



Simtii (name): _____

ñaaas (date): _____

tiičmis

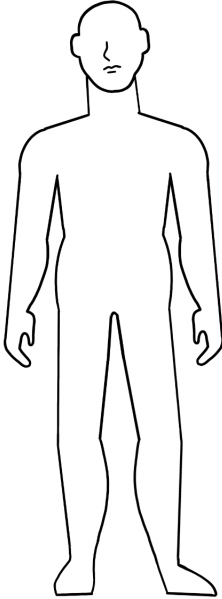
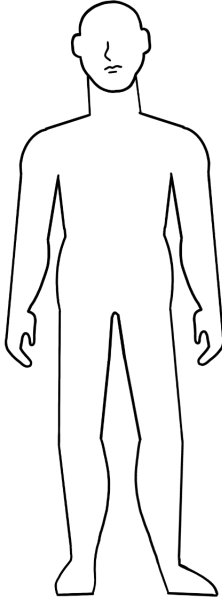
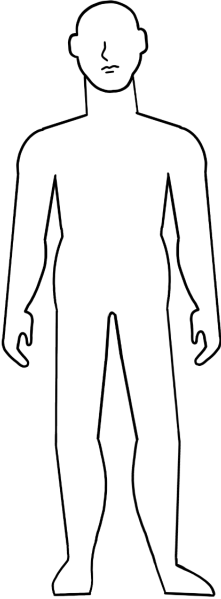
Health Vocabulary

How do we use language to tell others about our wellness? What nuučaañuł vocabulary can we use to communicate that we're feeling sick or healthy? Let's practice our health vocabulary with these language activities.

Activity #1: Where Does It Hurt?

Each of these nuučaañuł statements describes a part of the body that is in pain.

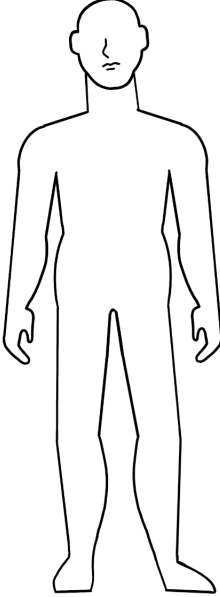
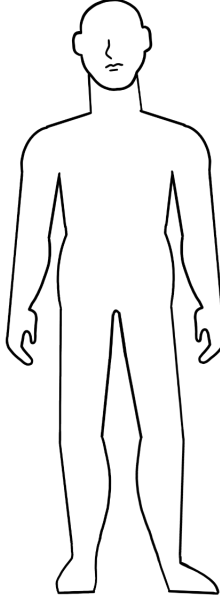
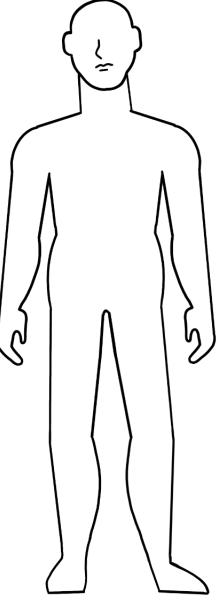
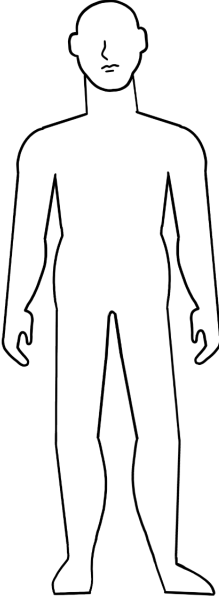
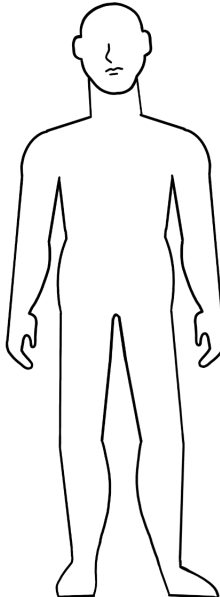
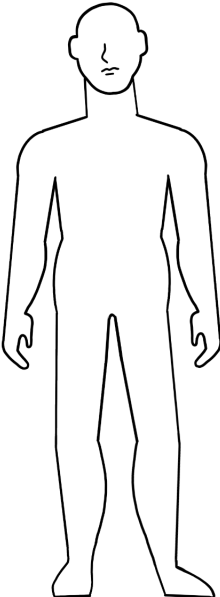
On the diagram below each statement, point to the part of the body that is being described in nuučaañuł. You can use arrows, circles, highlights, or any drawings that symbolize the feeling of discomfort for you (e.g. lightning bolts, waves, emojis).

čičiččamaḥ	wawaniqčamaḥ	kiñicsułaḥ
		



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<p>čič'inkah</p> 	<p>tataač'amah</p> 	<p>yaaʔakataḥ ʔamashuł</p> 
<p>hihišmiḥamah</p> 	<p>kikiḥ'icḥukwah</p> 	<p>yaʔaakataḥ ʔappii</p> 



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Activity #2: Acting Out

It can sometimes be hard to find the right vocabulary to tell someone how we're feeling. How can you inform someone about your health without saying a word? Let's find out!

1. Choose a partner to work with for this activity.
2. Find a space with enough room for the two of you to move around.
3. Ask your partner: “čăčimḡiḡak ḡaḡ ḡuyi” (“are you feeling well right now?”).
4. Your partner will choose one of the responses from the list below:

čăxtakḡ (I feel well.)	čăčimḡimah (I feel well. I feel great.)
hiḡiḡmiḡamah (My body hurts. I ache all over.)	teteḡiḡḡiikḡ (I am unhealthy)
wiikḡḡimah (I am healthy.)	wăawăasaqamah (I have a cough.)
tututḡčamah (I have a headache.)	teḡiḡḡ (I'm sick. I have a cold.)
ḡupḡiḡamah (I feel hot. I have a fever.)	taapiḡayakuk ^w ah (I think I'm getting sick, a cold.)

5. Your partner has to act out this health condition for you without talking.
They can move their body, face, and mouth—but can't make a sound!
6. Say the health condition your partner is acting out in nuučăaḡuḡ.
7. Your partner should let you know if you've guessed correctly or if you need to keep trying.
8. After you finish guessing, switch roles! Now your partner asks “čăčimḡiḡak ḡaḡ ḡuyi” and you choose a health condition for them to guess.



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Activity #3: Healing Advice

What can we do when someone tells us they're not feeling well? Do you know of any remedies or methods to make yourself feel better when you're sick or in pain? How can we share this healing advice with others?

For each of these statements, imagine a friend is telling you that they're not feeling well and is asking you for help. In the space below, write an answer in nuučaaᓃuᓃ or English with advice for how they can solve the problem that they're describing or help themselves feel better.

You can share healing advice that someone has passed onto you, explain what you would do in a similar situation, or re-direct them to someone else that can help them.

Example:

Problem:

teteᓃifᓃiikaᓃ (I am unhealthy.)

Advice:

ᓃusimmeᓃic yaacukquuk (You need to walk, get more exercise.)

1. **Problem:**

čičiččamaᓃ (I have a toothache.)

Advice:

2. **Problem:**

yaaᓃakataᓃ ᓃappii (My back is sore.)

Advice:



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3. Problem:

tataaččamaḥ (I have a stomachache.)

Advice:

4. Problem:

taariḥayamaḥ (I'm getting sick, a cold.)

Advice:

5. Problem:

kikiḥichuk^waḥ (My hand is bruised.)

Advice:

6. Problem:

wawaniqčamaḥ (My throat is sore.)

Advice:
