

nuna
oo

youthexperts
with  **mindyourmind**

Canada

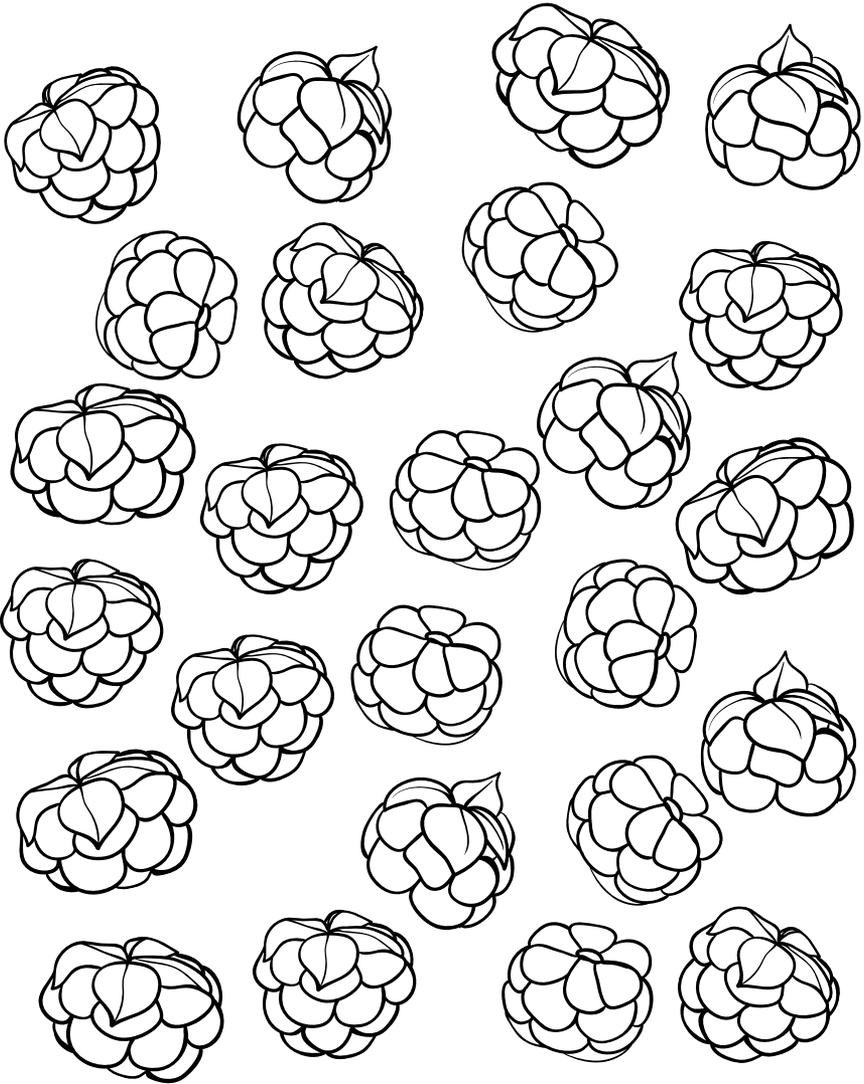
CANADA
SERVICE
Corps

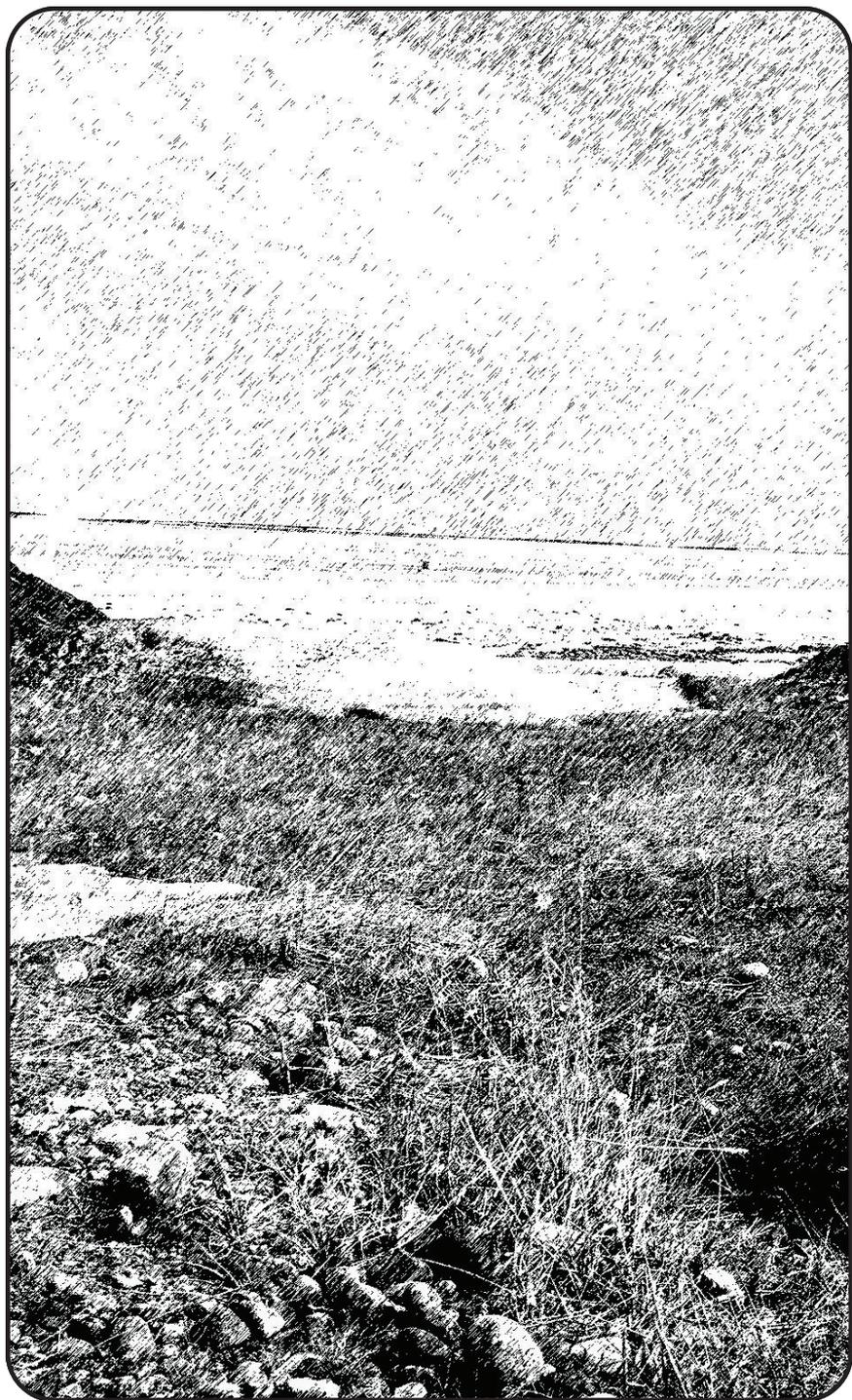
Happiness Berries

᠑᠔᠗᠕᠒᠓᠔᠕᠖᠗᠘᠙᠐᠑᠒᠓᠔᠕᠖᠗᠘᠙

Colour in a cloudberry each time a good thing happens.

᠑᠒᠓᠔᠕᠖᠗᠘᠙᠐᠑᠒᠓᠔᠕᠖᠗᠘᠙᠐᠑᠒᠓᠔᠕᠖᠗᠘᠙





Serve with fluffy rice. ወረቀቅ ጥቅርታ

SAUCE: ልገኖኑካኖ:

1 cup water 1 በጋኖልጌ ልገኖ

1 cup brown sugar 1 በጋኖልጌ ጎኖጎጎ ገሱገጌ

1/3 cup vinegar 1/3 በጋኖልጌ ልገገ

2 tbsp soya sauce 2 ልጋበኖረላኖ ገረ ካጎ

2 tbsp cornstarch 2 ልጋበኖረላኖ ጎጎጎጎጎ ልገኖ

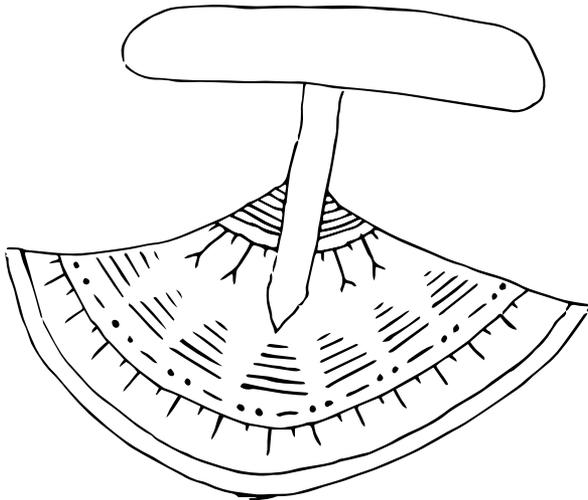
1 can of pineapple chunks 1 ካልጎጋጎጎ ልጎ ልጎ ልጎጎጎጎጎ

Bring the first 4 ingredients to a boil and thicken with cornstarch.

ርጎጎ ገርርር በኖበበጎጎጎ ጎጎጎጎጎ ልገኖጎ ልጎጎጎ

Add pineapple chunks just before serving.

ልጎጎጎጎጎ ልጎ ልጎጎጎጎጎ ጎጎጎጎጎጎጎጎ



April

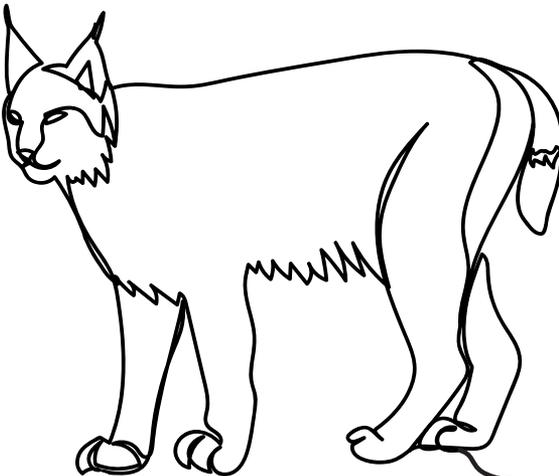
ᐃᐅᑭ

Bearded Seal Pups Moon

ᐃᐅᑭᐃᑦ ᐱᐃᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑭᑭᑭ

Bearded seal pups are born immediately after seals give birth to their young. This is the month in which bearded seal pups (called tirigluit) are born, and which the name of the month comes from.

ᐃᐅᑭᐃᑦ ᐱᐃᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ ᑲᑦᑭᑭᑭᑭᑭᑦ ᐱᐃᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ. ᑕᑦᑭᑭᑭᑭ ᑕᑦᑭᑭᑭᑭ ᐃᐅᑭᐃᑦ (ᑕᐃᑭᑭᑭᑭᑭᑦ ᑭᑭᑭᑭᑭᑭᑭᑭ) ᐱᐃᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ, ᑕᑦᑭᑭᑭ ᐃᑭᑭᑭᑭᑭᑭᑭᑭ ᑕᑦᑭᑭᑭᑭ

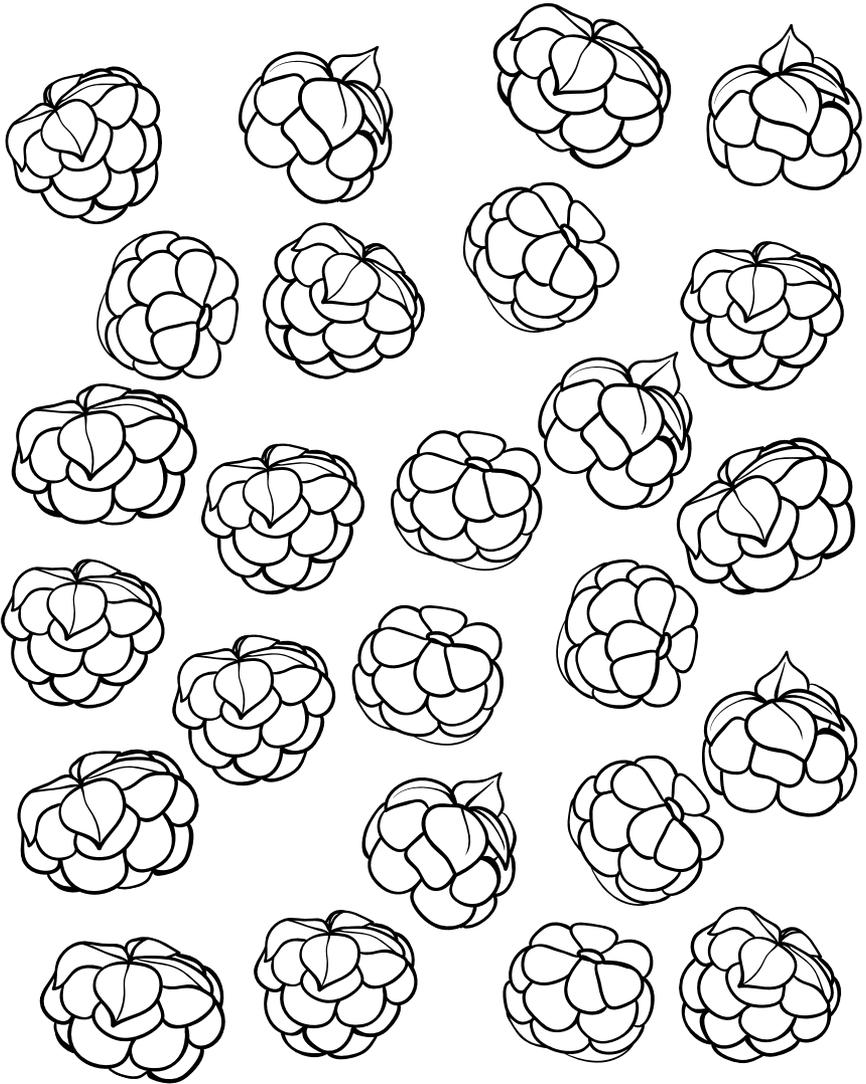


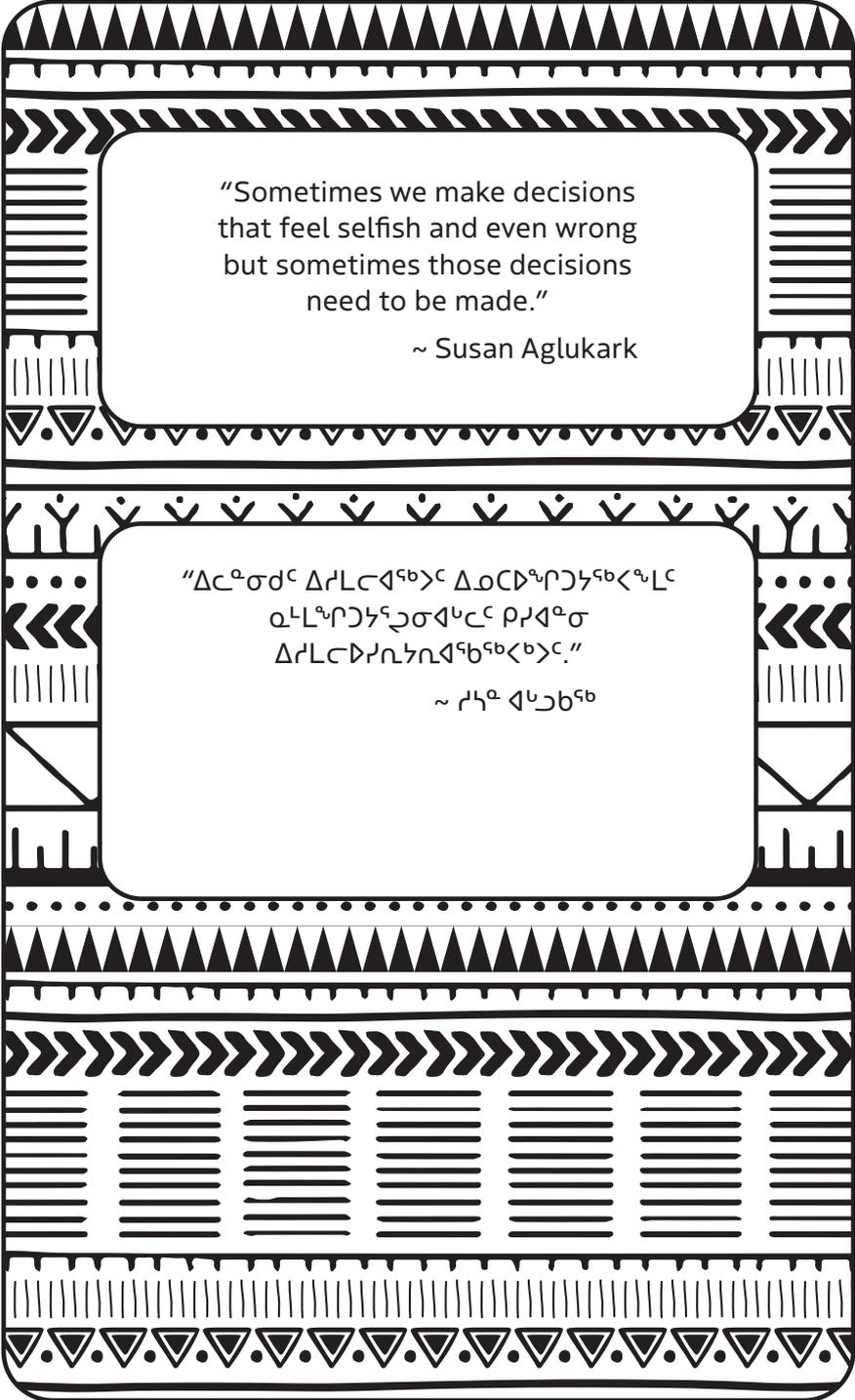
Gratitude Berries

ᑦᑏᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦ

Colour in a cloudberry for things that you're thankful for.

ᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ





“Sometimes we make decisions
that feel selfish and even wrong
but sometimes those decisions
need to be made.”

~ Susan Aglukark

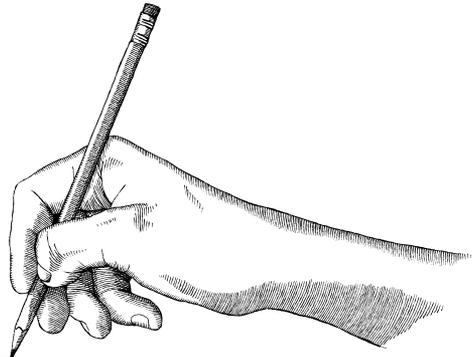
“Δc°σd° ΔrLc°Δ°b>° ΔoC°D°r°j°y°b°<°~L°
o°L°r°j°y°j°σ°Δ°u°c° P°j°Δ°σ
ΔrLc°D°j°n°n°Δ°b°b°<°b>°.”

~ r°h° Δ°u°j°b°b°

Get creative! Draw, doodle, write...

Διπλῶς ἑξῆς ἡ ἀπόκριση. Ἐξῆς ἡ ἀπόκριση, ἡ ἀπόκριση...

My Talents Are...
Ἐξῆς ἡ ἀπόκριση...



Nipku σ<d

WHAT YOU NEED: ɔdɔ ʌnɔɔɔbɔbɔ:

Caribou meat or muskox meat (you could also do slices of other meats such as goose).

σ<ρ ɔɔɔ ɔɔɔɔɔσ< (ɔɔɔɔɔσ< ɔ<ɔɔɔɔɔɔ ɔɔɔɔɔɔɔ)

Hanging drying racks. Use an old fridge or oven rack or make one from chicken wire over a frame.

σ<ɔɔɔɔ. ɔ<ɔɔɔɔɔ ɔɔɔɔɔ ɔɔɔɔɔɔɔσ<
σ<ɔɔɔɔɔɔɔ

WHAT YOU DO: ɔɔɔɔɔɔɔɔσ< σ<ɔɔɔɔɔɔɔ

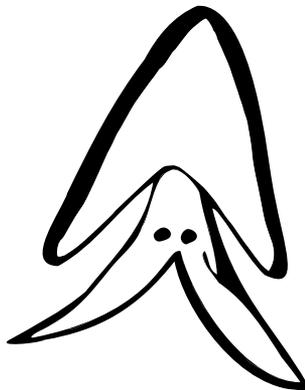
Slice the meat into very thin slices.

σ<ρɔ ɔ<ɔɔɔɔɔɔ ɔ<ɔɔɔɔ

Place the meat slices onto the rack and turn them as they begin to dry out. In a house that is not too warm, this will take about 2 to 3 days.

σ<ɔɔɔɔɔɔ ɔɔɔɔɔ ɔɔɔɔɔɔɔ ɔ<ɔɔɔɔɔɔ ɔ<ɔ ɔ<ɔɔɔɔ.

ɔɔɔ ɔɔɔσ ɔ<ɔɔɔɔɔɔ ɔ<ɔɔ ɔɔɔ ʌɔɔɔɔσ< ɔɔɔɔɔɔ.



June



Eggs Moon L^oσ^c

Birds have begun laying their eggs and this month is representative of egg laying activity.

Π^oΓ^oΔ^oΓ^o L^oσ^cΔ^oβ^oκ^oΔ^oσ^oζ^oΠ^o C^oε^oσ C^oρ^oΛ^oΓ, C^oΛ^o C^oρ^oε^o
Δ^oΠ^oε^oβ^oΠ^oC^oΔ^oε^o L^oσ^c



Coping Strategies:

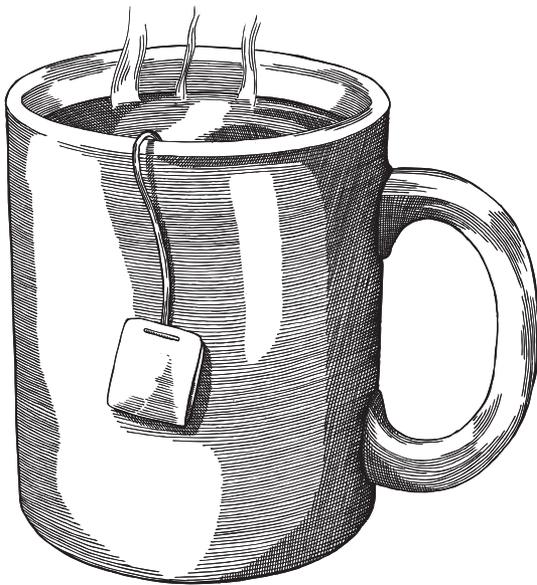
ፍጥነት ለማግኘት ጥሩ ጊዜ ይጠቀሙ

ጥሩ ጊዜ ለማግኘት ጥሩ ጊዜ ይጠቀሙ

Go for a walk, and try to notice what's changed since the last time you went out. For example: is there less ice, is the sky different, are there new flowers?

ለጥሩ ጊዜ ለማግኘት ጥሩ ጊዜ ይጠቀሙ

ጥሩ ጊዜ ለማግኘት ጥሩ ጊዜ ይጠቀሙ

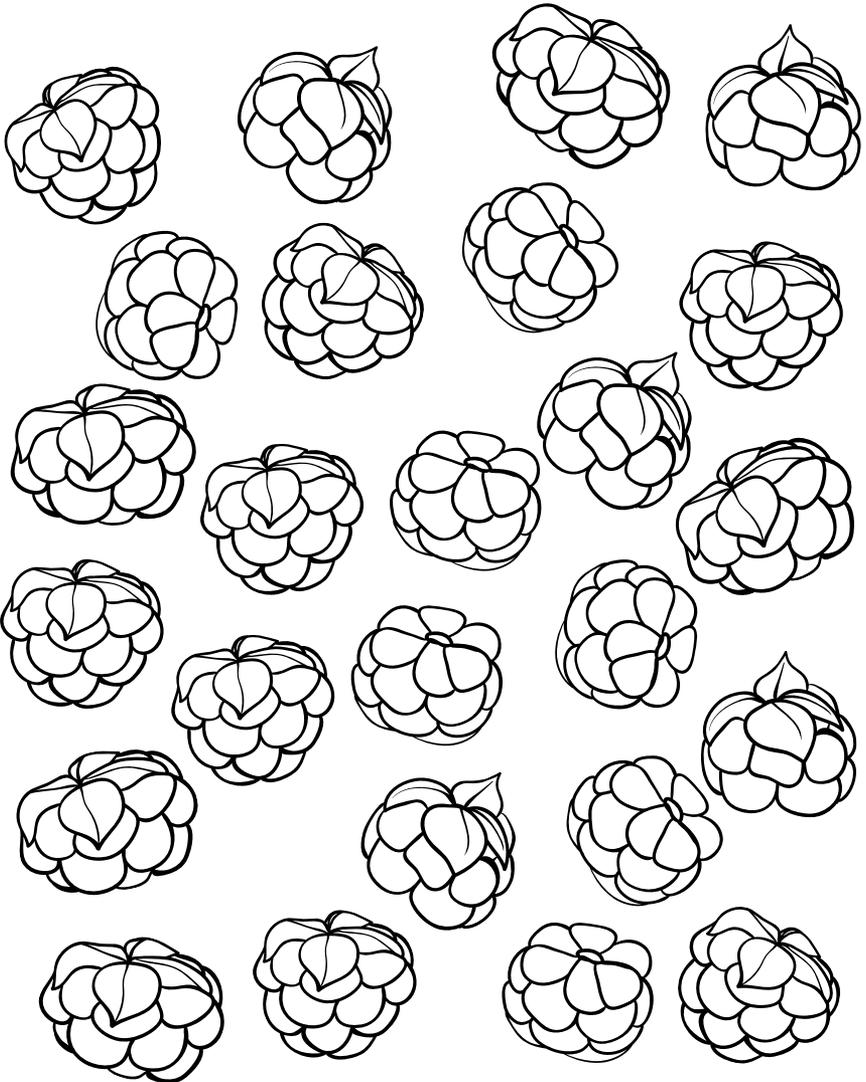


Kindness Berries

Δοικλςοςβ)C <DςΔC

Colour in a cloudberry each time you do something nice for someone.

bcJ 4ςbΛb ΛDϑLΓb ΔοςbΠςοC ΛJΔC

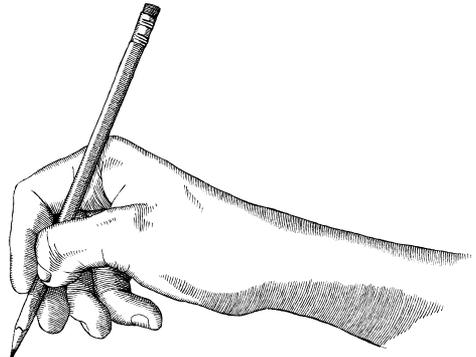


Get creative! Draw, doodle, write...

Δῖλῆ ἑῖς ἡμῶν. ἰῖ ἑῖς ἡμῶν, ἰῖ ἑῖς ἡμῶν ἑῖς ἡμῶν, ἰῖ ἑῖς ἡμῶν...

Ways I can serve my community...

ἑῖς ἡμῶν ἑῖς ἡμῶν
ἑῖς ἡμῶν ἑῖς ἡμῶν ἑῖς ἡμῶν...



Chili

ᑭᑦᑕ

INGREDIENTS: ᐃᓂᐳᑦᑐᐳᑦ ᐳᑕᓂᐳᑦᓃᑦᑐᑦ ᐃᐳᐳ:

1 lb. caribou or ground beef

1 ᑕᐃᑦ ᑐᑦᑐ ᑦᑭᑦ ᑦᐃᐳᑦᐳᑦᑭᑦᑐᑦᑦ ᑦᑦᑭᑭᑦ

1 large onion, chopped

1 ᐳᑦᑭᑦᑦ ᐳᑦᑦᐳᑦ, ᐳᑦᑭᑦᑦᑭᑦᑦ

1 can kidney beans

1 ᑦᐳᑦᑭᑦᑦ ᑦᑦᑦᑦᑦ ᐳᐳᑕᑦᑐᑦᑦ

1 can tomato soup, or chopped tomatoes

1 ᑦᐳᑦᑭᑦᑦ ᑕᓂᐳᑦ ᐳᑭᑦᓂ, ᐳᑦᑭᑦᑦᑭᑦᑦᑐᑦᑦ ᑕᓂᐳᑦ

1 to 2 tsp chili powder

1 ᐃᑭᓂ 2 ᐳᑕᓂᐳᑦ ᑭᑦᑕ ᑕᐳᑕᑦᑭᑦ

½ tsp salt

1/2 ᐳᑕᓂᐳᑦ ᑕᓂᐳᑦ

DIRECTIONS: ᓂᑕᓂᑦᑦ ᐃᓂᐳᑦᑐᐳᑦ:

Turn the stove to medium heat. If you are using caribou, pour one tablespoon of oil into a medium saucepan, then add the caribou.

ᐳᐳᑕᐳᑦᑦ ᐃᑦᑦᑦᑦ ᑦᑭᑦᑦᑦᑦᑦᑦ. ᑐᑦᑐᑭᑦ ᐃᓂᐳᑦᑦᑦᑦ, ᐳᑕᓂᐳᑦᑦᑦ ᐳᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦ ᐳᑦᑦᑦᑦ ᐳᑦᑦᑦᑦ, ᑐᑦᑐ ᐳᑦᑦᑦᑦᑦᑦ.

Cook and stir the ground beef or caribou until the meat is no longer pink. Drain off the fat.

ᑐᑦᑐᑦᑦ ᑐᑦᑐᑦᑦᑦ ᐃᓂᐳᑦ ᐳᐳᑕᑦᑦᑦᑦᑦ ᐳᑦᑦᑦᑦ, ᑦᑦᑦᑦᑦ ᐳᑦᑦᑦᑦᑦ

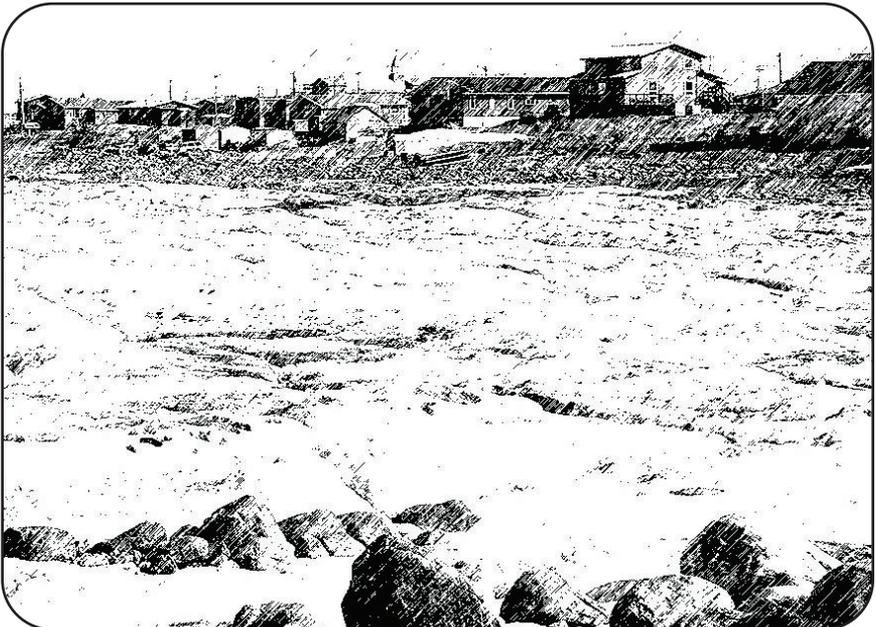
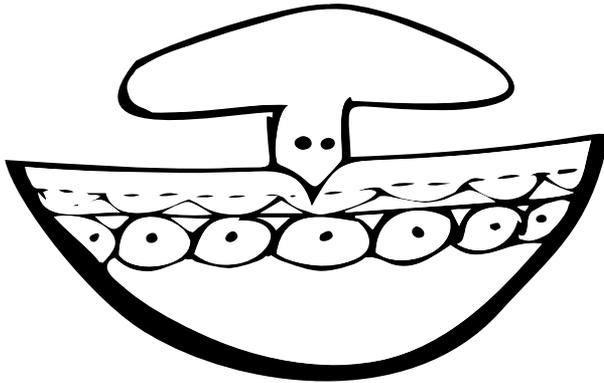


Stir in the onions, beans, tomato soup, chili powder, and salt.
Heat to a boil.

ՎճճՎճՎճՎճ, ժճճճ, յԼԼԿ ՃԳճճճճ, Գճճ ըԿԿճ ՇԼԿճճ.
ՈճճՈճճճ.

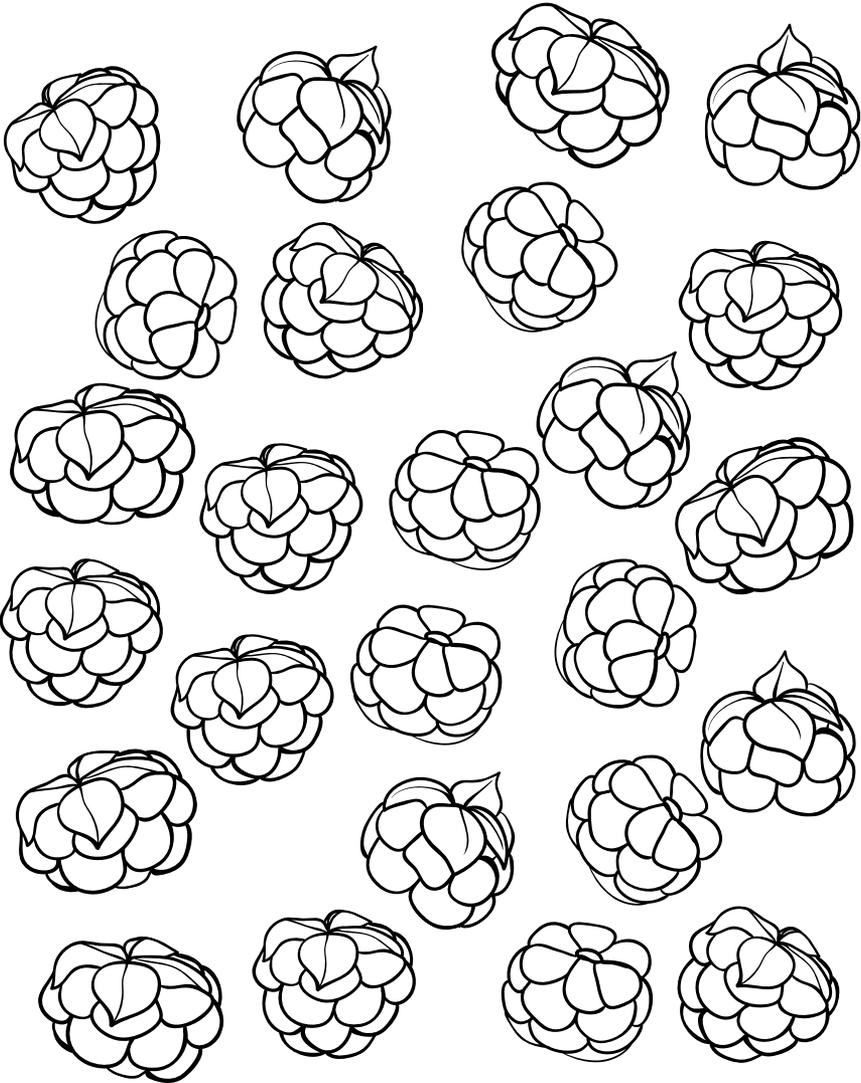
Turn down the heat to low. Simmer uncovered for 35 to 40
minutes. Stir the chili several times while it cooks. Add water at
any time if chili is too thick.

Ծճճճճճճճճ. ժճճճճճճճճ 35 Ծճճ 40 Գճճճճճ. Վճճճճճ.
ՃԳճճճ ճճճճճճճճճճճ



Happiness Berries

Colour in a cloudberry for each place that makes you happy.
4908 bclp c dklq b) c
4908 bclp c dklq b) c



Recipe: Inalujak

ΔΣϚϚϚ: ΔαϚλϚϚϚϚϚϚϚ

INGREDIENTS: ΔΣϚϚϚϚϚ ϚϚλϚϚϚϚϚ ϚϚϚ:

5 1/2 cups flour 5 1/2 ϚϚϚϚ ϚϚϚϚϚ

1 tsp salt 1 ϚϚϚϚϚ ϚϚϚϚ

1/4 cup sugar 1/4 ϚϚϚϚ Ϛ

2 tbsps yeast 2 ϚϚϚϚϚϚ ϚϚϚϚϚϚ

1 cup hot water 1 ϚϚϚϚ ϚϚϚ ϚϚϚϚϚ

1 1/2 cup milk 1 1/2 ϚϚϚϚ ΔϚϚ

1/2 cup oil 1/2 ϚϚϚϚ ϚϚϚϚϚ

DIRECTIONS: ΛϚϚϚϚ ΔΣϚϚϚϚϚ:

In a large bowl mix together flour, salt, and sugar.

ΔϚϚϚϚϚϚϚϚϚ ϚϚϚϚ ϚϚϚϚϚ, ϚϚϚϚϚ ϚϚ ϚϚϚϚϚ

In a large measuring cup add water and yeast. Let sit for 10 minutes.

ρ�ϚϚϚϚϚϚ ϚϚϚϚ ϚϚϚϚϚϚϚϚ. ϚϚϚϚϚϚ 10 ϚϚϚ

Add milk, oil, and yeast mixture to flour mixture. Mix until combined. Add flour or water as needed.

ΔϚϚϚϚϚ, ϚϚϚϚϚϚϚ, ϚϚϚϚϚϚϚ ϚϚϚϚϚϚ. ϚϚϚϚϚ ϚϚϚϚϚ ϚϚϚϚ ϚϚϚϚϚϚϚ

Let rise for 30 minutes.

ρ�ϚϚϚϚϚ 30 ϚϚϚϚ

Roll out dough into long strips. Then coil.

ρ�ϚϚϚϚ ϚϚϚϚ ϚϚ ϚϚϚϚϚϚϚ



Coping Strategies:

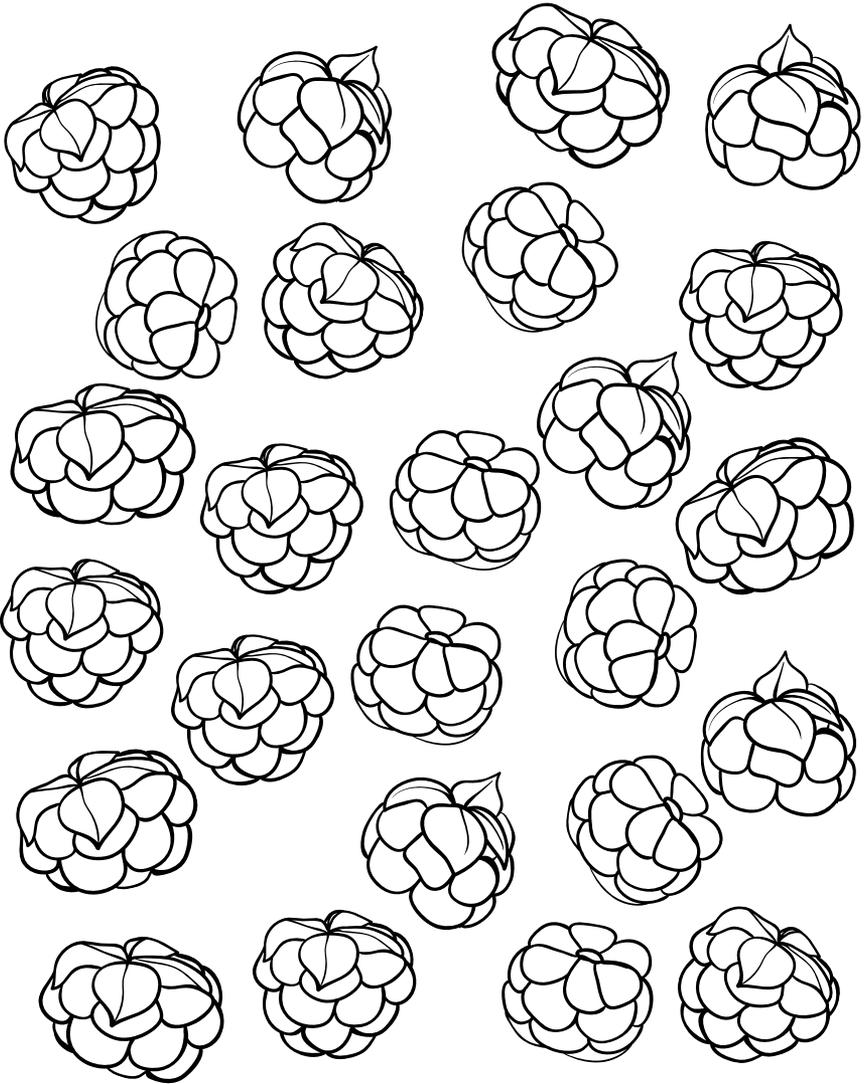
How to cope with the darkness (when the sun never comes up). Winter and the darkness that comes along with it can impact your mood and mental health. Here are some tips to help you cope:

- Make a plan. Before you get in a winter slump, set a routine to follow. Schedule in time for hanging out with friends or exercising. You may not be able to fully prepare for your change in mood, but having some things set in place can make you feel more in control.
- Keep active to boost your mood and your energy! Try an activity like going for a walk or building a snow fort. It may seem impossible, but the exercise will work wonders.
- Some days, you may not be able to leave your bed. That's okay. But try to act oppositely. If your brain is telling you to stay indoors, go out and visit with a friend. You have it in you to fight the darkness.
- Reach out to those around you. There's a good chance that they're also having a hard time or know someone who is. You're never alone.
- Did you have a favourite winter activity as a kid? Take some time to try it out again!
- Sometimes you can't do it on your own and you may need a boost from medication. Talk to your doctor to explore your options.

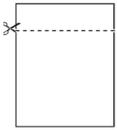


Love Berries

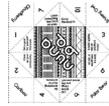
Colour in a cloudberry for people you love in your life.
bcσ49b>nc 49bΛ~Γb ɔp9b9σ49Lc CΔ9d4 ΔoΔc α~cΓ9nc



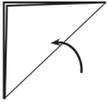
How to Fold the Cootie Catcher



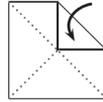
Cut out the cootie catcher, as indicated by the half scissors.



It should look like this. Now flip it over.



Fold corner to meet other corner and make a triangle.



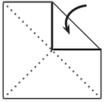
Again fold all four corners so that the points meet in the middle.



Again, fold corner to meet other corner and make a smaller triangle.



It should now look like this. Fold in half.



Unfold and place Inuktitut side up (English side down). Fold all four corners so that the points meet in the middle.



Put fingers in the openings and play!

