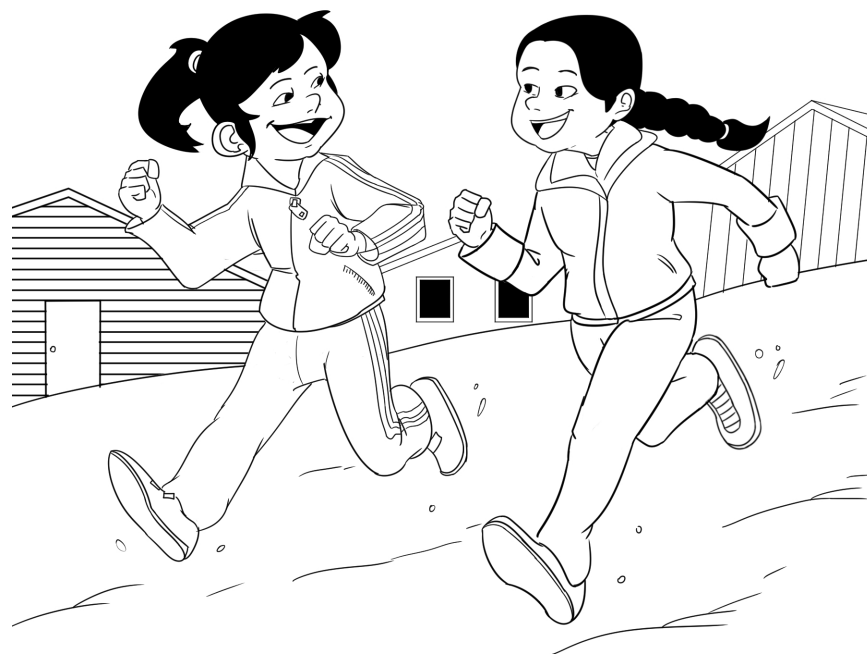
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