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ᑭᑦᑭᑦ!  
get up!



Arvaaq Books is an imprint for infants and young children. Books in this imprint are designed to help children explore the world around them and develop physical, social, cognitive, and language skills. All titles feature engaging topics told from a Northern perspective.

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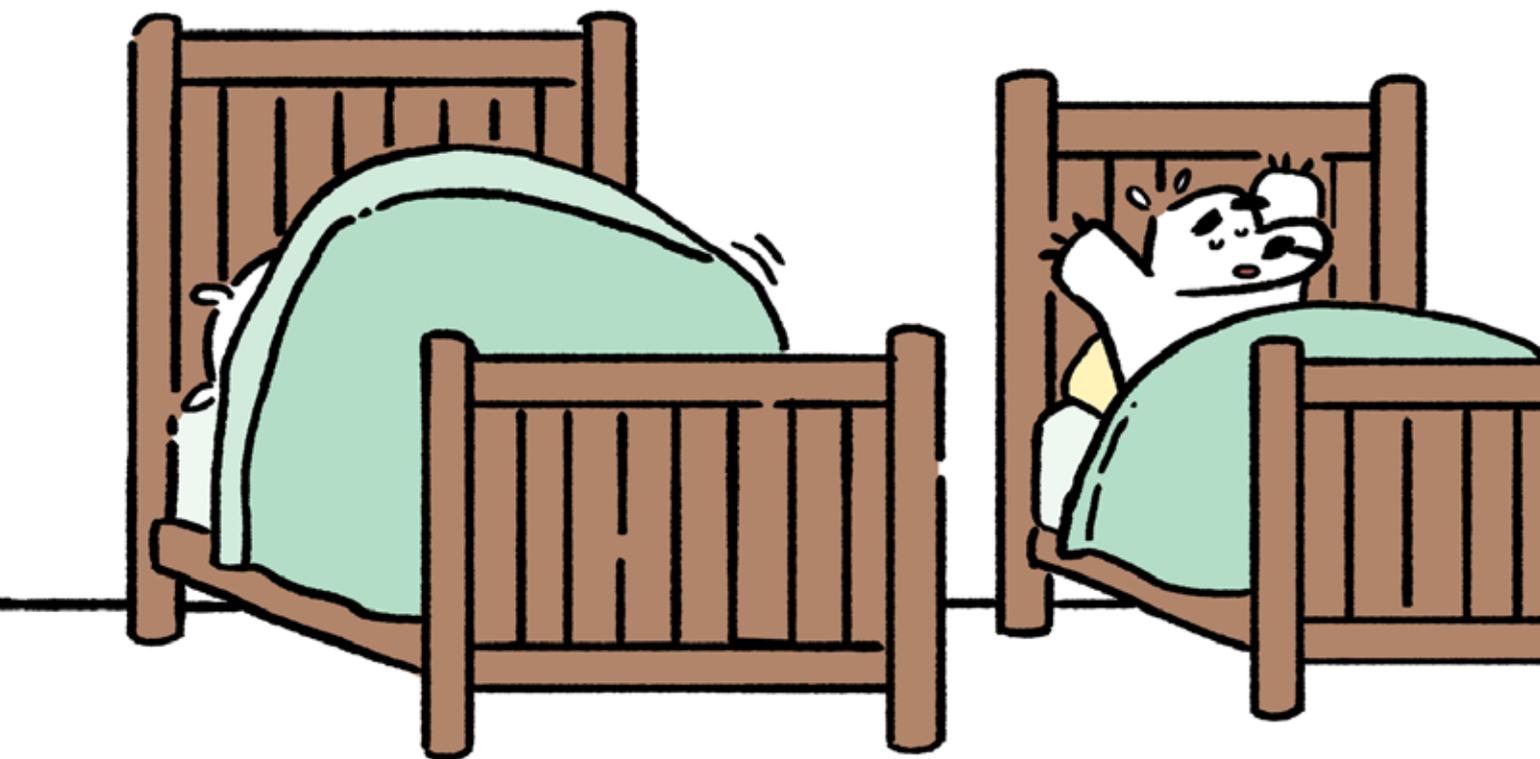
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ᐱᑭᑭᑦ!  
get up!



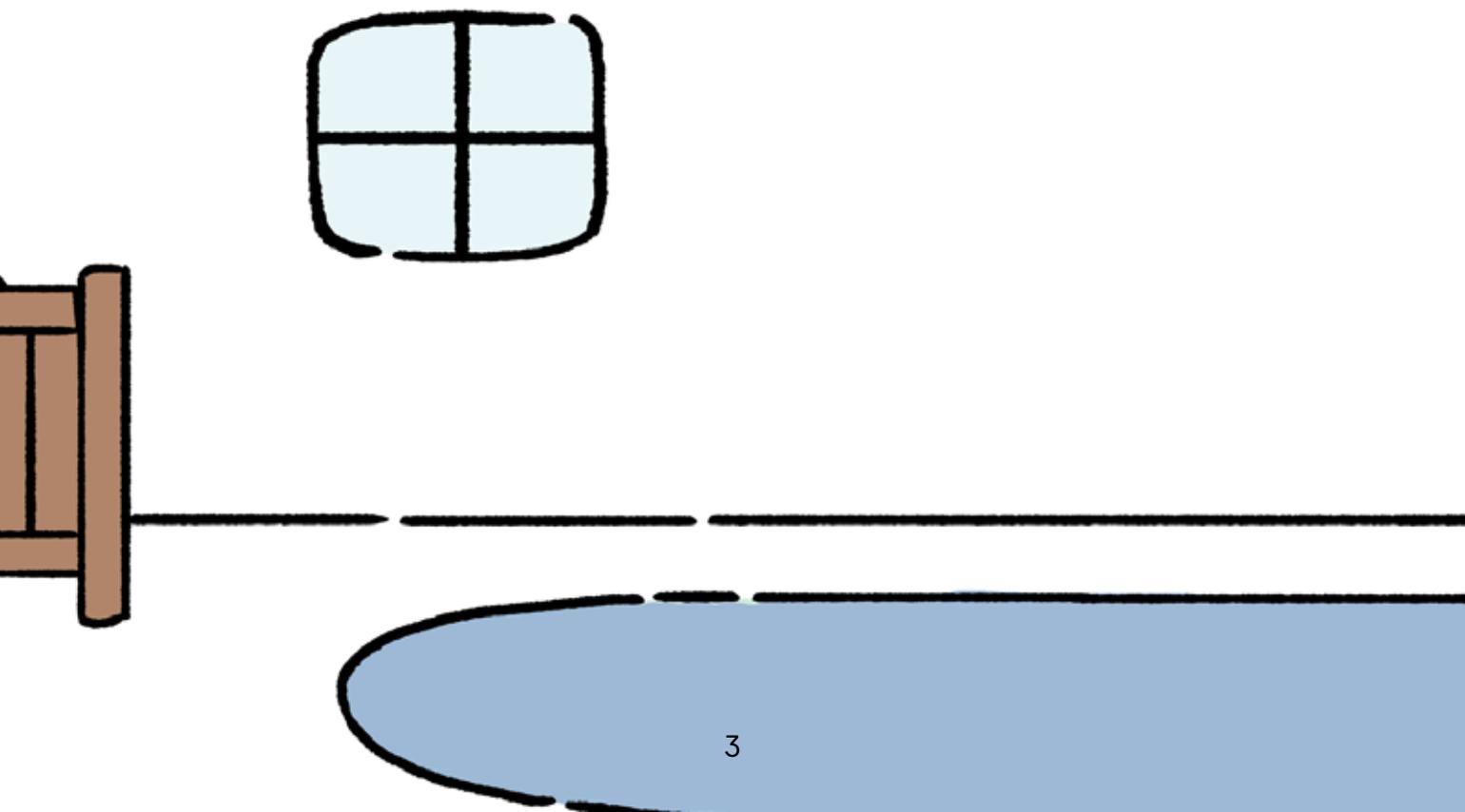
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Written and illustrated by  
**Ali Hinch**



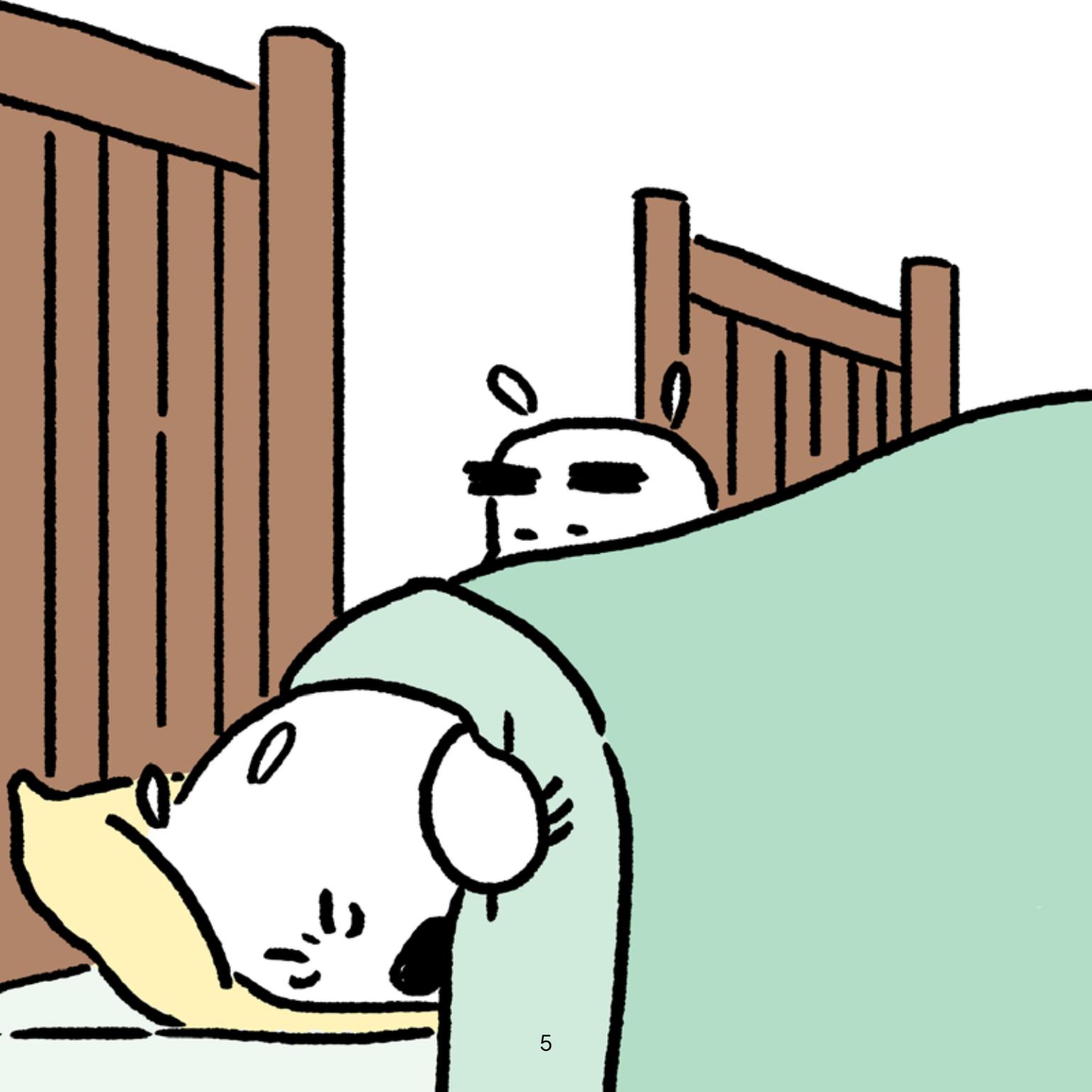
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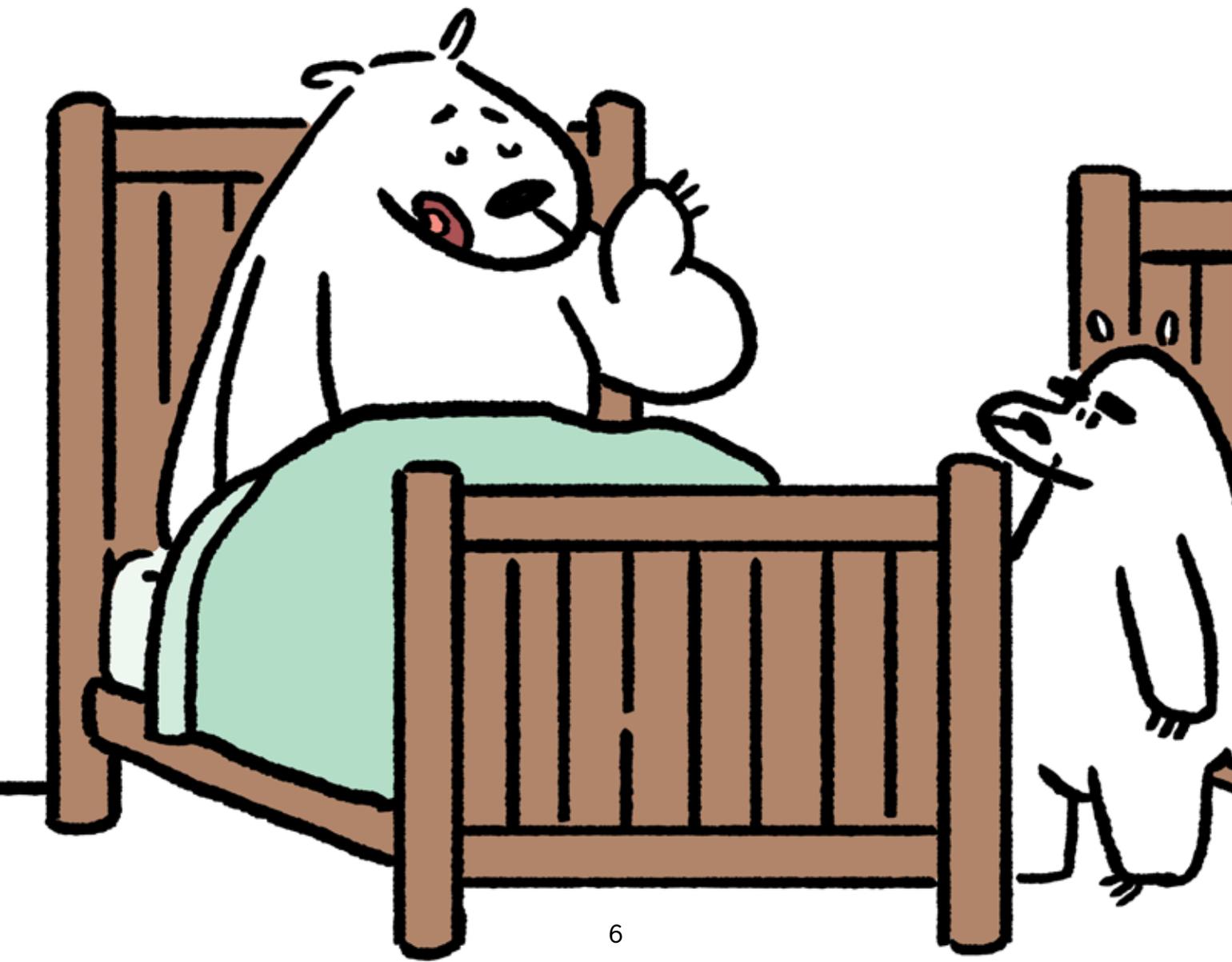
**Rise and shine, Nanuq and Nuka!**  
**It's time to get up and start the day.**



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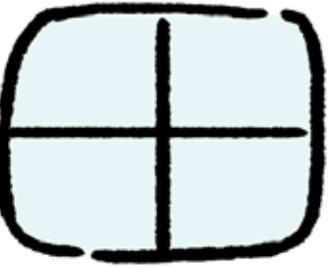
**Nanuq, are you awake?**











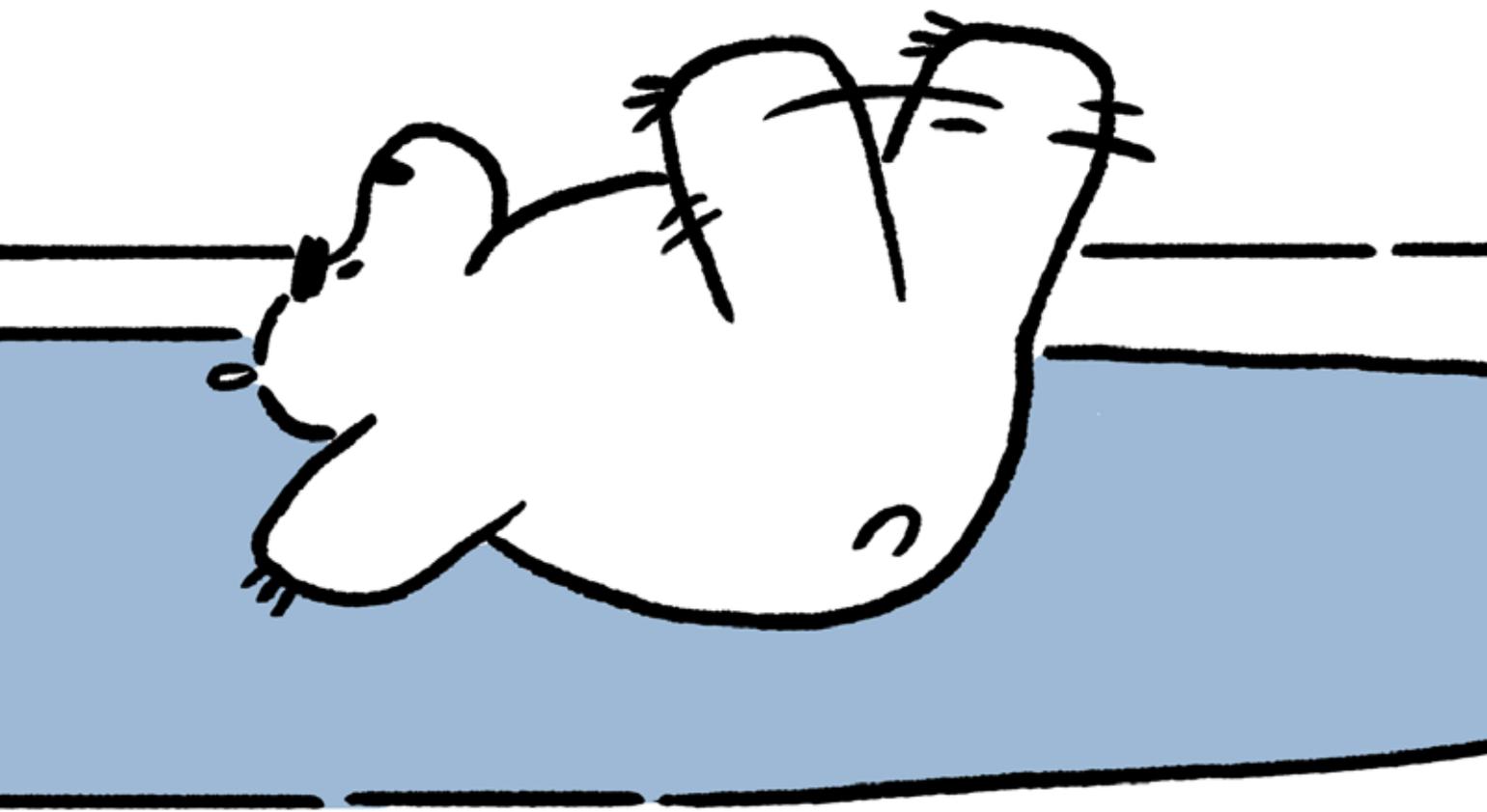


ΛΓΔΠΟ<sup>ς</sup>βγΔ<sup>ς</sup>βΓ ΛΖ<sup>ς</sup>σ<sup>ς</sup>ϷΓ<sup>ς</sup>.  
ϷΛ<sup>ς</sup>Ϸ<sup>ς</sup>βΛ<sup>ς</sup>?

**Let's start with something easy.  
Can you lie on your back?**









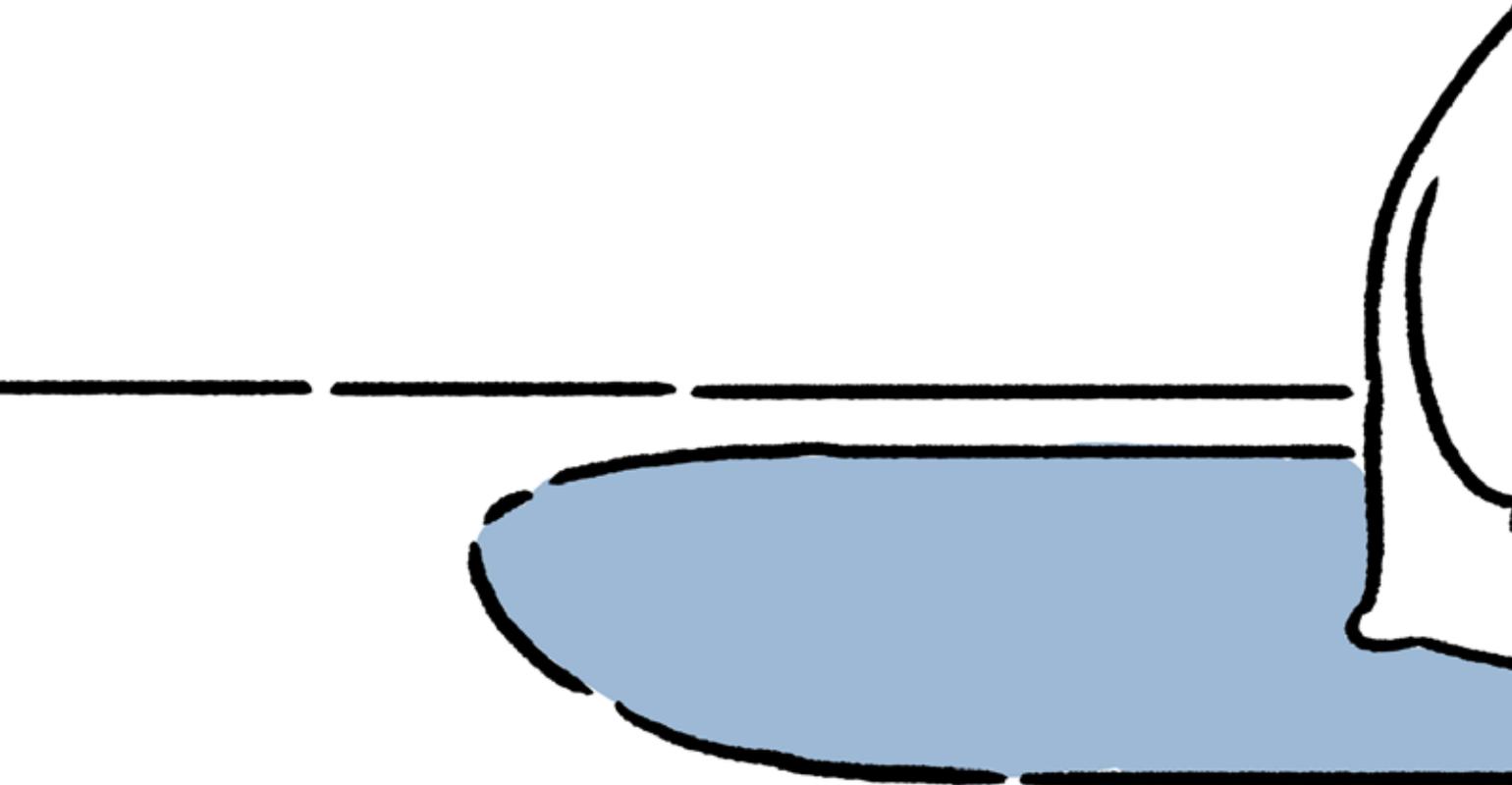


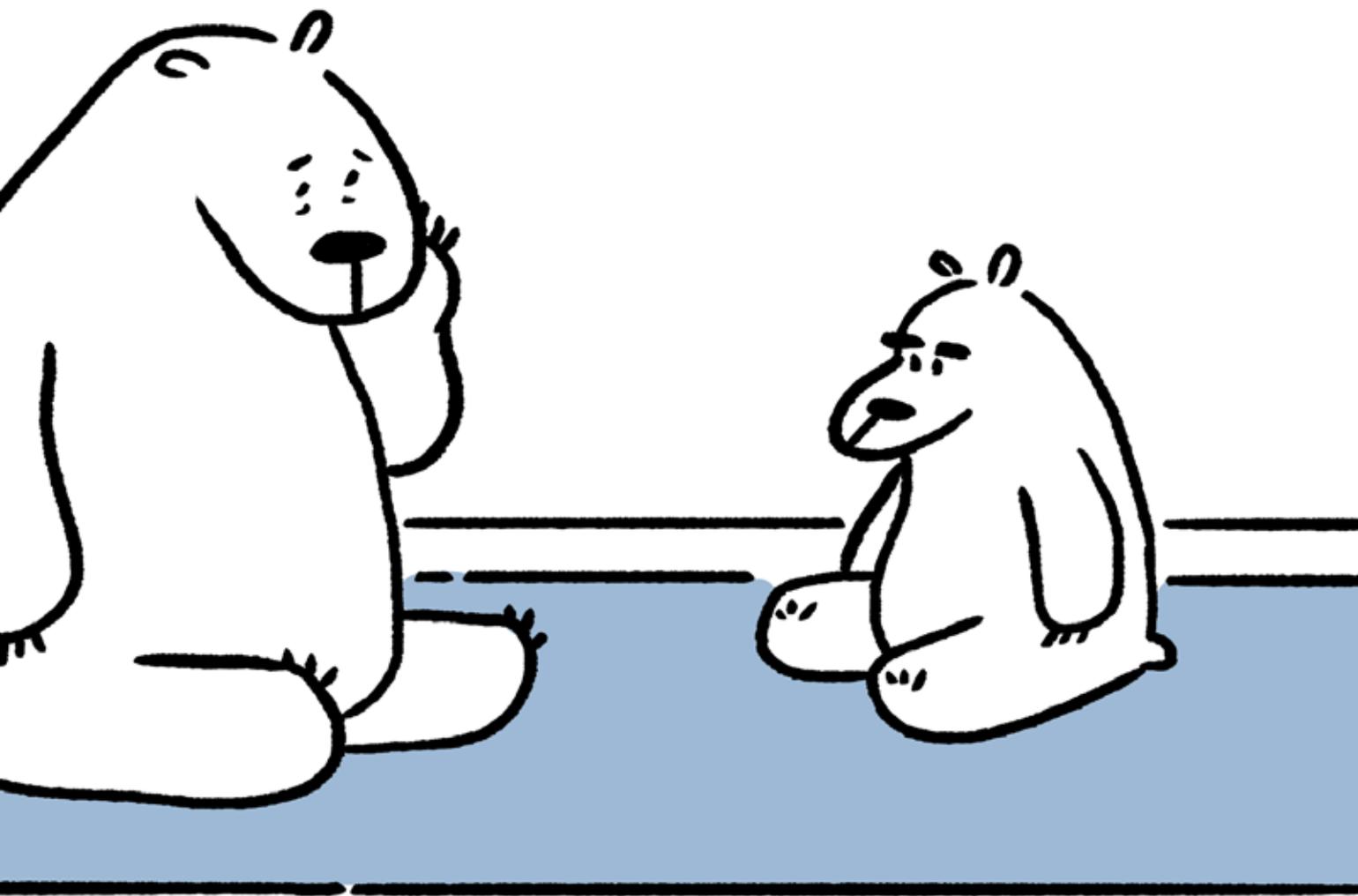
Διγέρση από ύπνο?

Γιατί είναι πιο δύσκολο να κοιμηθείς όταν είσαι καθιστός.

**How about you sit up?**

**It's harder to fall asleep when you're sitting.**

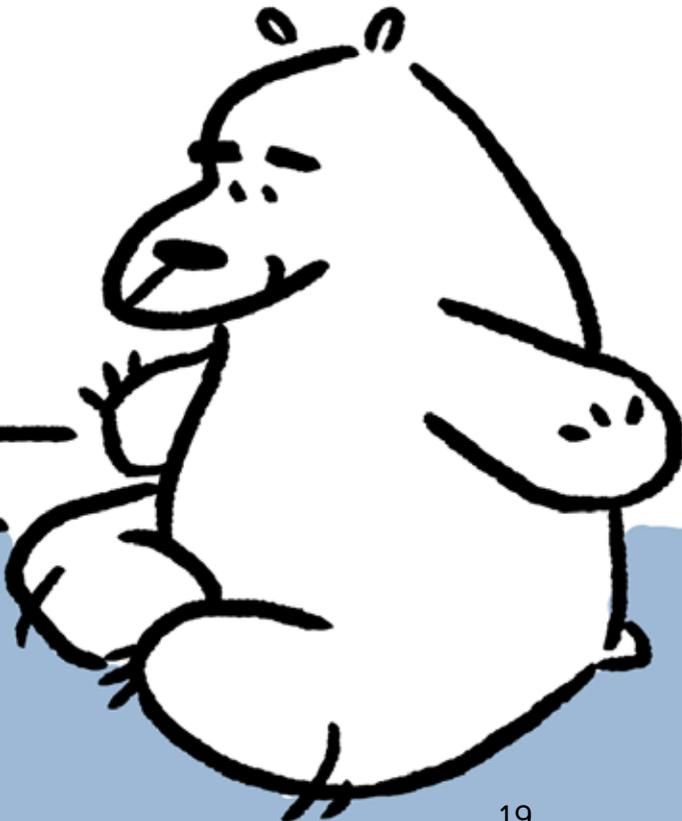






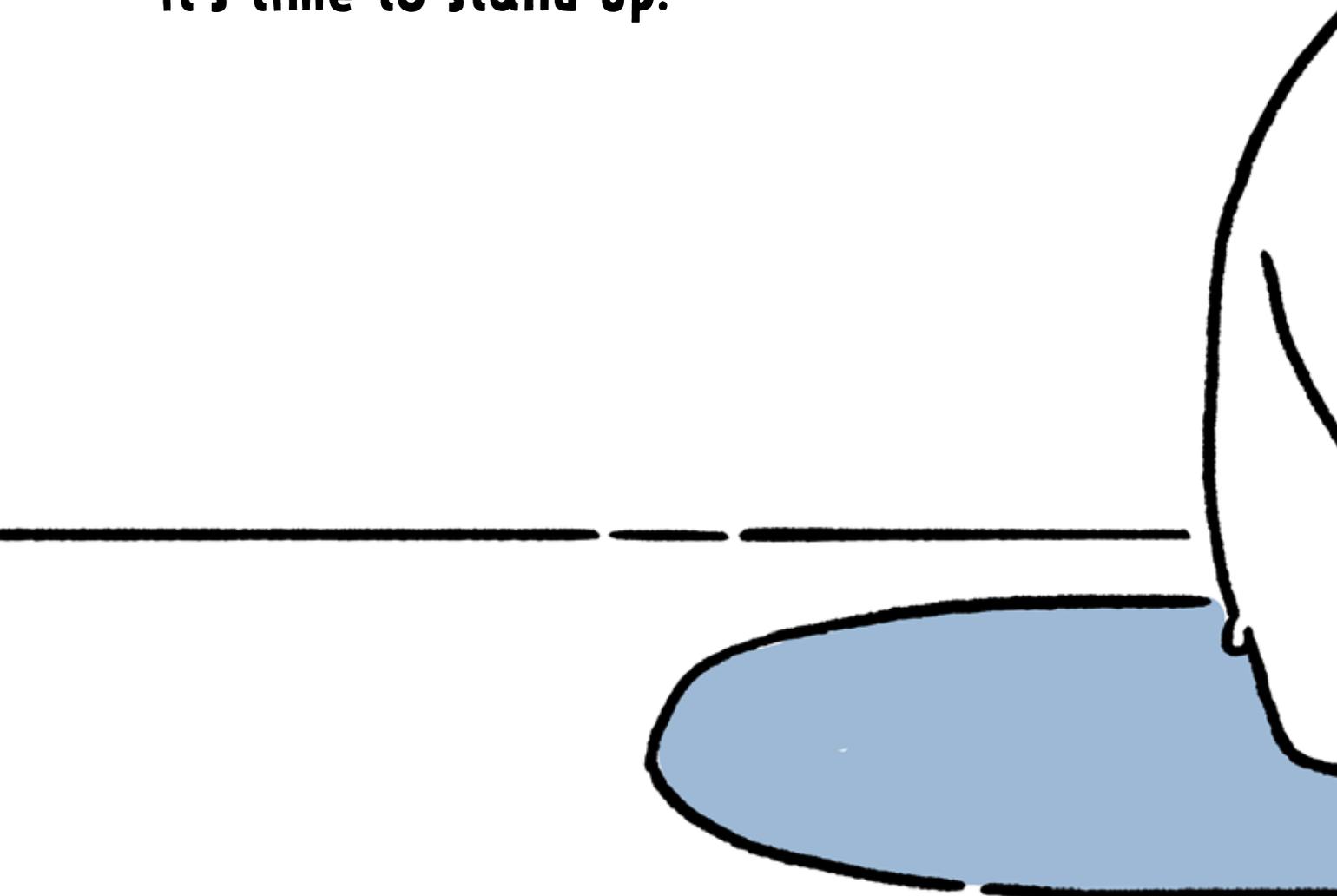
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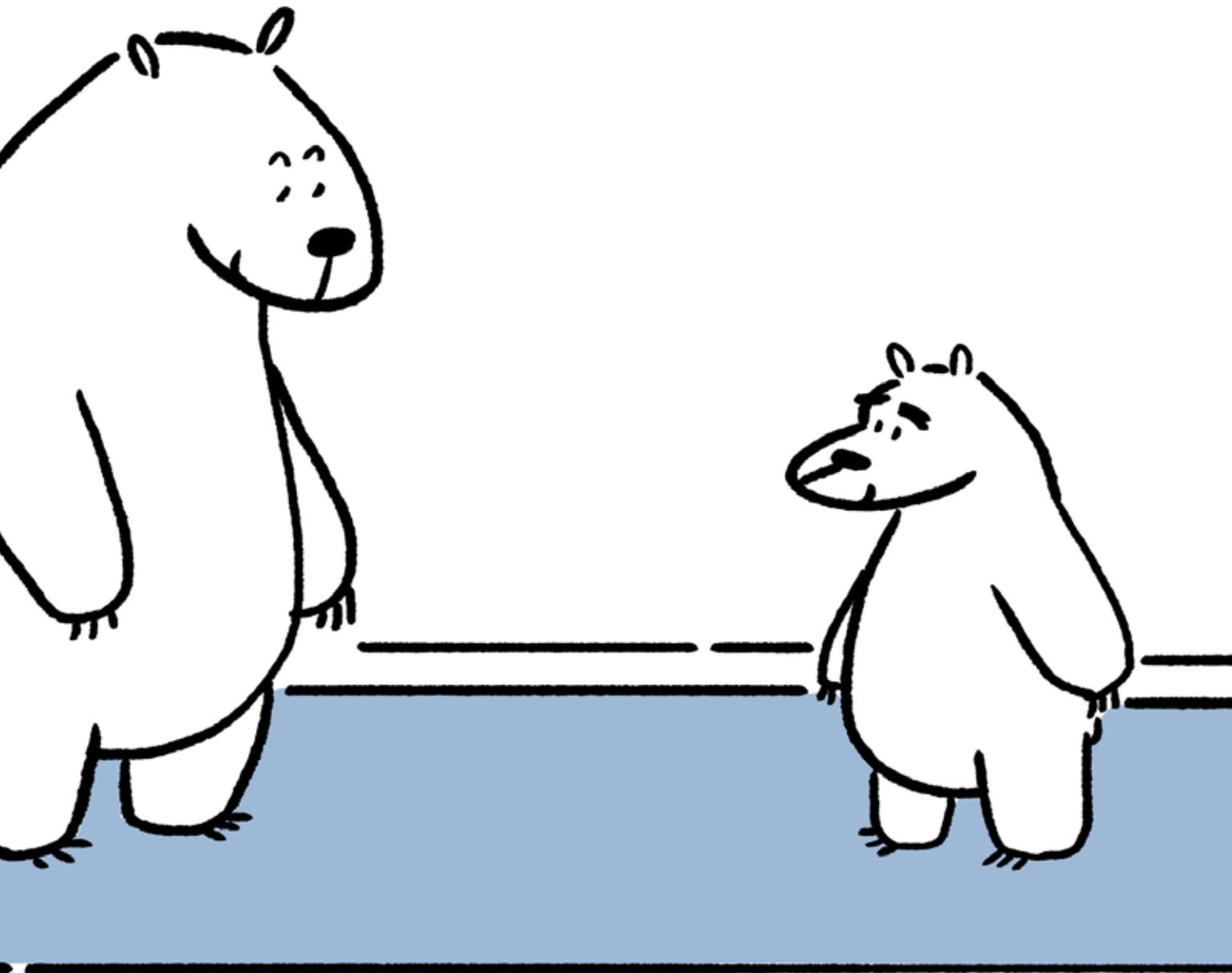
**Can you put your feet together  
and wiggle your knees?**

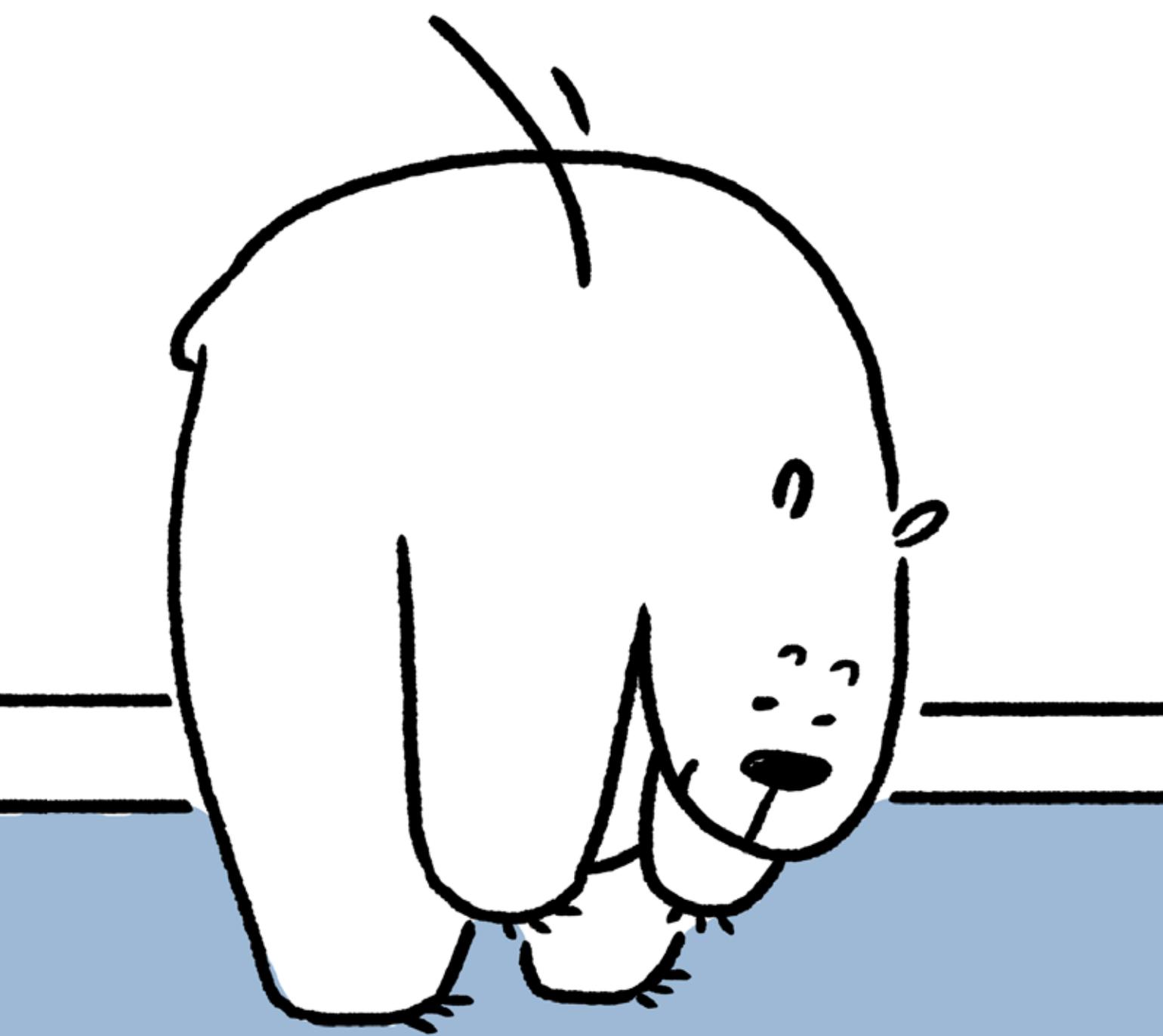


▷◁Δ<sup>b</sup>. ǂǂ<sup>ǂ</sup> ǂǂ, ǂ<sup>ǂ</sup>ǂ<sup>ǂ</sup>ǂ<sup>ǂ</sup>▷◁<sup>ǂ</sup>ǂ<sup>ǂ</sup>ǂ<sup>ǂ</sup>ǂ<sup>ǂ</sup>.

**Great. Okay, Nanuq and Nuka,  
it's time to stand up.**



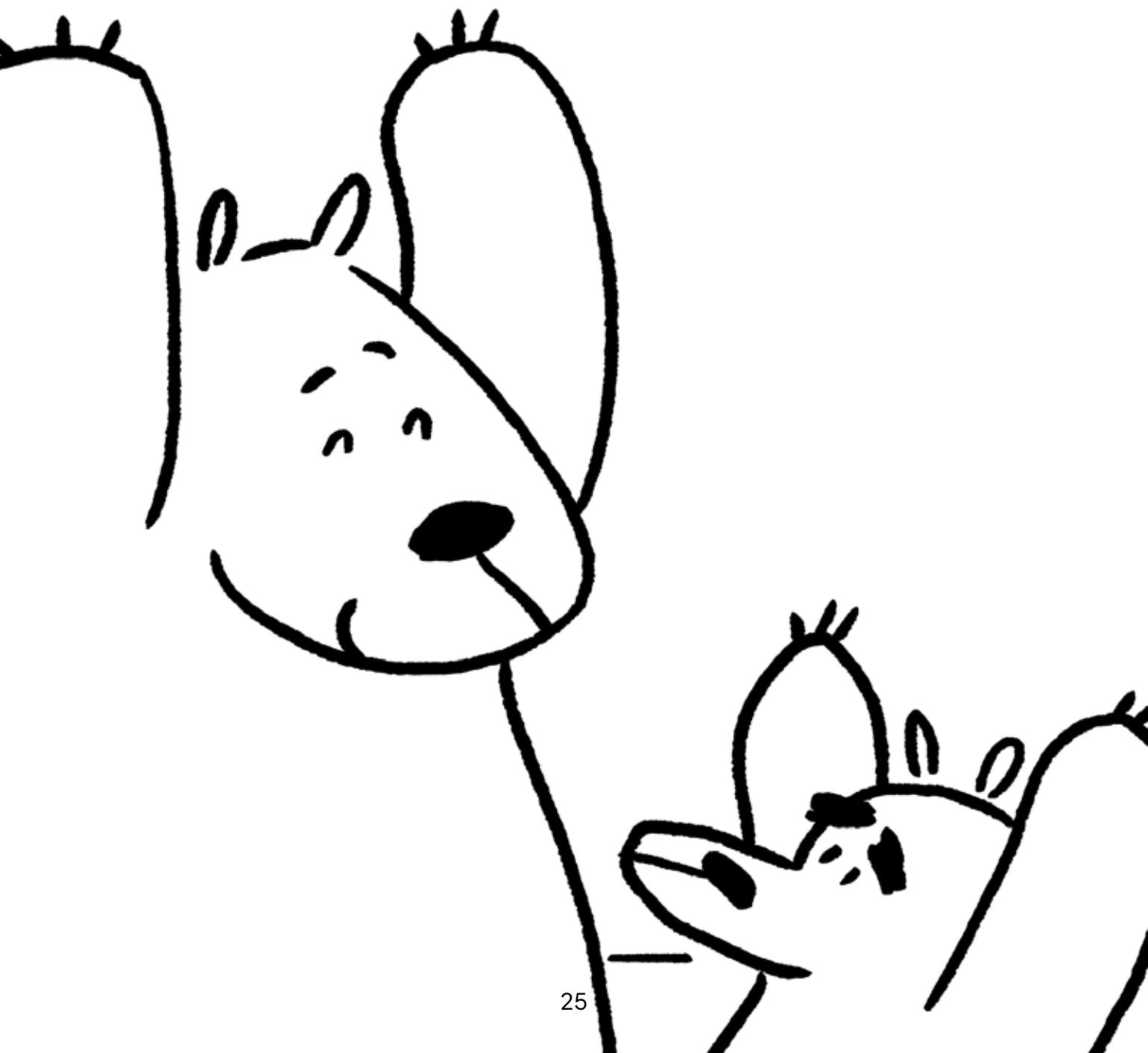






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ᓱᓐᓱᓐᓴᑲ ᓄᐅᓐᓴᓴᐅᑦ.

**Now, reach all the way up to the sky.  
Wave to the sun.**



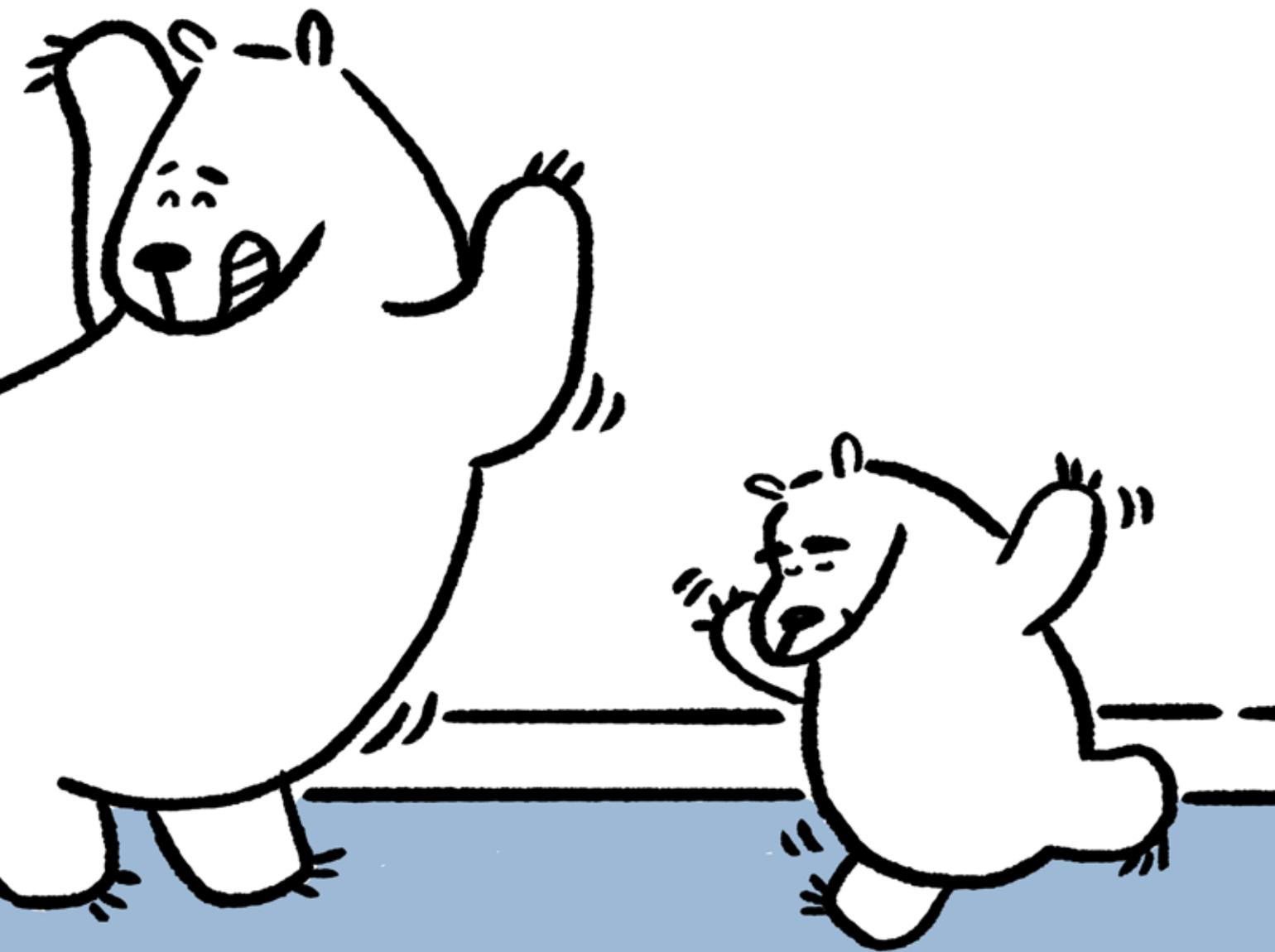


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**Now, shake out all the sleep.**







# ΛΓΟΛΔΒΥΖ ΔΨΝΤΨΒΒΟΖΔΤΖΘ ΓΑΥΔΤΘΖ ACTIVITIES FOR PARENTS AND TEACHERS

## ΔΨΒΖΖΒΟΟΖ!

ΔΛΨΒΥΒΖΖΖΓΟ ΔΟΨΒΒΖ ΔΓΛΒΥΨΥΔΤΘΖΨΒΥΨΔΨΒΖΖΓ ΔΨΒΒΖ ΓΒΥΖ. ΔΨΒΖΒΒΘΨΖΨΔΨΒΒ ΔΨΒΒΨ, ΔΨΒΔ ΔΛΨΒΔΟΟΓΛΔΘΖΔΨΒΒΖΖΖ:

- ΔΨΨ ΛΡΖΘΖΨΒΥΔΓΓΔΒ?
- ΨΒΔΑΖΔΨΖΟ ΔΨΒΔΒ ΨΒΖ ΨΡΖΑΨΨΔΨΓΓΓΓΒ ΔΖΓ?
- ΛΨΖΔΨΓΓΔΖ ΔΨΖ ΨΒΔΖ ΔΖΨΖΖΨΨΨ? ΛΔΖΖΛΔΖ?
- ΨΒΔΔΛΖ ΔΨΨ ΖΨΥΛΔΓΓΔΒ?
- ΨΒΔΔΛΖ ΛΔΘ ΖΥΨΨΨ ΔΨΒΔΛΨΖΟ ΔΖΖΒΔΖ?

## Let's Talk!

Asking questions encourages young children to think about the story. Next time you read the story, consider asking the following questions:

- Do you think Nanuq is ready to wake up?
- How do you think Nanuq and Nuka will wake up their bodies for the day?
- Do you think you could do what Nanuq and Nuka are doing? Do you want to try?
- Why do you think Nanuq is so tired?
- Why is it a good idea to stretch when you get up in the morning?





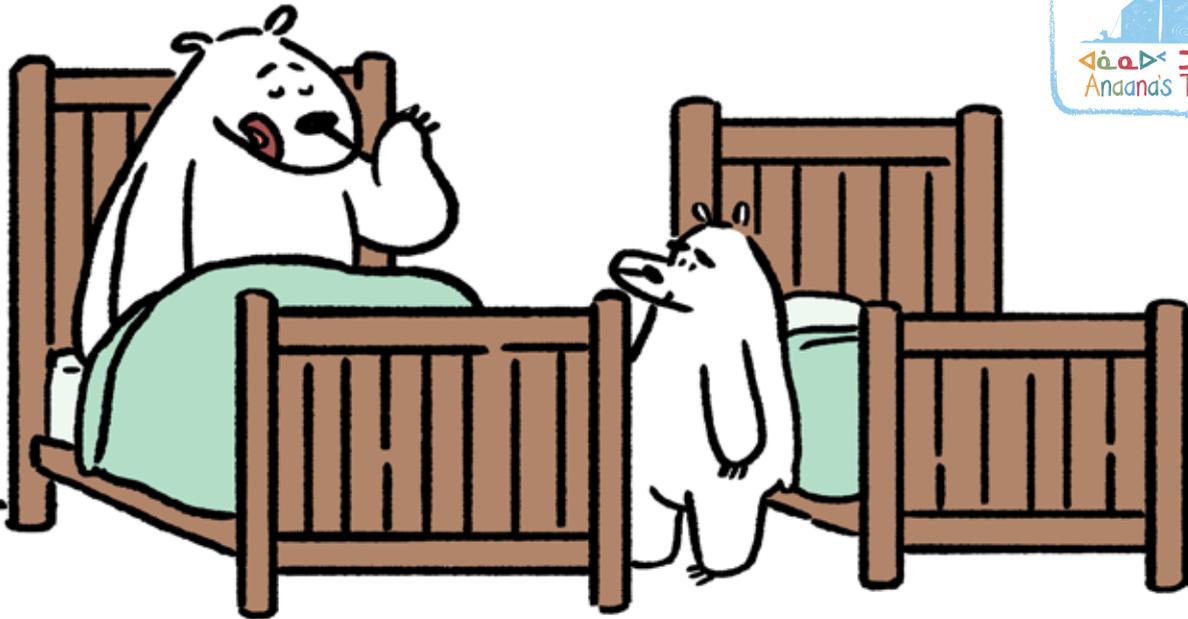


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## It's time for Nanuq and Nuka to start their day!

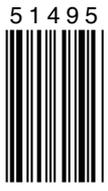
Before they go out and play, they must wake up their bodies by stretching and moving around. Can you move your body with Nanuq and Nuka?



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