

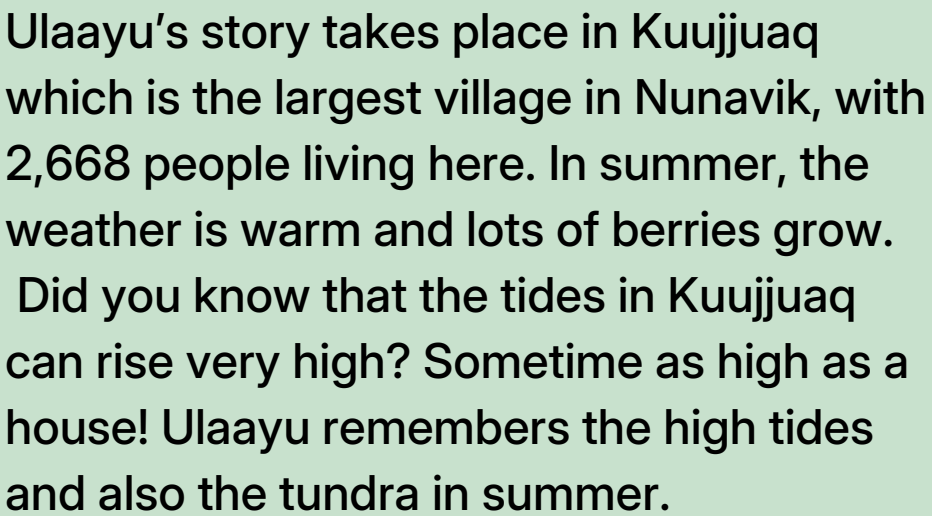
Ulaayu's Day at the Camp

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This is Ulaayu Dupuis-Miron. She is a police officer in Kuujjuaq, the village where she grew up. Ulaayu helps keep people safe and wants the police and Inuit to make sure that the police and Inuit get along and work well together.



Ulaayu is very excited because she's going to the camp for a few days! To get there, she will travel by boat with her dad and mom. They will need to leave before the tide goes out.



Can you find the letter A in this page?



Have you ever
seen the tide go in
and out?

Can you skip
like Ulaayu?



When they arrive at the camp, the tide goes out. Today, she wants to help her dad with his work. She happily skips over to join him.



Do you recognize any letters in this image?

Ulaayu watches her dad as he tosses a rock up into the air and catches it with the same hand. Ulaayu loves to copy her dad! She picks up a small pebble and tries to do the same.



Can you spot the numbers on this page?



Can you toss and catch with one hand, like Ulaayu?

Can you do the
boat pose?



Ulaayu sees her mom picking berries nearby. She sits down and picks as many as she can. Sometimes she pauses to do the boat pose for fun. Her mom watches and laughs.



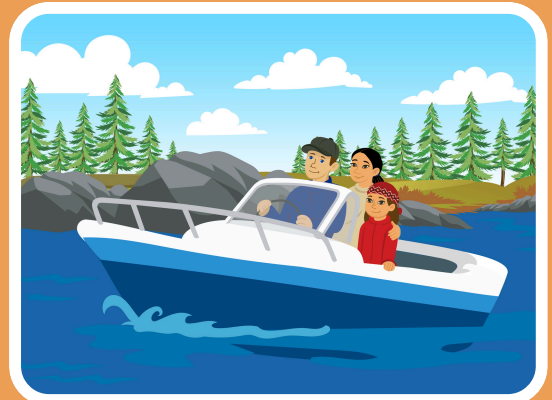
Can you find the letter U hidden in this page?

At the end of the day, the tide is high again. Ulaayu and her family make suvalik with the berries. Her dad says she has lots of energy, but now she's feeling tired. She can't wait for more fun tomorrow!



What do you like to eat around the campfire?

The Memories That Inspired the Story



Skipping

Video and link



Cues

1 I look forward.

2 I keep a straight posture.



Skipping

Video and link



Cues

3 I do a step-hop rhythm.

4 I swing my arms opposite to my legs.



Tossing and Catching with One Hand

Video and link



Cues

1 I look at the object.

2 I toss with one hand.



Tossing and Catching with One Hand

Video and link



Cues

3 I reach with my hand, fingers spread.

4 I catch softly (close fingers and absorb with arm).



The Boat

Video and link



Cues

1

I sit on my bottom with legs stretched out.

2

I lift my legs and stretch my hands forward.



The Boat

Video and link



Cues

3 I breathe regularly.

4 I hold the pose 3, 5, 10, 15 + seconds.



x3

x5

x10

x15

CHALLENGE 01

Skipping



Game Objective:

Take as many skipping steps as there are letters!



Equipment:

No equipment



Instructions:

1

Stand at one end of the room.

2

Count how many letters there are in the word Ulaayu.



U-l-a-a-y-u

3

Take that many skipping steps to cross the room.

4

Do the same thing, but this time with your own name or the name of a friend.



*Your name: _ _ _ _ _
The name of your friend:*

_ _ _ _ _

Variations:

- Play the same game using colors instead of names (e.g., count the letters in "red" or "yellow").
- Try other ways of moving such as side steps, horizontal jumps, etc.

CHALLENGE 02

Tossing and Catching with the same hand



Game Objective:

Say the whole alphabet without dropping the beanbag.



Equipment:

Beanbags



Instructions:

- 1 Take a beanbag and practice throwing it with one hand and catching it with the same hand.



- 2 Do it again, but this time say the first letter of the alphabet before catching the beanbag.



- Variations:
- Try throwing and catching with the other hand.
 - Spell other words, such as your name, an object in the classroom, etc.

- 3 Keep going through the alphabet until you reach the end.

CHALLENGE 03

The Boat



Game Objective:

Stay balanced in the boat pose as long as possible while a friend skips around the circle.



Equipment:

No equipment



Instructions:

1

Sit in a circle with your friends.



2

Do the boat pose.



3

One friend stands up and skips around the circle.



Variations:

- Try to hold the boat pose for more than one round.

4

Hold the pose until they return to their spot.

5

Repeat until everyone has had a turn to skip around.



Magic Minute

Instructions: Ask children to sit in a circle or semicircle.

Campfire Pose



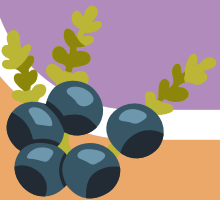
Sit on your knees and raise your arms above your head. Move your arms from side to side like the flames of a campfire.

Tide pose



Sit down and stretch your legs in front of you. Bend forward and reach your arms toward your toes, like the tide on the beach.

Berry Pose



Lie on your back and hold your bent knees in your arms. Gently rock from side to side like a berry.

Good job!



Skipping



Boat Pose



Tossing and catching
with one hand