

EXTENSION ACTIVITY

BOOK TITLE

Hunting with Uncle Qamaniq

TOPIC

Physical Activity and Injury Prevention

LENGTH

2 Lessons (1 Hour each)



Essential Question

How do we stay safe outside when it is cold?



LESSON OVERVIEW

In this lesson, the teacher guides the students to think about how to stay safe outdoors when it is cold, including how to protect themselves from frostbite.

REQUIRED MATERIALS

- Book: *Hunting with Uncle Qamaniq*
- Paper
- Writing utensils

LEARNING ACTIVITIES



Class discussion about staying safe outdoors when it's cold.



Class discussion about the book.



Optional: Class visit from a community member.

LEARNING CONNECTION

Throughout the lesson, the students will think about why it is important to stay warm outdoors in winter and ways to stay warm. This builds on their understanding of the book *Hunting with Uncle Qamaniq*. Students can build on what they are learning about safety, healthy eating habits, and making good choices.

READING VOCABULARY

frostbite, bladder, parka, kamiks, qamutiik, extension

PRE-LESSON PREPARATION

1. **Optional:** Before the lesson, arrange for a community member, such as a conservation officer, a local hunter, an elder, or someone else who has personal experience with frostbite, to come and speak to the class about frostbite.

HUNTING WITH UNCLE QAMANIQ

1. Ask students to describe how they stay warm outdoors when it's cold.

 **“How do you stay warm outdoors when it's cold?”**

Give students a chance to respond. If they having trouble coming up with answers, prompt them to think about different things they wear, or eat, or do to stay warm when they are outside.

 **“What do you wear to stay warm? What do you eat or drink to stay warm? What do you do to stay warm when you're outside?”**

2. Read *Hunting with Uncle Qamaniq* with students. Students can follow along in their own copies at their desks.
3. Discuss the advice Uncle Qamaniq gives Tina about how to stay warm when they're outdoors in the cold. Ask questions that will prompt students to deepen their understanding of the dangers of the cold and how to protect themselves.

 **“Uncle Qamaniq advises Tina that eating before they go outside will help keep her warm. What does she choose to eat at first? What does he recommend instead? Why?”**

Answers: Tina chooses to eat sugary cereal. Her uncle advises her to eat bannock and fruit because a healthy meal will help keep them warm.

 **“Why does Uncle Qamaniq advise taking along a snack? What foods does he suggest make good snacks?”**

Answers: because it's difficult for our bodies to stay warm if we are hungry; he packs soup packages, bannock, beef jerky, and hot water for tea.

 **“Why is it important to empty your bladder before you go outside?”**

Answer should include: because having a full bladder can cause you to get colder faster.

4. Ask the students what else they learned about how to stay warm when outdoors in the cold, and discuss their answers.

 **“How did Tina dress to go outside in the cold?”**

Answers might include: She wore many layers; her clothing was not too tight; her clothing was made of wool; her clothing was homemade; her clothing did not have any zippers.

 **“Why did she choose to wear these kinds of clothing?”**

Answers might include: Many layers trap the warm body heat; loose clothing allows the warm air in; wool is warmer than cotton; homemade clothing is especially made for wearing in cold weather; cold air can enter through zippers.

HUNTING WITH UNCLE QAMANIQ

5. Discuss with the students what they learned about frostbite and how to prevent it.

 **“Can you tell me what frostbite is?”**

Give students a chance to respond. If they don't know how to explain it, use the answer below to tell them what it is.

Answers might include: Frostbite is damage to the skin caused by freezing. It happens to body parts that are exposed to cold air.

 **“Did you know that frostbite happens to the parts of the body that are farthest away from the heart? That is because these areas have less blood circulating to them. What body parts do you think are most likely to get frostbite?”**

Answers might include: fingers, toes, nose, ears.

 **“What does Uncle Qamaniq teach Tina about preventing frostbite?”**

Answers might include: Keep your whole body warm by wearing warm clothes; wear warm socks and footwear; wear warm gloves; keep moving to warm up; don't rub parts of your body that may be frostbitten.

6. **Optional:** If you chose to arrange for a guest speaker, explain to students that a community member is coming to speak to them about how to stay warm outdoors and prevent frostbite. Together, prepare a list of questions for student volunteers to ask the visitor. Have the class write a thank-you speech for the guest speaker, and ask for two student volunteers to read it.

During the visit, introduce the community member. After the visitor speaks briefly, have the students ask their questions. Have the students read their speech thanking the community member for the visit.

Once the visitor has left the class, have students discuss what they learned. Ask whether they heard any suggestions about staying warm or preventing frostbite that they already knew, and what new tips they learned. Direct the students to write one sentence about something they already knew and one sentence about something new that they learned.

SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

1. **Optional:** Have students share their writing about staying warm with the class.
2. Post the students' sentences in the classroom.