

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 and your local Health Centre.

Book details

Level: 7
Text Type: Fiction
Vocabulary: Traditional Inuit games

Traditional Inuit Games



Written by
Nadia Mike

Photography by
Patrick Béland



Staying healthy doesn't just mean eating healthy foods. It also means being active to keep healthy and strong.

I like to stay healthy by
playing Inuit games.
I stretch my legs and arms
before I start.





I like to jump as high as I can.
The one-foot high kick is
one of my favourites.

I like to wrestle like a muskox.
My brother and I do the
muskox push.





I like to jump on one foot.
I do the owl hop on one foot
as long as I can.

I like to do the back push.
I do the back push with my
younger brother.





I like to do the kneel jump.
I try to go as far as I can.



Published in Canada by **Inhabit Education**
www.inhabiteducation.com

Design and layout copyright © 2016 by Government of Nunavut
Text copyright © 2016 by Government of Nunavut
Photographs copyright © 2016 by Government of Nunavut

All rights reserved. The use of any part of this publication reproduced, transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, or stored in a retrievable system, without written consent of the publisher, is an infringement of copyright law.

Printed and bound in Canada

ISBN 978-1-77266-304-4

I really like playing Inuit games.
It keeps me healthy and strong!



INHABIT
EDUCATION

