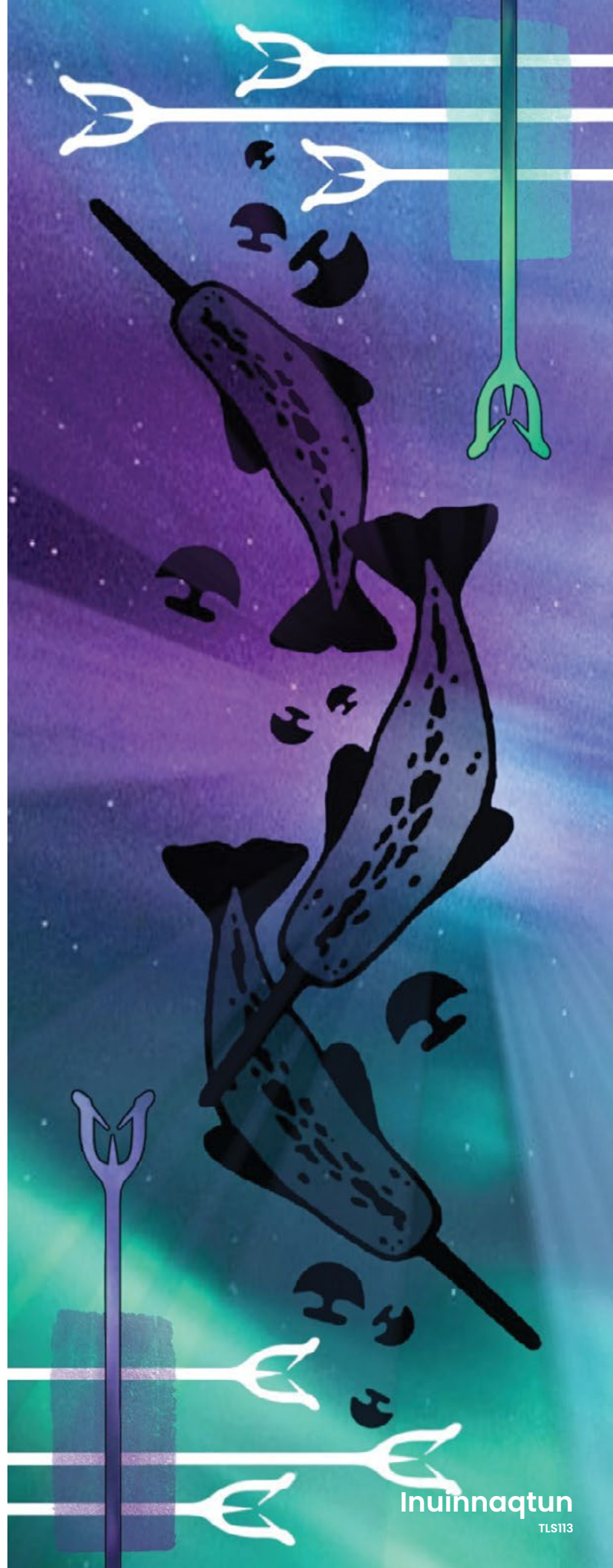


**Titirarviat
Makpiraaq
Journal**



Aniqhaaktarlutin

Breathe

Respirez



**Atauhiuyuq
nakuutqiyauyuq
ayuiqtakhat
inuuhirni qanuqtut
ihumaaluktaililit.
Kiuguvit
qanuriliuqhimaittumik...
ilvit munariliqtat
inuuhit.**

One of the best lessons you can learn in life is to master how to remain calm.

When you can respond instead of react... you take control of your life.

L'une des plus grandes leçons que vous pouvez apprendre dans la vie est de savoir rester calme.

Quand vous pouvez agir au lieu de réagir. Vous contrôlez votre réaction... Vous prenez votre vie en main.

Lined writing area with horizontal lines and a faint graphic of a person's head and shoulders on the right side.



Aniqhaaktarlutin

Breathe

Respirez

Lined writing area consisting of 20 horizontal lines.



Aniqhaaktarlutin

Breathe

Respirez



Aniqhaaktarlutin

Breathe

Respirez



**Itqaumayakhaliurlutit
ihuaqtunut inungnut.**

Make memories with the
right people.

*Créez des souvenirs avec les
bonnes personnes.*





Aniqhaaktarlutin

Breathe

Respirez

A series of horizontal lines for handwriting practice, spanning the width of the page.



Aniqhaaktarlutin

Breathe

Respirez

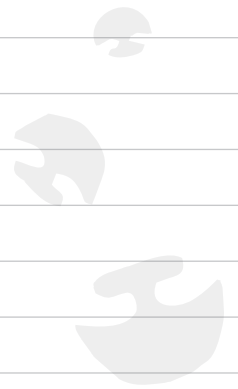


**Tuqffihungniq
aulavaktuq
ilamingnut kinali
upalungaiqhimakpat
mamihariangani.**

**Hivulliriyatit
kinguvaatillu
quviahuutigivaktait
havaliraangavit.**

Trauma travels through family lines until someone is ready to heal it. Your ancestors and descendants celebrate every time you do the work.

Les traumatismes suivent la lignée familiale jusqu'à ce que quelqu'un décide de les guérir. Vos ancêtres et vos descendants célèbrent toute les fois que vous travaillez en ce sens.





Aniqhaaktarlutin

Breathe

Respirez

Handwriting practice lines consisting of 20 horizontal lines.





Aniqhaaktarlutin

Breathe

Respirez

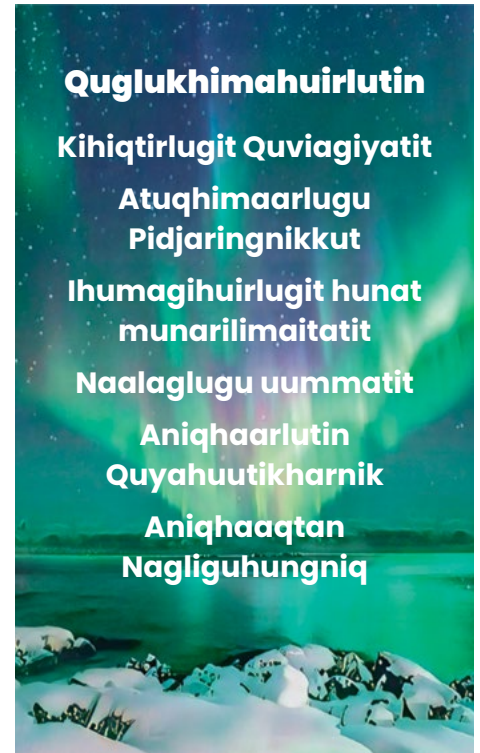
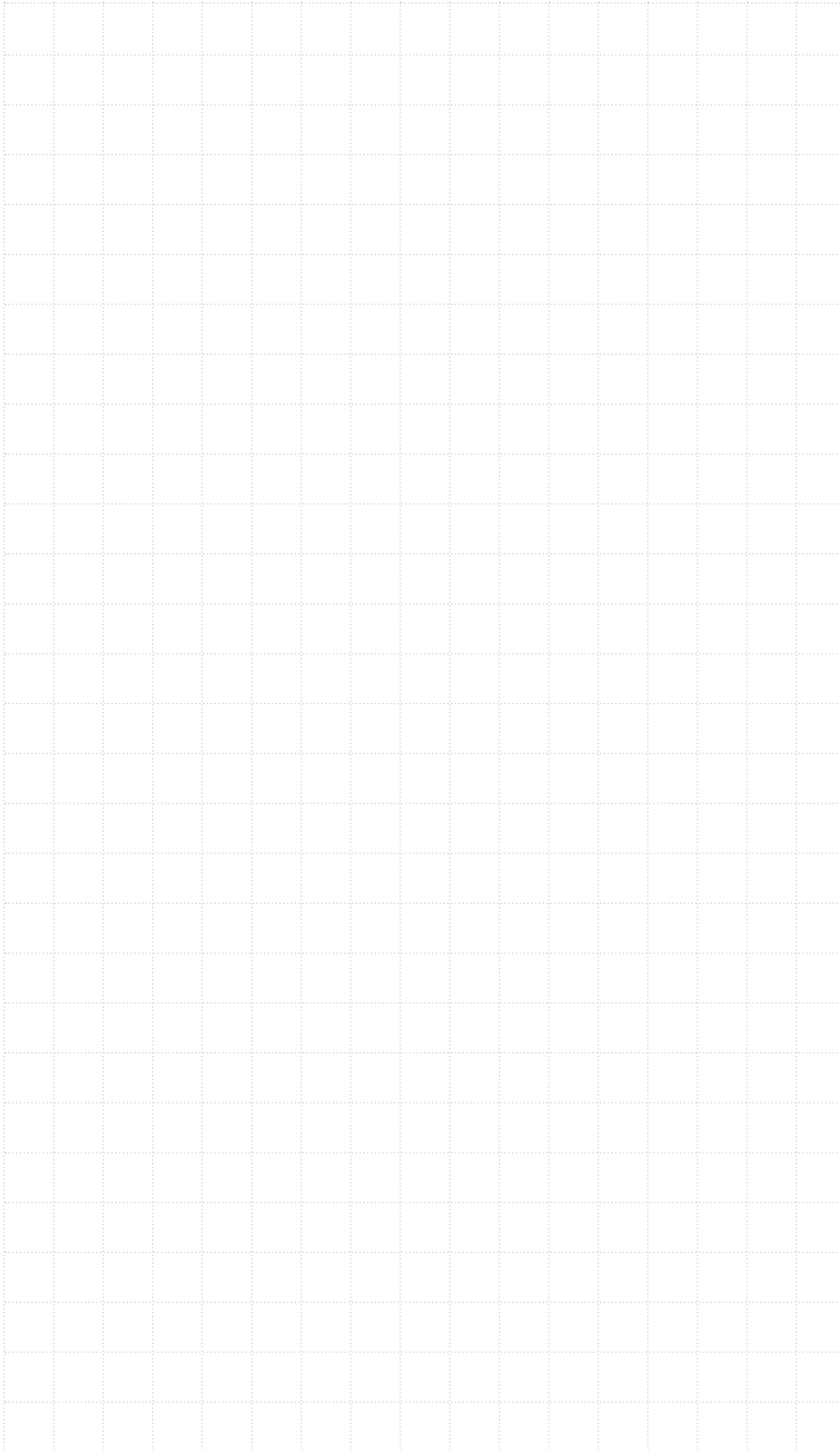
A series of horizontal lines for handwriting practice, spanning the width of the page.



Aniqhaaktarlutin

Breathe

Respirez



Quglukhimahuirlutin

Kihiqtirlugit Quviagiyatit

Atuqhimaarlugu

Pidjaringnikkut

Ihumagihuirugit hunat

munarilimaitatit

Naalaglugu uummatit

Aniqhaarlutin

Quyahuutikharnik

Aniqhaaqtan

Nagliguhungniq

Be Calm

Count your Blessings

Practice Kindness

Let Go of what you cannot
control

Listen to your Heart

Breathe in Gratitude

Breathe out Compassion

Soyez calme

Comptez vos bénédictions

Pratiquez la bonté

Laissez aller ce que vous ne
pouvez pas contrôler

Écoutez votre coeur

Inspirez la gratitude

Expirez la compassion

Aniqhaaktarlutin

Breathe

Respirez



**Ihumaalungniq
naunaiyautaungittuq
humi nipiquqtuyumik,
ayuqhautiqangittumik,
uvvaluuniin akhut
havangnirmik.**

**Naunaiyautaa
qitqani hapkua hunat
ihumaalungnaittumik
uummatingni.**

Peace

It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still feel calm in your heart.

Paix

Elle ne s'atteint pas seulement dans le silence, l'action et la détente. La paix, c'est d'être au milieu du bruit, de l'ennui ou du travail et de quand même garder le calme dans son coeur.

Lined writing area with horizontal lines and a faint illustration of a person's head and shoulders on the right side.



Aniqhaaktarlutin

Breathe

Respirez





Aniqhaaktarlutin

Breathe

Respirez

A series of horizontal lines for handwriting practice, starting from the top of the page and extending down to the bottom.



Aniqhaaktarlutin

Breathe

Respirez

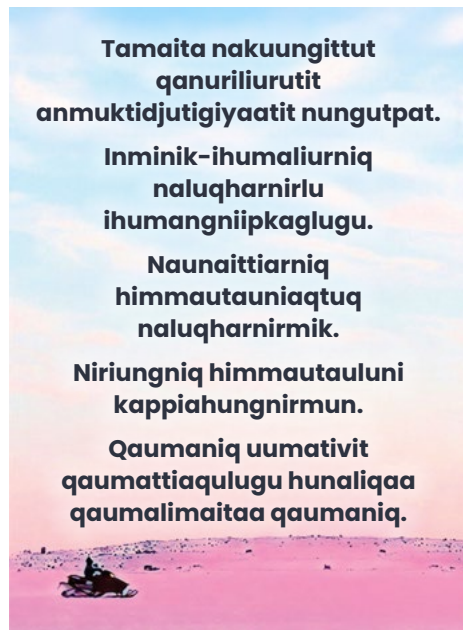
**Tamaita nakuungittut
qanuriliurutit
anmuktidjutigiyaatit nungutpat.**

**Inminik-ihumaliurniq
naluqharnirlu
ihumangniipkaglugu.**

**Naunaittiarniq
himmautauniaqtuq
naluqharnirmik.**

**Niriungniq himmautauluni
kappiahungnirmun.**

**Qaumaniq uumativit
qaumattiaqulugu hunaliqaa
qaumalimaitaa qaumaniq.**



May all the negative energy
bringing you down come to
an end.

May self-judgement and
doubt exit your mind.

May Clarity replace
Confusion

May Hope replace fear.

May the light of your heart
shine so bright that nothing
can dim your glow.

*Que toute l'énergie
négative qui vous rabaisse
prenne fin*

*Que le jugement de soi et le
doute quittent votre esprit*

*Que la clarté remplace
la confusion Que l'espoir
remplace la peur*

*Que la lumière de votre
coeur soit si brillante que
rien ne peut atténuer votre
éclat*



Aniqhaaktarlutin

Breathe

Respirez



Aniqhaaktarlutin

Breathe

Respirez



Aniqhaaktarlutin

Breathe

Respirez



**Ilihimavit? Ihumaalukkuvit
amigaquqhimaittumiglu,
aniqhaaqhimalutit
4 tadjaguinnarmik,
aniqhaaqhimalutit
7 tadjaguinnarmik,
aniqhaaqhimalutit
8 tadjaguinnarmik,
taimailiuqattarlutit atauhialugulu
malruiqturluguluuniit.**

**Una ikayuutauyuq qaritap
auladjutaa 'ningaqhimaluni
uvvaluuniin qimaglugu'
unaguiqhirlutit.**

Did you know?

For anxiety and panic attacks,
breathe in for 4 seconds,
hold your breath for 7 seconds,
exhale for 8 seconds,
repeat once or twice more.

This will cause your nervous
system to shift from fight or
flight mode and to a relaxed
mode.

Le saviez-vous?

*Lors de crises d'angoisse ou
de panique,
inspirez pendant 4 secondes,
retenez votre respiration
pendant 7 secondes,
puis expirez pendant 8
secondes.*

Répétez une ou deux fois.

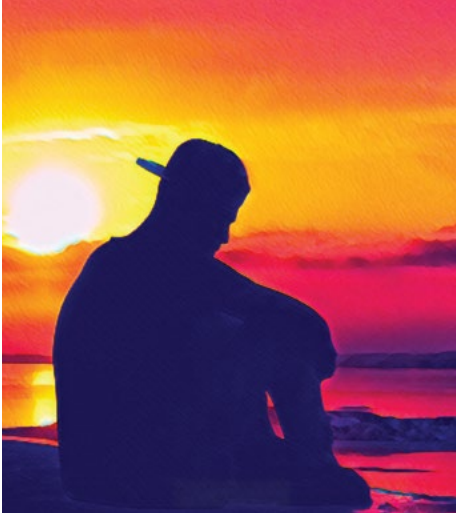
*Cet exercice de respiration
aide votre système nerveux à
passer d'un état de lutte ou de
fuite à un état de détente.*



Aniqhaaktarlutin

Breathe

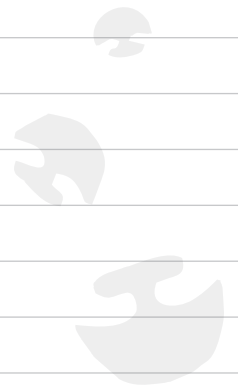
Respirez



**Pittiarlutit, inuit
tamaita takuvaktatit
akimanahuarmata
ilihimangitarnik**

Be kind, because everyone
you meet is fighting a battle
you know nothing about

*Soyez gentil, parce que
chaque personne que
vous rencontrez mène une
bataille dont vous ne savez
rien*



A series of horizontal lines for writing, spanning the width of the page. The lines are evenly spaced and extend from the left margin to the right margin.



Aniqhaaktarlutin

Breathe

Respirez

A series of horizontal lines for handwriting practice, starting from the top of the page and extending down to the bottom.



Aniqhaaktarlutin

Breathe

Respirez



**Hivullivut qin'ngautiyut
qaitqublutit.
Aullaqtitauyutit
kivgaqturiamingnit
inuit. Nutaqiuqtugut
ilingnun unipkaaqqut
aulahimaariangani.**

Our Ancestors prayed for
your arrival. You were sent
to represent our people. We
waited for you so that our
story may continue.

*Nos ancêtres ont prié pour
votre arrivée. Vous avez été
envoyé pour représenter
notre peuple. Nous vous
avons attendu pour que
notre histoire puisse
continuer.*



Aniqhaaktarlutin

Breathe

Respirez



**Nutqangallaglutin
ihumangnik.
Kiuhimaittumik tamainnut
ihumagiyauyunut,
qaangiutinahuarlugit.**

**Qanuriliurutit
pipkaidjutigiyat
nakuungittumik
ihumagiyarnik.**

Ihumaliurlutin ihuaqtumik.

**Naammagilugu
taimaarlugulu.**

**Ilihimalutit uvvalu
ilaulutit ihumangni
ihumaalungnaittumik.**

Take mental breaks as often as possible. Instead of reacting to every thought, try letting it go. Your reaction is what keeps negative thoughts alive. Think positive. Make peace with it and release it. Be conscious and active in your mental space so that you don't get overwhelmed.

Prenez mentalement des pauses aussi souvent que possible. Au lieu de réagir à toutes les pensées, essayez de les laisser aller. Votre réaction est ce qui entretient les pensées négatives. Essayez de voir les choses de façon positive. Faites la paix avec vos pensées, puis laissez-les aller. Soyez conscient et actif dans votre espace mental afin de ne pas vous sentir envahi.

A large grid of dotted lines for writing notes.



Aniqhaaktarlutin

Breathe

Respirez

A series of horizontal lines for handwriting practice, spanning the width of the page.



Aniqhaaktarlutin

Breathe

Respirez

**Taarniit
pittailihimalugu
qangaraalungnittamit
nutqaqtittailugu
qaumaniq
quviahuutikharnik
tadja. Qanurilidjutaa
aniguqtuq.
Hulilukaaruirlutit
hunaniq
atuqtauhuiqtunik
quvianaqpiqtumik
nalvaqhiyaami
hamani tadjalu.**

Don't let the darkness from your past block the light of joy in your present. What happened is done. Stop giving time to things that no longer exist, when there is so much joy to be found here and now.

Ne laissez pas les ténèbres de votre passé bloquer la lumière de la joie dans votre présent. Ce qui est arrivé est fait. Arrêtez de consacrer du temps à des choses qui n'existent plus, alors qu'il y a tant de joie à trouver ici et maintenant.





Aniqhaaktarlutin

Breathe

Respirez



Aniqhaaktarlutin

Breathe

Respirez





Aniqhaaktarlutin

Breathe

Respirez

A series of horizontal lines for handwriting practice, spanning the width of the page.





Aniqhaaktarlutin

Breathe

Respirez

Handwriting practice lines consisting of 20 horizontal lines.





Aniqhaaktarlutin

Breathe

Respirez

A series of horizontal lines for handwriting practice, with three faint icons (a small circle, a larger circle, and a crescent shape) positioned near the bottom left of the page.

Aniqhaaktarlutin

Breathe

Respirez



**Ihumagiyungnaiqhugit
pidjutiginngitait
hulidjutitik.
Ihumagiyungnairutit
nutqaqtitait hulidjutitik
ahiruqtirnirmut
uummatinut.**

Forgiveness doesn't excuse
their behaviour. Forgiveness
prevents their behaviour
from destroying your heart.

*Le pardon n'excuse pas
leur comportement. Le
pardon empêche leur
comportement de détruire
votre cœur.*

Aniqhaaktarlutin

Breathe

Respirez





Aniqhaaktarlutin

Breathe

Respirez

A series of horizontal lines for handwriting practice, spanning the width of the page.



Aniqhaaktarlutin

Breathe

Respirez

Ce sont les petites habitudes.
Comment vous passez vos
matinées. Comment vous vous
parlez. Ce que vous lisez. Ce
que vous regardez. Avec qui
vous passez votre temps. Qui a
accès à vous. Ce sont de
petites habitudes cumulatives
qui changeront votre vie.

Vous êtes la réponse.



Mikiyut idjuhiit.

**Qanuq ublaannuami
hulilukaaqtutit, qanuq
ilingnut uqaqhutit, hunat
taiguaqtatit, hunanik
qun'ngiaqtutit, kimut
ilauqatigiyatit, kitkullu
takuyaaqtaatit. Mikiyut,
amigairyuumiyut idjuhiit
aallannguqtirutiginiaqtat
inuuhirnut. Kiudjutaa ilvit.**

It is the small habits.
How you spend your
mornings.

How you talk to yourself.
What you read.
What you watch.

Who you share your time
with.

Who has access to you.
It is small cumulative habits
that will change your life.
The answer is you.



Aniqhaaktarlutin

Breathe

Respirez



Iniqtingittutit.

**Pinniopiaqtutit havaat
havaktauhimmaaqtutit
amigaitpiaqhutiglu
angiglivalliajutikhanik.**

Ihumagiyakhatit.

You are not done. You are
a beautiful work in progress
and have so much more to
become.

You Matter.

*Il n'est pas trop tard.
Vous êtes un magnifique
ouvrage inachevé avec un
avenir qui vous attend.
Vous avez de l'importance.*

Lined writing area with horizontal lines and a faint graphic of three stylized human figures on the right side.



Aniqhaaktarlutin

Breathe

Respirez

A series of horizontal lines for handwriting practice, starting below the first three phrases and extending to the bottom of the page.



Aniqhaaktarlutin

Breathe

Respirez



**Mamihayuittugut
avaliittumik, kihimi
nunallaami.**

We do not heal in isolation,
but in community.

*Nous ne guérissons pas
dans l'isolement, mais en
communauté.*



Aniqhaaktarlutin

Breathe

Respirez





Aniqhaaktarlutin

Breathe

Respirez

Lined writing area with horizontal lines for text entry.



Aniqhaaktarlutin

Breathe

Respirez



**Ihumagiyakhatit.
Piqpagiyauyutit.
Avaliinngangittutit.
Ihaarlutin
ikayuutikharnik.**

You Matter.
You are Loved.
You are Not Alone.
Reach out for Support.

*Vous êtes important.
Vous êtes aimé.
Vous n'êtes pas seul.
Demandez de l'aide.*



Aniqhaaktarlutin

Breathe

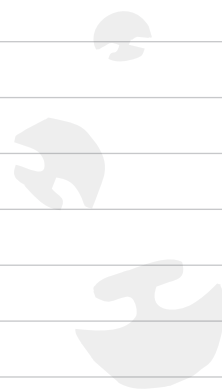
Respirez



**Hivumuuqpiaqhimayutit.
Quvianaraluaqtilluni
quvianaittumiglu,
tikiutiyutit hamunga.
Kangiqhidjutaa hunamik.
Nan'ngariyat taamna.**

You've come far. Through
the thick and the thin, you've
made it here. That counts for
something. You can be proud
of that.

*Laissez la croissance être
votre mission. Laissez
la guérison être votre
récompense. Laissez la
liberté être votre objectif.*





Aniqhaaktarlutin

Breathe

Respirez



Aniqhaaktarlutin

Breathe

Respirez



Aniqhaaktarlutin

Breathe

Respirez



**Piqpagiyauqpiaqtutit.
Amigaitqiyaq
ihumagiyarnit.
Avaliinngaaqtutut
iliblutit,
avaliinngayuittutit.**

You are deeply loved. More than you can ever imagine. Even if you feel alone at times, you never are.

Vous êtes profondément aimé. Plus que vous l'imaginez. Même si vous vous sentez parfois seul, vous ne l'êtes jamais vraiment.



Aniqhaaktarlutin

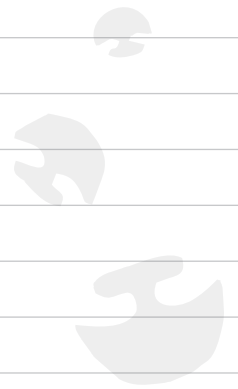
Breathe

Respirez



If you water yourself, you will bloom.

Si vous prenez soin de vous, vous vous épanouirez.





Aniqhaaktarlutin

Breathe

Respirez



Aniqhaaktarlutin

Breathe

Respirez



**Nakuuhiyuittugut
angiyunin ilaiyarnirnin;
Itiqtiqaktavut, ilaanilu,
aallannguqtiqtaatigut
pittiangnirmut,
pittiaqhimayut inuit.**

We never get over great losses; we absorb them, and often, they change us into kinder, gentler people.

*Nous ne nous remettons
jamais des grandes
pertes; nous les absorbons
et, souvent, elles nous
transforment en personnes
plus douces et plus
aimables.*





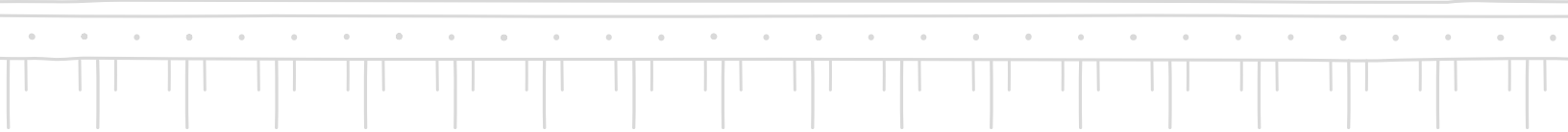
Aniqhaaktarlutin

Breathe

Respirez

A series of horizontal lines for handwriting practice, starting below the first three phrases and extending to the bottom of the page.





Aniqhaaktarlutin

Breathe

Respirez

Handwriting practice lines consisting of 20 horizontal lines.



Aniqhaaktarlutin

Breathe

Respirez



**Anipkarlugu
Nikallurnivit**

Hukatirlugu uummatit

**Mikhiyumirlugu
inngummaniq**

**Aniqhaarlugu
ihumaalungniq**

**Aniqhaarlutit
nagliguhungnirmik**

Release your sorrow
Unclench your heart
Soften your sadness
Inhale peace
Exhale compassion

*Laissez le chagrin partir
Desserrez l'étau de votre
cœur*

*Inspirez la paix
Expirez la compassion*

A series of horizontal lines for writing, with a faint illustration of a person's profile on the right side.



Aniqhaaktarlutin

Breathe

Respirez

Lined writing area consisting of 20 horizontal lines.



Aniqhaaktarlutin

Breathe

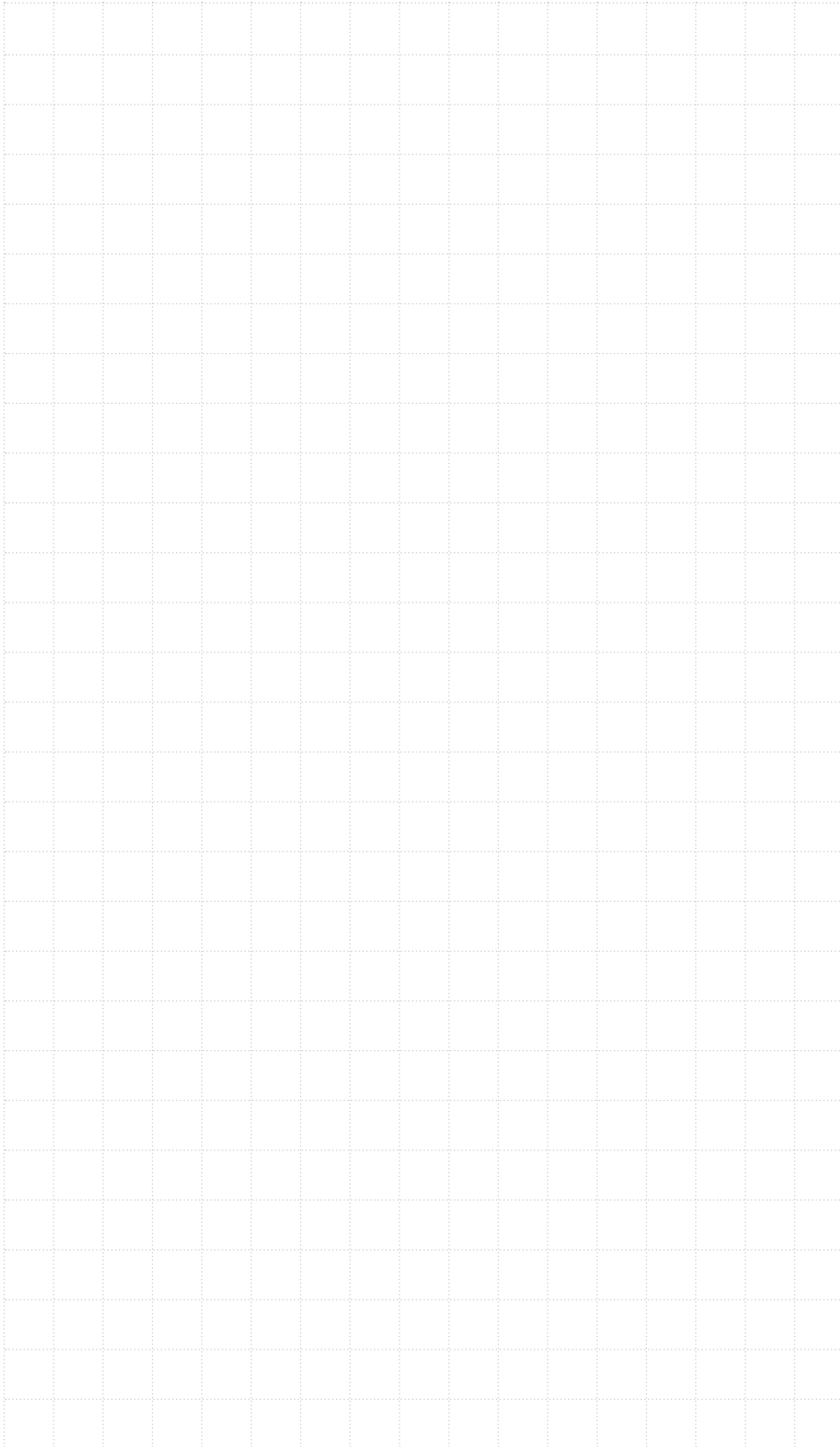
Respirez



Aniqhaaktarlutin

Breathe

Respirez



**Piqpaguhuutit tuniyat
utiffaarniaqtuq ilingnut
amigairyuumiluni.**

The love you give will come
back to you multiplied.

*L'amour que vous donnez
vous revient multiplié.*





Aniqhaaktarlutin

Breathe

Respirez

Handwriting practice lines consisting of 20 horizontal lines.





Aniqhaaktarlutin

Breathe

Respirez

A series of horizontal lines for handwriting practice, spanning the width of the page.



Aniqhaaktarlutin

Breathe

Respirez



**Ihuinaaqhimahurlutin
aulattittiyaangat
inuhirnik
piyumayangnik.**

Never feel guilty for building
the life you want.

*Vous ne devez pas vous
sentir coupable de vouloir
construire la vie à laquelle
vous aspirez.*



Aniqhaaktarlutin

Breathe

Respirez



**Inuuyaami
ihumaalukhuni
havagiaqtuqhunilu
hakugingniqaraluaqhuni
amigaitut inuit
kangiqhilimaitait.
Nan'ngarilutit ilingnik.
Pittiarlutit ilingnut.**

Living with anxiety, turning
up and doing stuff with
anxiety, takes a strength
most will never know.

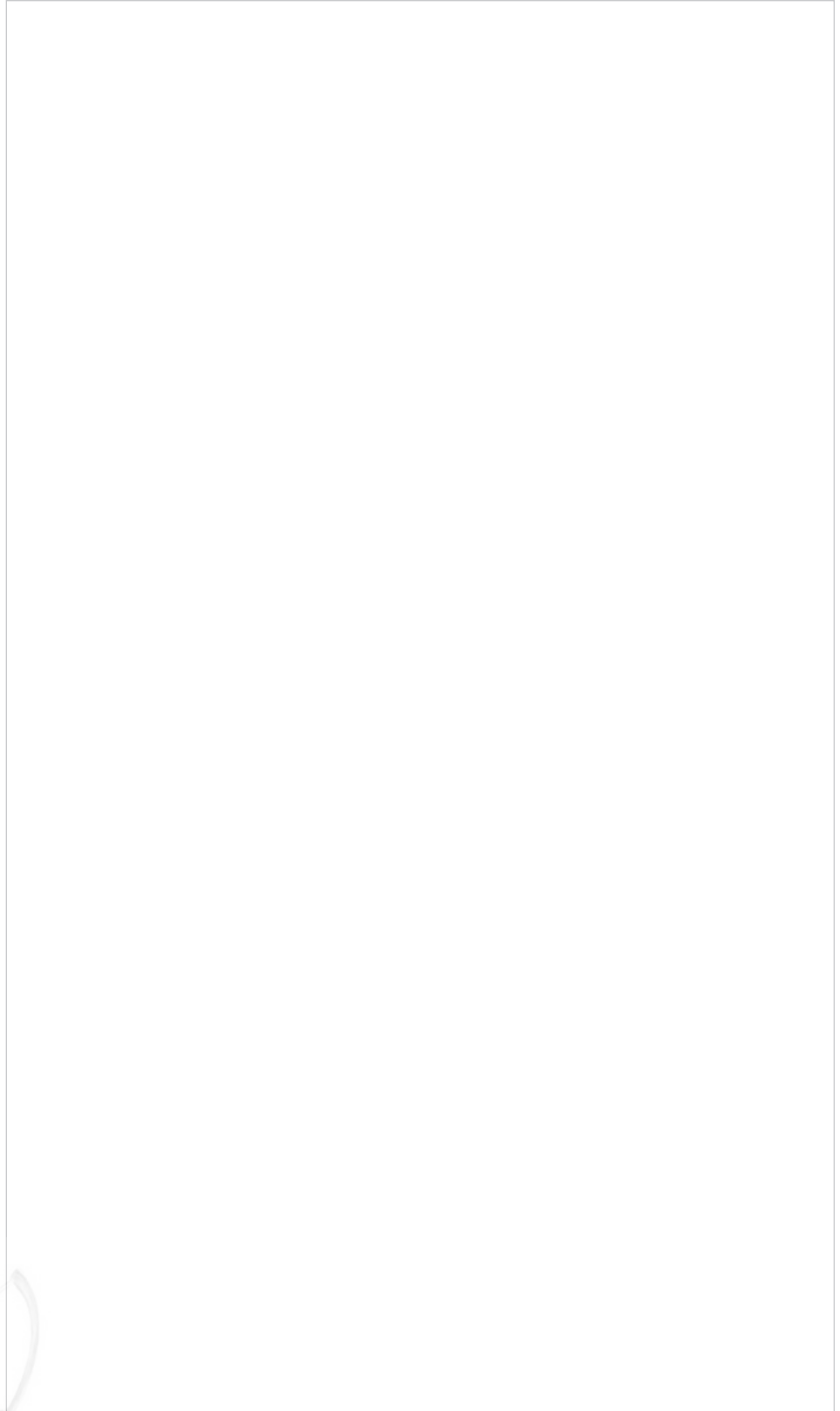
Be proud of yourself.

Be kind to yourself.

*Vivre avec l'anxiété, se lever
avec de l'anxiété et faire
des choses avec l'anxiété
demandent plus de force
que beaucoup ne le
sauront jamais.*

Soyez fier de vous.

*Soyez gentil envers vous-
même.*





Aniqhaaktarlutin

Breathe

Respirez

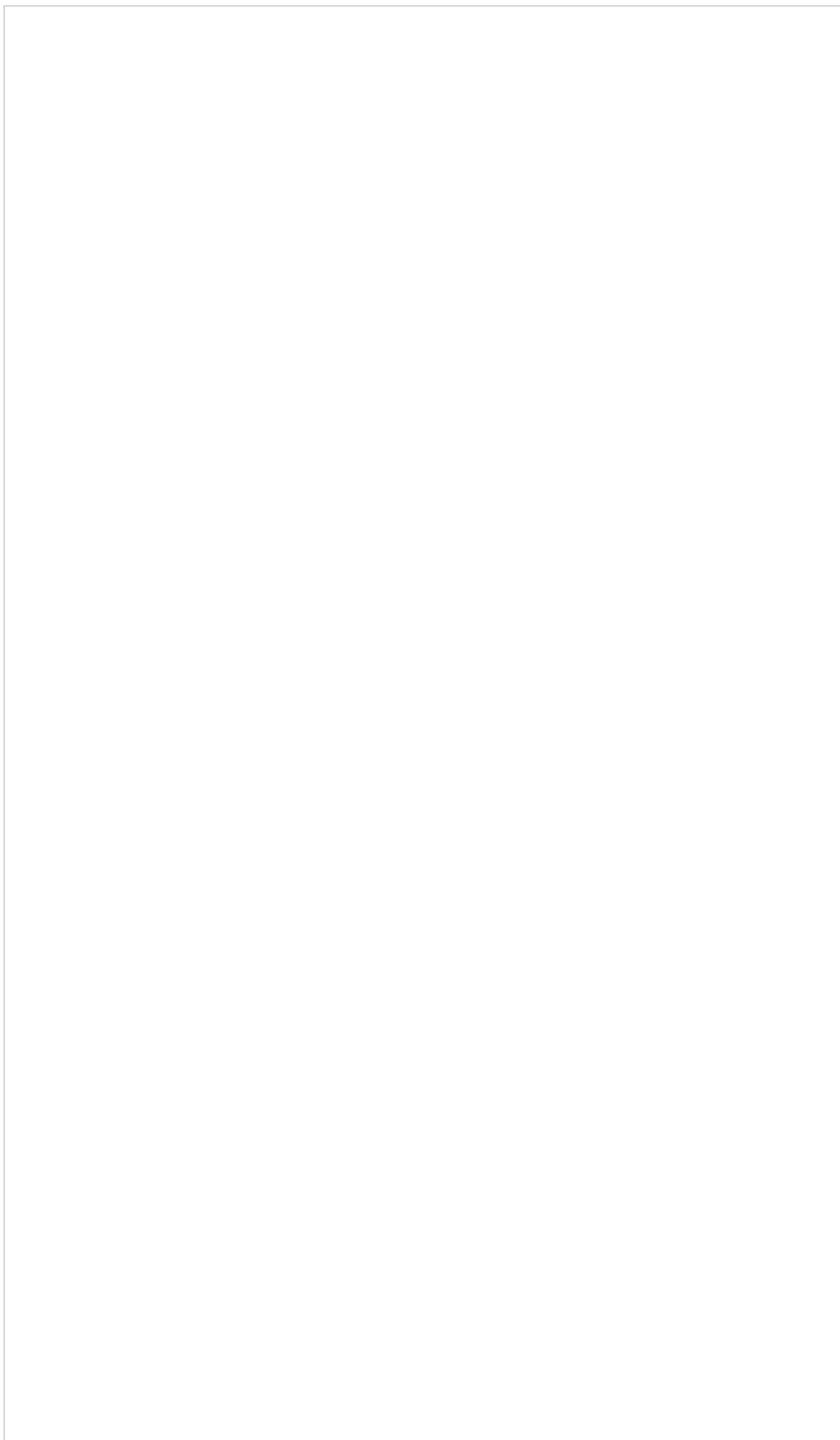
A series of horizontal lines for handwriting practice, spanning the width of the page.



Aniqhaaktarlutin

Breathe

Respirez



**Ilaani nakuuniqhaq
unaguiqhirlutit.**

Sometimes the most
productive thing you can
do is rest.

*Parfois, la chose la plus
productive que vous
puissiez faire est de vous
reposer.*

Aniqhaaktarlutin

Breathe

Respirez





Aniqhaaktarlutin

Breathe

Respirez

A series of horizontal lines for handwriting practice, spanning the width of the page.



Aniqhaaktarlutin

Breathe

Respirez



**Hakuingittuq
apiqhiyaami
ikayuqtikhamik.
Taimaittutut aturiami
naniruummik
tammaraangavit
taarnirmi.**

It isn't weak to ask for help.
It's like using a flashlight
when you're lost in the dark.

*Demander de l'aide n'est
pas un signe de faiblesse.
C'est comme utiliser une
lampe de poche quand
vous êtes perdu dans le
noir.*





Aniqhaaktarlutin

Breathe

Respirez

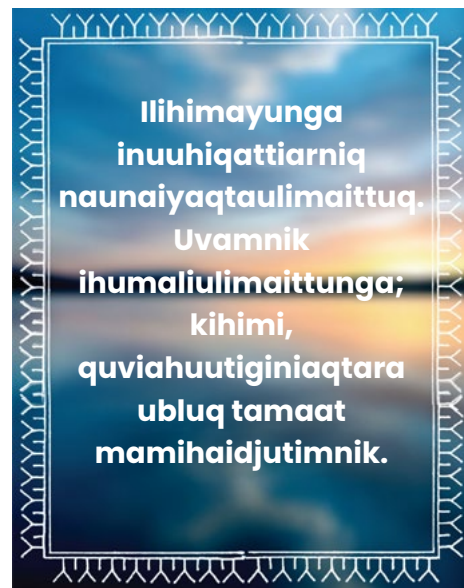
A series of horizontal lines for handwriting practice, starting below the first three phrases and extending to the bottom of the page.



Aniqhaaktarlutin

Breathe

Respirez



I am aware that my wellness cannot be measured. I will not judge myself; instead, I will congratulate myself for every day of my personal healing.

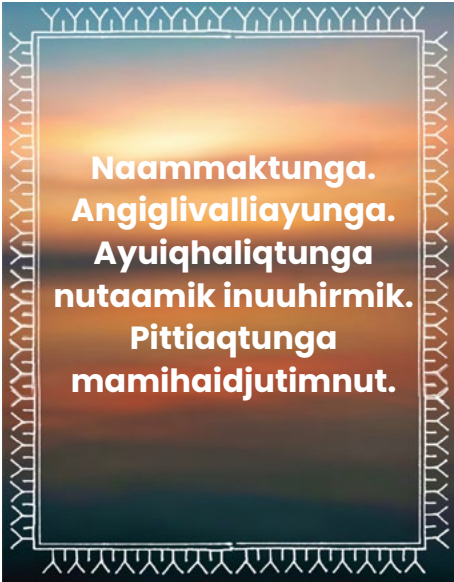
Je suis conscient que mon bien-être ne se mesure pas. Je ne vais pas me juger; je vais plutôt me féliciter pour chaque jour où je guéris.



Aniqhaaktarlutin

Breathe

Respirez



I am safe. I am growing.
I am learning a new way
of life. I am gentle with my
healing.

*Je suis en sécurité. Je
grandis. J'apprends un
nouveau mode de vie. Je
permets doucement ma
guérison.*

Lined writing area with horizontal lines and a faint illustration of a person's head and shoulders on the right side.



Aniqhaaktarlutin

Breathe

Respirez

Handwriting practice area consisting of 20 horizontal lines.



Aniqhaaktarlutin

Breathe

Respirez



Aniqhaaktarlutin

Breathe

Respirez



**Aangayarnaqtunik
aturuiriami tukiqaqtuq
piyumanirmik.
Pittiaruhungnirmut
ikayuqtaatigut
ilitarigiami Hanayi
atan'nguyauyuq,
kihimi havaaqaqtugut
qanuqtut inuuhivut
qanurittaakhaanik.**

Becoming substance-free is being willing to be humble. Humility helps us to understand that the Creator is in charge, but we still have our part to play in how our life unfolds.

-Emily Jane Henry

S'affranchir de l'alcool ou de la drogue, c'est accepter d'être humble. L'umilité nous aide à comprendre que le Créateur est maître, mais que nous avons toujours notre rôle à jouer dans la façon dont notre vie se déroule.

-Emily Jane Henry



Aniqhaaktarlutin

Breathe

Respirez



If trauma can be inherited from one generation to the next, then so can love, resilience, and wisdom.

Si les traumatismes peuvent être hérités d'une génération à l'autre, il en va de même pour l'amour, la résilience et la sagesse.

D:\Tania Gray Designs\
clients\Staples\000 TLS
Nunavik\000 TLS resources\
general graphics\school
poster project 2026\
Inuinnaqtun\IMG_8045.jpg



Aniqhaaktarlutin

Breathe

Respirez

A series of horizontal lines for handwriting practice, spanning the width of the page below the header text.





Aniqhaaktarlutin

Breathe

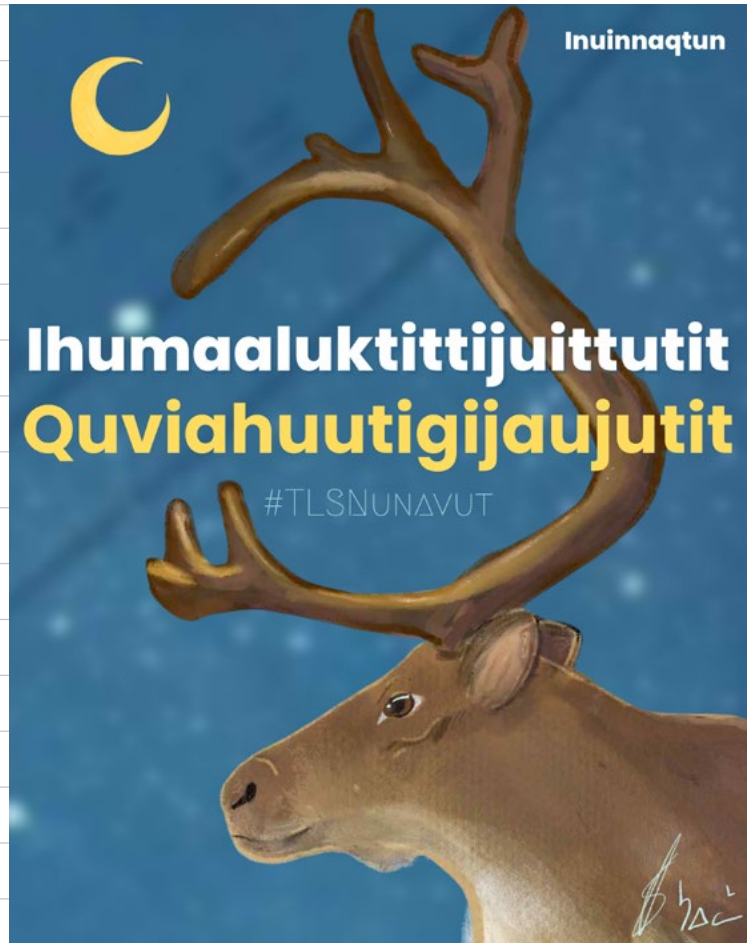
Respirez



Aniqhaaktarlutin

Breathe

Respirez



Aniqhaaktarlutin

Breathe

Respirez



Inuinnaqtun

**Tuquffihungniq
tunijaujaaqtut kingullirnut,
unalu piqpagihungniq,
mahulingairniq, unalu
ihumatuniq**



Aniqhaaktarlutin

Breathe

Respirez

Inuinnaqtun

5 nit Hulijakhat Itqaumajakhatit Ublumi

- ▶ Quviahuutaujtit
- ▶ Naammainaqtutit
- ▶ Nipiaqtutit
- ▶ Takukhaujtit
- ▶ Hulilaaqtutit

#TASNUNAVUT
Border by @annisydesigns

Aniqhaaktarlutin

Breathe

Respirez

Handwriting practice lines consisting of multiple horizontal grey lines.



Handwriting practice lines consisting of multiple horizontal grey lines.



Aniqhaaktarlutin

Breathe

Respirez

**Hivunikhat ihariagijuaq
ilingnik, qangaraalungnitallu
ihariaginngittait**

**Your future needs you,
Your past doesn't**



info@tlsnunavut.org

Inuinnaqtun





Aniqhaaktarlutin

Breathe

Respirez



Aniqhaaktarlutin

Breathe

Respirez



**Inuuhiraangapta
piqpagijaqut,
ajuiqtukhaunngittugut
inuuluta piqpagijaptingnik
kihimi inuuluta piqpaginikkut
qimaktamingnik**

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Aniqhaaktarlutin

Breathe

Respirez



LOVE Trust PEACE
 I AM HEALING
 MAMIHARNIQ Piqpaguhungniq
 This will pass and I will feel happy again
 Ilvit Ihumannaqhijutit
 IT'S OKAY TO SAY NO
 QUVIAHUUTAUJUTIT
 I AM BRAVE
 Pittiarniq
 INSPIRED
 Inuuhiqattiarniq
 #TLSNUNAVUT

Hope Identity GRATITUDE FAITH
 I am loved PIMATTIARNIQ
 YOU ARE NOT YOUR MISTAKES
 Ihumaalungnairniq
 IT'S OKAY TO ASK FOR HELP
 Aniqhaarlutit
 The world is a better place with me in it
 Nagliguhungniq Hulilaaqtutit
 KINDNESS Naammaktunga idjuhimnut
 I deserve to be happy
 Quviahungniq
 It is okay to start again
 Inuinnaqtun

Ilvit Uqarvigiguvit Ilingnut Ihumannaqtuq

Aniqhaaktarlutin

Breathe

Respirez



LOVE Trust PEACE The world is a better place with me in it GRATITUDE
 I AM HEALING **I am loved** AJUNNGIPPUTIT
 Identity
 Pimmariuvutit
 I deserve to be happy
 IT'S OKAY TO ASK FOR HELP
 IT'S OKAY TO ASK FOR HELP
 THIS WILL PASS AND I WILL FEEL HAPPY AGAIN
 I AM BRAVE
 INSPIRED
 FAITH
 Hope
 KINDNESS
 It is okay to start again
 #TLSNunavut

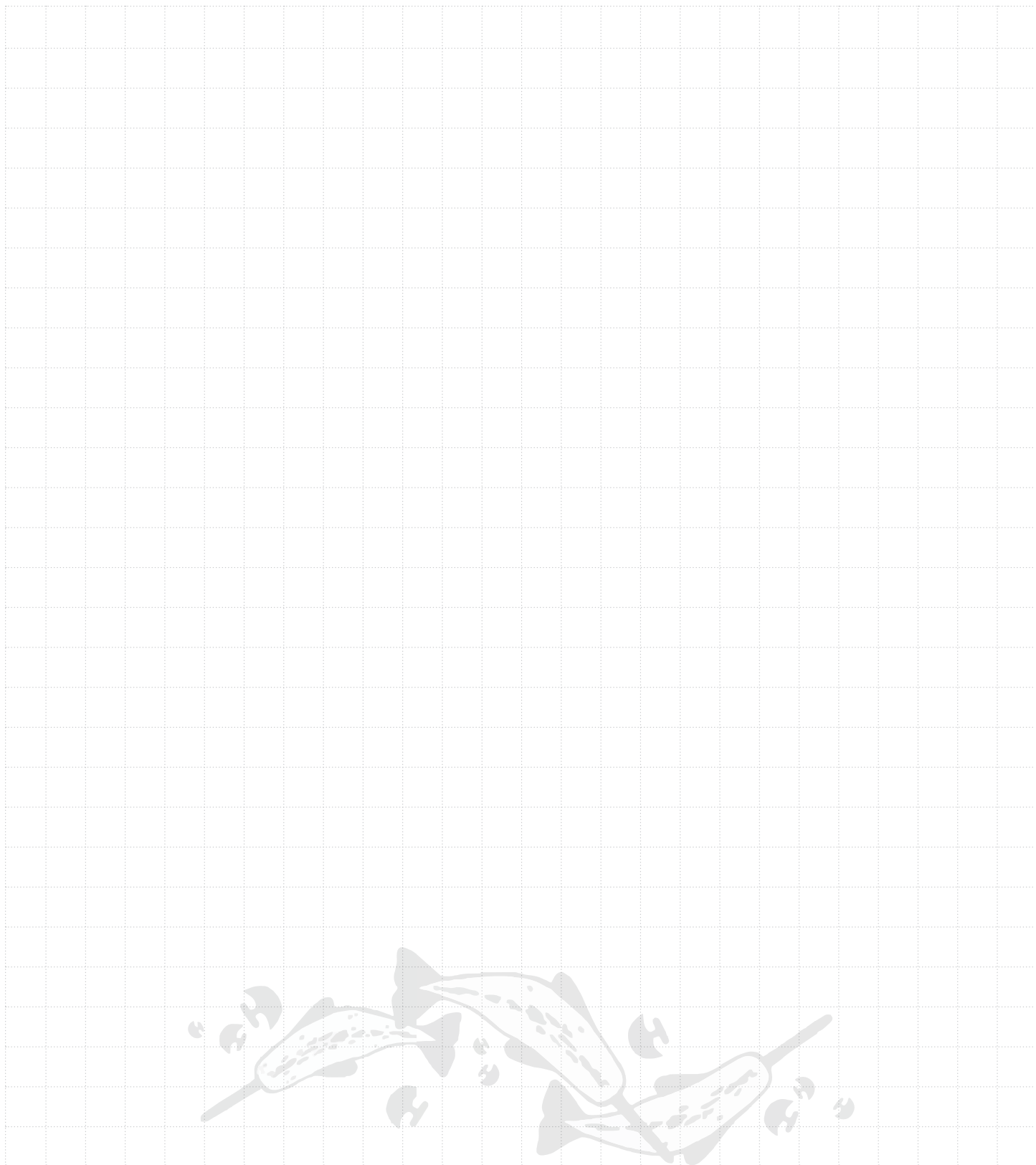
Ilvit Uqarvigiguvit Ilingnut Ihumannaqtuq



Aniqhaaktarlutin

Breathe

Respirez



Naammaktuq imaatut...



Ilvit
ajuqhautihimaliqtatit
ubluit



Kisutuinnait
kajusiniqanngilat
parnaksimajanut



Angirrait
uimanaqtumiippuq



Aakkaaqpaktutit
kisutuinnarmut
taqanarijarnut



Quviattakpattutit
inutuuniarnirnut



Nuqqaqaktutit
piliriaksanik
tikiutilattisimajaraangavit



Aaqqiksivaktutit
kigliqaqtittillutit
ilangnut
piqannarijarnullu



Suli qiksaaktutit



Sivuuranigarniqsaullutit
qujalinnnginniqsaullutik



Aniqhaaktarlutin

Breathe

Respirez



Inuinnaqtun

Ilingnit mamiharuvit



**Ilvit mamihapagatit inungnut
hanimiittunut, ilatit, nutaqqatit,
kingulliujujut nutaqqaita**



**Mamittiqtatigut kinguvaakhavut
atajumut. Una taidjutiaqtuq
kinguvaakhavut mamiharniq**

Ikpigihuutit Arnaunngittut Angutaunngittullu

Angutit
Qanurunaaqtaulaaqtut

Angutit
Tuqffihungniqalaaqtut

Angutit
Pimmarluktitaulaaqtut

Naammaktuq Angutit
Ikajuqtaulaaqtut

Angutit
Piqpagijaujaaqtut
Unalu Pittiaqtaulutik



Angutit
Ikajuqtaujaaqtut

Angutit
Mamittiriaqtuqtut

Angutit
Mihingnalaaqtut

Angutit Timingnit
Takujaqut
Ajuqhautilgit

Angutit
Qialaaqtut

Inuinnaqtun



Aniqhaaktarlutin

Breathe

Respirez

Uqaudjaunngitkuvit
qangannguqtumik...



Piqpagijaujtit



Akhuurnaqtutit



Ihumannaqtutit



Hulilaaqtutit



Naammainaqtutit





Aniqhaaktarlutin

Breathe

Respirez

Handwriting practice lines consisting of 20 horizontal lines.





Aniqhaaktarlutin

Breathe

Respirez





Ilingnit mamiharuvit



**Ilvit mamihaqqagatit inungnut
hanimiittunut, ilatit, nutaqqatit,
kingulliujut nutaqqaita**



**Mamittiqtatigut kinguvaakhavut
atajumut. Una taidjutiqaqtuq
kinguvaakhavut mamiharniq**

Aniqhaaktarlutin

Breathe

Respirez





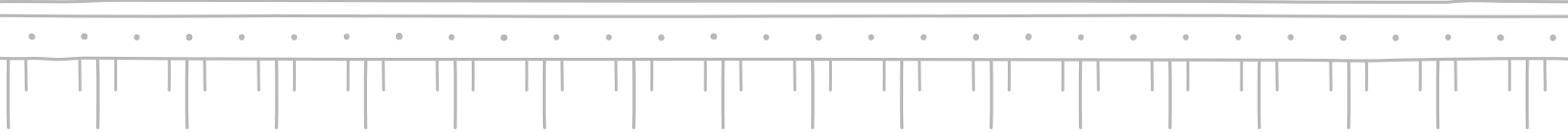
Aniqhaaktarlutin

Breathe

Respirez

A series of horizontal lines for handwriting practice, starting below the first three phrases and extending to the bottom of the page.



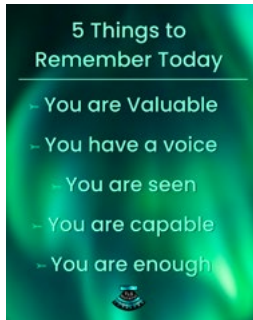
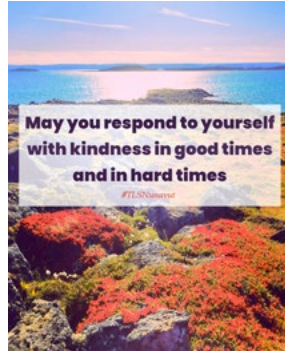


Aniqhaaktarlutin

Breathe

Respirez







Ihuaqhittiaqhimajut titiraujarningit ukunanngat:

Customized illustrations by:

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