

What My Breath Is Like



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 Inuktut guided reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktut 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:	8
Text Type:	Fiction
Subject:	Different types of breathing
Summary:	Breathing is a part of everything we do! Our breathing changes when we do different activities.

What My Breath Is Like



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My breathing is part of everything I do.
When I'm sleeping, my breath is
deep and slow. When I run, it is fast.





My breath speeds up when I move quickly in tag or hockey. My breath slows down when I am waiting for a puck in the hockey net.

In summer, when I ride my bike,
I breathe in through my nose.
I don't want to breathe in mosquitoes!
Yuck!





Outside in winter, when I walk and play,
I breathe in through my nose.
When I breathe out hard through my
mouth in the cold, my breath is like fog.

When I'm throat singing,
I use my breath in special ways.
My grandmother says,
"Fill your lungs with a healthy breath."





I use my breath to make sounds,
like a drumbeat or a growl.
My friend and I throat sing until
we start laughing.

After meals and before bed,
I brush and floss my teeth.
When I say “goodnight” to my mom and dad,
my breath is like a fresh breeze.





I like having healthy lungs to breathe for everything I do.

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