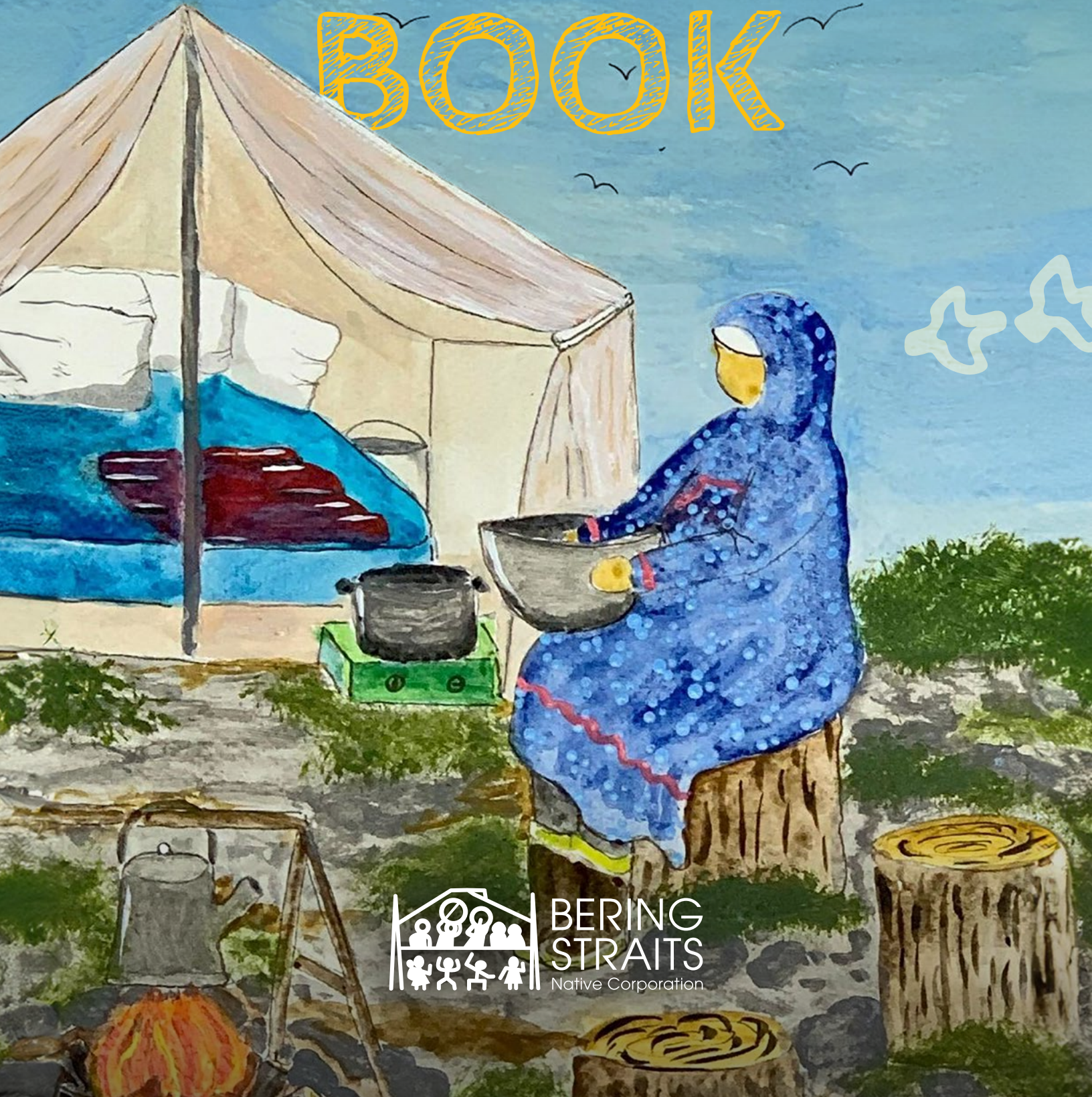


My Bering Straits

ACTIVITY BOOK



BERING
STRAITS
Native Corporation

BSNC ACTIVITY BOOK

Bering Straits Native Corporation (BSNC) is delighted to share this activity book with its youth. We extend our heartfelt thanks to the artists and culture-bearers who generously contributed their talent to put this book together. We hope you enjoy the coloring pages and have fun learning about your culture and heritage.

Quyaana, quyana cakneq, igamsiqanaghalek, thank you!

Cover and Back Cover: Karen Garcia
Artists: Susan Ringstad Emery, Karen Garcia, Cassandra Johnson, Laura Lagstrom, Katie O'Connor, Danielle Pungowiyi, Joanne Swanson

This activity book was done as part of BSNC's cultural revitalization efforts. To learn more about this work, please visit beringstraits.com/cultural-initiatives.



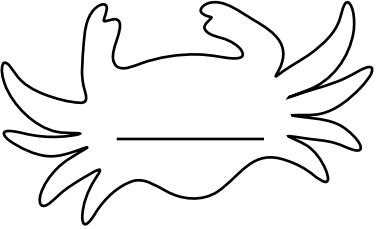
Artwork By: Danielle Pungowiyi

About Me

My name is _____

My traditional name is _____

I live in _____

I am  _____ years old

My favorite...

1. Animal is _____

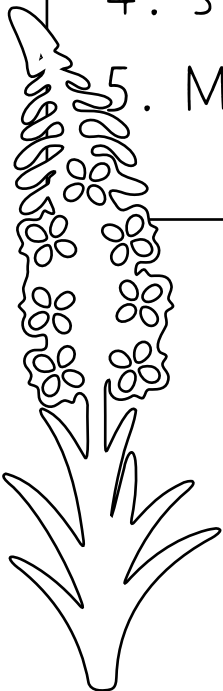
2. Food is _____

3. Color is _____

4. Sport is _____

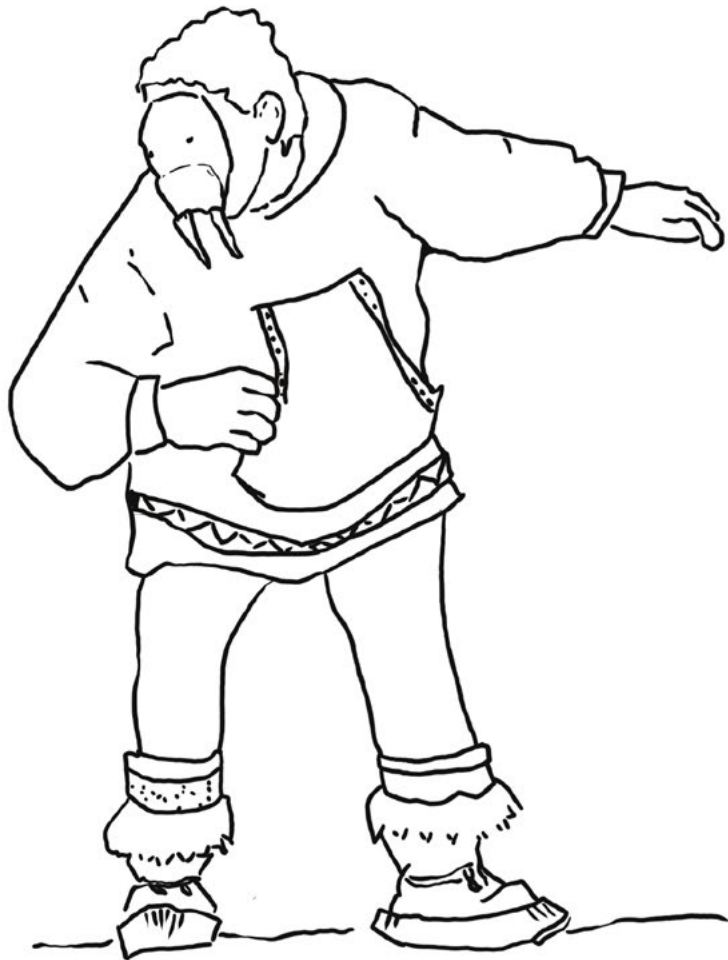
5. Movie is _____

When I grow up I want to...



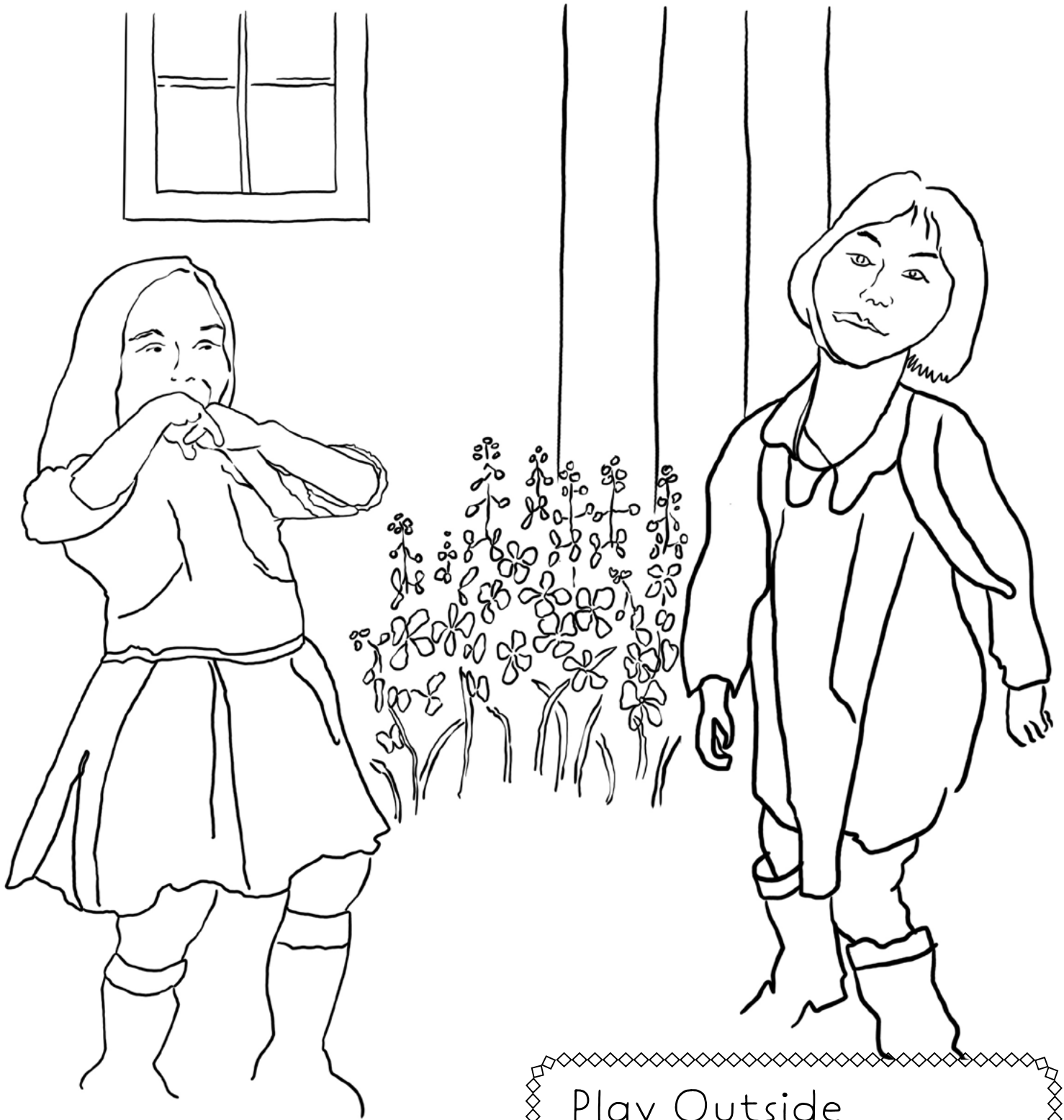
Song and Dance

Our music and dance traditions are vibrant and deeply rooted in our culture and heritage. They serve as powerful conduits for storytelling, community connection and the preservation of ancestral knowledge.





Our songs and dances are very important! They teach about our culture and traditions. When we sing and dance, we feel happy and strong. We exercise our minds and bodies at the same time and keep our culture alive.



Play Outside

Let's explore the outdoors and learn about the plants and animals that are in your community!

Match the Plants

Draw a line to connect each plant's English name to its matching Inupiaq/Yup'ik name. If you don't know the answers, seek help from an Elder.

English

Labrador Tea

Wild Potato

Fireweed

Willow Leaves

Stinkweed

Salmonberry

Blueberry

Inupiaq/Yup'ik

Pamiuqtaq/Ciilqaaq

Aqpik/Atsaq

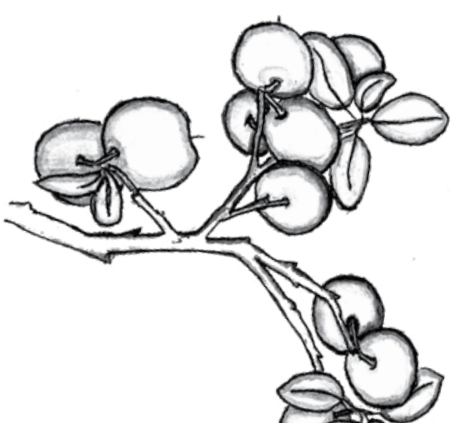
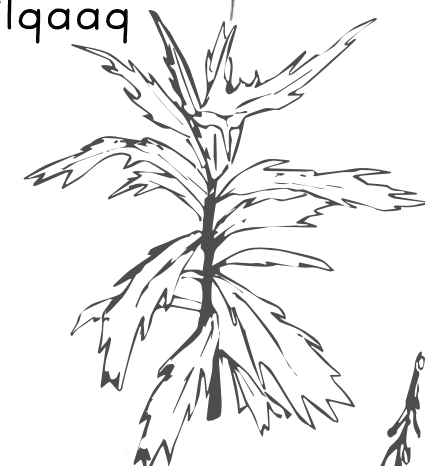
Sugat/Curaq

Masu/Ulqiq

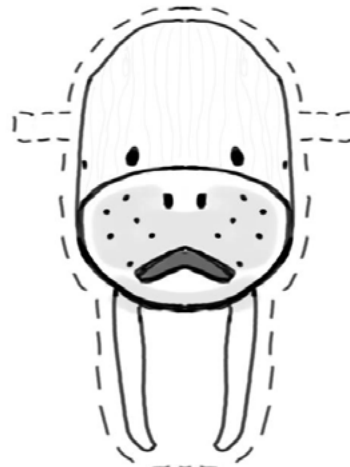
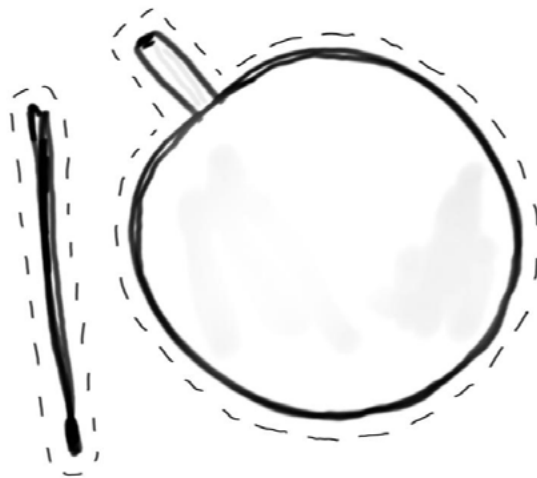
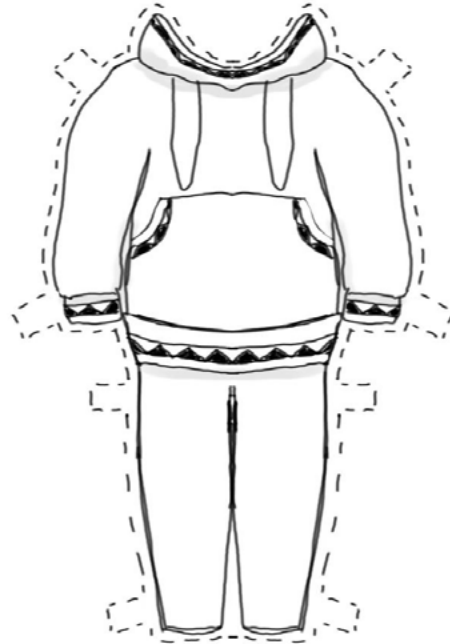
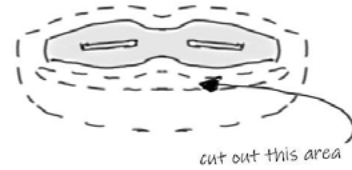
Sura/Cuyaq

Sargiq/Caiggluk

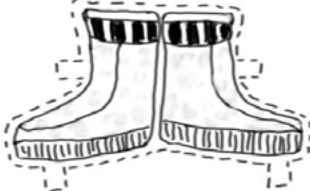
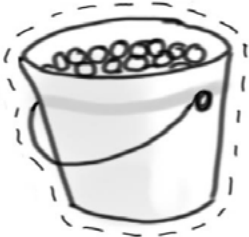
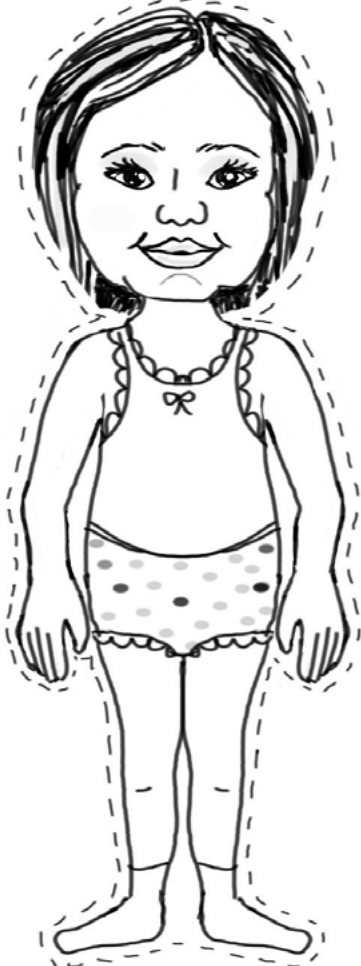
Ayuu/Ayuq



Paper Dolls



Carefully cut around the dotted line. Make sure to ask an adult for help if you need to!



Subsistence Word Find

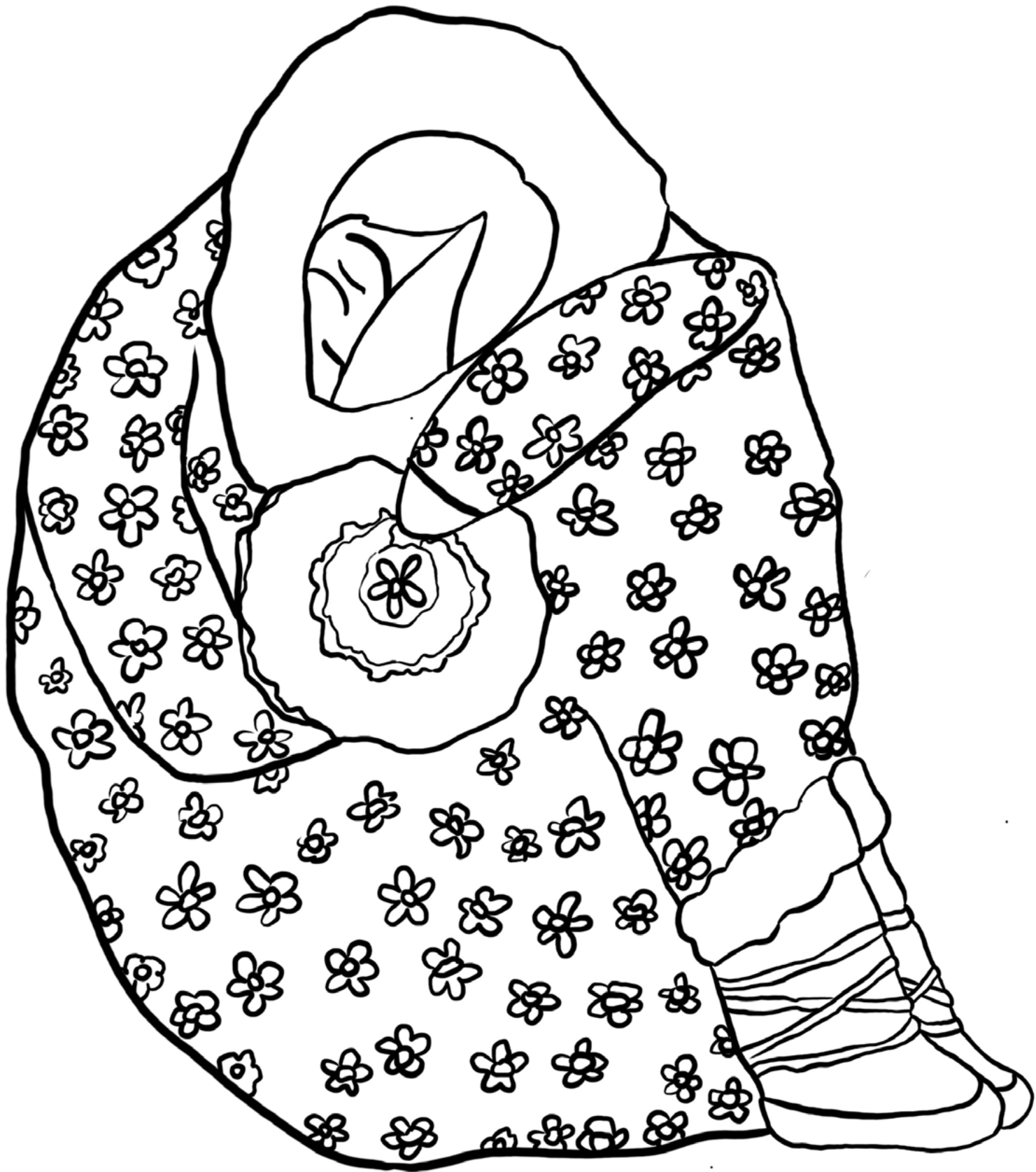
N Z P S G A C H L I B O A T Y A P
J D B E R T S N O W M A C H I N E
N T D H E J P W J D R C C H X X W
G I N G E E O G D M B W U E L G W
D G C U N A P U E G U O N R G W T
R D V D S O B L U E B E R R Y H M
Y F Z Y T P R A K B S R W I G A Y
F P F C Y E O S I E E E A N P L F
I P T T A T N O P L G A M G Z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

CRAB
GEESE
BOAT
CARIBOU

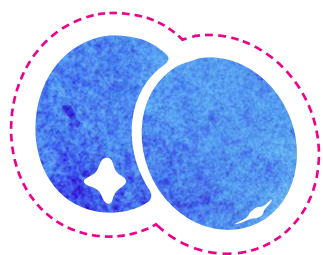
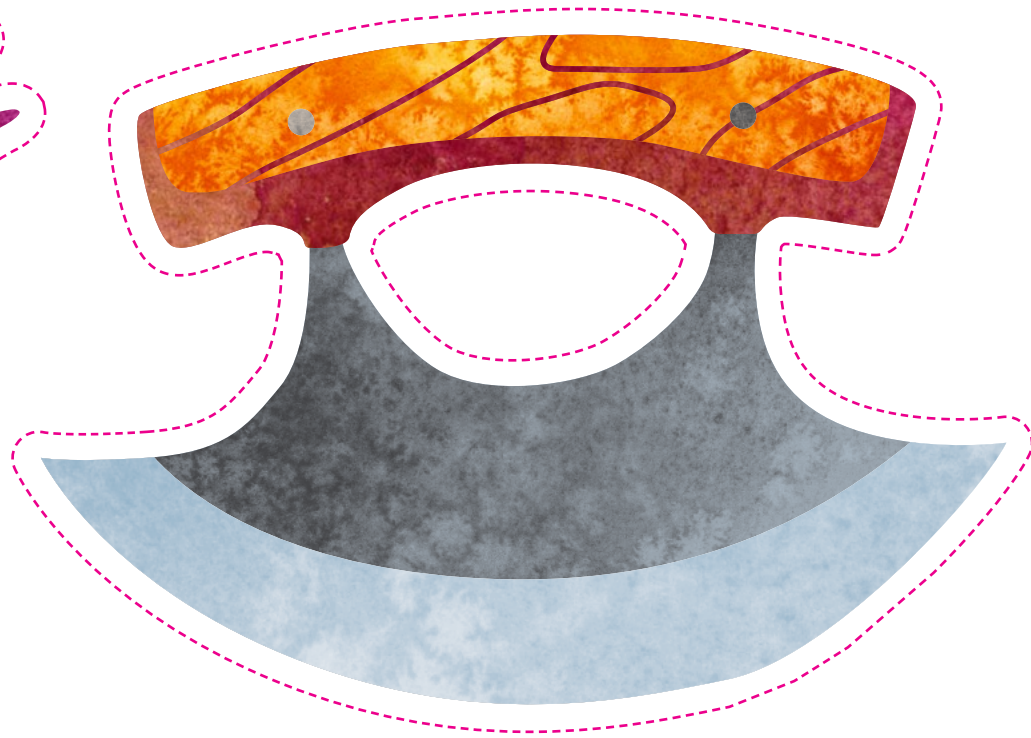
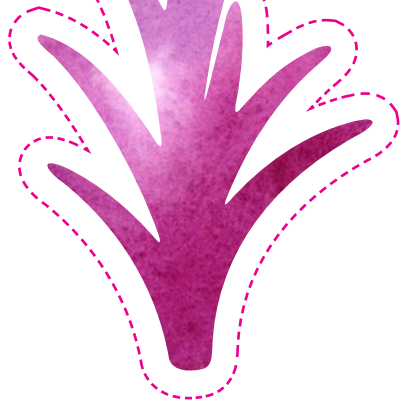
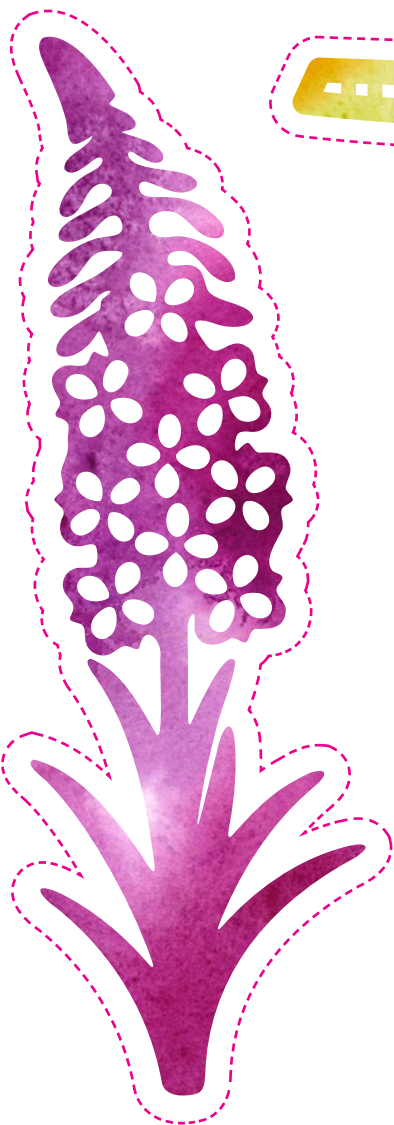
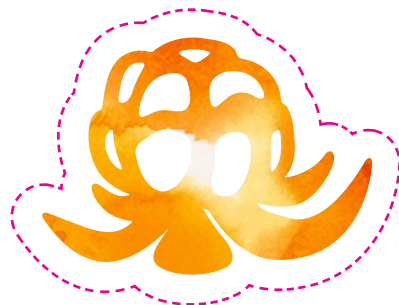
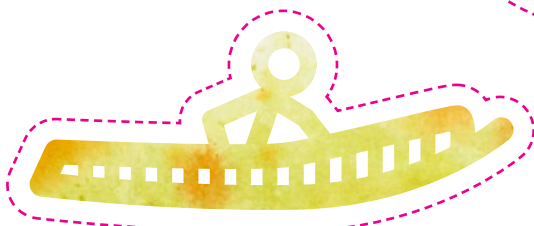
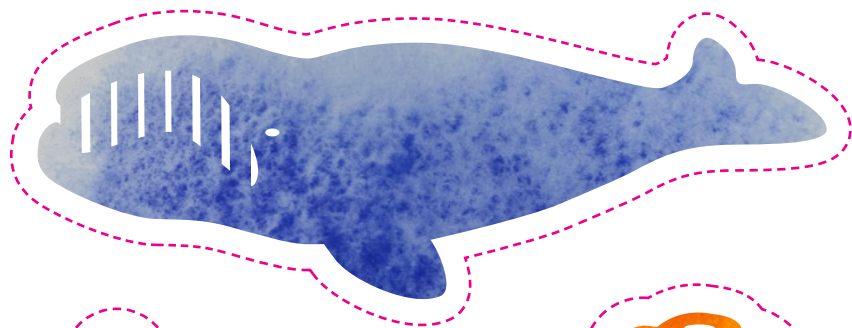
SNOWMACHINE
PTARMIGAN
GREENS
BLUEBERRY

MOOSE
BELUGA
EGGS
RIFLE

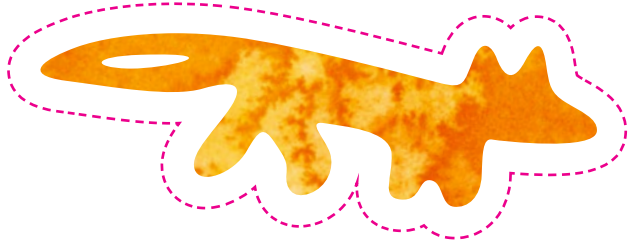
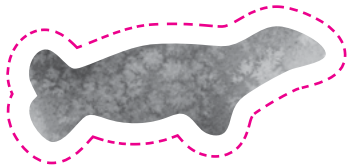
SALMONBERRY
WHALE
DRYFISH
HERRING







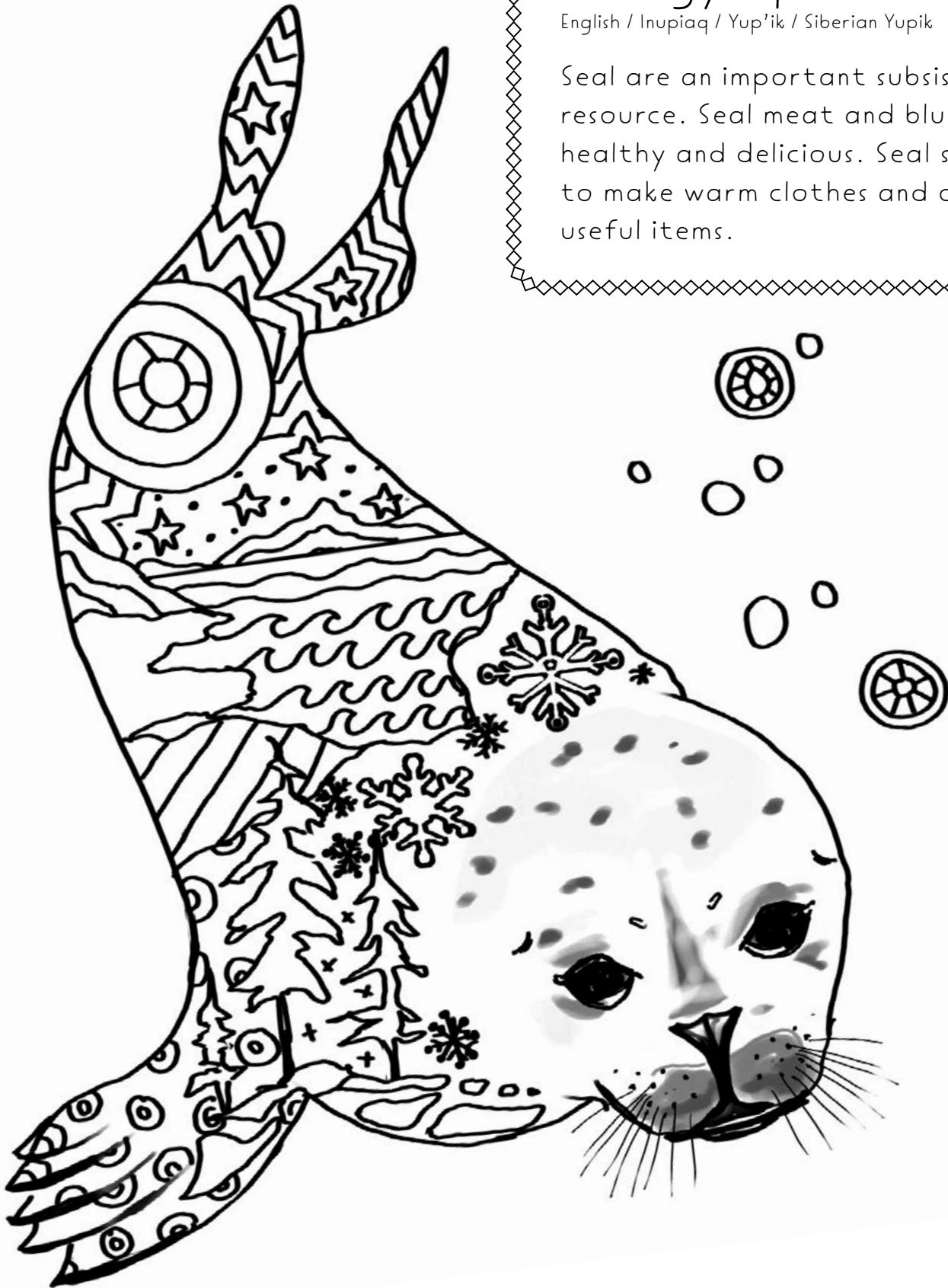
兔 羊 牛 马



Seal/Natchik/Nayiq/ Qazigyaq

English / Inupiaq / Yup'ik / Siberian Yupik

Seal are an important subsistence resource. Seal meat and blubber is healthy and delicious. Seal skin is used to make warm clothes and other useful items.

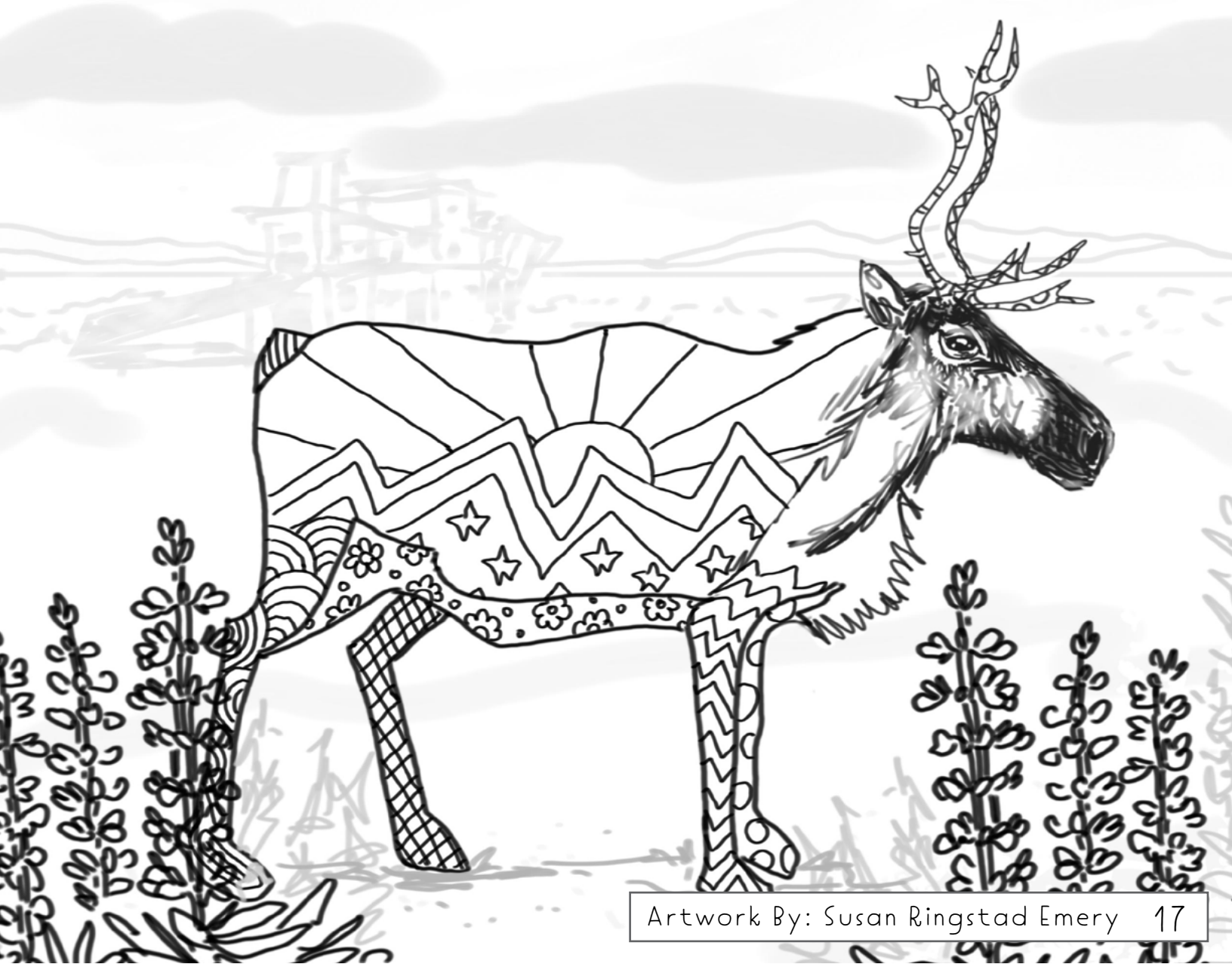




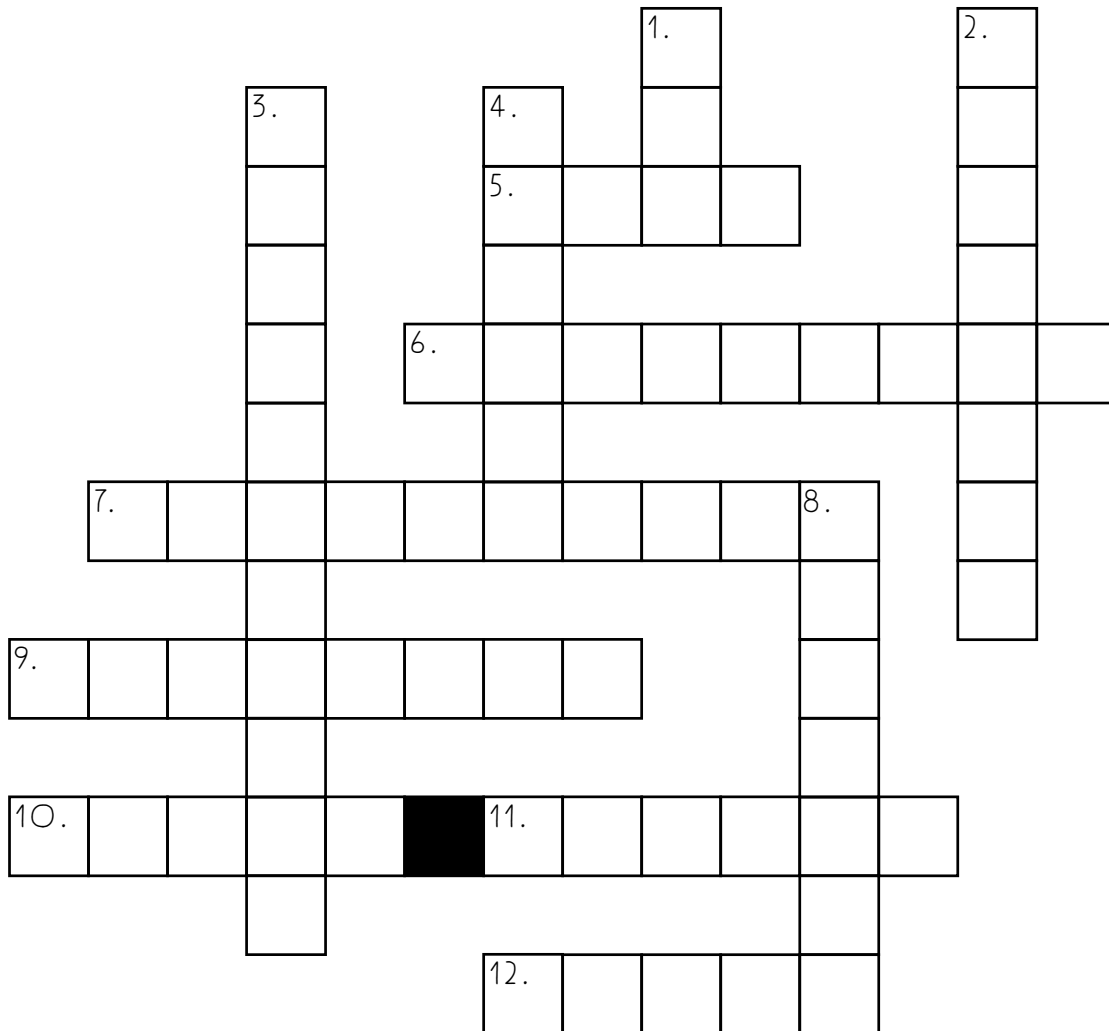
Caribou/Tuttu/Tuntu/Tungtu

English / Inupiaq / Yup'ik / Siberian Yupik

Caribou calves are born in late May to mid-June. They start walking just two days after birth and can walk more than 10 miles a day! In six weeks, their antlers begin to grow. What's unique about caribou is that both males and females grow antlers. The males lose their antlers after the fall, but the females keep theirs all winter.



Cultural Crossword Puzzle



ACROSS:

5. Labrador Tea in Inupiaq.
6. What in an Aklaq?
7. Which island's Indigenous name is Ugiuvak?
9. A pretty pink weed.
10. What are walrus tusks made of?
11. What should you wear riding a snowmachine?
12. A large horse-like animal with antlers.

DOWN:

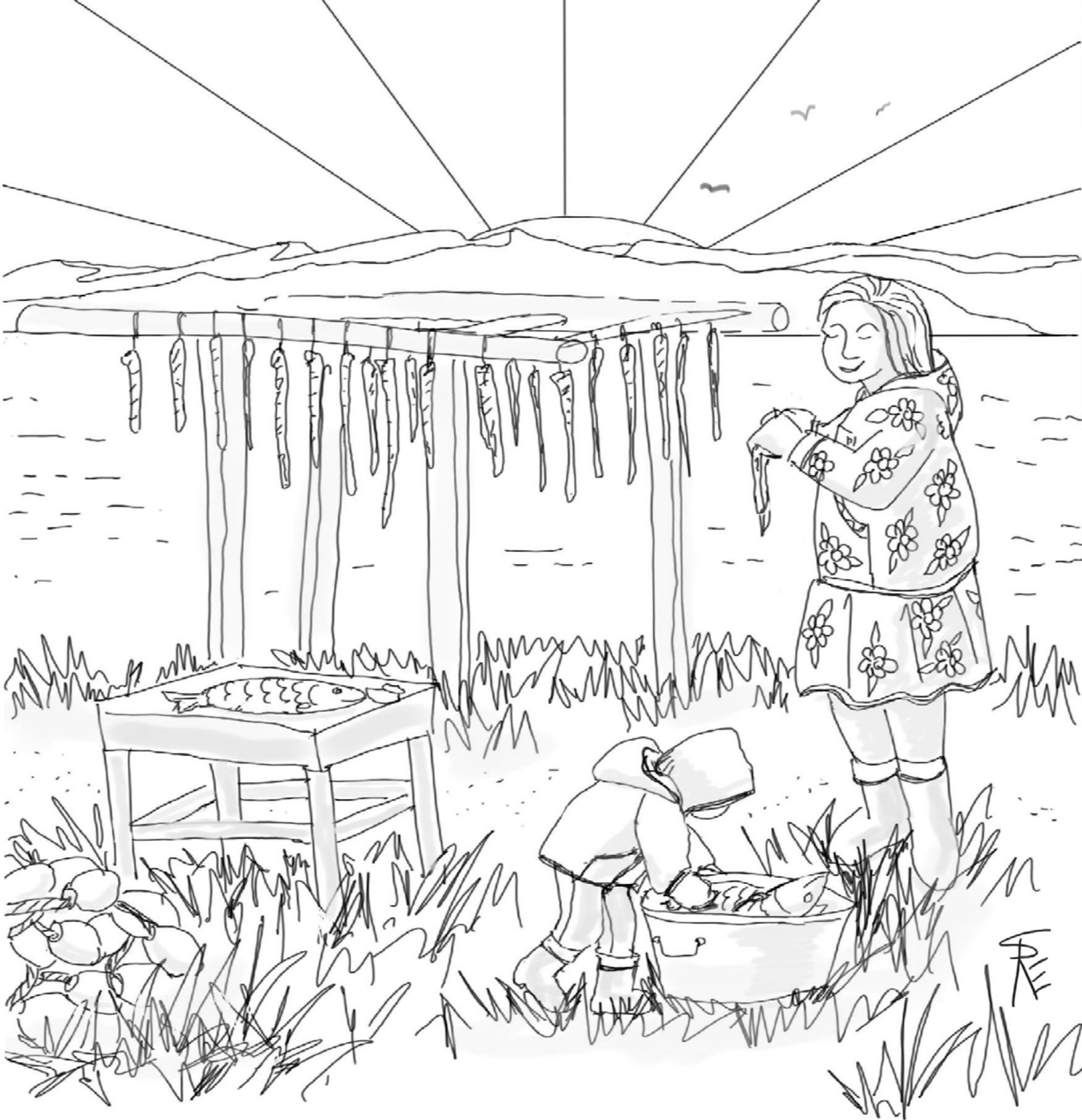
1. Traditional knife.
2. The Last Great Race.
3. A sweet orange berry that grows on the tundra.
4. An animal with two tusks.
8. A small island near Russia.

Walrus / Aiviq / Kaugpak/ Ayveq

English / Inupiaq / Yup'ik / Siberian Yupik

Walruses use their strong ivory tusks to haul themselves out of the water, keep breathing holes open and use them as a defense against other walruses and predators.





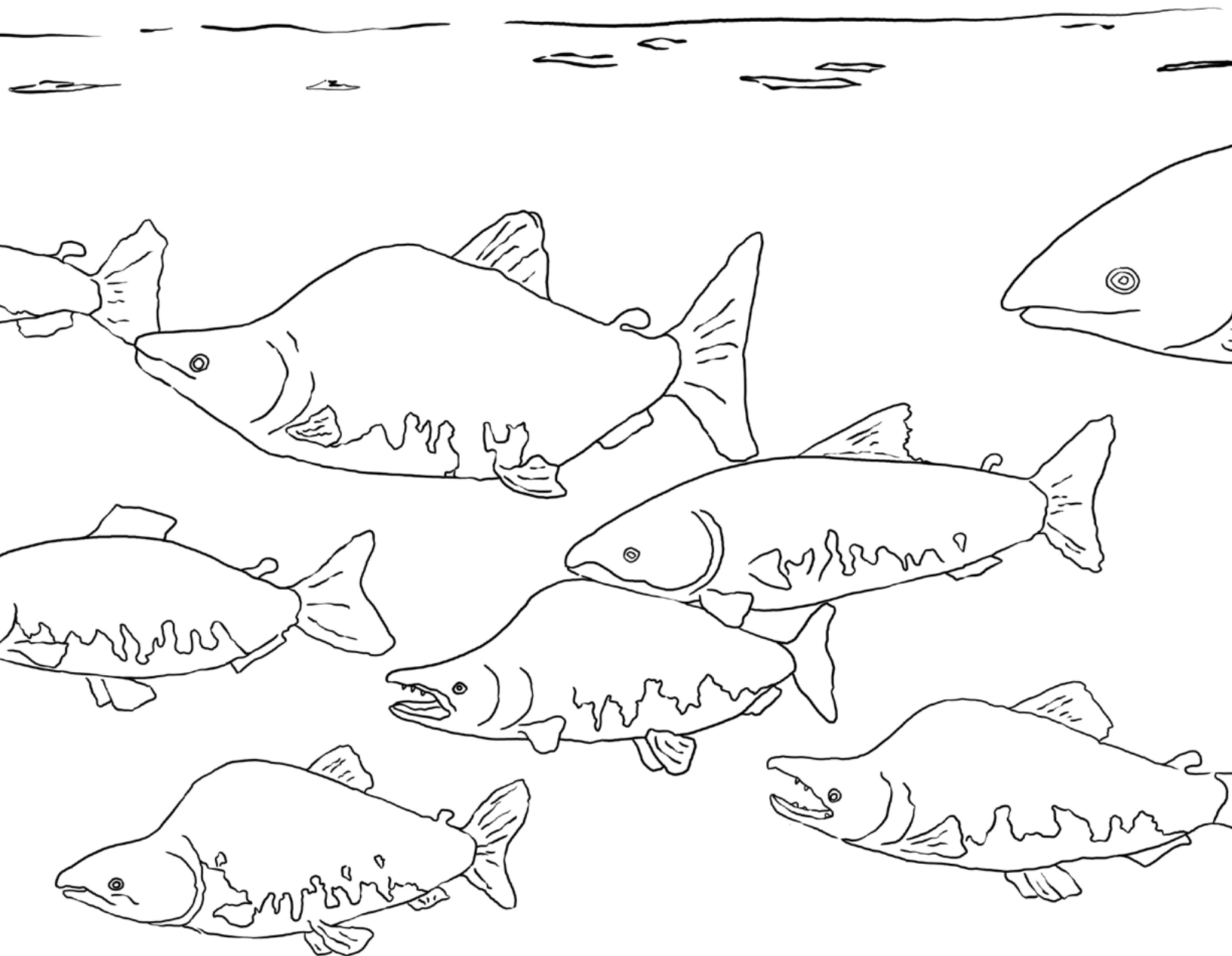
Aana Amiseemak says, "When making dry fish, wash and dry your salmon. Strips can dry faster than fillets. Hang strips when cool out and there's a breeze. Put a net over it if you have one so wasps and flies stay off. Optionally, some people brine and soak their fish. Smoking then canning is good too."

Let's Talk Salmon!

Salmon from Alaska are on a journey every summer, crossing the Bering Sea. From Kamchatka to the Bering Strait, they're vital to our communities and culture. As you stock up, remember you're preserving traditions for generations. Enjoy every fillet with loved ones!



Scan for recipes





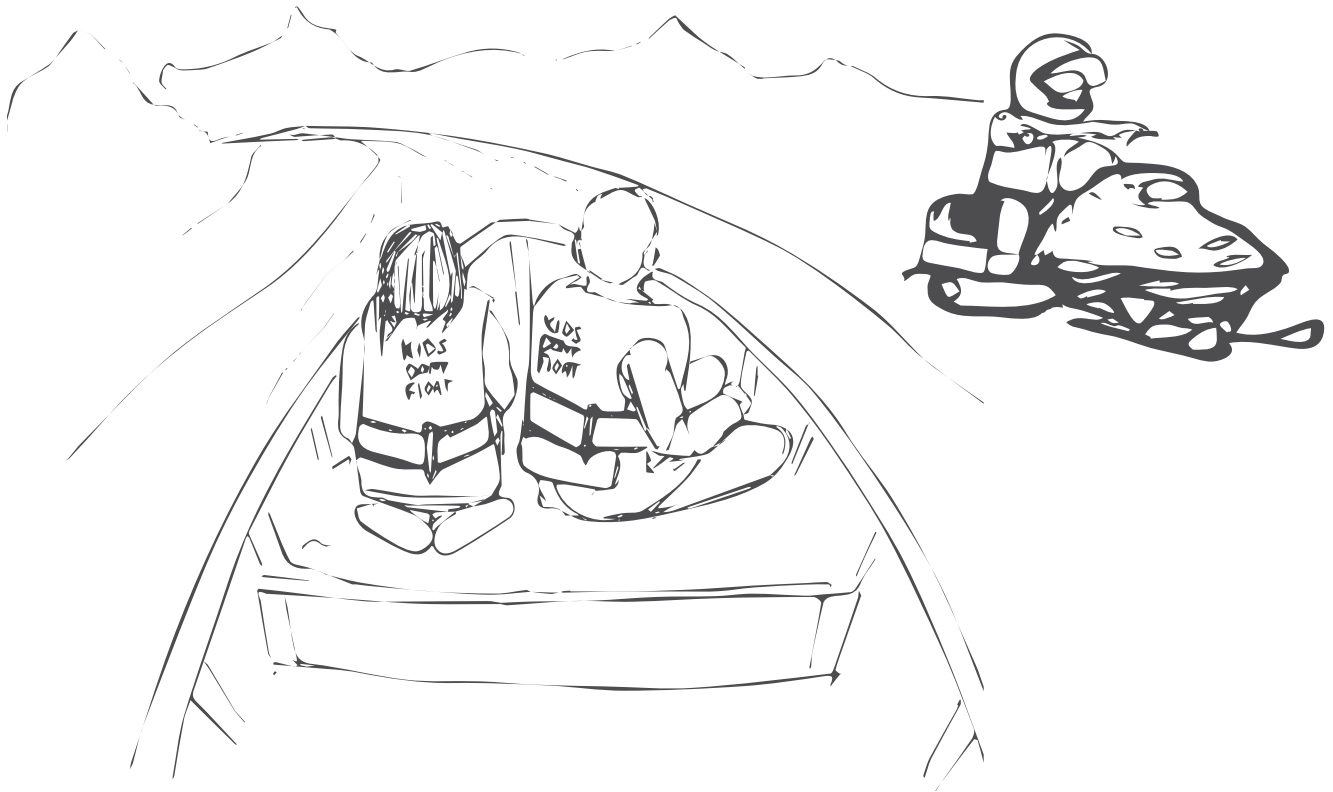
Brown Bear / Aklaq / Taqukaq / Kaynga

English / Inupiaq / Yup'ik / Siberian Yupik

Brown bears eat many different foods like salmon, berries, grasses, ground squirrels, roots, moose and caribou. They have an amazing sense of smell, even better than dogs. Did you know that they can run really fast for short distances, up to 40 miles per hour? They are also fantastic swimmers!



Safety for Our People



When you ride bikes, snowmachines, or ATVs, always wear a helmet to protect your head. Helmets help protect you in case you fall down or crash. When boating or near water, always wear a life jacket to help you stay afloat in case of an accidental fall.

Answer key

- ANSWERS FROM PAGE 5
- Labrador Tea - Ayyuu/Ayyuq
 - Wild Potato - Masu/Uliq
 - Fireweed - Pamiiuqtaq/Ciiliqaaq
 - Willow Leaves - Sura/Cuyaq
 - Stinkweed - Sargiq/Caiglik
 - Salmonberry - Aqpiq/Atsaq
 - Blueberry - Sugat/Curaq

- ANSWERS FROM PAGE 18
- ACROSS
 - 5. Ayyu
 - 6. Brown Bear
 - 7. King Island
 - 9. Fireweed
 - 10. Ivory
 - 11. Helmet
 - 12. Moose
 - DOWN
 - 1. Ulu
 - 2. Iditarod
 - 3. Salmonberry
 - 4. Walrus
 - 8. Diomede

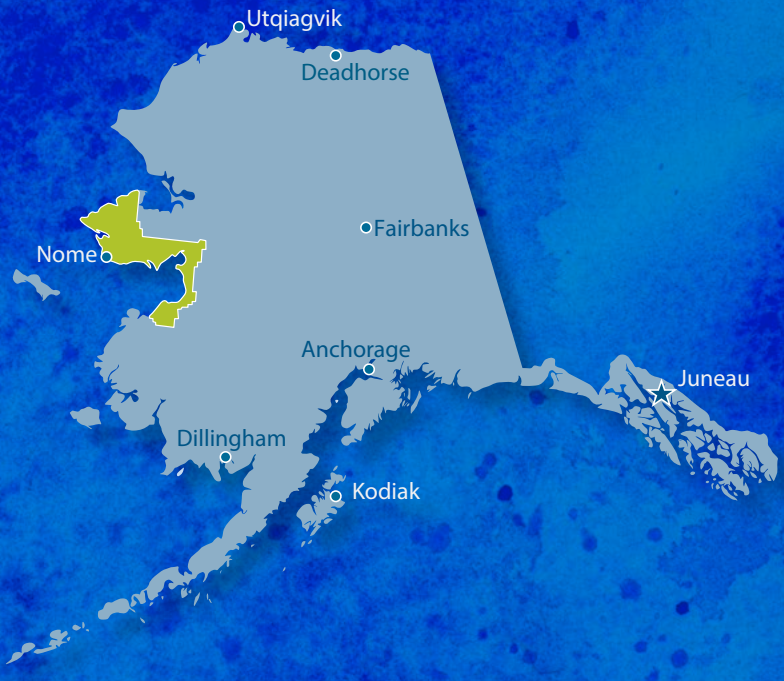
ANSWERS FROM PAGE 8

A crossword puzzle grid with the following words filled in:

- Across: 5. AYYU, 6. BROWN BEAR, 9. FIREWEED, 10. IVORY, 11. HELMET, 12. MOOSE
- Down: 1. ULU, 2. IDITAROD, 3. SALMONBERRY, 4. WALRUS, 8. DIOMEDE

Our Region

The Bering Strait region spans most of Alaska's Seward Peninsula and the coastal lands of eastern Norton Sound. The region encompasses 23,000 square miles and the coastline covers 570 miles along the Bering Sea, Norton Sound and the Chukchi Sea.





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