

**EXTENSION
ACTIVITY**

BOOK TITLE
**Upalungaijaqhuni
Ilihariariami
(Getting Ready
for School)**

TOPIC
**Nutrition and
Life Skills**



**Essential
Question**

What are good things to do to get ready for school?



Teaching Strategy

In this lesson, the teacher will focus on having the students relate the material to their own experiences, and it requires hands-on, active participation from both the teacher and the students.

LEARNING ACTIVITIES



Class discussion about what the students do when they get up in the morning.



Class discussion about the importance of a good night's sleep.



Acting out the morning routine from the book.



Recounting the steps from the previous activity.

LEARNING CONNECTION

This activity focuses specifically on good nutrition and preparing for a day at school. It builds on the students' understanding of the book *Upalungaijaqhuni Ilihariariami (Getting Ready for School)*, which teaches students about life skills and incorporating healthy habits into their daily routines.

READING VOCABULARY

Ready, school, sleep early, eat breakfast, wash hands, brush teeth, warm, clothes.

LESSON PLAN: GETTING READY FOR SCHOOL

1. Ask the students:

 **“Kia uqaallautittaaqtaanga hulivagiamingnik makitkaangamik ublaami?”**

- ☞ Let the students share their responses with the class. Some of the students may have special things they do, such as feeding a family pet or helping their parents with a younger sibling.

2. Next, ask the students about getting ready for school. Say:

 **“Taiguagakhamit, ajuiqtugut ikpingnauhia innarnaririami iliharnarnirmi. Huuq innarnariami nakuujuq iliharnarnirmi?”**

Answers might include: to get a good night's sleep, so we feel rested, to have lots of energy, so we can pay attention at school, to play with our friends, etc.

- ☞ Emphasize all of the reasons above.

3. Next, say:

 **“Taiguagakhami, ajuiqhaqpaktugut nakuujunik hulilukaarutinin ublaami atuqpagakhanik ilihariaqtinnata. Imaa, ublaami quviahugijara kigutigikhariamni qanira halummariangat tipinga tipigigjuanngitaangani.”**

- ☞ You can choose any example you like.

 **“Imaaluttauq, uqariniaqqara hulidjuhivut ilihariaqtinnata. Uqarihirupku, pinnguarniaqtaqhi hulidjuhut uqarihimajatka.”**

4. Begin the activity by having the students stand up. Say:

 **“Tupaktunga hinittiarama unnuaraaluk. Takupkannga qanurittaakhaa.”**

- ☞ Demonstrate by stretching your hands up over your head and giving a big yawn.

5. Continue the activity by saying:

 **“Tupakkama, tupauttattiaqpaktunga. Takupkannga qanurittaakhaa.”**

- ☞ Again, encourage the students to act out eating breakfast.

LESSON PLAN: GETTING READY FOR SCHOOL

6. After they have acted out eating breakfast, ask the students:

 **“Kituuvat ilangit inuuhiqattiarnaqtut tupauttautigivaktatit?”**

Answers might include: healthy cereal, yogurt, fruit, eggs, oatmeal, etc.

7. Next, say:

 **“Tupauttaruirama, algakka uaqpaktakka. Qanuq algaktit uaqpakpigik?”**

☞ Let the students act out washing their hands.

8. Say:

 **“Algakka uaruirangapkik, kigutigikhaqpaktunga. Takupkannga qanurittaakhaa kigutigikhaqhutit.”**

☞ Let the students act it out, and then say:

 **“Huuq ikpingnaqpa kigutigikhariami?”**

Answers might include: to keep our teeth clean, to keep our gums healthy, so we don't have stinky breath, etc.

9. Next, say:

 **“Kigutigikharuirama, imarmik niuqqaqpaktunga. Takupkannga qanurittaakhaa imarmik niuqqaqhutit.”**

☞ Let the students act it out and then say:

 **“Nakuujuq imarmik niuqqariami uaqtirlogu qaniit kigutigikharuirangat. Niuqqariami imarmik ubluraaluk nakuujuq.”**

10. Say:

 **“Kingullirmik ilihariaqtinnanga aannuraaqtuqpaktunga. Takupkaqtaaqqingna qanurittaakhaa aannuraaqturaangavit?”**

☞ Demonstrate by pretending to put on a shirt, pants, socks, a parka, etc.

Note: Make sure the students don't start removing any clothing.

LESSON PLAN: GETTING READY FOR SCHOOL

11. Finish the activity by saying to the students:



“Ilaa makinnapta, tupauttarapta, uariiqhuta, kigutigikhaqhuta, imarmik niuqqaqhuta, uqquujunik aannuraaqhuta, ilihariaqtaaliququt! Kina ihumava ilihariaqtaaliriamingnik?”

☞ Let the students raise their hands or call out that they are ready for school.

12. To finish the lesson, have the class recount the steps they took to get ready for school. Encourage them by asking:



“Hulilraaqqita tupakkapta?”

Answer: got out of bed.

“Hulivita makinnapta?”

Answer: ate a good breakfast.

“Hulivita tupauttattiaruirapta?”

Answer: washed our hands.

“Hulivita algavut uaruiraptigik?”

Answer: brushed our teeth.

“Hulivita kigutigikharuirapta?”

Answer: drank a glass of water.

“Hulivita imarmik niuqqaruirapta?”

Answer: put on warm clothes.