

This book is part of the Inuutsiarniq Reading Series developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktit reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktit reading program that supports students in their development from emergent to independent readers.

Healthy behaviours start at home. Healthy children become healthy adults. For more information, visit www.gov.nu.ca/health and your local Health Centre.

Family Engagement/ It Starts at Home

A child's success as a reader is dependent on supportive home and school environments. Reading, and a love of reading, begins at home. The Department of Health has developed a series of levelled take-home books to support reading at home. The following is a list of things you can do to support children as they become independent readers.

Keep distractions to a minimum. Find a quiet place to read and talk about the book. Even the best readers have a difficult time focusing on reading when there are too many distractions.

Take turns. Read to the child, read with the child, and let the child demonstrate his or her reading skills to you. This will help you provide gentle corrections, and it will provide an opportunity for the child to show you how he or she is improving.

Read it again and again. It is good to read the book a few times. Repetition helps strengthen learning and develops a child's confidence in reading.

Ask questions. As you read through the book, pause and ask questions about what is going on. This will help the child think about what he or she is reading, and will reinforce reading comprehension.

Focus on successes, not mistakes. All early reading experiences should focus on praising success, as this will build confidence in the child.

Talk about the symbols or letters and sounds. Help the child learn the names of the symbols or letters and the sounds they make. Point out other things around the house that start with the same sound.

Read it and experience it. If possible, make connections between what the book is about and what happens in life. For example, if the book is about food, talk about food you eat together at home.

Book details

Level: 9

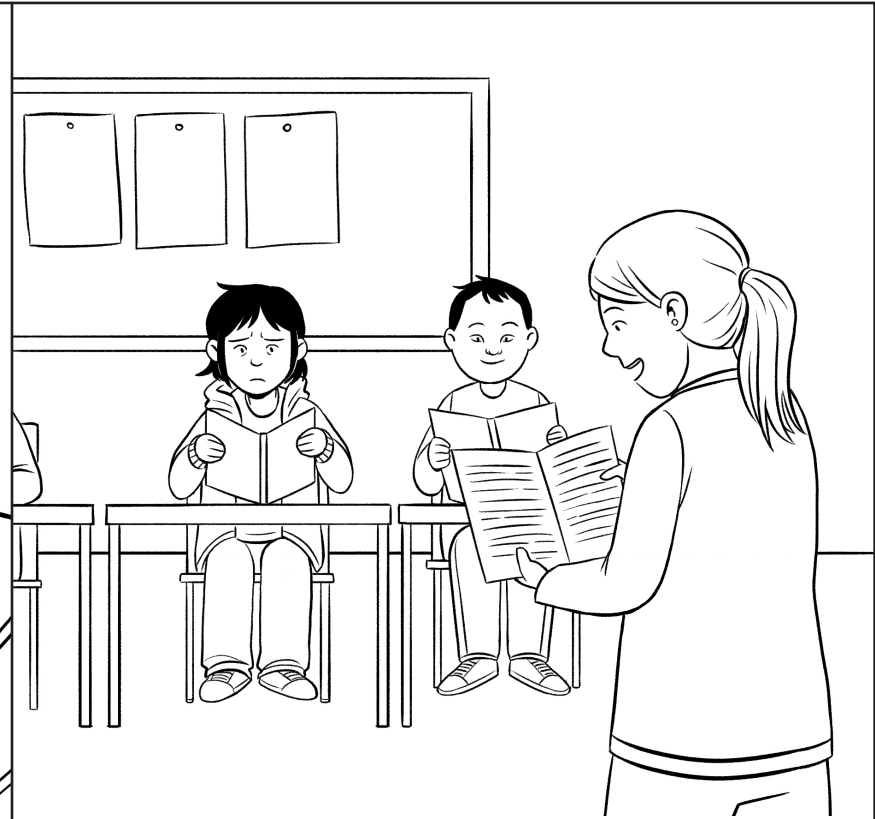
Text Type: Fiction

Subject/themes: Healthy sleep habits, how being tired makes you feel

Key features: First person point of view, dialogue, present and past tense



“Celina, it is time to get up,” says Ataata.
I grunt. “Already? I am still so tired!”
I say.
“Yes, already. Please get up for school,”
he says.



I eat breakfast and go to school.
In class, my teacher asks me a question.
I knew the answer yesterday but today
I can't remember it. I feel so tired
and embarrassed!



When I get home, I watch TV and do my homework. I help Ataata with dinner and cleaning up.

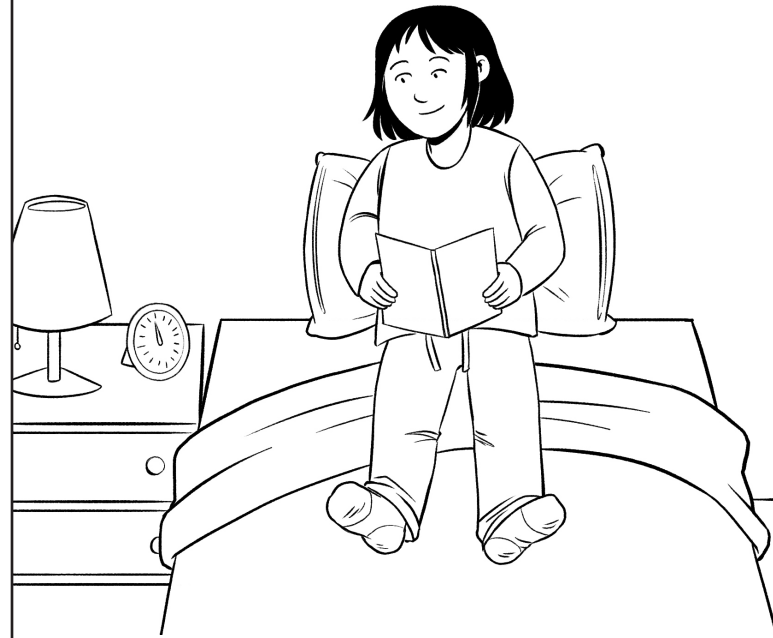
I brush and floss my teeth. I get into bed and open my book.



Reading is my favourite thing. My book is so exciting! I read and read. I finish the whole book. I don't feel tired. I get up to get another book.



The next morning, my light is still on.
“You look so tired!” says Ataata.
“Reading is great, but try reading for
a shorter time before sleep, and reading
more earlier in the day,” he says.



When I get into bed that night, Ataata
helps me set a timer for 10 minutes. The timer
goes off and I turn off my light. I lie down
and close my eyes.



The next morning, I wake up before
Ataata comes to wake me. I don't feel tired!
I go into the kitchen.

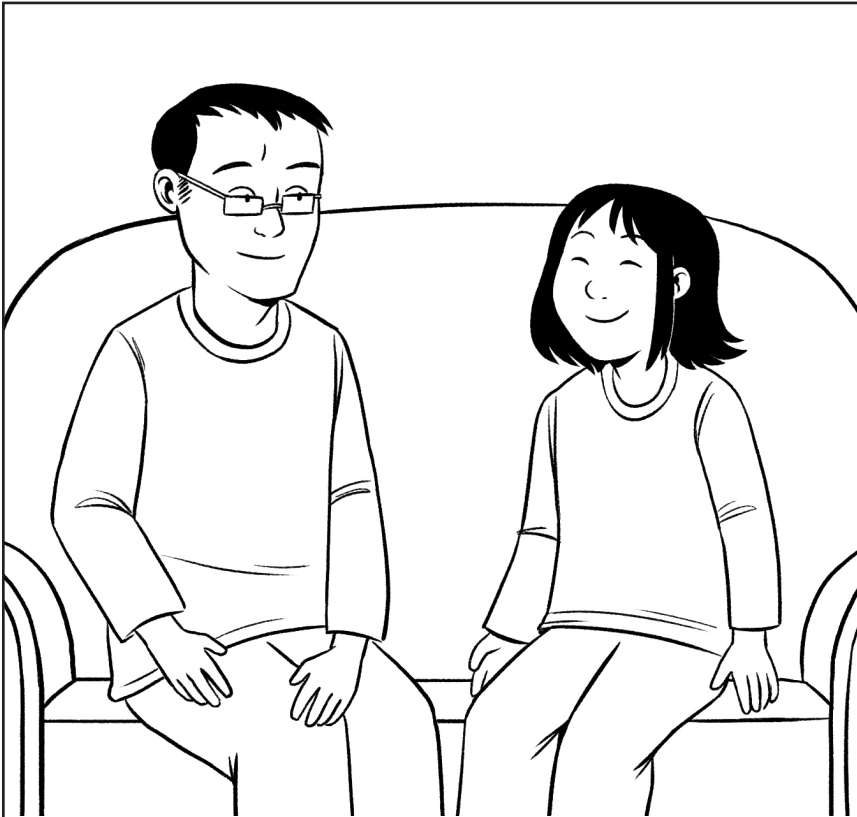
"Did you sleep well?" he asks.

"Yes!" I say.



At school, the teacher asks the class
questions. I know many of the answers. I raise
my hand almost every time.

"You have a lot of energy today, Celina!"
says my teacher.



“I had such a good day,” I tell Ataata when I get home.

“It must be because you got enough sleep,” says Ataata.

I will go to sleep on time from now on.

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