

Learning about one another

Today we will be exploring what makes us the same, different, and unique!

Aujourd’hui on explore ce qui nous rends la même, différente et unique.



Asynchronous Learning Tasks

Grade 7
Grade 8



Image: Instagram @chrisnikic

Chris Nikic is an Ironman

On Nov. 7, 2020, Chris Nikic did something incredible. He became the first person with Down syndrome to complete one of the most gruelling athletic competitions in the world–the Ironman triathlon. Learn more about Chris’ story [HERE](#).

The 1% better each day principle

Watch the video below to learn more about Chris’ 1% better journey.



Writing Task

How you can apply the 1% better principle in your life? Journalling can be a powerful strategy to help you achieve your goals. Create a journal entry that captures your 1% better each day plan.

Writing Checklist

- ☐ My ideas are clearly expressed
- ☐ I included strong supporting details
- ☐ I used effective vocabulary
- ☐ Visuals support and enhance my ideas (optional)

Video

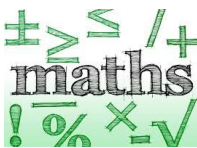


Text:
[If the World Were a Village Text Preview](#)

If the World Were a Village by David J. Smith

Written in 2011, this book uses world statistics and shrinks them down to a global village of 100 people. Readers are able to gain a new appreciation of the world as a whole, and they may discover that life in other parts of the world can be very different from their own.

Questions for discussion: What is something new that you learned? How does the global village compare to where you live? What is the same? What is different? *Qu’est-ce que tu as appris? Comment le village globale se compare a ou tu habite? Qu’est-ce que c’est la même et différente?*

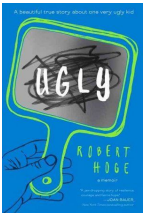


In the book, the world's population (6,660,000,000) is represented in the imaginary village of 100 residents so that each resident represents approximately 67 million people from the real world. Is this a good way to represent these numbers? Click [here](#) for other examples. In your opinion, what is the best representation?

Watch the trailer for *Wonder* below.



Listen to the [interview](#) with author Robert Hoge about his book *Ugly*, which is based on his own life story.



If you’d like to read the full book, log into <https://destinydiscover.com> using your DSNB username and password and search the title.

Compare what you know about the fictional text *Wonder* with the non-fictional text *Ugly*. Determine what’s important and use it to recommend one of these books to a friend. How would you make your pitch?



- What was the most important idea?
- What is essential to remember?
- What do I think the author is trying to tell me?

Train Like an IronMan

The IRONKIDS Fun Run offers young athletes the opportunity to feel the excitement of competition while enjoying the outdoors and promoting healthy living.

Design your own outdoor fitness circuit for you and your family. Be sure to keep your family’s fitness levels and goals in mind.

Questions for Reflection:

- What did you learn about yourself?
- What did you learn about your family?
- What might you do differently next time? Why?



Looking for some ideas?

Check out these fitness cards:



Sports

Today we will be exploring all things about sports.

Aujourd'hui on va explorer les sports.



Asynchronous
Learning Tasks

Grade 7
Grade 8



Young Canadian basketball star featured in new documentary series

Jalík Dunkley-Distant, 15, is a young basketball star featured in new documentary series. Read his story [here](#).



Questions for Discussion:

- What is remarkable about Jalík Dunkley-Distant?
- Why do you think he was selected to be featured in a documentary series?
- If you were the producer of a film company, who would you choose to star in a documentary series? Explain your decision.



Image Credit:
<https://www.cbc.ca/kidscbc2/the-fee-d/hockey-by-the-numbers>

Cool facts about Canada's most popular winter sport - hockey

Check out these cool NHL hockey facts at CBC Kids [HERE](#).

After Reading:

- What is something interesting that you learned about Canada's most popular winter sport?
- The facts in the article are presented in the form of an infographic. An infographic is a visual representation of data and information.
- Imagine you are a sports journalist. Design an infographic that communicates interesting facts about a sport you enjoy. This can be done on paper or using a digital tool of your choice.

Checklist:

- ☐ Information is accurate
- ☐ Topic and main ideas are clear
- ☐ Design is simple and easy to read
- ☐ Visuals complement information
- ☐ Capitals, punctuation and spelling have been checked

What Makes an Effective Infographic?

Check out this video for some tips about what makes an effective infographic:



Jumbled Hopscotch

Lately, we've seen some lovely hopscotches made by our neighbours in sidewalk chalk for everyone to use, but what would happen if we jumbled the numbers? First, we can ask ourselves: How many ways can we reorganize the numbers in hopscotch?

Learn more here:



Go outside and give it a try.



Questions for Discussion:

- Out of all the ways of reorganizing the numbers, how many can we still jump through? If the 1 is too far from the 2, it might not work out! What does this depend on? How many jumpable hopscotches can you make?
- Jumbled or not, you can still ask other hopscotch questions, such as: If you add up every number you hopped on, how many ways can you jump through your hopscotch such that your numbers add up to 15? How many different totals can you make?

Before Reading

- What is the difference between amateur sports and professional sports?
- Have you ever tried to convince an adult that you should be allowed to do something? What did you do? How successful were you in persuading the adult?

Catching the Moon: The Story of a Young Girl's Baseball Dream



After Reading

- Why did Marcenia love baseball? How did Marcenia's passion for baseball affect the other things in her life?
- Why do you think Mr. Street gave baseball shoes to Marcenia?
- Why did her father allow Marcenia to keep the shoes even though he didn't like to accept charity?

Overcoming Obstacles

Today we will be learning more about overcoming obstacles.

Aujourd'hui, nous en apprendrons davantage sur la façon de surmonter les obstacles.



Reflect on the questions below as you watch Amanda Gorman present her poem, “The Hill We Climb”, at the inauguration of U.S. President Joe Biden (Jan, 2021).

- What do you notice?
- What do you wonder?
- What stands out to you?
- Why might poets be tapped to read or speak at Presidential Inaugurations?



Click [here](#) for a transcript of the poem.

Watch this [interview](#) with Amanda Gorman to learn more about how she overcame obstacles to achieve her goals.

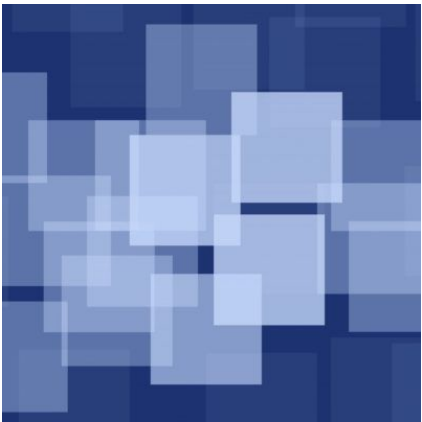
Write a goal of your own. Be specific by using this frame:
I want to (goal) _____
by (date) _____ so
I will (action) _____.



Watch the TEDTalk below to hear local author, Miriam Laundry, talk about The Bully in the Mirror.



Be your own superhero! Click [here](#) and think about how you would rewrite the negative statements to find your positive self-talk superhero self!



Mental Strength: Fewest Squares

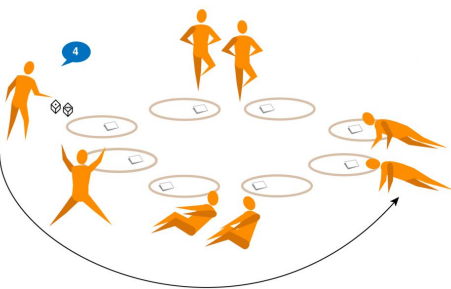
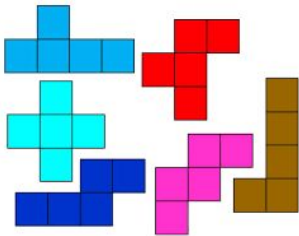
This mathematical investigation will help to develop the visual-spatial parts of your brain.

Draw an 11×13 grid and try to find the fewest number of squares you can use to cover it without overlap or extending outside the grid.

[Click here](#) to view a video showing how to conduct this investigation.

Try This For Another Fun Challenge

Make your own set of [pentominoes](#) and create your own puzzle to share with others.



Physical Strength: Set up a Fitness Circuit

Athletes train their bodies hard in order to stay fit. Today, train like an athlete by setting up a fitness circuit. Choose six activities and number them 1-6. Some possible fitness activities include: running on the spot (cardiovascular fitness) push-ups (muscular strength and endurance), stork stand (muscular endurance and balance enhancement). Roll a [dice](#). Complete the activity indicated by the number on the dice. Keep rolling, working through as many circuit stations as possible. You should spend 2-3 minutes at each station.

Les athlètes font de l'exercice pour rester en forme. Aujourd'hui, fait un circuit de l'exercice. Choisis six activités et donne-les un numéro 1-6. Tu peux courir, faire les pompes, etc. Roule un dés et les complète en ordre du numéro que tu roules. Passe 2-3 minutes pour chaque station.

Questions for Discussion:

Some of the movement activities may be new to you. Why is it important to try new things? What does it look and sound like when you are performing at your best when being physically active?

Quelques activités peuvent être nouvelles. Pourquoi c'est important d'essayer les nouvelles activités? Comment cela regarde et quand tu fais les activités physiques?
Activity Source: [OPHEA](#)

Getting Involved

Today we will be looking at ways we can help others in our community and world.
Aujourd'hui on explore comment on peut aider les autres dans notre communauté et le monde.



Asynchronous
Learning Tasks

Grade 7
Grade 8



An activist is

... someone who is not willing to let a situation go unnoticed. It is an individual who feels so passionately about a topic, they just can't help doing something to learn more, to raise awareness among others, and to bring about change.
(Definition taken from <https://kidsrighttoknow.org/>)

Listen to 12 year old Autumn Peltier, a Canadian advocate for water, and think about what it means to you to be an activist.
Écoutez Autumn Peltier, 12 ans, un défenseur canadien de l'eau, et réfléchissez à ce que cela signifie pour vous d'être un activiste.



Writing Task

Research someone you believe fits the criteria of what an activist is. Write a convincing paragraph about why you believe this particular person is in fact an activist. Be sure to include a description of what they advocating for.

- ❑ Topic sentence
- ❑ At least 3 detail sentences
- ❑ Closing sentence
- ❑ Strong word choice
- ❑ Proper punctuation, spelling and grammar

Fraction Fun!

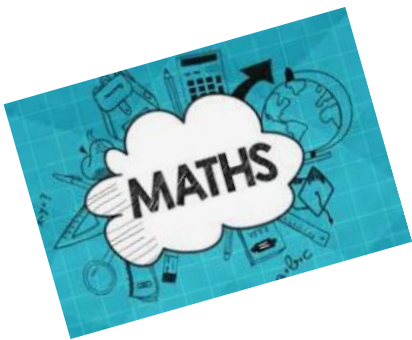
If the picture is worth a whole:

- What combination of shapes would represent one half?
- How much is an orange triangle worth?
- Pick another shape in the picture and explain how much you think it's worth to someone in your house



Try This

Choose either the Fraction hunt or one of the extension activities



Covid may have changed the way that we can get involved in some activities, but there are still many ways we can help our community safely. We know that there are still people who need food, shelter and support during this pandemic. What are some ways you can help others in our community?

Comment peux-tu aider les autres dans notre communauté?



Did you know...

Being aware of how you are breathing is one of the most important parts of mindfulness. If you focus on your breath, naturally you will become more calm and focused.
Quand tu donnes l'attention à comment tu respire, cela est très important pour être présent dans le moment. Donne l'attention a ton respiration et tu vas être plus calme.

Breathing with Awareness

quietly sit or lie down on the floor a safe distance apart from furniture or anything that could be distracting. Consider dimming the lights.

ACTIVITY – Deep Breathing: inhale a deep breath at the start of each movement and exhale at the end. Now try doing some of these during each deep breath:

Scrunch your toes, hold, and now relax.
Stretch, lengthen your legs, hold, and now relax.
Crunch, engage your abdominals, hold, and now relax.
Clench your fists into tight balls, hold, and now relax.
Stretch your arms over your head, hold, and now relax.
Scrunch your face, hold, and now relax.
Tense your entire body, hold, and now relax.
Next, have participants wiggle their fingers and toes, and then stretch
When finished, slowly come up into a comfortable seated position when they're ready.



Listen to this calming music as you do this breathing activity.

ReconciliAction

Asynchronous
Learning Tasks



Today we will be exploring what reconciliation means.

Grade 7
Grade 8

Aujourd'hui, nous allons explorer ce que signifie la
réconciliation.



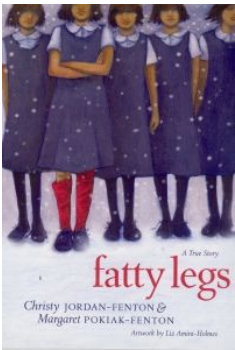
Watch “The Stranger” from Gord Downie’s [The Secret Path](#)



1. What was Chanie’s experience in the residential school as shown in the video?
Comment était l’expérience de Channie dans la vidéo?
2. What is the expression on the faces of the children and Chanie while in the residential school? What do these expressions reflect? *Quelles sont les expressions aux visages des enfants?*
3. What was Chanie’s life like prior to his experience in the residential school?
Comment était la vie de Channie avant le pensionnat?
4. Why is it a “secret path”? *Pourquoi est-ce que c’est un “chemin secret”?*

<https://www.theglobeandmail.com/life/globewe/we-day-unit-3/article36824295/>

Another story about life at a residential school:



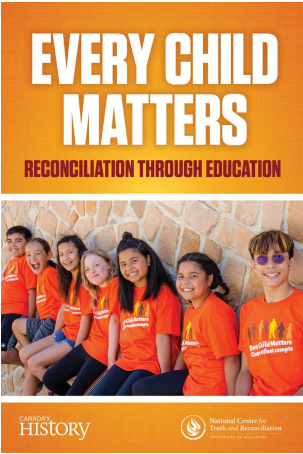
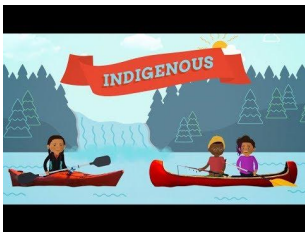
Watch the trailer for the book *Fatty Legs* by Christy Jordan-Fenton. If you’d like to read it, log into [Destiny Discover](#) using your DSBN username and password then search the title.



Look at the pieces of art below. What do you notice? What do you wonder? *Qu’est-ce que tu regardes avec l’art?*



INDIGENOUS
Watch this video to learn what the word Indigenous means.



Learn more about reconciliation in this magazine written by award-winning Indigenous author [Monique Gray Smith](#).

What is Reconciliation? *Qu’est-ce que c’est la reconciliation?*

Reconciliation is a process of healing and restoring friendly relations – a process Canada is working toward between Indigenous and non-Indigenous Canadians. For more than 100 years, Indigenous children in Canada were required to attend government-funded residential schools, which removed them from their communities and the influence parents had in the spiritual, cultural and intellectual development of First Nations, Métis and Inuit children. The last residential school closed in 1996, but its legacy continues to affect Indigenous Peoples today. In Indigenous communities:

- 40 per cent of young people live in poverty.
- They are six times more likely to be killed than anyone else in the country.
- They make up 48 per cent of all children in foster care.
- 39.8 per cent have not completed their high school diploma.
- 1 in 4 report that their homes are in need of major repair.
- 32 per cent of schools have issues with access to clean drinking water.
- Six out of 10 people age 12 and older are diagnosed with at least one chronic illness.

Taken from: <https://www.theglobeandmail.com/life/globewe/we-day-unit-3/article36824295/>

What is the TRC? *Qu’est-ce que c’est le TRC?*
What does reconciliation mean to you? *Qu’est-ce que la réconciliation veut dire pour toi?*
How can you contribute to reconciliation? *Comment peux-tu contribuer à la réconciliation?*
[Want to learn more?](#)

