

Unangam
Tunungin Kayux
Mikangin
Aleut



Words and Games

*Using Language
To Promote
Well-being*

*Aleutian/Pribilof Islands Association, Inc.
2002*

Positive Statements

Angitalix

Considerate - *Be considerate of others.*

Forgive - *Forgive and forget.*

Aachaꝯ

Friend - *Talk to friends when troubled.*

Ugutaꝯ

Happiness - *Happiness brings harmony.*

Honor - *Honor your parents.*

Kindness - *Kindness spreads.*

Love - *Love your family, love yourself.*

Positive - *Think positively.*

Pride - *Show pride in your community.*

Respect - *Respect your Elders.*

Stress Busters

Stress Busters

Atiḵ alusix = Count to 10

Aaluḵtalix = Laugh

Anḡisilix - (To take a breath) Take a deep breath

Listen to music

Angitaasaḵ tunuḵkuḵtxin ?? - Talk to a friend

Go for a walk

Seek out positive people

Aaluyuuxsix = Smile

Unuugasalix = Sing

Take a nap

Seek advice from an Elder

Remember: time heals

Unangam Tunungin Kayux Mikangin *Aleut Words and Games* *with audio tape*

*Using the
Eastern Aleut dialect
to Promote
Well-Being*

Aleutian/Pribilof Islands Association, Inc.
2002

Word Scramble

ALEUT FOODS FOR A HEALTHY DIET

1. anaû "''''''''
It's slimy and red. _____.
2. sûi "''''''
Has whiskers and loves fish. _____.
3. qasaûda "''''''''''''''
Strong smelling plant _____.
4. ̂aal "''''''
Giant of the sea. _____.
5. kalâbi "''''''''''''
Tasty salmon. _____.
6. ahl̂ac "''''''''''
Dig 'em up, eat the inside. _____.
7. âîhc "''''''''''
Best white meat of the sea. _____.
8. iqigtâim "''''''''''''''
Has many legs and pinches. _____.
- 9.

Phrase Match

GREETINGS AND PHRASES

Draw a line to match the Unangan word or phrase with the English translation.

Alqutaltxin?	<i>Have a good day.</i>
Qilam iŋamnaa.	<i>Good evening.</i>
Aang, aang!	<i>I am good.</i>
iŋamnakuqing.	<i>How are you?</i>
Asaŋutaŋ!	<i>Afternoon!</i>
Angalkingnam iŋamnaa.	<i>Good luck!</i>
Ukudigaliŋ.	<i>Good Morning.</i>
Qamaglaa!	<i>What is your name?</i>
Angalim iŋamnaa.	<i>Hello.</i>
Asaan alqutaŋ aliŋ?	<i>Goodbye.</i>

WORDS AND PHRASES

*Listen to the cassette tape
to learn the Unangan
words and phrases*

The Right Way to Live as an Unanga* Simple Instructions From Our Elders

1. **Udigdada.** - *Share.*
2. **Tutada.** - *Listen.*
3. **Txin anguyniŕtaŕgulux.** - *Don't be boastful.*
4. **Agitaasitxin iŕamnaasada.** - *Be kind to other people.*
5. **Agitaasiin sismida.** - *Help others.*
6. **Tuman tanaŕ agliisaaŕtan.** - *Take care of the land.*
7. **Tuman alaŕuŕ agliisaaŕtan.** - *Take care of the sea/ocean.*
8. **Tuman taangaŕ agliisaaŕtxin.** - *Take care of the water.*
9. **Manachin ilam aŕtalakan aglisaachin.** - *Do not do anything to excess.*
10. **Txin ugutada.** - *Be happy.*
11. **Iŕaayŕtxin, anaŕŕgim atxaŕingim agachan madada.** - *Be-have yourself: do the things you know are right.*
12. **Chxadalagaaŕtxin.** - *Don't steal.*
13. **Adluudaŕŕŕgulux.** - *Don't lie.*
14. **Ludakiim axtax samtaaxtxin.** - *Respect Elders (including parents, teachers, and community members).*
15. **Agitaasin samtasaaŕtxin.** - *Respect your peers.*
16. **Kayutuuŕtxin.** - *Be strong.*

Phrase Match

GREETINGS AND PHRASES

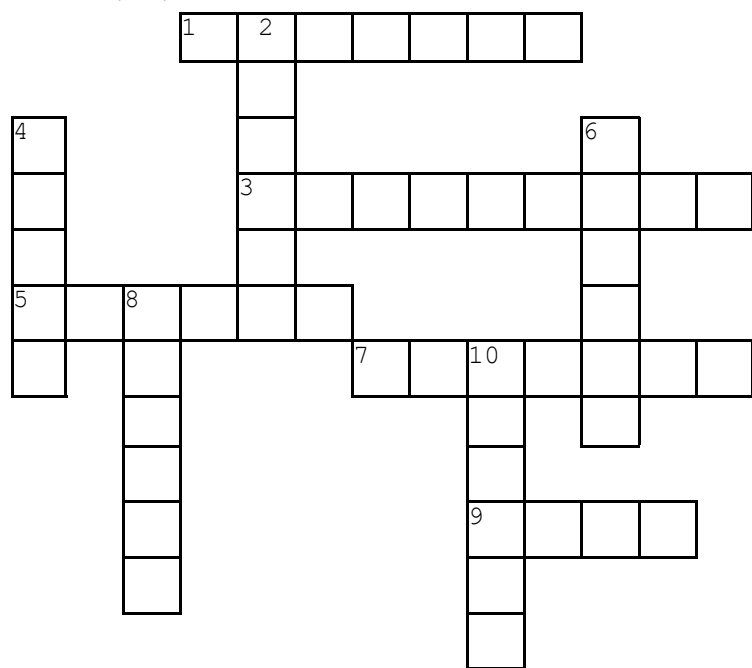
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Qamaglaa!	<i>What is your name?</i>
Angalim iŕamnaa.	<i>Hello.</i>
Asaan alqutaŕ aliŕ?	<i>Goodbye.</i>

Crossword Puzzle

SAMIISIN - NUMBERS

Write the proper answer in Unangan.



ACROSS

1. atuung + uluung - atiġ
3. chaang + ataqan + aalax
5. sichin + qamching - atuung
7. chaang + sichiing - chaang
9. qamching + aalax

DOWN

2. atiġ - sichiing
4. atuung - sichin
6. uluung - qaankun
8. chaang - aalax
10. qamching - ataqan

17. **Agitaasiin matanangin imin giduġiisalagaaġtxin.** - *Don't be envious of what belongs to another.*
18. **Anġaġiġ iġamanaġ iġtalix kayux iġamnaġ atxaġtalix manaa imin ugutaasalix aaġtxin.** - *Admire one who does well by honest means.*
19. **Maamin iġtanatxin madada.** - *Don't make promises quickly, but keep those you make.*
20. **Anġaġiisanatxin anġaġim agitaasingin agachan liidalix anġ aġiisada.** - *Live like you people to see you live.*
21. **Iġilnaaġnaġtxin.** - *Don't be greedy.*
22. **Slaġ, aġadaġ, tugidaġ, kayuġ sdan tunum manginulux kugan iġadġulux.** - *Don't talk bad about the weather or the sun, the moon or the stars.*
23. **Agitaasaan adaan tunum iġamnanginulun iġadġulux.** - *Don't slander another person.*
24. **Kadaan axtaaġanaġtxin.** - *Don't get ahead of yourself.*
25. **Aduġtanaan akidada.** - *Pay your debts.*
26. **Qaqamiġuġ.** - *Subsistence.*
27. **Tunuun uġunuġtalakan anġaġiġtxin.** - *Don't forget your Unangan Language.*

* Excerpted from Unangam Hitnisangin/Unangam Hitnisangis/Aleut Plants, 2001 Pilot Edition, page 100, by Donna Matthews and Barbara Svarny-Carlson.

SAMIISIN - NUMBERS

ataqan - 1	atiĕ ataqan - 11
aalax - 2	atiĕ aalax - 12
qaankun - 3	atiĕ qaankun - 13
sichin - 4	atiĕ sichin - 14
chaang - 5	atiĕ chaang - 15
atuung - 6	atiĕ atuung - 16
uluung - 7	atiĕ uluung - 17
qamching - 8	atiĕ qamchiing - 18
sichiing - 9	atiĕ sichiing - 19
atiĕ - 10	algidim atiĕ - 20

aligidim atiĕ ataqan - 21*
qankudim atiĕ - 30
sichidim atiĕ - 40
chaangidim atiĕ - 50
atuungidim atiĕ - 60
uluungidim atiĕ - 70
qamchiingidim atiĕ - 80
sichiingidim atiĕ - 90
sisax̄ - 100*
aalax sisax̄ - 200

* Add the
digit number
ten-digit or hundred-

digit numbers to continue counting. For example,
aligidim atiĕ aalax - 22, *aligidim atiĕ qaankun* - 23,
qaankun sisax̄ - 300, *sichin sisax̄* - 400, and so on.

one-
to

Simple Instructions From Our Elders

C N Ę T U T A D A L U Ę W S C Ę A
H T B U Ę N A A S I Q A Ę X K G
X K Ę G M S I I T G T A D A A I
A Ę M I L D U D A I T A M D Y Ę T
D N F S N Q D B Z L L U U L U A
A E Q L U U I I X N L N N U T A
L K A T F U G S D A O Ę R U U S
A S Q P I A D U N A W I X D U Ę I
G Ę A A M T A A T Ę A Ę U A Ę I
A D M A H G D A X N K A Ę Ę T N
A A I Ę D G A H E A D A F I X S
Ę Ę I N L K U H A Ę N A P Ę I I
T G D Ę U T U N S
X U Ę X L M
I G Ę T A I U I
N X N X D
A D U X T A N A A N A K I D A D A

1. Chxadalagaaĕtxin
 2. Igilnaaĕnaĕtxin
 3. Qaqamiĕguĕ
 4. Samtalix - respect
- Sugdaĕsilix - envious, jealous
Keep promises

GAMES

*Test your skills
with these
word games!*

THE COOL DOWN POEM
*When you get angry or mad
recite this poem to help you cool down!*

When angry feelings start to mount,

That's when I start to count.

*Ataqan...aalax...qankuun...sichin...chaang
One...two...three...four...five.*

Counting helps me settle down,

Counting helps to fade my frown.

*Atuung...uluung...qamchiing...sichiing...atiḡ
Six...seven...eight...nine...ten.*

GREETINGS

1. **Aang, aang.** - *Hello.*
2. **Qilaḡ.** - *Morning.*
3. **Qilam iḡamnaa.** - *Good morning.*

4. **Qamaglaa!** - *Afternoon!*
5. **Qamaglam iʔamnaa.** - *Good afternoon.*
6. **Angalkingam iʔamnaa.** - *Good evening.*
7. **Asaan alqutaʔ aliʔ?** - *What is your name?*
8. **Asang** (*say your name*) **akuʔ.** - *My name is _____.*
9. **Alqutaltxin?** - *How are you?*
10. **Iʔamnakuqing.** - *I am good.*
11. **Qaʔaasakung.** - *Thank you.*
12. **Angalim iʔamnaa mataaʔtxin.** - *Have a good day!*
13. **Asagutaʔ!** - *Good luck!*
14. **Ukudigalix.** - *Farewell, goodbye.*
15. **Alqutaʔ malgalix.** - *What's happening?/What's goin' on?*
16. **Aniqduʔaadam qagataa!** - *Happy Birthday!*
17. **Kurinaanulux qaʔaalakuʔ.** - *Thanks for not smoking.*

ALEUT FOODS FOR A HEALTHY DIET

1. **Daʔ** - *duck*
2. **Aanuʔ** - *red salmon*
3. **Xaykiʔ** - *dog salmon*
4. **Qungaayuʔ** - *humpback salmon*
5. **Qakiidaʔ** - *silver salmon*
6. **Chaguchiʔ** - *king salmon*
7. **Chagiʔ** - *halibut*
8. **Qimgiitaʔ** - *crab*
9. **Isuʔ** - *seal*
10. **Amguʔ** - *octopus*
11. **Chiknaʔ** - *limpet, china cap*
12. **Kasiiguʔ or Qasiikuʔ** - *bidarkies, chiton, gumboot*
13. **Saaqudaʔ** - *putchki, wild celery*
14. **Qanisan** - *pitruuskaʔ, wild parsely*
15. **Aamchiiyan** - *salmonberries*
16. **Qaayun** - *crowberries, blackberries, mossberries*
17. **Udaʔ** - *yukala, dried fish*
18. **Balikaʔ** - *smoked salmon*
19. **Chaduʔ** - *seal oil*