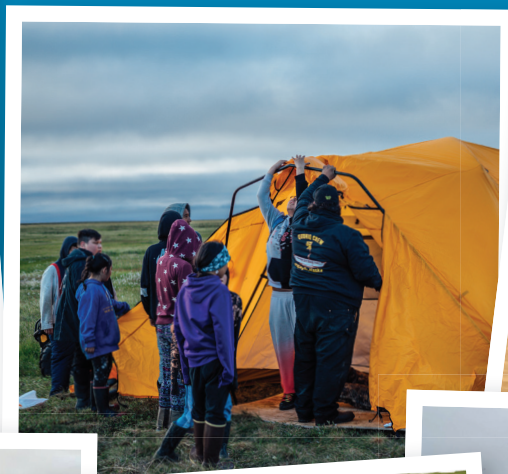


Cultural Education

Student Activity Workbook



Cultural Education PROGRAMS



In 2022, Arctic Education Foundation created its first-ever Cultural Education Program. Through the program, opportunities to pass on traditional knowledge and engage youth within the Iñupiaq culture were made available to the North Slope.

AEF's Cultural Education Programs had three focus areas including a Culture Camp, Traditional Art Workshops as well as Traditional Plant Workshops, which were held in various communities across the region.

AEF has some exciting opportunities coming this year. It plans to continue the regional Culture Camp, traditional plant and traditional art programming, and also expand to include new opportunities for youth!

Learn more and apply today at arcticed.com/cultural-education

Ippiq

(*Bistort*)

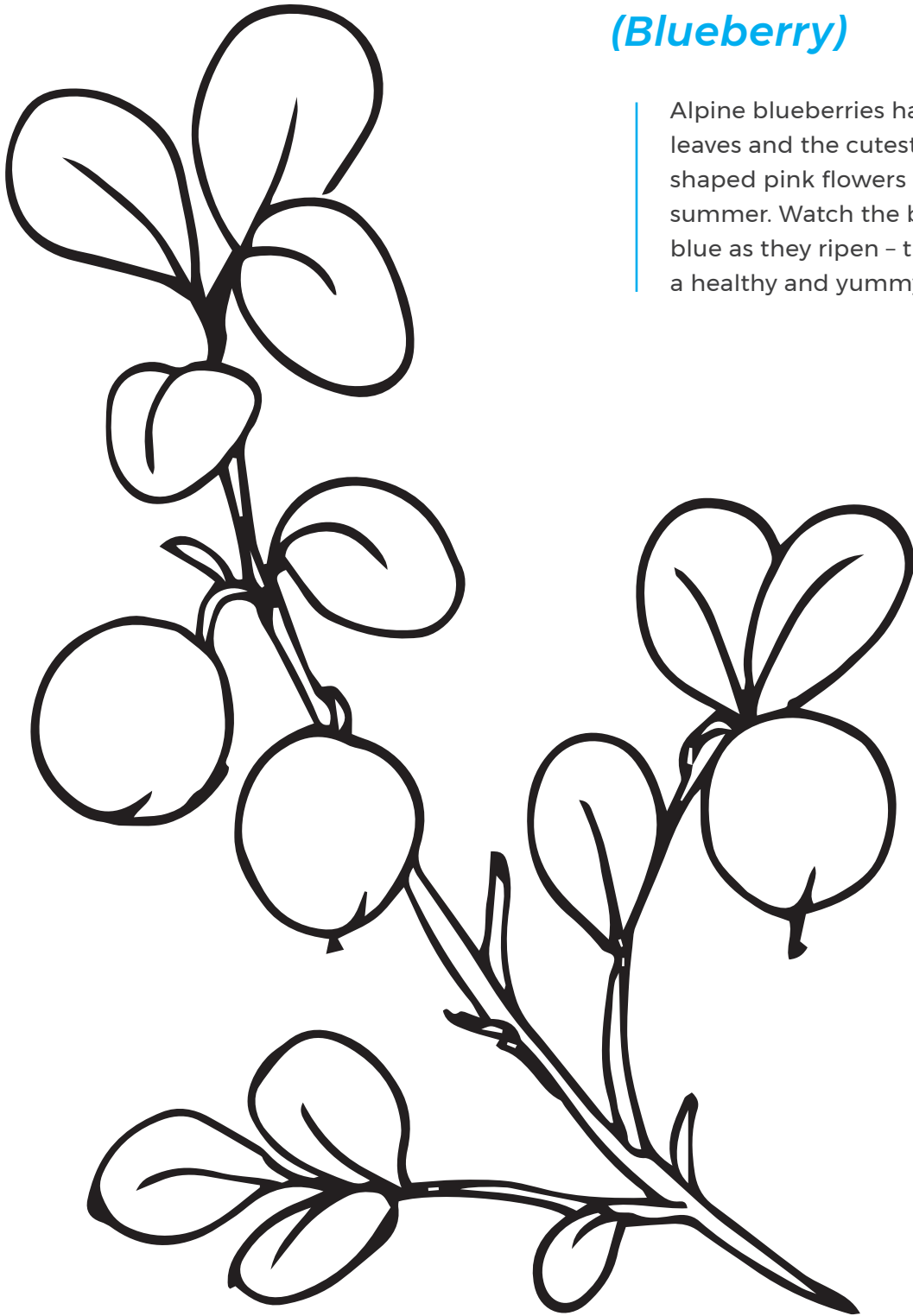
This fun little plant blooms fluffy pink flowers and long skinny leaves in the summer. When the leaves are ready to be picked, give them a little tug and they should slide right out for you to eat them!



Asiavik

(Blueberry)

Alpine blueberries have oval leaves and the cutest bell-shaped pink flowers in the summer. Watch the berries turn blue as they ripen - they make a healthy and yummy snack!





Tilaqiaq

(Labrador Tea)

Also known as labrador or tundra tea, tilaaqiaq has a beautiful smell and its leaves make a strong medicinal tea. The tea can help you feel better when sick but be cautious. Always make sure someone helps you because you don't want to have too much at once.

Quagag

(Sourdock)

It grows tall with big green leaves and little red flowers at the top. Pick the leaves mid-summer when they're big and juicy for a sweet and sour treat!





Aqpik

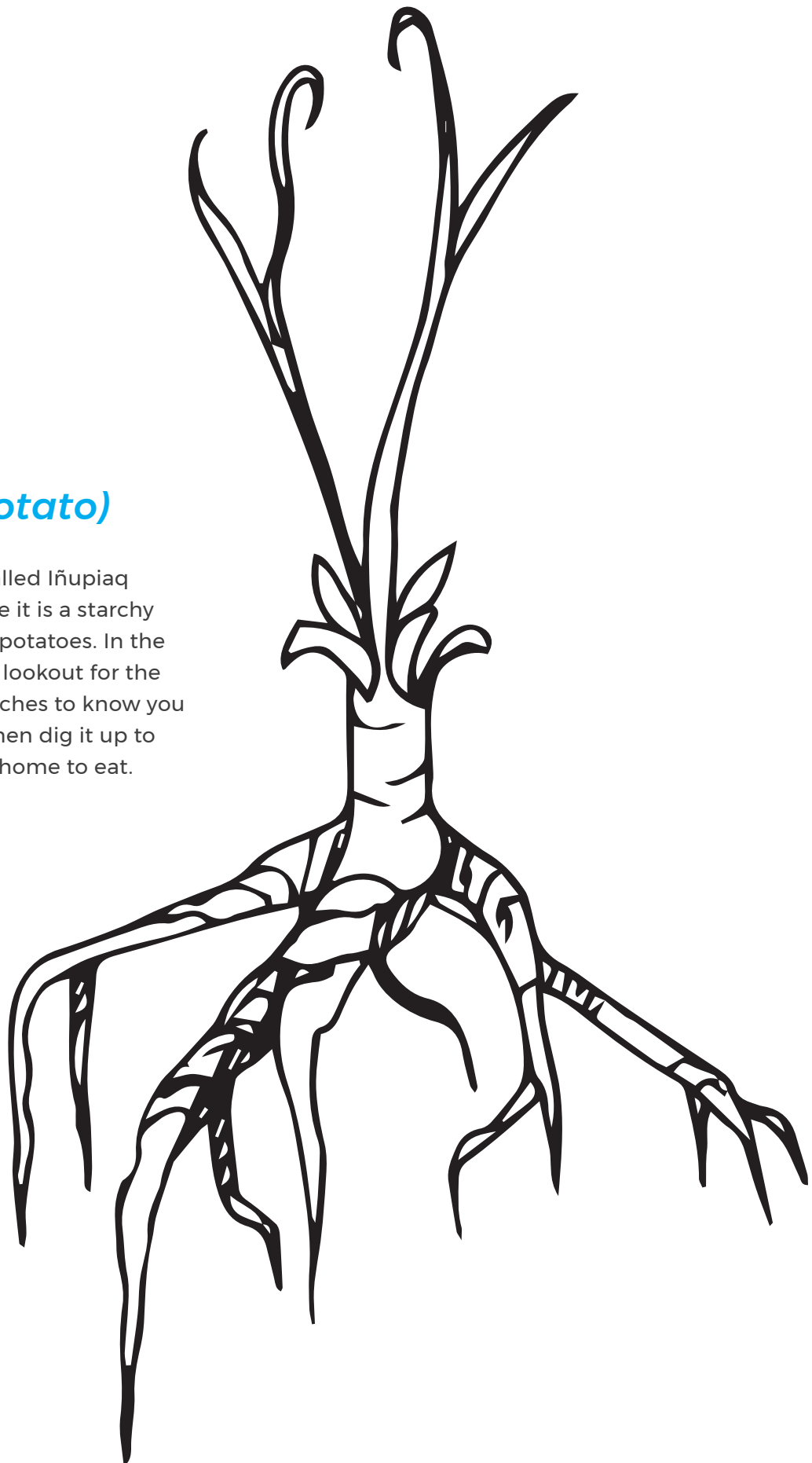
(Cloudberry)

These little orange/red berries are one of the most popular berries on the North Slope. When the conditions are right they pop up all over the nuna for everyone to enjoy.

Masu

(Iñupiaq Potato)

Masu is also called Iñupiaq potato because it is a starchy root similar to potatoes. In the fall and spring lookout for the Y-shaped branches to know you found masu, then dig it up to take the roots home to eat.



Qunulliq

(Mountain Sorrel)

Similar to quagaq, Qunulliq stalks are a little shorter with little red flowers and round heart-shaped leaves. Leaves can be collected in the summer, and they have a sweet and sour taste, similar to the skin of a grape or green apples.



Sargigruaq/Sargiq

(Stinkweed)

Another medicinal plant, sargiq leaves can be used to make healing teas, salves and more. When the leaves are alive and green they are best for making salves. After they die and turn brown you can use them for healing teas.



Kanunjiq

(Diamond Willow)

Kanunjiq is both a medicinal and edible willow plant. It contains a natural form of aspirin which can help with headaches and infections when out on the nuna. To eat it, pick the leaves early in the spring when they are tender and bright green.



ABOUT THE ARTIST

Nasuḡraq Rainey Hopson



Nasuḡraq Rainey Hopson is an Iñupiaq born in Barrow, Alaska (now known as Utqiagvik) and raised in Point Hope. She has two brothers and one sister - all younger siblings. Hopson is married and is raising her amazing daughters in Anaktuvuk Pass, where her husband is originally from.

Anaktuvuk Pass is a very small, beautiful Native village in the Brooks Range, where people live mostly a subsistence lifestyle. This means they harvest plants and animals from the wild for a good portion of their food, and do as much as they can to preserve traditional Iñupiaq values and knowledge.

Hopson has a college degree in Studio Art from Humboldt State University in California. Over the years, she has worked many amazing jobs and done many projects that allowed her to use her creativity. She has been an art teacher, created cultural content for the school district and even produced an Iñupiat documentary. Hopson also does jewelry making, metalsmithing and much more!

Her passion is all things indigenous and creative that focus on traditional knowledge and culture. Hopson runs a small seasonal Arctic agriculture business and an online shop called SalmonberryDreams. Creating things for others to understand the Iñupiaq way of life that our people can see themselves reflected in is her goal in everything she does.

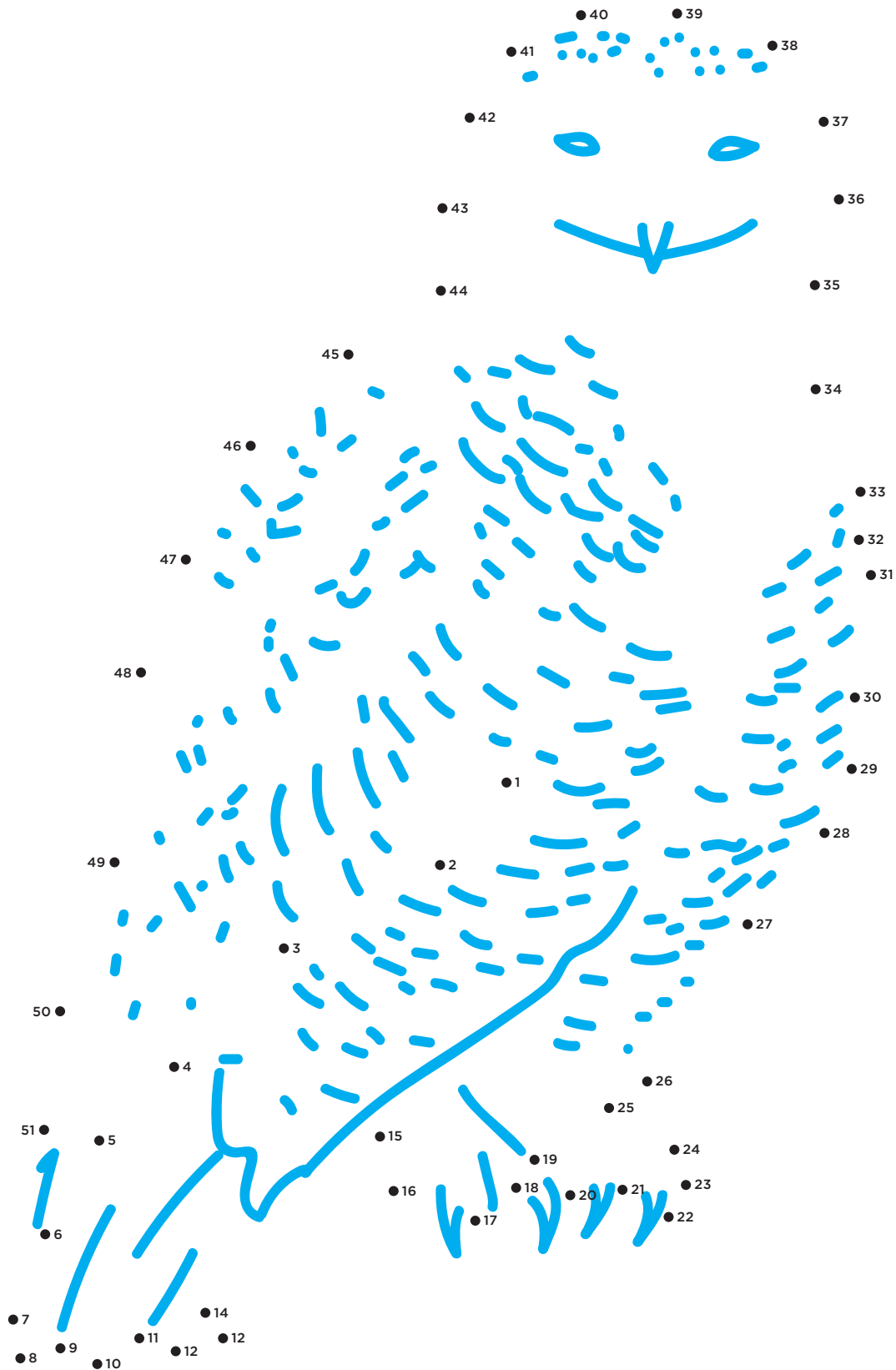
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Find these words

IPPIQ ASIIVIK TILAAQIAQ QUAĠAQ AQPIK
MASU QUNULLIQ SARGIQ KANUNNIQ

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Connect-the-dots



Subsistence

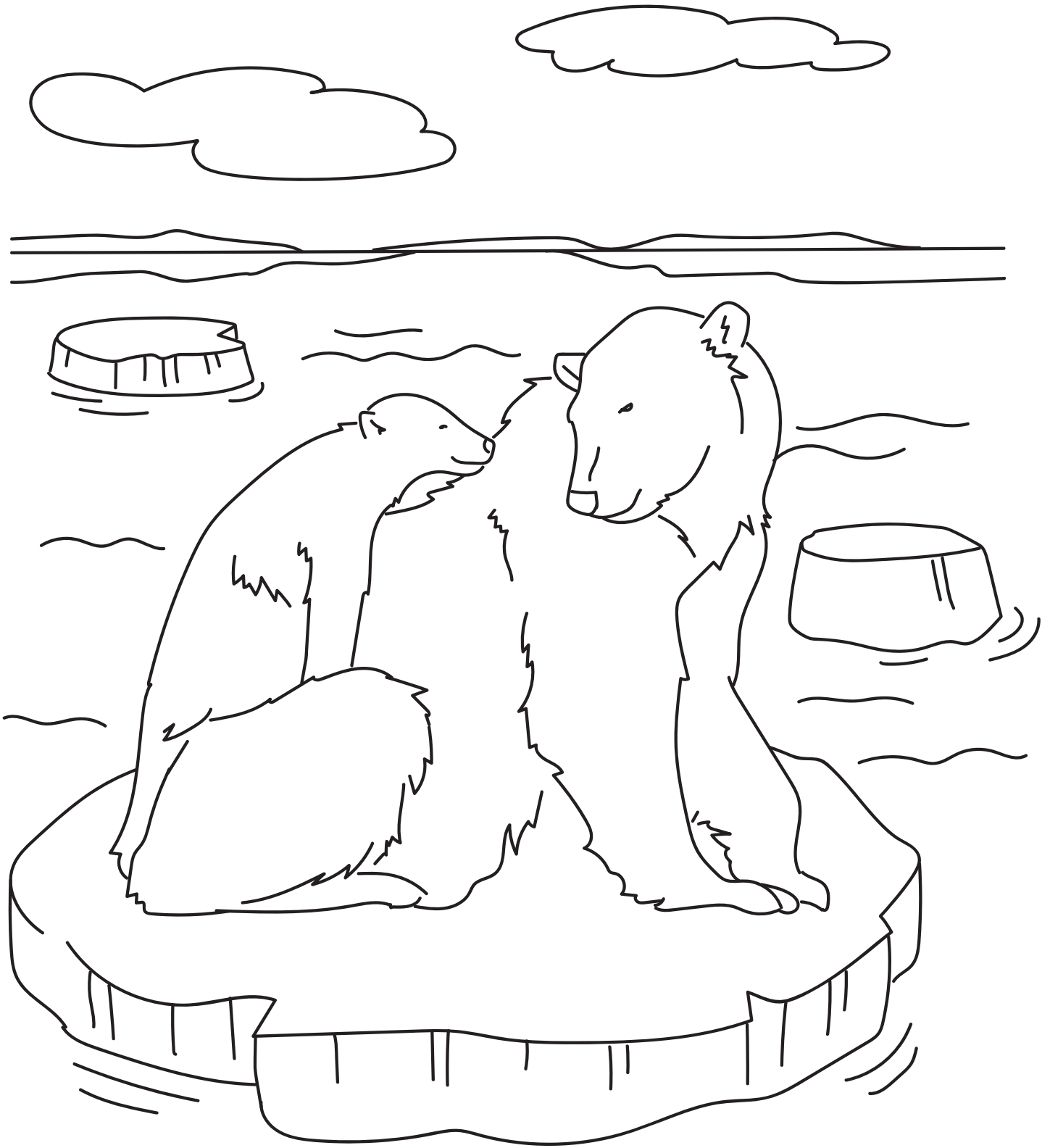
What are some animals you see where you live?

What are your favorite animals to eat?

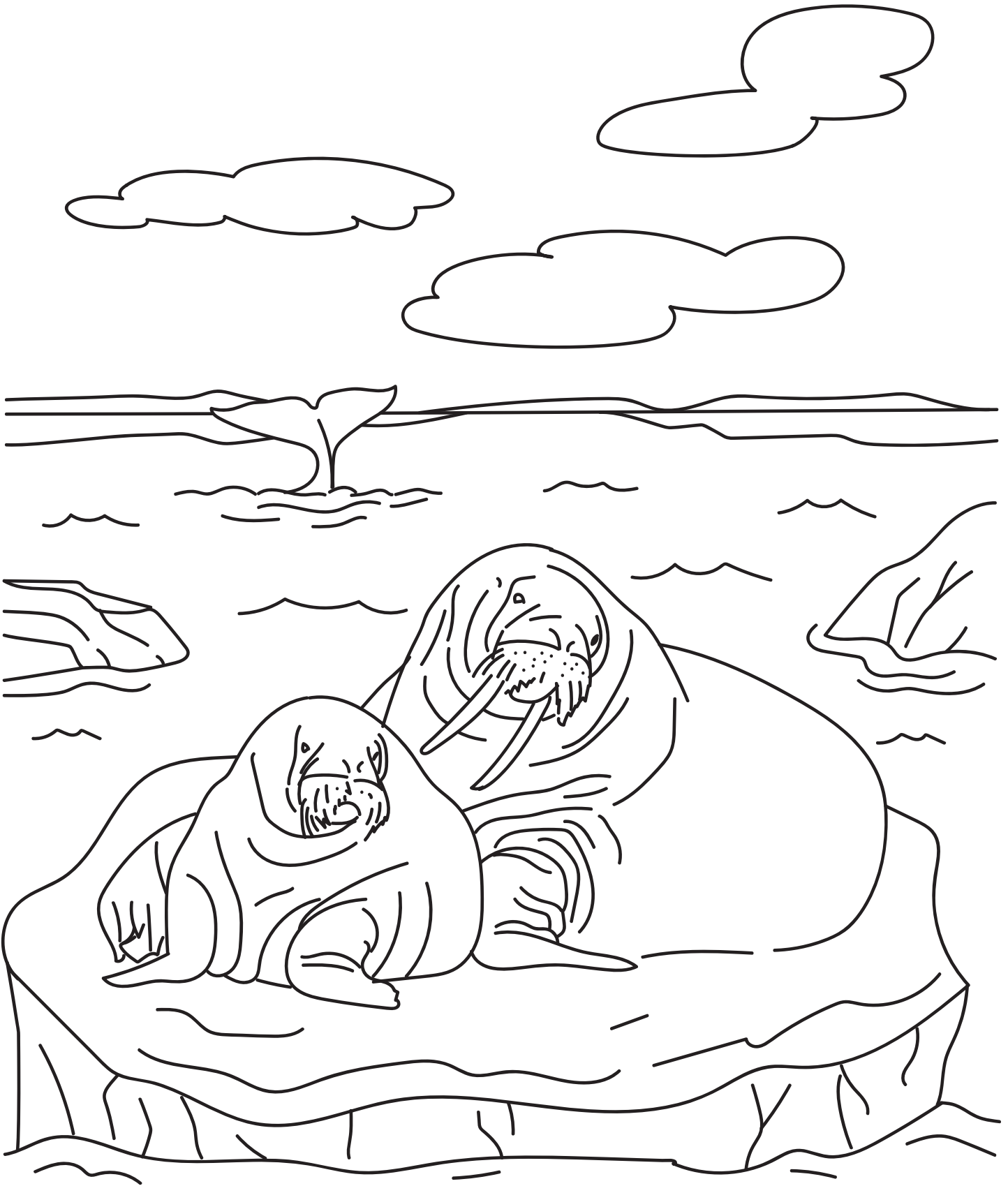
What berries do you and your family enjoy picking?

Draw a Picture of Your Favorite Animal

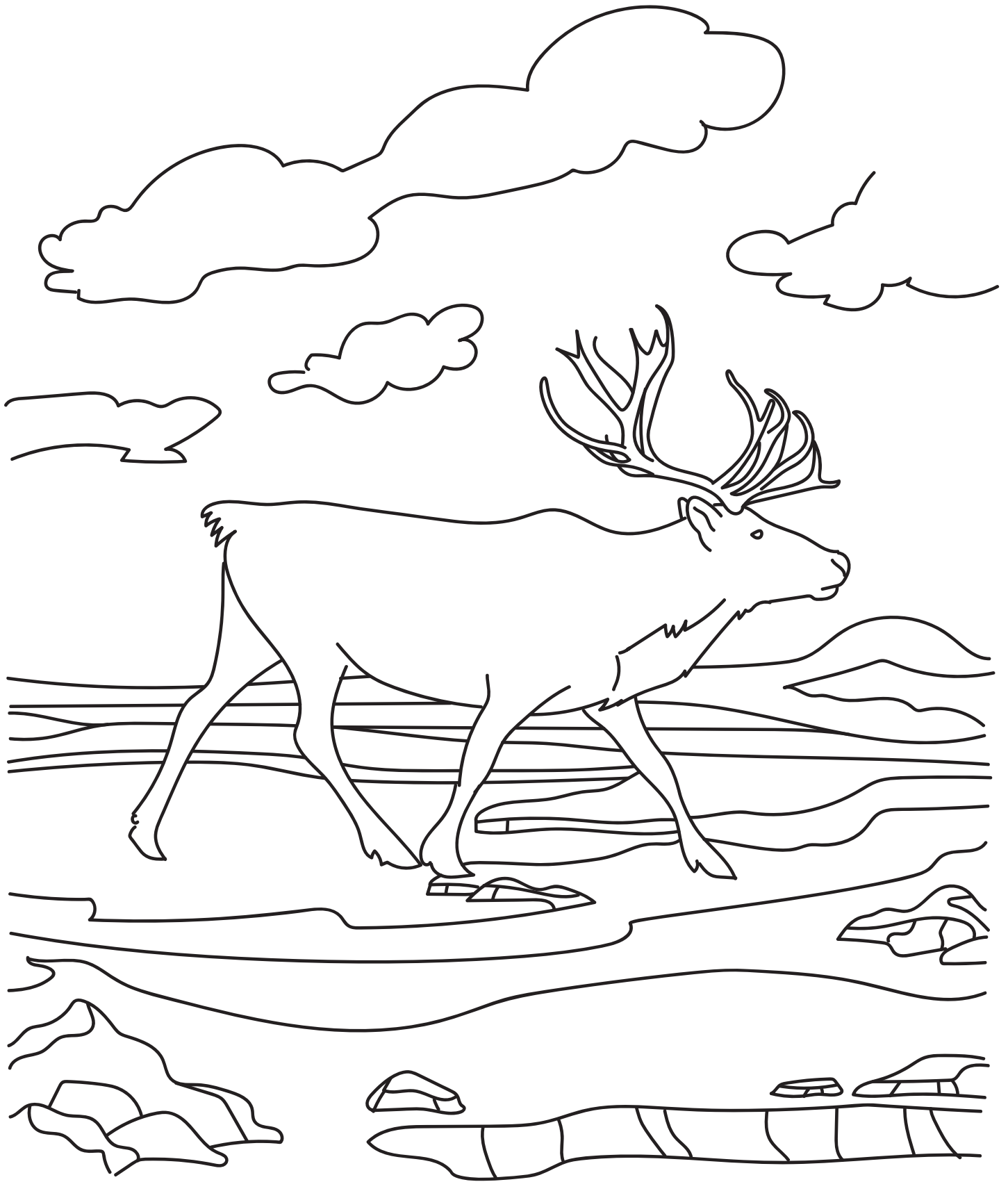




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