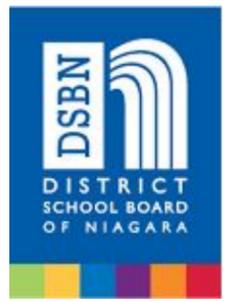


Art Extravaganza

Today you will learn about a variety of artists and art forms and have the chance to express your own creativity.

Asynchronous
Learning Tasks

Grade 7
Grade 8



Our Artful Past



Before Reading: Artists show us our country and ourselves in many different ways. Think about something you have created and are proud of. What inspired you to create it? What is it about your art that makes you proud? Read [Whose Canada?](#) from Kayak magazine to learn more about Canadian art and artists.



During Reading: As you read the article, look for an artist or a piece of art that resonates with you (has particular meaning or importance).

After Reading

Do some research about one of the artists or works of art that you encountered in the text in order answer the following:

Research Question: What makes this person or work of art significant?

***Hint** The [Canadian Encyclopedia](#) might be a good source for your research.

Digging Deeper...

Visual Thinking Strategies (VTS) provide a framework to critically analyze and discuss art. View the [Image of the Day](#) on the [VTS website](#) and use the prompts provided:

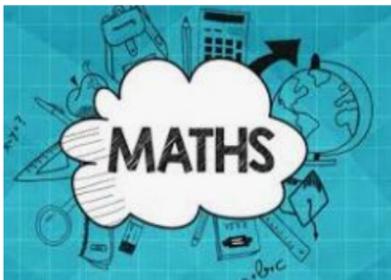
- What is going on in the picture?
- What do you see that makes you say...?
- What more can you find?



Did you know that you can virtually visit many art galleries through Google Arts and Culture?

Here in Canada, the [McMichael Gallery](#), [Vancouver Art Gallery](#), [Museum of Inuit Art](#), and the [Textile Museum of Canada](#) allow you to explore parts of their collections.

Click on the [Art Colouring Book](#) to colour your way through the palettes of famous paintings.



Number of the Day = 20

Write various expressions that are equal to 20.

A few samples:

$$5 + 25 - 10$$

$$25 \times \frac{2}{5} \times 2$$

$$6 \div 0.3$$

$$9876543.21 - 9876533.31 + 10.1$$

Try using: decimal numbers, fractions, integers, exponents, order of operations

Number Talk - How many?



What numbers do you see in this image?

How many different expressions can you make to represent the donuts?

How would you compare the chocolate donuts to the maple donuts?

What fractions do you see?

What fractions do you see?

Open Middle Problems

Directions: Use the digits 1-9, at most once, to complete the equation.

What is the greatest result you can make?

What is the least result you can make?

$$\square\square + \square = \square\square - \square$$

Directions: Use the digits 1-9, at most once, to complete the equation.

What is the greatest result you can make?

What is the least result you can make?



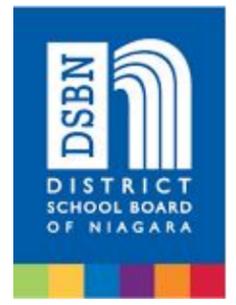
Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

It's important to remember to stretch your joints and muscles every now and then to prevent cramps, aches, and pain later.

Were there any stretches/movements that you could make a regular part of your day?

Sweet and Salty!

Asynchronous Learning Tasks



Do you have a sweet tooth or do you prefer salty foods? Today you will delve into some sweet and salty learning opportunities.

Grade 7
Grade 8

SickKids | AboutKidsHealth

Sick Kids Hospital offers some helpful tips on how to meet your growing body's nutritional needs. Check out what these experts have to say here: [AboutKidsHealth](#)



According to the information you read, are you meeting your daily nutritional needs? Did you discover any new foods that you are willing to try?

What Canadians Crave

Janis Thiessen is a history professor at the University of Winnipeg and the author of *Snacks: A Canadian Food History*. The book documents the little-known stories behind classic Canadian treats like Old Dutch potato chips, Cheezies and Ganong chocolates.

Learn more about the salty and sweet foods that Canadians crave with this [CBC interview with the author](#).



Flavour Phenomenon!

Have you ever aspired to be like Willy Wonka (a chocolate factory owner) or work as a culinary expert for Lay's Chips?

Invent a new flavour for a sweet or salty treat that you think others would love! After you have come up with your idea, design the packaging to showcase your new flavour phenomenon.



Have you ever wondered why we love junk food?

As you watch the video consider:

Why does it take a lot of time and money to design fast food, when the food itself is fast and cheap?

What are some of the problems with so much junk food advertising?



Using pictures found online or from magazines and flyers, make a collage of foods TV would suggest eating for breakfast. Make a second collage of foods recommended by [Canada's Food Guide](#).



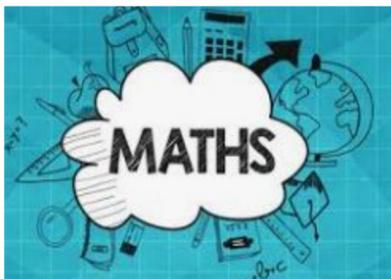
How many foods are in both collages? What are they?

Powerful Number Patterns

$\frac{2}{3}, 1\frac{1}{3}, 2, \dots, 4, \dots$
 $\frac{3}{4}, 1\frac{1}{2}, 2\frac{1}{4}, \dots, 5\frac{1}{2}, \dots$

How are these patterns similar? different?

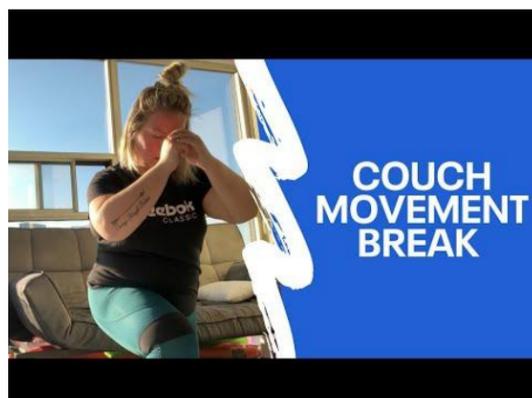
- Fill in the missing numbers
- Can you explain the pattern rules?
- Predict a far number that will be in the patterns?
- What is a number that will not be in your pattern?
- Are there any numbers that will be in both patterns? What are they?
- Represent your pattern in a different way (e.g., with [manipulatives](#), graph, table of values)



What do you notice? What do you wonder?



Source: Adam Hillman Food Artist



This movement break is just over 30 seconds.

How do you think you could build short movement breaks like this into your day?

Think about:
When? Where? How often? How will you remind yourself?

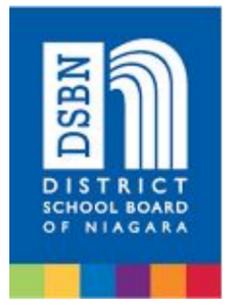
Pink Shirt Day

The goal of **Pink Shirt (Every) Day** is to continue fostering acceptance and inclusion among school community members to enhance positive school climate and prevent bullying. Promoting kindness, respect for diversity and being an upstander supports each student's sense of belonging.



Asynchronous Learning Tasks

Grade 7
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Be an upstander!

An Upstander is someone who recognizes when something is wrong and acts to make it right. When an upstander sees or hears about someone being bullied, they speak up. If it is unsafe to speak up in the moment, they report it to a trusted adult. Being an upstander is standing up for what is right and doing one's best to help protect someone who is being hurt.

What does it take to go from being a bystander to an upstander?

Check out these [10 Ways to Be An Upstander](#).

Make a list of things you have done to be an upstander. Tell someone one new thing you would like to try.



Learn how to identify signs of cyberbullying and practice how to respond when seeing cyberbullying happening to others by completing this [Social Media Test Drive](#) module.

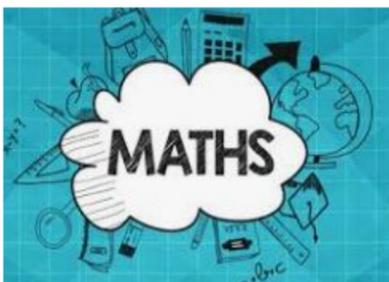
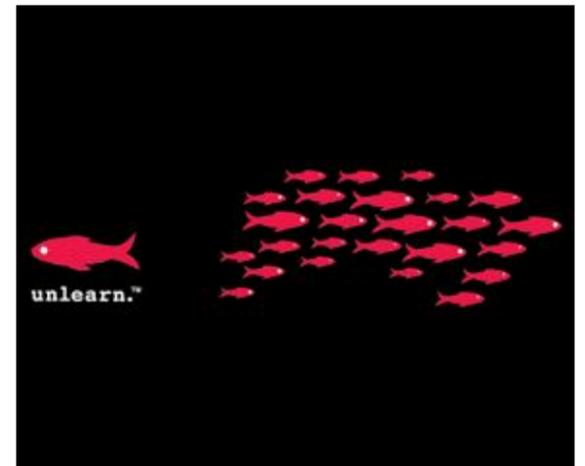
Why is it important for people to act against cyberbullying? What will you do in the future to be an upstander if you see cyberbullying?



unlearn.®

Consider how these 'ostrich' and 'fish' posters relate to upstandership.

Choose one of the posters and create a caption, slogan or title around the theme of kindness, inclusion or upstandership.



Square Dice

1 player, 2 of the same [dice](#)

Play as Player A *and* Player B: one player chooses 2 4-sided dice and one player chooses 2 6-sided dice

Object: highest score after 20 rolls wins

Each player rolls their own 2 dice at the same time.
If the product is a square number, score 100 points.

Play a few games.



Reflect During the Game:

What do you notice while you are playing? Do you think there is any strategy in this game? What is your strategy so far?

Reflect After the Game:

What do all the ways of rolling a square number have in common?

What patterns do you notice in the possible square numbers in the game?

Does this remind you of any other games you've played?



ABC Workout

Today you learned about being an upstander. Use this [ABC WORKOUT](#) page and move according to the letters in the word UPSTANDER.

boks FITNESS CALENDAR February 2021
ABC Workout

Use the word of the day from the calendar and move according to the letters in that word.

A 10 jumping jacks	J 15 crunches	S 15 push-ups
B 20 crunches	K 10 push-ups	T 10 supermans
C 15 squats	L 5 tuck jumps	U 30 lunges
D 5 push-ups	M 20 high knees	V 10 jump squats
E 30 second wall sit	N 10 lunges	W 20 two foot jumps
F 10 burpees	O 5 burpees	X 25 high knees
G 20 dips from floor	P 15 mountain climbers	Y 15 second plank hold
H 20 squats	Q 30 crunches	Z 20 plank jacks
I 10 donkey kicks	R 10 walking lunges	

www.boksboks.ca

Try moving to other upstanding words, such as,

- ACCEPTANCE
- INCLUSION
- POSITIVE
- KINDNESS
- RESPECT
- DIVERSITY
- BELONGING

OR, choose your own word that reminds you about the goals of Pink Shirt Day.

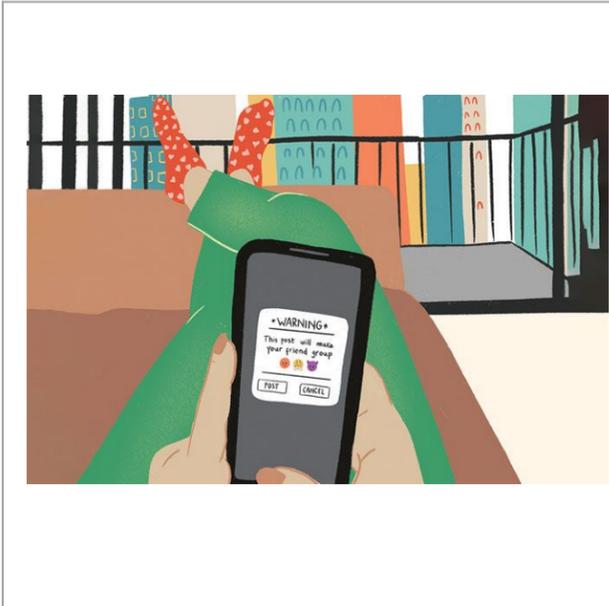
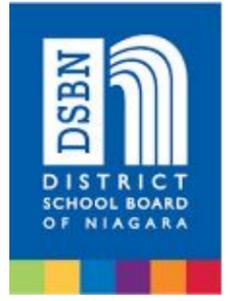
Pink Shirt Day Every Day!

The goal of **Pink Shirt (Every) Day** is to continue fostering acceptance and inclusion among school community members to enhance positive school climate and prevent bullying. Promoting kindness, respect for diversity and being an upstander supports each student's sense of belonging.



Asynchronous Learning Tasks

Grade 7
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Um . . . Should I Post That?

Is it cool to repost a meme without credit? How do you handle annoying comments?

Read this article from [Scholastic Choices](#) magazine to test how well you understand the rules of social media etiquette or click [here](#) for the interactive quiz.

Reflection Questions

If you use social media, how long do you wait before posting something publicly? What do you consider beforehand?

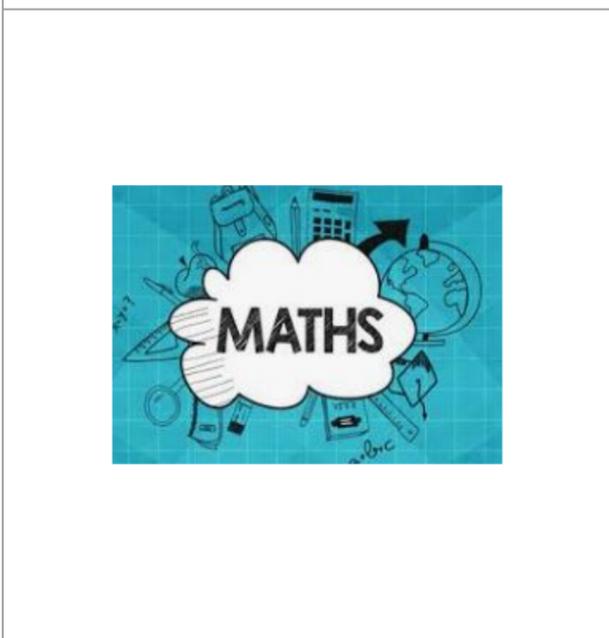
Can you think of other forms of social media etiquette not mentioned in the article? Suggest at least one other way to care for yourself or others online.



Have you ever done a random act of kindness for someone? Read the story **Toronto Police Officer's Random Act Of Kindness Goes Viral** from [Teaching Kids News](#).

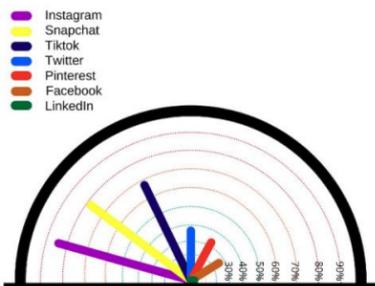
Share the story with a friend or family member. Talk about the questions below:

- ★ Do you think this image will inspire others to do good? In other words, do you think that seeing an act of kindness can encourage others to do the same in their own lives?
- ★ If yes, should people actively share their acts of kindness? If no, what is the best way to promote kindness and caring within a community?



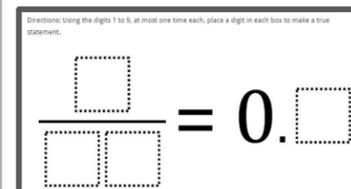
Data Talk

7 in 10 American Teens Use TikTok
% of U.S. teens who use the following social media platforms at least once a month



<https://www-statista-com.stanford/chart/most-used-social-media-platforms-by-us-teens/>
and questions to discuss.

More Open Middle Problems



1. Using the digits 1-9, at most one each time, place a digit in each box to make a true statement.

2. Use the operation symbols (+, -, x, and ÷) to make the equation true. Operation symbols may be used more than once.

Directions: Use the operation symbols (+, -, x, and ÷) to make the equation true. Operation symbols may be used more than once.

$$2 \square (3 \square 7 \square 9) = (1 \square 5) \square (8 \square 4)$$

3. Design your own open middle problem!



Groove it Out!

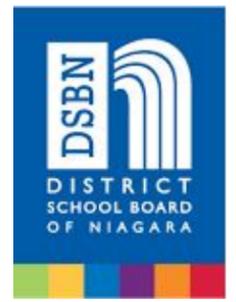


Work on your endurance with this aerobic exercise video. You might also learn a dance move or two that you can teach your friends and family!

Make sure you have a water bottle handy and have fun!

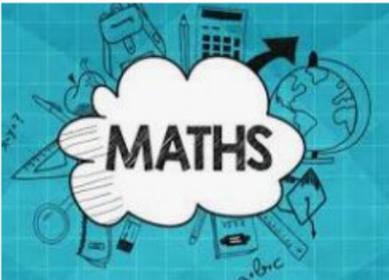
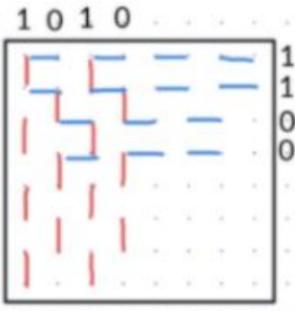
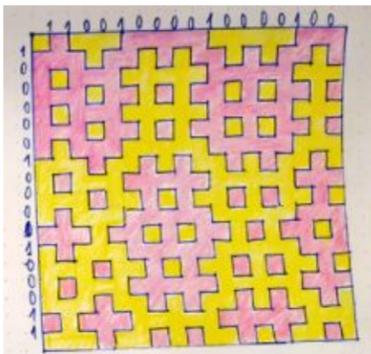
Choose your own adventure!

Asynchronous Learning Tasks



Today you will enjoy some recreational reading and release your creativity.

Grade 7
Grade 8

<p>Choose any of the audiobooks available at Audible.</p> 	<p>Choose and complete one of the activities below to respond to the book:</p> <ol style="list-style-type: none"> 1. Write a paragraph or two giving your response to the first chapter of the book and predict what is going to happen in it. 2. Write the next chapter of the book. 3. Write a new blurb for the back of the book. 4. Write a scene in which the characters travel out of the book into your world or another world. 5. Choose a character and write a part of the story from their point of view. 6. Paint a picture to illustrate a scene or a character from the novel. 7. Turn part of the novel into a comic. <p style="text-align: right;">*selected from 25 ways to respond to a book</p>	
<p>Choose any of the creative activities at Make: Tate Kids.</p> <div style="background-color: #008080; color: white; padding: 5px; text-align: center;">PAINT AND DRAW</div> <div style="background-color: #800080; color: white; padding: 5px; text-align: center;">CUT AND PASTE</div> <div style="background-color: #4B0082; color: white; padding: 5px; text-align: center;">SCULPTURE</div> <div style="background-color: #008080; color: white; padding: 5px; text-align: center;">ART AND TECHNOLOGY</div> <div style="background-color: #006400; color: white; padding: 5px; text-align: center;">PERFORMANCE</div>	<p>Reflecting upon your work...</p> <ul style="list-style-type: none"> ★ How did you demonstrate imagination, flexibility, initiative, or judgement as you explored ideas to make, interpret, or present your artwork? ★ What strategies did you use to resolve problems when planning your artwork? ★ If you could do this activity again, would there be anything that you would change? (materials, size, process, etc.) ★ If you were going to teach this to someone else, what instructions would you give? 	
 <p>Check out this VIDEO of a Hitomezashi pattern being created!</p>	<p>Math Art Challenge - Hitomezashi Patterns</p>  <p>What do you notice about how this art has been created? What are you wondering? Can you figure out the code and create your own Hitomezashi pattern? Click here for some HINTS.</p>	 <p>Reflect: How is coding and art connected? How might you change the code to create different pieces of art? What movement can you describe in your design? How does the sequence of 1 and 0 impact your design?</p>
<p>Option 1: Full Body Strength This workout works the whole body to build strength.</p>  <p>Full Body Strength (Ages 11-15)</p>	<p>Make a Choice</p> <p>Choose one of the following workout routines from Sworkit. Both will lead you through a series of exercises in 30 second intervals. No equipment is needed, but make sure you have some water handy!</p> 	<p>Option 2: Cardio Fun This is a fun standing workout that focuses on increasing endurance.</p>  <p>Cardio Fun (Ages 11-15)</p>