

# Upper Tanana Encouragement Phrases

Translations by: Jenny Sanford and Jolenda Johnny



Nshah shiit ij̄dah

Stay home.

Łii k'analta'

Help each other.

Diichaą ts'a' diik'analta'

Respect everyone



Tsqo' tlih ts'a' tlanalt'e'

Be kind to each other.

Hqosqo ts'a' naa'nij'tii'that

Think good thoughts.



Nan' k'it naatij̄dak

Go on the land.

Nahnòh lihxah daltsij̄'

Love each other.

Diik'aanilta'

Take care of yourself/ Be safe.

Nła' naa'ij̄ch'òt

Wash your hands.



Nahnò' hqosqo ts'a' ij̄haal

Go forward in a good way.



Council of Yukon  
First Nations