This book is part of a collection of Chuukese and English bilingual books, developed under Chuuk’s Language & Content (L&C) Learning project. The bilingual book collection is designed for K5 to grade 8 students, and encompasses materials in the following 4 themes:

<table>
<thead>
<tr>
<th>Grade level</th>
<th>Theme</th>
</tr>
</thead>
<tbody>
<tr>
<td>K5</td>
<td>traditional stories</td>
</tr>
<tr>
<td>1</td>
<td>environment</td>
</tr>
<tr>
<td>2</td>
<td>plants and animals</td>
</tr>
<tr>
<td>3</td>
<td>daily island life</td>
</tr>
<tr>
<td>4</td>
<td>environment</td>
</tr>
<tr>
<td>5</td>
<td>plants and animals</td>
</tr>
<tr>
<td>6</td>
<td>daily island life</td>
</tr>
<tr>
<td>7</td>
<td>traditional stories</td>
</tr>
<tr>
<td>8</td>
<td>daily island life</td>
</tr>
</tbody>
</table>

The books build students’ Chuukese and English literacies through topics important to students, their communities, and Chuuk.
Ifa Ussun Áái Túmwúñúúw Inisi

How I Take Care of Myself
Ngaang mii sine tumwúnúúw inisi.

I know how to take care of myself.
Ieei ussun áái tumwúnúúw inisi.

This is how I take care of myself.
Úwa pwúsín nenó me méúr.

I wake up on my own.
Úwa ténú peii.

I wash my hands.
Úwa oresii mesei.

I wash my face.
Úwa pirósséseei ngii.

I brush my teeth.
Úwa túútú.

I wash my body.
I put coconut oil on my body and hair.
Úwa komweei mékúrei.

I comb my hair.
Úwa úféléfél.

I put on clothes.
Ieei sókkun áái tûmwûnûúw îñisi.

This is how I take care of myself.
1. Ifa ussun óómw tůmwúnúúw inisumw?
   How do you take care of yourself?

2. Ifa ussun óómw aa kónik ne tůmwúnúúw inisumw?
   How do you use water in taking care of yourself?
3. Pwata e éúchchea epwe wor kónik mii nimééch reen óómw kopwe túmwúnúúuw inisumw?
Why do you need clean water to take care of yourself?

4. Pwata kopwe túmwúnúúuw inisumw?
Why should you take care of yourself?
5. Epwe fáán fite kopwe pirósseei ngiimw?
How often should you brush your teeth?

6. Meet kekan ténú ngeni poumw?
What do you use to wash your hands?
7. Pwata sikan epiti tikka inisich me mékúrach?

Why do we put coconut oil on our body and hair?
The choice of Chuukese vocabulary in this book depends on authors’ own dialect and preference. The Chuukese spelling in this book conforms to the decisions of the Chuukese Orthography Commission with one major exception. As per Chuuk State DOE practice and wish, word-initial geminate consonants are not indicated in spelling and are represented by single instead of double letters.
About the Publisher

Island Research & Education Initiative (iREi) is a non-profit organization dedicated to upholding the unique environmental and cultural legacies of islands and island peoples. We are based in the FSM, but our activities span the entire Micronesian region. Our members are volunteers committed to the long term well-being of Micronesian islands. We collaborate closely with like-minded organizations, local communities, and governments. One of our core activities is to assist educational authorities in creating and publishing of locally-relevant school resources, particularly in the indigenous languages of Micronesia. That grants the children of our islands place-based tools they can relate to and positively reinforces their adventures in the world of learning.

iREi can be contacted at irei@islandresearch.org

IREi
www.islandresearch.org