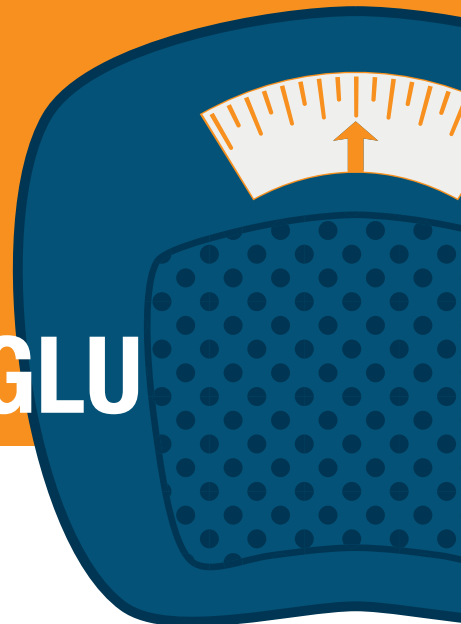


UQUMAIQTIRNIQ HIGAARUIYARNIGLU



Uqumaiqtirniq taimaittuq

- Taimaittuq uqumairyuminiq talimanit kulinut paunsnik hivullini tatqiqhiutini. Inuk uqumaiqyumivaktuq 10-nik paunsnik.
- Tamaita higaruiqtut uqumaiqyumiyuittut.

Higaarniq uqumairyuminiglu

- Higaarniq nakuunngitqiaq aanniaqtailinirnut uqumairyuminirmit.
- Higaarniq aktumayuq ilingnut uqumairyuminiqtut 100 paunsnik.

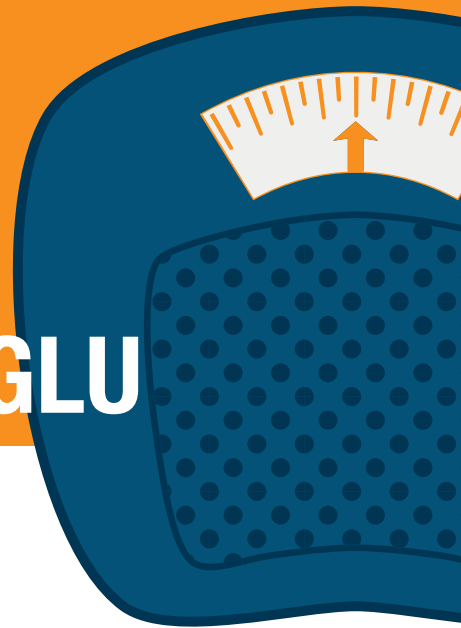


Huuq uqumaiqyumivakpat/ niriyumannaqhuni

- Niqi nirumikhivangmat; higaayuittut niriliqpaktut higaaruliqpiarnirmit.
- Niqi tipigikhivaktuq mamakhiplunilu; higaayuittut naimatqiat tipigitqiallu higayuktunit.
- Higaayuittut nikutiqannginnamik; nikutiin kaagirutivaktuq higaayuktunik.
- Niriniq himmatauavaktuq uqummirhinirmik higaagtutut.
- Higaayuittup timia kalurisnik aturluanngittuq-higaayuktuq aturluaqpaktuq nikutiinmit.

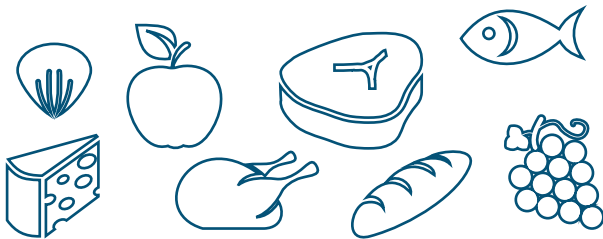


UQUMAIQTIRNIQ HIGAARUIYARNIGLU



Niqit niriyaqhat – uqumaiqtirnaittumik

- ahist nauttiallu
- irunquqtuyut niqit: aupakyaqtuq uuyuq, iluingayut muqpauyakhat, uviluit, qumauyait
- sikin iqaluglu
- iluittut muqpauyakhat: niqiliat, muqpauyat, makaruuni, haviqquyaq
- Milulgit: miluk, siisi, yukat-urhuqqutuvallanngettunik



Taquakhat

Taquakhaliuriyarniq:

- apuut, gurips, paungat, kiurits
- puuriqihimayut utqihimayuq mannik
- paniqtaq, huarayanngittuq niqiliaq
- haviqquyanit hikulaliugat
- puratsals
- taryuittut naats
- mipku piffilu

Aallat atuqtakhat

- Kayumiittumik niriluni, niritiarluni nutqangallakluni nirihiurivit.
- Nirinnarhigaikpat nirivagluni; niringiqattanngillutit.
- Nirivangniit aturlugu; qapakhiruirlutit.
- Imainnaqtuqattarlutit; imiunngittumik.
- Iqairharlutit 30 minits ubluq tamaat.
- Nirittailugit niqit/taquagat urhuqqutuyut, huarayaqqutuyut taryuqqutuyullu.
- Ihumaaluutikhaiyarlutit.
- Nanihilutit nakuuyunik himmautikhanik higaarmut.

