

**EXTENSION
ACTIVITY**

LEVEL 7

BOOK TITLE

**Puvattiakka
(My Healthy Lungs)**

TOPIC

**Tobacco and
Addictions**



**Essential
Question**

What are some of the things healthy lungs help me do?

Teaching Strategy

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



REQUIRED MATERIALS

- Activity Worksheet:
**Puvattiaqariaqaqtunga
(I Need Healthy Lungs)**

LEARNING ACTIVITIES



Class discussion about the book *Puvattiakka (My Healthy Lungs)*.



**Puvattiaqariaqaqtunga
(I Need Healthy
Lungs)** posters.

LEARNING CONNECTION

This activity continues to create a positive dialogue around why we need our bodies to be healthy. It builds on the students' understanding of the book *Puvattiakka (My Healthy Lungs)*, which looks specifically at actions and activities that require healthy lungs, such as singing in a choir and playing hockey.

READING VOCABULARY

Healthy, lungs, jump high, play hockey, run fast, cheer loudly, laugh hard, Inuit games, sing.

PRE-LESSON PREPARATION

1. Photocopy enough copies of the **Puvattiaqariaqaqtunga (I Need Healthy Lungs)** activity worksheet for all of the students.

LESSON PLAN: MY HEALTHY LUNGS

1. Talk to the students about the book. Say:



“Taiguagakhami *Puvattiakka*, ajuiqhaqtugut ikpingnaqtuq puvaqattiariami. Kia uqautittaaqtaanga huuq ikpingnaqpa puvaqattiariami? Kitu uuktuutit ajuiqhaqtavut taiguagakhami?”

Answers: jump high, run, play hockey, sing, play Inuit games, cheer loudly, laugh hard.

☛ The students should answer with examples from the book.

2. Say:



“Ikittuujut hulilukaarutit puvattiarialuta pijakhavut. Puvavut ikajuutaujuk aniqhaaktariptingni, puvagittiariami ikpingnaqtuq hulilukaariptingni ubluq tamaat. Hunauvat aliagijatit hulilukaarutigivaktatit puvaqattiarialingni?”

Answers might include: biking, playing tag, swimming, hunting, etc.

☛ Let the students list as many activities as possible.

3. Say:



“Ublumi tamaffi titiraujarniaqtuhi nivingajukhanik hulilukaarutigijumajuktaffingnik. Ataani hulilukaarutiffingni titiraujaqtaffingni titirarniaqtuhi, ‘Puvaqattiaqtukhaujunga ____-giamni.’ Hulilukaarutit titirarlugu titiraujaqtarnut. Imaatut, paisikuqhutit, titiraujaqtaqtutit titirarlugulu, ‘Puvaqattiaqqtukhaujunga paisikuriamni.’”

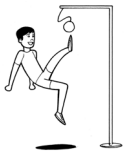
4. Give each student a copy of the handout. Tell the students that around the border of the page, there are pictures of different physical activities. They can use these pictures for inspiration if they can't think of any activities on their own.

5. When the students have finished their posters, you can hang them up and display them throughout the classroom or school.

SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

☛ **Puvattiaqariaqqtunga (I Need Healthy Lungs)** activity worksheets displayed throughout the classroom or school

Atqit: _____



Puvattiaqariaqaqtunga



1. Titiraujarit hulilukaarijatqijarnik.



2. Ataani titiraujaqtaqqit, titirarlutit "puvvaqattiaqaqtukhaujunga _____ jaamni." Titirarlutit, atianik hulilukaarijatqijarnik titiraujaqtarnik!

