

BOOK TITLE

**Aniqhaummiqpaktunga  
(I Take a Deep Breath)**

TOPIC

**Tobacco and  
Addictions**



**Essential  
Question**

Why is breathing clean,  
smoke-free air important for  
our lungs?

**Teaching Strategy**

This activity incorporates hands-on, active  
participation from both the teacher and students.



**REQUIRED MATERIALS**



Open space to play  
Simon Says

**LEARNING ACTIVITIES**



Class discussion  
about the book  
*Aniqhaummiqpaktunga  
(I Take a Deep Breath)*.



Class discussion about  
smoke-free air.



Game of Simon Says.



Class discussion  
about keeping our  
lungs healthy.

**LEARNING CONNECTION**

This activity asks students to think about the  
importance of smoke-free air, and leads them  
through some physical activities to show them what  
they can do with healthy lungs. The activity builds  
on the book *Aniqhaummiqpaktunga (I Take a Deep  
Breath)*, which shows students various instances  
throughout the day when they use their lungs to  
breathe. It builds the foundation for understanding  
that healthy lungs are important for the physical  
activities that the students enjoy doing.

**READING VOCABULARY**

*Deep breath, play, tag, Inuit games, hockey, soccer,  
dance, sing.*

# LESSON PLAN: I TAKE A DEEP BREATH

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1. Say to the students:



**“Tamaffi hiluqhiqijaffi anipkarnariqtailugu: atauhiq... malruk.... pingahut... hitamat... tallimat. Anitillugu. Akhut aniqhaagiami ikpingnaqtuq. Taiguagakhami *Aniqhaummiqpaktunga*, ajuiqhaqtugut akhut aniqhaagaangapta, ikajuutaujuq hulivagiaptingni aallatqiinik. Hunauvat aallatqiit hulilukaarutit takujavut taiguagakhami?”**

Answers: playing tag, playing Inuit games, playing hockey, dancing, singing, playing soccer.

☛ Have the students list the different activities as part of a class discussion.

2. When the students have named as many activities as they can from the book, ask:



**“Hunauvallu aallat hulilukaarutit aliagijatit?”**

Answers might include: jumping jacks, skipping rope, etc.

3. Write the activities they name on the board or chart paper.

4. Say:



**“Hulilukaaqpagiaptingni aliagijaptingnik, aniqhaaktaqpaktukhaujugut. Puvattiariktukhaujugut halumajumik hiluqhiluta anipkaqtiffaarlugulu. Nakuujuq aniqhaaktaqpaktavut halumajuq, kihimi ilaani halumanngittuq. Imaatut, kinaliqaak higaaraangami, higaag halumailrumik aniqhaangnaqpaktuq. Aniqhaagaangaptigik hapkuat halumailruit, puvavut aannialaqinnaqtuniktitpaktaik. Qakugunnguqqat, aniqhaaktilimaiqtittaqaatigut. Ikpingnaqtuq aniqhaagiaptingni pujuittumi puvavut aannialaqipkarnaittumik.”**



5. For the next activity, have the students stand up in an open space. Ask the students to stretch out their arms. They should be able to stretch out their arms all the way without touching anyone around them.

## LESSON PLAN: I TAKE A DEEP BREATH

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6. Next, say to the students:

 **“Ublumi ulapqiniaqtugut uuminnga Simon Uqaqtuq. Kia ulapqihimavadjuk una?”**

☞ Most of the students will have played this game. Afterwards, say:

 **“Hivulliuniaqtunga, aturlugit hulilukaarutit taiguqtavut taiguagakhami, taapkuninngalu hulilukaarutigijumavaktavut uqarivaktaptingnik. Imaatut, uqaallangniarunaqtunga, ‘Simon Uqaqtuq “ingiurit,” tamaffi ingiuqtukhaujuhi. Imaaluunniit, uqaallangniarunaqtunga, ‘Simon Uqaqtuq “numirit,” imaaluunniit “aqpannguarit.” Itqaumalutit, uqanngitkuma ‘Simon Uqaqtuq’ hivun’ngani, nutqanganiaqtutit. Ingutaaruvit uqanngitkuma ‘Simon Uqaqtuq,’ anitauniaqtutit. Upalungaiqqihi?”**

7. Begin the game. Keep going until there is only one student left, or until you run out of activities.

☞ Try to choose activities that require the students to use their lungs. For example, you could ask them to take a deep breath and hold it for five seconds. You can also choose activities that they can pretend to do, like playing soccer or hockey.

8. If the students are doing well, you can ask for a volunteer to lead the game.

9. When the game is over, ask the students to go back to their seats.

10. Conclude the activity by asking the students:

 **“Qanuq ikpiguhuutiqaarniaqqit aliagijarnik hulilukaanngitkuvit? In’ngummaarniaqqit?”**

☞ Give the students time to answer, and then say:

 **“Qanuqtut puvvakkik aanniarutitqaqtailivakpigik hulilukaariarni?”**

Answers might include: breathe in clean, smoke-free air, keep doing lots of physical activities, etc.