

I Take a Deep Breath



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 Inuktut guided reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktut 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: Fiction
Vocabulary: Verbs, adjectives, and activities

I Take a Deep Breath



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Sean Bigham

I take a deep breath.
It helps me play tag. Playing tag is fun.





I take a deep breath. It helps me play Inuit games. Playing Inuit games is fun!

I take a deep breath.
It helps me play hockey. Hockey is fun.





I take a deep breath.
It helps me dance. Dancing is fun.

I take a deep breath.
It helps me sing. Singing is fun.



I take a deep breath. It helps me play soccer.
My breath helps me play!



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