

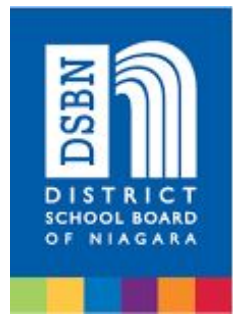
Discover Canada!

Take a journey across our country, exploring some of the people and places that make Canada so incredible!



Asynchronous Learning Tasks

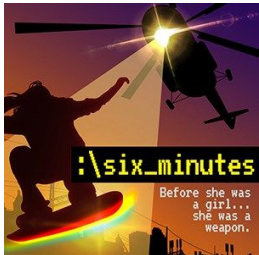
Grade 7
Grade 8



During the War of 1812, Laura Secord walked from Queenston to Beaver Dams, near Thorold, to warn the British forces that the Americans were planning to attack. The story of her trek has become legendary, and Secord herself mythologized in Canadian history. After viewing the [video tour](#) and the [Heritage Minute](#), take a look [inside](#) the Laura Secord Homestead and read more about this Canadian heroine at the [Canadian Encyclopedia](#).



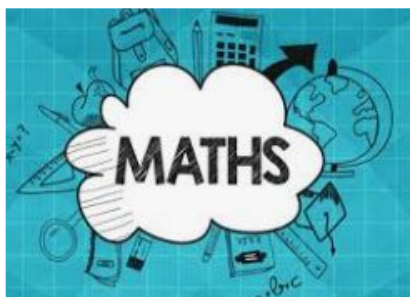
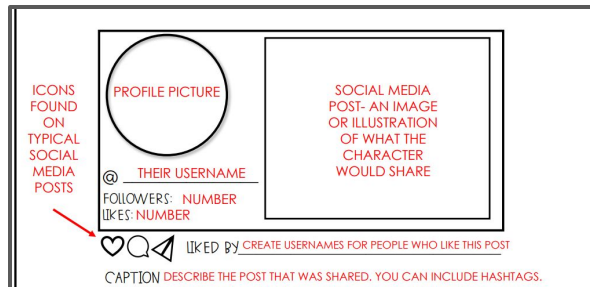
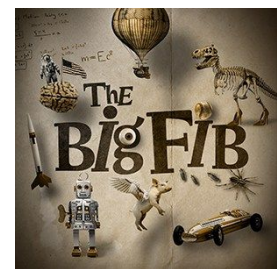
The Battle at Beaver Dams exemplifies the ways in which Indigenous Peoples and their desire for peace impacted the War of 1812. How does the telling of the story in the video [Uncommon Courage](#) below compare with the Laura Secord story?



Check out [Six Minutes](#) - a thrilling mystery adventure podcast! Each episode is six minutes long and each one is sure to keep you on the edge of your seat!

Listen to a few of the episodes. If the characters had the ability to create a social media post, what would they share? Create social media posts from their perspective.

Then, test your abilities to see if information is true or a lie in the podcast [The Big Fib](#), the hilarious game show where kids have to figure out who's an expert, and who's a liar, liar, pants on fire.



What's the Secret Code?

Use the clues to find the code number:

1. It is between 8,500 and 8,800.
2. When multiplied by 8, the result is a whole number.
3. The digit in the hundreds place is $\frac{3}{4}$ the digit in the thousands place.
4. The sum of all digits in the number is 26.
5. The digit in the hundredths place is 200% of the digit in the tenths place.
6. There are no zeros in the decimal places.

Reflect:

1. What code numbers fit these clues?
2. Explain how you used all of these clues to find these possibilities.
3. Write one more clue so that there is only one possible code number.

See the original youcubed task [HERE](#).

You might want to use a [Place Value Chart](#) to help you.

Challenge someone in your bubble!



Invent your own game using items you can find at home.

Name of the game - What will you call your game? This could be a variation of an existing game or a completely made up game.

Number of players - Will your game be played in teams, groups or as individuals?

The play area or boundaries - Where is your game going to be played?

Materials Needed - Make a list of the items needed to play.

Rules - What are the rules of the game?



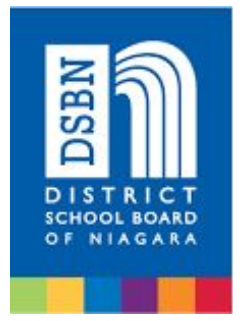
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Did you know that Canadian Joseph-Armand Bombardier was the inventor of the snowmobile? Click on the Heritage Minute below or read more at the [Canadian Encyclopedia](#).



Visit the online exhibit at the [Canadian Science and Technology Museum](#) in Ottawa, Ontario. In 1994, the Canadian government designated Bombardier as a Person of National Historic Significance and installed a federal [plaque](#) in Valcourt, Quebec.

Would you agree with this designation?

See the [full list](#) of National Historic People. Who else would you nominate? Consider the [criteria for evaluating subjects of potential national historic significance](#).

Write a persuasive letter pitching a person of significance for a plaque. Be sure to include lots of evidence to justify your choice. Cite the sources you use for your research using a tool such as [EasyBib](#) or [BibGuru](#).

EAR

YOU

EYES

UNDIVIDED ATTENTION

HEART

Chinese sign for the verb 'to listen'

Listening for life

Do you ever wish that you could be a better listener or that someone would just listen to you?

Look at the Chinese sign for listening to the left.

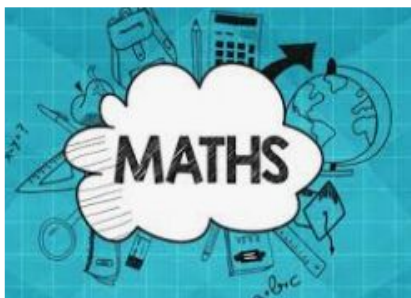
Make a list of all the skills you think you need to be a good listener under each heading:

- Ear
- You
- Eyes
- Undivided Attention
- Heart

Now practice listening: Ask a friend or family member to speak to you for 5 minutes about a favourite moment, their favourite food or any topic of interest.

Reflect

- How did the person you were listening to feel?
- What did you find challenging about listening?
- Which skill was the hardest for you and why?
- How can you become a better listener?



What is your favourite ice cream shop in Ontario?



Ice Cream Scoop

In shops with lots of ice-cream flavors there are many different flavor combinations, even with only a 2-scoop cone. With 1 ice-cream flavor there is 1 kind of 2-scoop ice cream, but with 2 flavors there are 3 possible combinations (eg. vanilla/vanilla, chocolate/chocolate, and vanilla/chocolate).

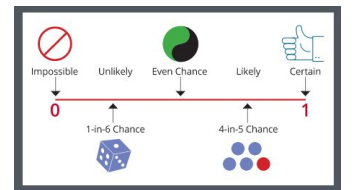
How many kinds of 2-scoop cones are there with your 10 favourite ice cream flavours? Show your thinking.

Source: youcubed.org

Based on your 10 favourite flavours:

- What is the probability of having a 2-scoop cone with the same flavour? (eg. vanilla/vanilla) *With only 2 flavours, the probability is $\frac{2}{3}$, where 2 is the number of combinations that are the same flavour and 3 is the total number of combinations.*
- What is the probability of getting a cone with nuts in it?
- What ingredient is unlikely?
- What ingredient is likely?
- What two ingredients are about equally likely?

Click the image for a larger version.



RPE Scale (Rate of Perceived Exertion)

- **10 = Max Effort Activity** It feels almost impossible to keep going. I'm completely out of breath and can't talk. I can't keep this up for long.
- **9 = Very Vigorous Activity** It's really hard to maintain this intensity. I can barely breathe and can only speak a few words at one time.
- **7-8 = Vigorous Activity** This is almost uncomfortable. My breathing is very heavy but can speak a full sentence.
- **4-6 = Moderate Activity** My breathing is heavy but can hold a short conversation. I'm not uncomfortable, but I can feel the challenge in the activity.
- **2-3 = Light Activity** I can maintain this activity for hours. It's easy to breathe and carry on a conversation.
- **1 = Very Light Activity** I don't have to try hard at all, but I'm not watching TV or taking a nap.

Use the RPE Scale to rate the intensity of your interval workout. What number on the scale would you give your workout?

The goal of interval training is to give you a dose of Vigorous Activity (7-8 on the RPE Scale). Activity in that range should match the targeted Health Heart Zone. Learn how to calculate your target heart rate [here](#).

Did your RPE rating and your heart rate match?



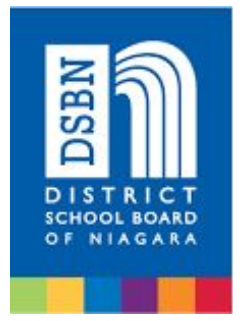
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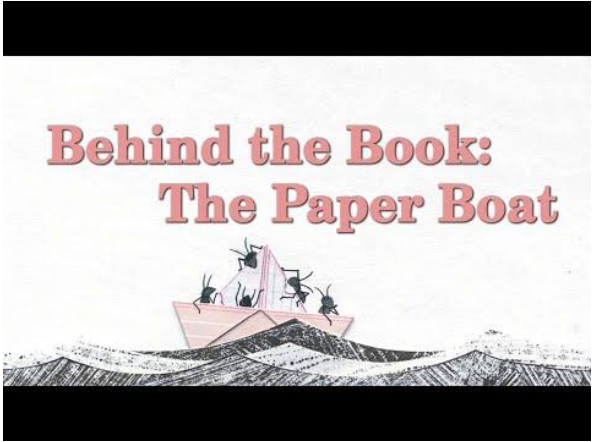



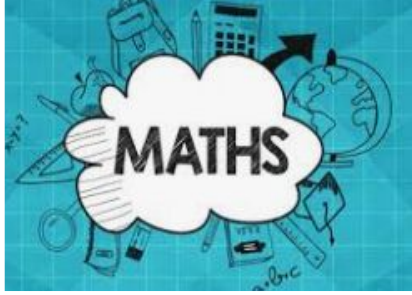





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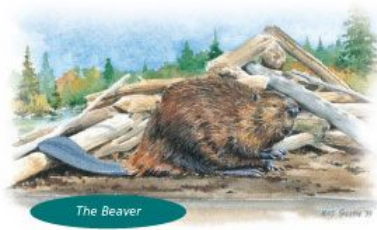
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 <p>Behind the Book: The Paper Boat</p> <p>Click the video above to hear the author of The Paper Boat, Thao Lam, tell the story behind this wordless book inspired by her family's journey to Canada when she was a child. On a scale of 1-10 rate how much you would like to read this book. Justify your rating.</p>	<p>Read the story of Rahaf Mohammed al-Qunun who was welcomed into Canada as a refugee at the age of 18 after she ran away from her family. Summarize the key ideas in the article for a friend or family member.</p> <p>Listen to the class discussion below. Do you believe that Rahaf should have been able to receive immediate refugee status? Why or why not?</p> 	<p>Choose one of the options below to tell your own story:</p> <p>Create a comic strip of your own personal journey through a life event.</p> <p>Write a memoir (a nonfiction narrative based on your personal memories), with a focus on a particular life event.</p> <p>OR</p> <p>Learn more about Canada's refugee system at the Canadian Encyclopedia. Create a poster to educate refugees or displaced people in the world about this process.</p>
<p>Meet an activist!</p>  <p>Miyawata Dion Stout, 13, advocates for justice and inspires others. From organizing climate strikes to dancing at powwows, she is using her voice to fight for issues that matter to her. Read more about Miyawata and other Indigenous teen activists at CBC Kids News.</p>	<p>Think about something that you are passionate about. Imagine that you are being interviewed about it.</p> <p>What questions might the interviewer ask? How would you respond?</p> <p>Write the transcript of the interview using a question and answer format. You may use these possible interview questions to help you get started.</p>	<p>Want to bring about positive change? Watch the video below and read the tips from kid activists at CBC Kids News.</p> 
	<p>Leo the Rabbit</p> <p>Leo the Rabbit is climbing up a flight of 10 steps. Leo can only hop up 1 or 2 steps each time he hops. He never hops down, only up. How many different ways can Leo hop up the flight of 10 steps? Provide evidence to justify your thinking.</p> <p>Get the youcubed handout HERE!</p>	<p>How might a visual representation help you come up with possible combinations?</p> <ul style="list-style-type: none"> Click here for MANIPULATIVES such as number bars and a number line. <p>How will you know when you have found ALL of the combinations?</p> <ul style="list-style-type: none"> How can you organize your work logically? <p>What strategies do you use to help you solve a complicated task?</p>
<p>Did you know that breathing exercises are a useful tool to check in with and calm ourselves? Try some of these breathing exercises from School Mental Health Ontario</p>  	   <p>Practicing deep breathing can help you to still your mind, calm your body, and control feelings of anxiety.</p> <p>Which exercise worked best for you? When might you use these?</p>	

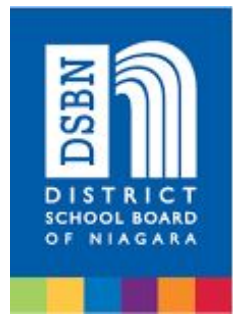
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The Thousand Islands are a group of more than 1,800 islands in the St. Lawrence River, between the U.S. and Canada. Experience flying over in this virtual helicopter tour. What do you notice? What do you wonder?



Thousand Islands: The Place Behind the Salad Dressing

National Geographic writer, Kareena Gianani, vividly describes her experience sailing across some of the Thousand Islands, where the eponymous salad dressing was apparently invented.

What do you think the word eponymous means? Can you make a guess based on the context?

As you read the [article](#), make a list of at least 10 descriptive words. Guess their meaning from the context.

Find the definition of each word using a dictionary or an online dictionary tool. Create a crossword using this [online puzzle generator](#). Challenge a friend or family member to complete it!



Ocean



Meadow

Learning about me

- Take a look at the 4 pictures in the corners or use your imagination to think about your vision of an ocean, meadow, river and mountain.
- Think about the characteristics of each and jot them down in a 4 square.

Now think about yourself and jot your answer to the following:

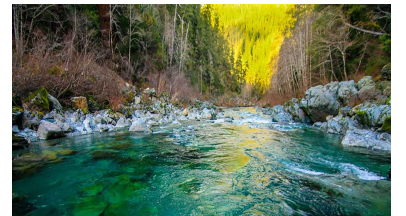
School for me is like... (an ocean, meadow, river or mountain) because...

Home for me is like...(an ocean, meadow, river or mountain) because...

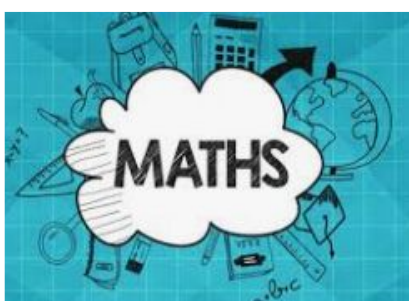
Reflect: Share your decision with a family member or friend. Which one would they choose? How do you feel about your decision? What did you learn about yourself?

Challenge: Create 4 different metaphors that could apply to a theme or topic and try it out on a family member or friend.

River



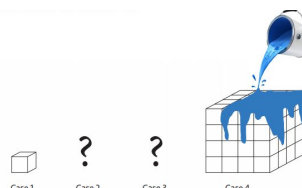
Mountain



Painted Cube

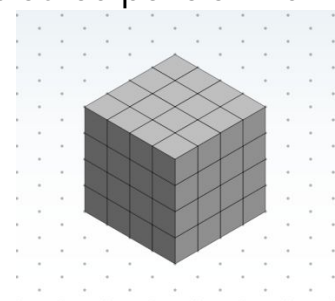
Imagine that we paint a 4 x 4 x 4 cube blue on every side.

- How many of the small cubes have 3 blue faces?
- How many have 2 blue faces?
- How many have 1 blue face?
- How many have not been painted at all?
- How many faces would be painted in a cube of any size? Think visually!



Materials:

- [Grid](#) or [isometric dot paper](#)
- [Centimetre cubes](#) or similar (sugar cubes are great for this activity)
- Coloured pens or markers

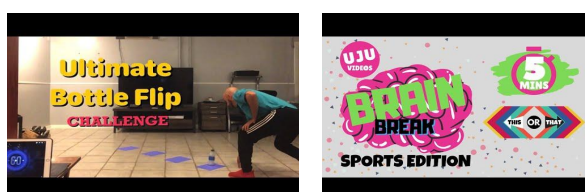


Click [HERE](#) for the youcubed handout.



Today you are going to try out three different workouts: Ultimate Bottle Flip, This or That and Thunder Dance3PLY. Remember to wear proper footwear and have some water nearby!

Ultimate Bottle Flip, This or That & Thunder Dance3PLY



Reflect and Plan...

- What did you notice about your breathing before, during and after each workout?
- Of the 3 workouts, which did you prefer? Why?
- Set a goal for improvement. This could be related to level of enjoyment, stamina, heart rate, water intake, etc.

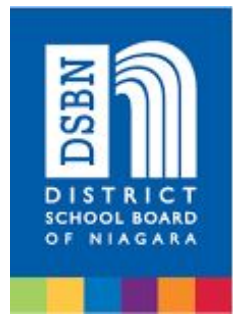
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Capture Your Journey

Look back at your week and reflect on the places that you have explored and the people you may have met along the way. Imagine that you were telling a friend about your journeys. What was a highlight? Is there somewhere you would want to visit again or someone you would like to get to know better?

Create a two-page travel journal entry to capture highlights and memories of a favourite person or place. Include photos (these can be screenshots), doodles, written descriptions, memories, momentos or drawings of items you may have received or purchased at a gift shop, etc. Use your imagination!



My Learning Map

The purpose is to create a visual representation of the things you would like to learn about if you were in charge.

Examples may include school subjects or things that you don't get to learn about in school. Use your imagination.

1. Brainstorm the things that you would like to learn about. Jot them down.
2. Design a map that makes sense to you. Be creative. For example, photos, collage etc.,
3. How will you display them on your map?

Self Reflect

What do you notice about what you like to learn about?

Is it a good representation or did you discover you are missing things?

Would you make any changes or additions?

If so, go ahead and rework your piece.

Share with someone and make a plan to drive your learning!



Tic-Tac-Toe Products

Instructions:

- Player X and Player O select one factor, 1 to 9 at the bottom of the page and place one of the markers on that factor.
- Player X may move only one of the two markers to a new factor. Player X then places a marker on the grid covering the product of the two factors.
- Player O may move only one marker to make a new product and place their marker on the grid. The markers can both be placed on the same factor. For example $6 \times 6 = 36$.
- Players alternate moving one factor marker at a time and continue placing their markers on the grid until a player has marked four products in a row.

Materials:

- Two markers for the bottom row of factors (for example, paper clips)
- Two sets of different markers for each player to cover each product (for example, pennies and nickels)
- Tic-Tac-Toe Products [Game Sheet](#)

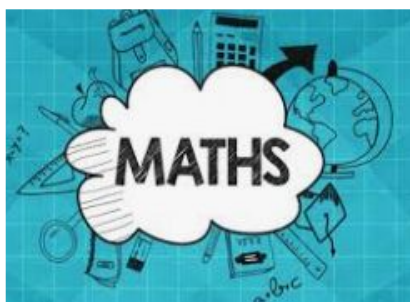
Optional:

- [Multiplication Table](#)

Additional Notes:

- Players justify their products (explain how they know they are correct) at each turn through words, symbols, or pictures.
- After the game, players should discuss their strategies.

Source: youcubed.org



Hockey Anyone?

Hockey is played by the young and old all across Ontario. At the moment, people have been enjoying this activity mostly on frozen ponds, lakes, rivers and even in the backyard! Whether you are a hockey player or not, this training session will help you work on agility, power and balance!

To learn more about Canada's official national winter sport, visit the [Canadian Encyclopedia](#).



Let's get moving!

