EIGHT URAJAIT/ROCKS MODEL FOR YOUTH HEALTH AND EMPOWERMENT CAMPS ᑎᓴᒪᐅᔪᖅᑐᑦ ᐅᔭᕋᐃᑦ ᒪᑭᑕᔾᔪᑏᑦ ᑐᙵᕖᑦ

Improving Coping Skills
Learning to deal with uncomfortable emotions and
working on problem solving through activities.
Nunavummiut role modelling and sharing.
ᐋᖅᑭᒋᐊᕆᓂᖅᕿᓄᐃᓵᕈᑎᒋᔪᓐᓇᖅᑕᖏᓐᓂᒃ
ᐃᓕᓐᓂᐊᕐᓂᖅᖃᓄᖅᐊᑲᐅᙱᑦᑐᓂᒃ
ᐃᑉᐱᓐᓂᐊᓂᖏᓐᓂᒃᖃᓄᖅᑑᕈᑎᖃᕈᓐᓇᕐᒪᖔᖅ
ᐊᒻᒪᓗᐊᑲᐅᙱᓕᐅᕈᑎᓂᒃᐋᖅᑭᒍᙱᖃᕐᐸᓪᓕᐊᓗᓂ
ᐱᓕᕆᐊᕆᕙᑦᑕᖏᑎᒍᑦ. ᓄᓇᕗᒻᒥᐅᑦᐃᔾᔪᐊᕈᒥᓇᖅᑐᑦ
ᐊᒻᒪᖃᐅᔨᓴᖃᑎᒌᓐᓂᖅ.

Increasing Awareness of Body & Mind
Campers will engage in physical activity routine &
basic meditation. Enjoy country food, healthy food
preparation & Inuit games!
ᐅᔾᔨᕈᓱᓕᖅᑎᑦᑎᒋᐊᕐᓂᖅᑎᒥᒥᒃᐃᓱᒪᒥᓪᓗ
ᐊᐅᓪᓚᕐᓯᒪᔪᑦᐱᖃᑕᐅᒐᔭᖅᑐᑦ ᑭᓱᓕᕆᑎᑕᐅᓗᑎᒃᐊᒻᒪ
ᐊᑐᖅᑕᐅᒐᔪᑦᑐᒥᒃ ᓴᐃᓕᓂᕐᒥᒃᐊᑐᕐᓗᑎᒃ. ᐃᓄᔅᓯᐅᑎᓂᒃ
ᓂᕆᓗᑎᒃ, ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒥᒃᐊᒻᒪᐃᓄᐃᑦ
ᐱᙳᐊᕈᓯᖏᓐᓂᒃᐊᑐᕐᓗᑎᒃ!

Exploring Creativity
Local artists, carvers & seamstresses are
invited to share their talents and teach
campers how to make something of their own choice.
ᖃᐅᔨᕙᓪᓕᐊᓂᖅᐃᓱᒪᒥᓂᒃᐊᑐᕐᓗᓂ ᓴᓇᔪᓐᓇᓂᕐᒥᓂᒃ

ᓄᓇᓕᓐᓂᑦ ᑎᑎᖅᑐᒐᖅᑏᑦ, ᓴᓇᙳᐊᖅᑏᑦ ᒥᕐᓱᖅᑏᑦ
ᑐᙵᓱᑦᑎᑕᐅᕗᑦᐊᔪᙱᑕᖏᓐᓂᒃᑕᑯᑎᑦᑎᖁᔭᐅᓪᓗᑎᒃ
ᐃᓕᓐᓂᐊᑎᑦᑎᓗᑎᓪᓗᐊᐅᓪᓚᕐᓯᒪᔪᓂᒃᖃᓄᖅ
ᓴᓇᒍᓐᓇᕐᒪᖔᕐᒥᒃ ᓴᓇᔪᒪᔭᕐᒥᓂᒃ.

Increasing Self-Esteem
Self-reflection and learning tips for improving self-
image. Exploring theme of gratitude & community
involvement.
ᓇᒻᒥᓂᖅᐱᔪᓐᓇᕐᓯᕚᓪᓕᕐᓂᖅ
ᓇᒻᒥᓂᖅ-ᑕᑯᓂᖅᐊᒻᒪᐃᓕᓐᓂᐊᕐᓂᖅ ᓇᒻᒥᓂᖅ
ᑕᑯᓐᓇᑦᑎᐊᕈᓐᓇᕐᓯᓂᕐᒥᒃ. ᖃᐅᔨᕙᓪᓕᐊᓂᕐᒥᒃ
ᐊᑐᕐᓗᑎᒃᖁᔭᓕᓂᕐᒥᒃᐊᒻᒪᓄᓇᓕᓐᓄᑦᐃᓚᓕᐅᑎᓂᖅ.

Self Discovery & Future Planning
Campers will complete personal interest surveys and learn about various education & career choices. Guest speakers from NS, Arctic College and other professions will be invited to share their inspiration. ᓇᒻᒥᓂᖅᖃᐅᔨᕙᓪᓕᐊᓂᖅᐊᒻᒪᓯᕗᓂᑦᑎᓐᓄᑦᐸᕐᓇᐅᓯᐅᕐᓂᖅ ᐊᐅᓪᓚᕐᓯᒪᔪᑦ ᑎᑎᕋᕐᕕᖃᕋᔭᖅᑐᑦ ᓇᒻᒥᓂᖅᐊᑐᕈᒪᒐᔭᖅᑕᖏᓐᓂᒃ ᖃᐅᔨᓴᐅᒻᒥᑦᐊᒻᒪᓗᐃᓕᓐᓂᐊᕐᓗᑎᒃᖃᓄᐃᑦᑐᑐᐃᓐᓇᕐᓂᒃ
ᐃᓕᓐᓂᐊᓂᕐᒧᑦᐃᖅᑲᓇᐃᔮᖃᕐᓂᕐᒧᑦ ᓂᕈᐊᒐᕆᔪᓐᓇᖅᑕᖏᓐᓂᒃ. ᖃᐃᖁᔨᓯᒪᓛᖅᑐᑦ ᓄᓇᕗᑦ ᓯᕗᓂᔅᓴᕗᒃᑯᓐᓂ, ᓯᓚᑦᑐᓴᕐᕕᒻᒥ
ᐊᓯᖏᓐᓂᓪᓗᐃᖅᑲᓇᐃᔭᕐᕕᓐᓂᒃ ᐅᖃᐅᓯᖃᕋᔭᕐᖓᑕ
ᐱᓇᓱᐊᕈᑎᒋᔪᒪᓯᒪᔭᖏᓐᓂᒃ.

Promoting Healthy Choices
Learning about and practicing skills to cope with
peer pressure. Group activities, .learning, sharing
& FUN!
ᐊᑐᖅᑎᑦᑎᒋᐊᒃᑲᓂᕐᓂᖅ
ᐃᓅᓯᖃᑦᑎᐊᓂᕐᒨᖓᔪᓂᒃ
ᐃᓕᓐᓂᐊᕐᓂᖅᐃᓕᓯᒪᒋᐊᓕᖏᓐᓂᒃ
ᐆᑦᑐᕋᖃᑦᑕᓂᕐᓗᕿᓄᐃᓵᕈᑎᖃᕈᓐᓇᓂᕐᒥᒃ
ᑕᐃᒪᐃᒃᑯᐊᒥᓐᓄᑦᐊᔅᓱᕈᕈᑎᒋᕙᑦᑕᖏᓐᓂᒃ.
ᑲᑎᒻᒪᓗᑎᒃᐱᓕᕆᖃᑦᑕᕐᓗᑎᒃ, ᐃᓕᓐᓂᐊᕐᓗᑎᒃ,
ᑲᑐᑎᖃᑦᕐᓗᑎᒃᖁᕕᐊᓱᐊᓗᑎᓪᓗ!

Celebrating Inuit Culture
2 days spent camping with
elders and learning/practicing
traditional land, hunting & cooking
skills. Inuit Qaujimajatuqangit sharing.
ᖁᕕᐊᓲᑎᖃᕐᓂᖅᐃᓄᐃᑦᐃᓕᖅᑯᓯᖓᓐᓂᒃ
ᐅᓪᓘᓐᓂᒃᐊᐅᓪᓚᕐᓯᒪᖃᑎᖃᕐᓗᑎᒃᐃᓐᓇᕐᓂᒃ
ᐃᓕᓐᓂᐊᕐᓗᑎᒃ/ᐊᐅᓪᓚᕐᓯᒪᓗᑎᒃ, ᐊᖑᓇᓱᓪᓗᑎᒃ
ᓂᖅᑎᐅᖃᑦᑕᕐᓗᑎᓪᓗ. ᐃᓄᐃᑦ
ᖃᐅᔨᒪᔭᑐᖃᖏᓐᓂᒃᖃᐅᔨᖃᑎᒌᓪᓗᑎᒃ.

Healthy Relationships
Learning about balanced relationships,
communication skills, healthy sexuality
& Pinasuaqtavut Prinicples.
ᐃᓚᒌᑦᑎᐊᕐᓂᖅ
ᐃᓕᓐᓂᐊᕐᓂᖅᐃᓚᒌᑦᑎᐊᕈᓯᕐᒥᒃ,
ᑐᑭᓯᐅᒪᖃᑎᒌᓐᓂᕐᒥᒃ, ᖃᐅᔨᒪᔭᐅᔭᕆᐊᓖᑦ
ᓄᓕᐊᕐᓂᕐᒨᖓᔪᑦᐊᒻᒪᐱᓇᓱᐊᖅᑕᕗᑦ ᐅᑉᐱᕆᔭᑦ.

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This model was developed for youth wellness and empowerment camp programs in Nunavut that are being developed with feedback from Nunavut youth. It is part of a
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