

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 Inuktitut guided reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktitut reading program that supports students in their development from emergent to fluent readers.

Healthy students are better learners and become healthy adults. For more information, visit www.gov.nu.ca/health and your local Health Centre.

Book details

Level: 6

Text Type: Non-fiction

Vocabulary: Verbs and parts of the body

I Am Strong



Written by
Maren Vsetula

Photography by
Patrick Béland



Running makes my legs strong.
I can run very fast. Look at me run!



Climbing makes my arms strong.
I can climb very high. Look at me climb!



Singing makes my lungs strong.
I can sing very loud. Listen to me sing!



Reading makes my mind strong.
I can read a lot of books. Listen to me read!



Playing makes my muscles strong.
I can play for a long time. Look at me play!



Eating healthy makes my body strong.
I can eat different healthy foods. Look at me eat!



I am strong when I am healthy!

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