

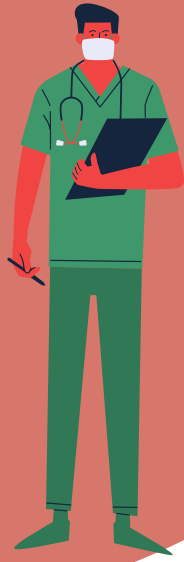
SURVIVING CONFINEMENT

FOR TEENAGERS



Atautsikut Team
April 2020

WHAT'S CORONA- VIRUS?



**Everybody talks about Corona-Virus (Covid-19)
but what is it exactly?**

People who caught COVID-19 should not be blamed
or stigmatized... nobody catches it on purpose.

Coronavirus (COVID-19) is an infectious disease.

THE MOST COMMON SYMPTOMS ARE FEVER AND
DRY COUGH. SOME HAVE TIREDNESS, ACHES AND
PAIN, THROAT PAIN OR RUNNY NOSE.

SOME PEOPLE BECOME INFECTED BUT DON'T
DEVELOP ANY SYMPTOMS.

MOST PEOPLE (ABOUT 80%) RECOVER FROM THE
INFECTION WITHOUT ANY COMPLICATIONS.

**ELDERS AND PEOPLE WITH MEDICAL CONDITIONS
ARE THE ONES WE NEED TO PROTECT.**

https://www.who.int/health-topics/coronavirus#tab=tab_1

Coping with Stress and Uncertainty

We are going through a very particular moment on a world-wide scale, and it is a source of tension and concern for many.

It is all the more important as caregivers to take care of ourselves in order to be able to take care of others. It is also a completely new situation and it is normal to not always know what to do.

We adjust as we know more about the situation.

Why do we feel stressed?

Stress is a normal response to a threatening situation. Stress is important, it keeps us alive! Without stress, we wouldn't feel the urge to run or to defend ourselves when we see a polar bear!

When we feel stressed, the first step to reduce it is to identify WHY we are stressed.

All humans are different, and what stresses us varies from person to person. However, the underlying causes of stress are the same.

Control: You feel you have little or no control over the situation.

Unpredictability: Something unexpected happens and/or you are unable to predict what will happen in the short to medium term.

Novelty: Something new that you have never experienced happens and you have to adapt.

Ego Threatened: You feel that your skills are being questioned.

Can you associate your stress with any of these causes?

We may feel like we are losing control over our lives and that everything is becoming unpredictable. That's normal.

Fortunately, there are ways to help!

Stay connected, even if you are physically isolated.

Keep in touch with friends and family: Use the phone, Skype, Facebook, Zoom, Instagram, etc.

Talk about things that make you feel good: Step away from bad news.

If you are confined with your family: Connect with them!

info@atautsikut.com

Focus on what you can control.

Plan your day: make a routine for yourself even if you are confined.

Control what you can do to stop the virus: wash your hands, smoke on the porch, don't go to the Coop too often.



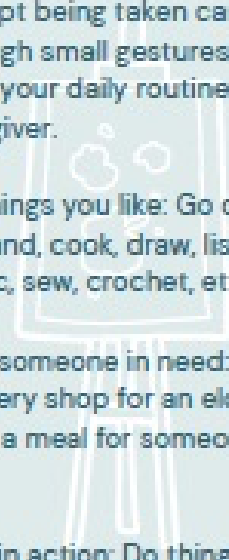
Take care of yourself and of the community

Accept being taken care of through small gestures to ease your daily routine as a caregiver.

Do things you like: Go out on the land, cook, draw, listen to music, sew, crochet, etc.

Help someone in need: Grocery shop for an elder, cook a meal for someone, etc.

Stay in action: Do things you never have time to do.



Stay informed... but not too much!

Consult reliable sources of information (e.g. from the government).

Limit the number of times you check for updates.

Step away from the media if you feel overwhelmed.



Remember:

This is not a permanent situation.

STAY IN ACTION: DO THINGS THAT YOU LIKE AND LEARN

Here we present some suggestions to help you stay in action, even if you are stuck inside the house. Staying active will help you stay in a good mood.

- Cook a new recipe.
 - Do indoor exercises : You could even start a workout routine or competition with your friends!
 - <https://www.athropolis.com/news-upload/master/11-frames.htm>
 - Dress to impress: Even if you don't go out, dress up in the morning. It will help you feel better.
 - Do video chats with your friends and family.
 - Do some art: beading, drawing, etc.
 - Mandalas to print: <https://www.mandalas-gratuits.net/>
-

CONNECT WITH ELDERS AND CULTURE

With school, your friends and your family, you don't always have time to learn about Inuit traditionnel stories and games. Take time to look at this book. You may find many interesting things and even learn how to do you own qulliq!

Talk about it with your parents and grandparents and see what they know.

<http://www.avataq.qc.ca/en/Institute/Departments/Communications-and-Publications/Publications>



HELP THE COMMUNITY RECOVER



DO GROCERY
SHOPING
FOR ELDERS



CALL PEOPLE
YOU LOVE:
SHARE GOOD
NEWS



COOK FOR
SOMEONE IN
THE
COMMUNITY



EXTRAS

In the next pages, you will find some extra content to keep you busy!

If you want more of these, you can go online and find more!

Just click or enter the links

BANNOCK RECIPE.... YOU COULD ALSO ASK YOUR PARENTS' OR GRANDPARENTS' SECRET RECIPE!

Ingredients

- Flour (5 lb. bag)
- Baking powder
- Salt
- Lard (one 1 lb. block plus one 1/2 lb. block)
- Water



Materials (utensils) required

- Mixing bowl
- Cooking pot
- Large fork
- Scissors
- Stove

How to make inaluujag [coiled bannock]

1. Place the contents of a small bag 5 lb of flour in a mixing bowl, leaving only a small amount at the bottom of the bag.
2. Fill the palm of your hand with baking powder, and add to the bowl.
3. Half fill your palm with salt, and add to bowl. Stir dry ingredients together.
4. Melt half a block (1/2 lb) of lard in a pot on top of the stove. Add the melted lard to the flour mixture.
5. Gradually add cold water to the flour, kneading it in with your hands. Add just enough water to make a stiff dough. (You need a consistency that is easy to knead, but not sticky.)
6. Knead the dough until smooth.
7. Cover the bowl with a clean cloth, and let the dough rise for one hour.

Once the dough has risen, cook it as follows:

1. Put a full block (1 lb) of lard in the cooking pot on the stovetop.
2. Melt lard over medium/high heat.
3. Cut dough into long strips with scissors.
4. When the lard is boiling, coil one dough strip gently into the lard.
5. When the dough is lightly golden on the bottom, turn the coil over with the large fork.
6. When the *inaluujaq* are cooked on both sides, remove the pot from the burner, and remove the *inaluujaq* with the large fork.
7. Place cooking pot back on stovetop, and repeat Step 3 with remaining dough until all is cooked.

GAMES / EXERCISES

Kneel Jump

Equipment: none

Stance and Start: Kneel on floor with feet on the floor and toes outstretched (no tippy toes), players sitting on their feet. The bum is not allowed to leave the feet until the actual jump. Knees should be even with a clearly marked line.

Movement: Using upper body momentum and agility, thrust body forward to land on your feet and as far ahead as possible.

Competition: Best out of three attempts. Measurement is taken from the heel landing closest to the line, or any part of your body that falls backwards, like a regular long jump.

Figure 1



Kneel on floor with toes flat against the floor.

Figure 2



Swing arms back

Figure 3



Launch body up and forward

Figure 4



Land on both feet

GAMES / EXERCISES

Knuckle Hop

Equipment: None

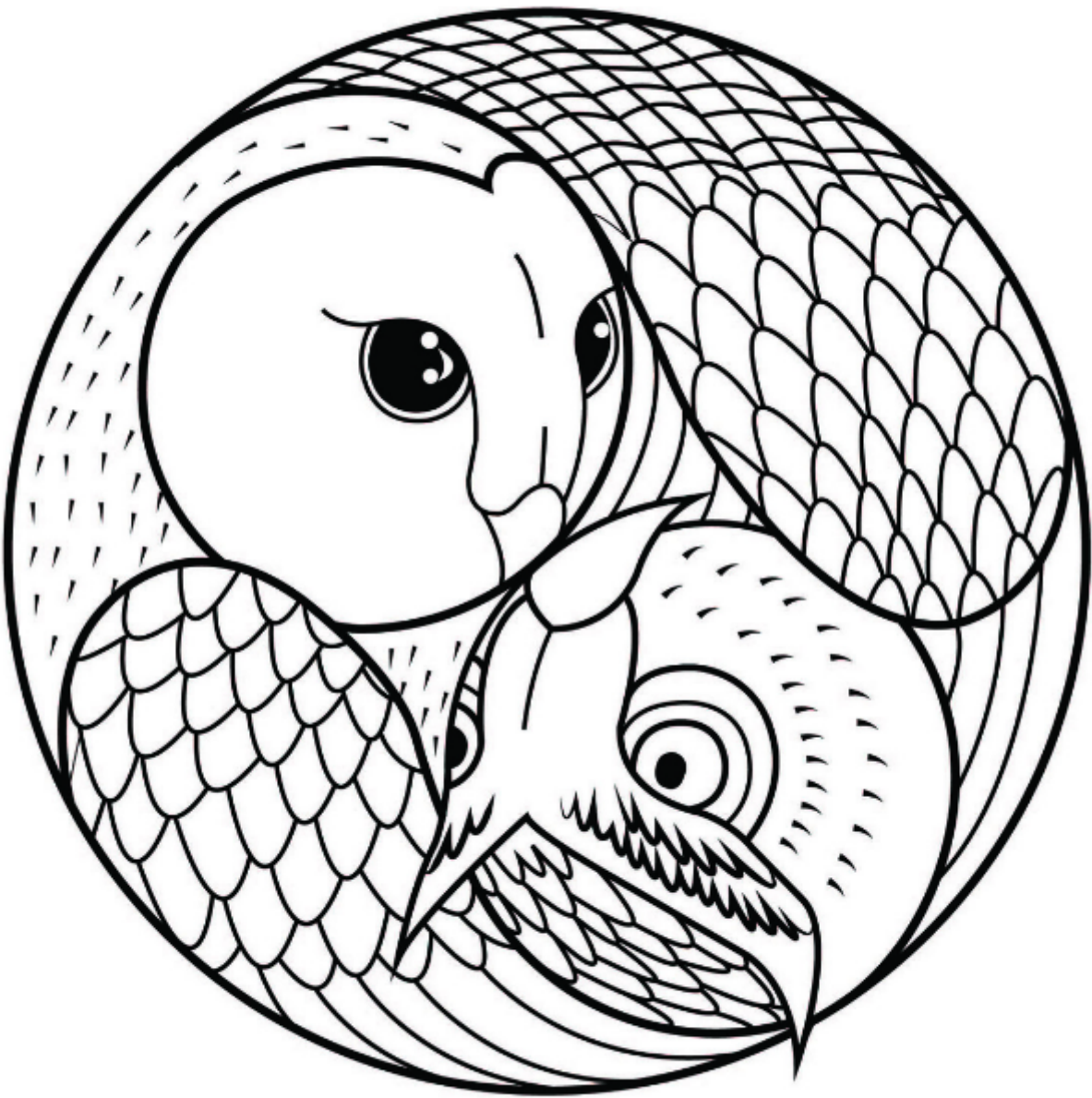
Stance and Start: From a push-up position place knuckles on floor, elbows tight at the side, not flared out.

Movement: The player lies face down on the floor in push up position with hands making fists, putting all the weight on the knuckles. Keeping legs and back straight and lifting the legs off the floor the player bounces forward on their fists. The player who goes the furthest distance wins.

With students, this works with mitts on in the snow; for a less painful variation indoors, you can do this with palms on the ground and just make it a palm hop.



MANDALA TO DRAW



MANDALA TO DRAW

