

wikčukʔiš ciiqciqasa ʔin caqicp̥itwaani	It's easy to speak because we say it 20 times.
yakukiis nanaʔa λuułλuuła ciqšič	My person that knows speaks slowly.
huʔaas waaʔaλ yakukʔiis nanaʔa	My person that knows says it again.
ʔaaphiis̥tał yakukiis nanaʔa ʔuhʔiš siyaa	We are kind to one another, my person that knows and I.
q <sup>w</sup> aaʔapʔi yaqii q <sup>w</sup> aaʔapaalʔick	Do what you usually do.
ʔumč̥aapstałʔič	Play together.
wikʔum ʔaanistiš ʔuk <sup>wii</sup> łsuuk ʔapatmis	Don't be unprepared. Make a plan.
ʔaʔaatusuuk yakukiis nanaʔa q <sup>w</sup> aaʔapmaḥsaquu	Ask my person that knows if she wants to do it.
ʔuušyuuya wikyuu ʔuhwał ʔapatmis	Sometimes do not use a plan.
	Speak from your feelings/spirit
	Acknowledge your ancestors