

BOOK TITLE

Uvamnik Pittiaqhunga (Taking Care of Me)

TOPIC

About Me



Essential Question

How can I take care of myself every day?

Teaching Strategy

In this lesson, the teacher will focus on having the students relate the material to their own experiences.



REQUIRED MATERIALS

- **Halumaniq Aanniaqtalinirlu Taiguagakhaq (Clean and Healthy Book)**
- Drawing utensils (crayons or markers)

LEARNING ACTIVITIES



Class discussion about the book *Uvamnik Pittiaqhunga (Taking Care of Me)*.



Class discussion about why taking care of ourselves is important.



Illustrating **Halumaniq Aanniaqtalinirlu Taiguagakhaq (Clean and Healthy Book)**.

LEARNING CONNECTION

This activity encourages the students to think about their personal hygiene habits and why they are important. This activity is an extension of the book *Uvamnik Pittiaqhunga (Taking Care of Me)*, which provides the students with a foundation for understanding how good hygiene habits keep us clean and healthy, as well as protect us from disease and germs.

READING VOCABULARY

Wash, brush, floss, eat, dress, hands, face, teeth, meal.

PRE-LESSON PREPARATION

1. Photocopy the **Halumaniq Aanniaqtalinirlu Taiguagakhaq (Clean and Healthy Book)**, and staple it together. Make sure there are enough copies for each student to have one.

LESSON PLAN: TAKING CARE OF ME

1. Say to the students:



“Taiguagakhami *Uvamnik Pittiaqhunga*, ajuiqhaqtugut ilanginnik uvaptingnik pihimattiarutinik ubluq tamaat. Kia uqautittaqqinga nakuujunik atuqtakhaptingnik ajuiqhaqtavut taiguagakhamit?”

Answers might include: brushing our teeth, wearing warm clothes, etc.

☞ Let the students provide as many answers as they can.

2. Continue the conversation by saying to the students:



“Ikpingnaqtuq timivut halumablugu. Qanuq timivut halumaniaraluaqqigu?”

Answers: wash our hands and face, take a bath, take a shower.

“Aanniaqtailigupta hakugigiptingni, inuuhiqattiarnaqtunik nirijukhaujugut. Inuuhiqattiarnaqtut ilangit ahiat, nunamit nauhimajut, uujukhat, uukat, muqpaujaq, juukat aalatqiillu niqit niuviqpatavut niqainnaillu. Inuuhiqattiarnaqtut hiirnanangittut, saalat, sipsi, kuukukuula, aallallu niqiuminaangungittut. Hunauvat inuuhiqattiarnaqtut niqit nirivaktatit aimavingni iliharvingmilu?”

Answers might include: oranges, bannock, raisins, etc.

☞ Allow the students to share some of their favourite healthy foods.

3. Next, say to the students:



“Ikpingnaqturlu nakuujunik kigutiqariami. Hunak malruuk atuqtaaqtavut ubluq tamaat kigutigiktiariarni?”

Answer: brush and floss twice a day.

4. Ask:



“Huniaqqita ubluq tamaat kigutigikhanngitkupta?”

Answers might include: our breath might smell bad, our teeth might rot, we might get cavities, our teeth might fall out, etc.

LESSON PLAN: TAKING CARE OF ME

5. Finish the discussion by saying to the students:

 **“Uvaptingnik pittiaqpakkupta aannialaqijunaittugut. Imaatut pittaaqtugut uqquujunik aannuraaqpagluta qajurnaqhigaangat. Kituuvat aallatqiit aannuraarijakhavut qaajurnaqhigaangat hila?”**

Answers might include: scarves, parkas, boots, mittens, etc.


☞ Allow the students to provide as many answers as possible.

6. Next, say to the students:

 **“Ublumi hananiaqtugut nanminirijakhaptingnik taiguagakhaptingnik imaa Halumaniq Aanniaqtailinirlu Taiguagakhani.”**

7. Distribute one copy of the **Halumaniq Aanniaqtailinirlu Taiguagakhaq (Clean and Healthy Book)** to each of the students.

8. Say to the students:

 **“Ataani makpirviita, takuniaqtutit uqauhiqautimik. Taiguqtigik atauttikku.”**
“Inuuhiqattiarnaqtunik nirivaktunga.”
“Kigutigikhaqpaktunga.”
“Algakka uaqpaktakka.”
“Uqquujunik aannuraaqpaktunga.”

9. Next, say:

 **“Tamainnut uqauhiqautinut, titiraujarniaqtuhi piksanik tainiup hulidjuhianik. Imaatut, hivulliq uqauhiqaut, ‘Inuuhiqattiarnaqtunik nirivaktunga.’Hunanik titiraujarniaraluaqqit?”**

Answers might include: different fruits, vegetables, country foods, etc.

☞ Have the students provide their answers.

LESSON PLAN: **TAKING CARE OF ME**

10. Say:



“Tamaffi qaujimavihi hulijaakhaffingnik tamainnut uqauhiqautinut?”

- ☛ If all the students understand, let them begin illustrating their **Halumaniq Aanniaqtalinirlu Taiguagakhani (Clean and Healthy Books)**.

11. When they are done, you can display the finished books around the classroom for other students, teachers, and family members to see.

SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

- ☛ **Halumaniq Aanniaqtalinirlu Taiguagakhani (Clean and Healthy Books)**

Halumaniq Aanniaqtailinirlu Taiguagakhaq

Niqinnaarnaqtunik nirivaktunga.

Kigutigikhaqpakhunga.

Halumaniq Aanniaqtailinirlu Taiguagakhaq

Algakka uaqpaktakka.

Uqquujuunik aannuraaqpaktunga.