

Aniqhaaktarnira Qanurinninga



This book is part of the Inuuttiarniq Reading Series, developed by the Department of Health in Nunavut. The Inuuttiarniq 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 Inuuttiarniq Reading Series was developed to support the reading level guidelines outlined in Taiguajukhijjutit, the Department of Education's guided reading program. Taiguajukhijjutit is a sequential and progressive Inuinnaqtun reading program that supports students in their development as 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.

Aniqhaaktarnira Qanurinninga



Titiraqtaa
Laura Edlund

Titiraujaqtaa
Larry Jones

Aniqhaaqtarnira ilaujuq tamainnut hulijjutimnut.
Hinikkaangama, aniqhaaktaqpaktunga
kajumiittumik. Aqpajuaraangama,
kajummaqpaqtuq.





Aniqhaaqtarnira kajummaqpaktuq
qilamiuqhunga ingutaaraangama.
Aniqhaaqtarnira kajumiiqpaktuq utaqqiliraangama
itiqtittukhamik haakiqtautit kuvjaanut.

Aujami, paisikaqhunga, aniqhaaqtaqpaktunga
qingapkut. Aniqhaaqtaqhunga kikturiamik
uqummiqhijumannginnama! Aaqqaa!





Hilami ukiumi, pihukkaangama
ulapqigaangamalu, aniqhaaqtaqpaktunga
qingapkut. Akhut aniqhaaraangama
qanipkut qaajurnarnirmi, aniqhaara
pujuuqpaktuq taktuktut.

Papaujaraangama, anirnira
atuqpaktara aturuminaqhinaqhugu.
Anaanattiaru uqaallaktuq,
“Puvvakkit nakuujumik anirnirmik tatallugik.”





Atuqpaktara anirnira nipaarutigillugu,
katuktaqtutut qatiggaaqtulluunniit.
Ilannaralu papaujaqpaktuguk
iglaliqpalliarutiptionut.

Nirihuirangama innaqtinnangalu,
kigutigikhaqpaktunga kukkilliijaqpaktunga.
Hinigahualiraangama uqaallakpaktunga
“hinittiarlutik” amaamanut aappamnullu,
aniqhaara halummaqtutut ilittuq.





Puvaqattiaqarumavaktunga
aniqhaaqtariamni hulilukaaraangama.

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