

# How I Use My Breath



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 Inuktitut guided reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktitut reading program that supports students in their development from emergent to fluent readers.

Healthy students are better learners and become healthy adults. For more information, visit [www.gov.nu.ca/health](http://www.gov.nu.ca/health) and your local Health Centre.

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### Book details

**Level:** 4  
**Text Type:** Non-fiction  
**Vocabulary:** Familiar activities

# How I Use My Breath



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I breathe.



I sing.



I jump.



I shout.



I laugh.



I talk.





I play.

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