

BOOK TITLE

**Uvanga Puvakkalu
(Me and My Lungs)**

TOPIC

**Tobacco and
Addictions**



**Essential
Question**

What can we do to help keep our lungs healthy?

Teaching Strategy

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



REQUIRED MATERIALS

- Titiraujaa Aniqhaagutit Timiptingni (Diagram of the Respiratory System)
- Activity Worksheet: Ubluq Tamaat Iqaijautit Titirait (Daily Exercise Chart)
- Optional: Balloon

LEARNING CONNECTION

This activity will build on the students' understanding of how their lungs work. In the book *Uvanga Puvakkalu (Me and My Lungs)*, students learned the vocabulary for body parts connected to their respiratory system.

READING VOCABULARY

Body, nose, mouth, throat, lungs.

LEARNING ACTIVITIES



Class discussion about breathing and why it is important.



Class discussion about what body parts make up the respiratory system.



Ubluq Tamaat Iqaijautit Titirait (Daily Exercise Chart) activity worksheet.



Daily exercises.

PRE-LESSON PREPARATION

1. Using chart paper, create a large copy of the **Ubluq Tamaat Iqaijautit Titirait (Daily Exercise Chart)** activity worksheet.

LESSON PLAN: ME AND MY LUNGS

1. Have the students take a deep breath in and then out. Ask:



“Hunauva aniqhaangniq?”

Answer: Breathing is when our body takes in air and delivers it to the rest of the body.

“Huuq aniqhaaktuqhauvita?”

Answer: to stay alive.



“Aniqtaaktaqtukhaujugut inuujaaptingni. Aniqhaaktaqut atiqaqtuq anirnirmik. Tamaita avativut anirniqariaqaqtut, imaa anirniq, nirivaktavullu, auladjutiliurutaungmat.”

2. Have a discussion with the class about the book *Uvanga Puvvakkalu (Me and My Lungs)*. Say:



“Taiguagakhami *Uvanga Puvvakkalu*, ajuiqhaqtugut aallatqiinik timipta avatait ikajuqpaktut aniqhaaktariaptingni. Attiqtuittaaqqit timip avatainnik ajuiqhaqtaptingnik ublumi?”

Answer: nose, mouth, throat, and lungs.

3. Display the **Titiraujaa Aniqhaagutit Timiptingni (Diagram of the Respiratory System)**. Say:



“Atauttimut, tamaita ukuat timip avatait taijauvaktut aniqhaagutit timiptingni.”

4. Using the **Titiraujaa Aniqhaagutit Timiptingni (Diagram of the Respiratory System)**, go through and explain the purpose of each body part. Say:



“Hiluqhivaktugut qaniptigut qingaptigullu. Qaniptigut qingaptigullu, aniqhaaktaqut aulavaktuq iggiakkut puvaptingnullu. puvaptingnit, aniqhaaqaqtut anirnirlu aulavakatuq aukkut, taimaa aulapkaqhugu anirniq tamainnut timimut atuqtakhaqut ingutaariaptingni.”

“Puvavut tahitpaktuq, puviqtatut. Hiluqhiguirangapta puvavut tatatpaktuk aniqhaaktaptingnik, puvavut qahutitkaangmik aniqhaaktaqut anitiffaaqhugu.”

5. **Optional:** Use a balloon to demonstrate air going into the lungs and air being released from the lungs. Blow into the balloon to show how lungs inflate when we breathe in, and let the air out of the balloon slowly to show how lungs deflate when we breathe out.

LESSON PLAN: ME AND MY LUNGS

6. Say to the students:



“Timiptiktut, ikpingnaqtuq puuvavut hakugiktukhaq aanniarutailutigu.”

“Hulijukhauvita ubluq tamaat puuvavut aanniaqtaililugik?”

Answers: exercise, physical activity.

7. With the students, use the **Ubluq Tamaat Iqaijautit Titirait (Daily Exercise Chart)** activity worksheet as a class exercise guide that outlines different physical activities and exercises they can do every day as a class. Say:



“Ublumi, iqaijautinik naunajainiaqtugut iqaijautikhaptingnik ubluq tamaat ilihaqatigiigluta ikajuutaujukkanik puuvavut timivullu hakugigiangita.”

8. Ask the students to name some different exercises and write them on the board or chart paper. (Examples include: running on the spot, jumping jacks, push-ups, trunk rotations, ski jumps, etc.)

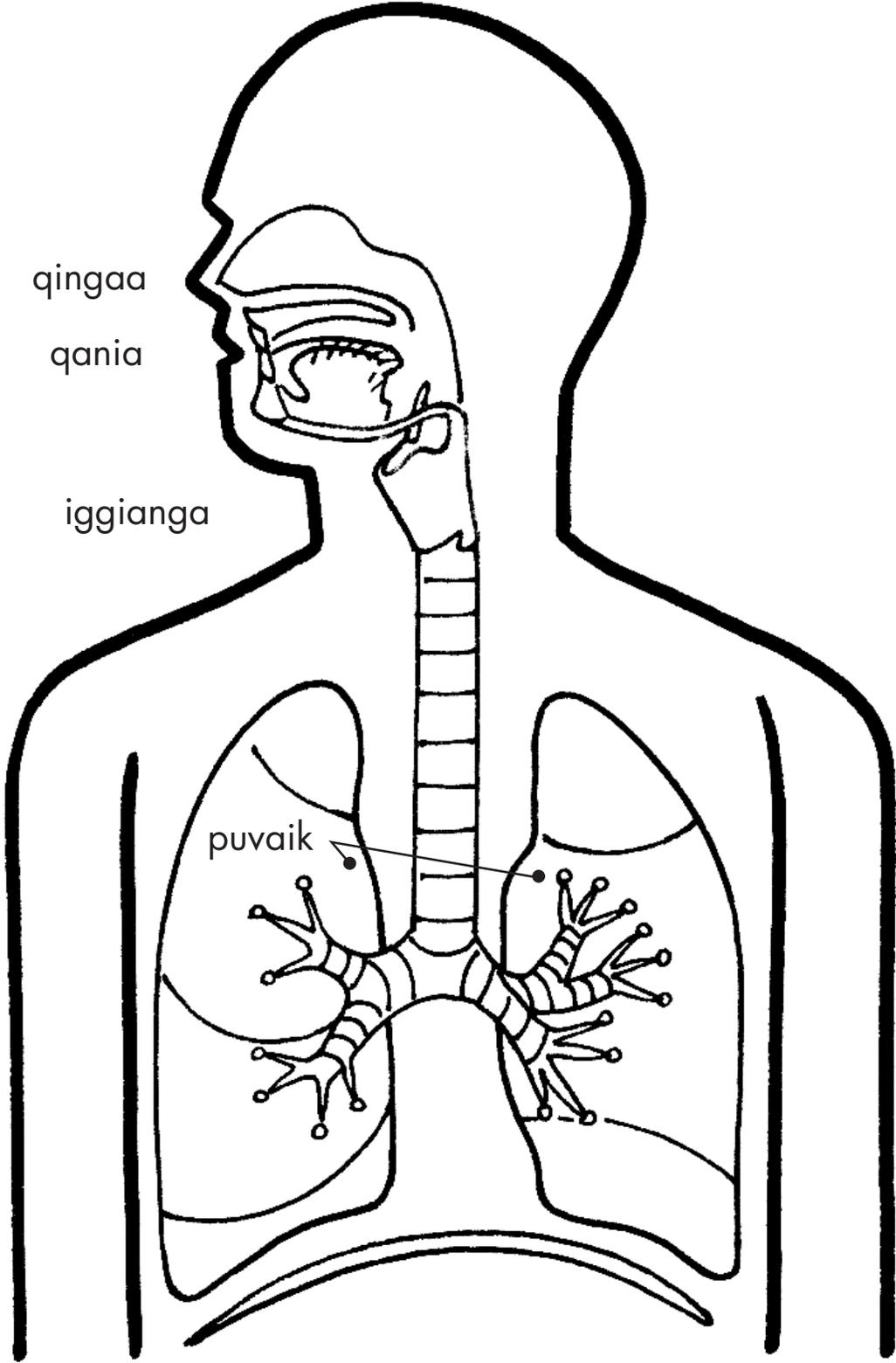


9. Choose one exercise for each day of the week and write it on the **Ubluq Tamaat Iqaijautit Titirait (Daily Exercise Chart)** activity worksheet under the corresponding day. You may choose to do the exercise once in the morning, or to do the exercise for 30 seconds to a minute each at different times throughout the day.

☛ Have the students do the exercise for whichever day it is.

Note: This is a fun activity for the students and allows them to move and release energy throughout the day. If these activities are done for 30 minutes a day, they meet the Daily Physical Activity requirement.

Titiraujaa Aniqhaagutit Timiptingni



Ubluq Tamaat Iqaijautit Titirait

Hivulliq	Aippiut	Pingaffiut	Hitammiut	Tallimmiut
  	