

Space

What Type of Space Exploration Do You Want to Do?

Quel type d'exploration de l'espace veux-tu faire?



Asynchronous Learning Tasks

Grade 7
Grade 8

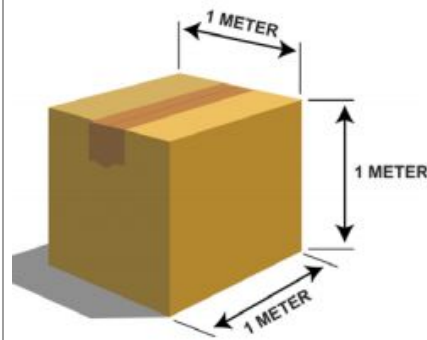


Is it someone who is courageous, noble, makes sacrifices for others? Chris Hadfield is a retired Canadian astronaut, engineer, and former Royal Canadian Air Force fighter pilot. The first Canadian to walk in space, Hadfield has flown two Space Shuttle missions and served as commander of the International Space Station. *“You don’t get that level of understanding without challenging yourself, without deciding that some risks are worth taking,”* explains Hadfield.

Today, write a letter to Col. Hadfield. Explain to him why you think he truly is a Canadian hero. What questions would you like to ask him? How have you challenged yourself to help you reach a higher level of understanding in some aspect of school? Visit <https://chrishadfield.ca/> for more amazing information on one of Canada’s finest.

Chris Hadfield est un astronaute canadien, ingénieur et pilote. Il est le premier canadien de marcher dans l'espace. Écris une lettre à Col. Hadfield. Explique-lui pourquoi tu penses qu'il est un vrai héros canadien. Quelles questions veux-tu lui demander? Quels défis as-tu fait pour réaliser tes buts scolaires? Visite <https://chrishadfield.ca/> pour plus d'information.

- ☐ Heading, date, greeting
- ☐ Make sure your letter is written in full sentences.
- ☐ Check for capitals, periods, punctuation, and spelling
- ☐ Closing & Signature

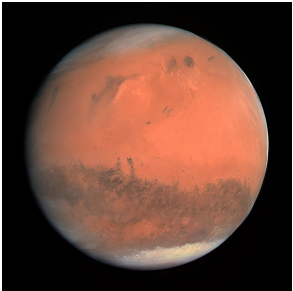


Packing for a Long Trip to Mars.

Decide what you will need to take on a 2-1/2 year journey to Mars. Then plan how to fit everything into a 1-cubic-meter box, using only a measuring tape, pencil and paper, and math.

Question for Discussion: What items did you pick and why? What was something that you thought might be valuable but would not fit into the box? *Qu'est-ce que tu as choisi et pourquoi? Qu'est-ce que c'est un objet que tu penses est important mais ne va pas aller dans la boîte?*

No human expedition to Mars is being planned yet by the National Aeronautics and Space Administration (NASA). However, NASA is working on technologies that will enable future robotic (unmanned) missions to help solve some of the many mysteries about the red planet.



Learn more about NASA's Mars Exploration Program at <http://mars.jpl.nasa.gov>, and play the Mars Adventure game at <https://spaceplace.nasa.gov/mars-adventure/en/>

WORK OUT LIKE AN ASTRONAUT

Chris Hadfield helps both NASA and the Canadian Space Agency study the health implications of space travel, so he knows a thing or two about keeping the human body in good shape. “In weightlessness, you literally don’t have to hold your head up. You can be the laziest person in the universe, and you will just decay terribly,” says Hadfield.

Fighting gravity by moving your body regularly is the best way to stay in shape. In space, Hadfield spent two hours a day harnessed to a treadmill or clipped to a stationary bike in order to exercise; but down on Earth, we have the luxury of using gravitational pull for resistance. **“Instead of buying another piece of exercise gear, a new set of shoes and a gym membership, go for a walk or do jumping jacks, which need no equipment,”** says Hadfield. **“What you really need is impetus and discipline.”**

CanadianLiving.Com



Chris Hadfield aide NASA et l’Agence Spatiale Canadienne étudier les implications de l’espace sur le corps humain. Il sait que c’est important de faire de l’exercice! Dans l’espace, il faut bouger ton corps régulièrement pour rester en forme. Dans l’espace, Hadfield passait deux heures chaque jour en faisant du vélo, mais sur la terre, on utilise la force de gravité. Essaie ces exercices!

Today’s Task:

- ☐ 30 sec running on the spot
- ☐ 30 Jumping Jacks
- ☐ 30 Wall Jumps
Repeat 3X



Listen to this song and read the [lyrics](#).
How does the song make you feel?
Try changing the lyrics to create your own song about Space and the experience that Chris Hadfield and other astronauts have while orbiting Earth.



Winter Wonders

Exploring winter!
Aujourd’hui on va explorer l’hiver!



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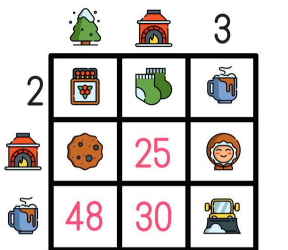
Grade 7
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Why do Bridges Freeze Before Roads?

Read/listen to the article from Wonderopolis: [Why Do Bridges Freeze Before Roads?](#)

- After reading the article choose a COOL Science experiment to complete from the list provided in the **Try It Out** section.
- When you have completed the experiment, reflect on the following:
 - What did you find challenging?
 - Did anything surprise you?
 - What might you do differently next time?



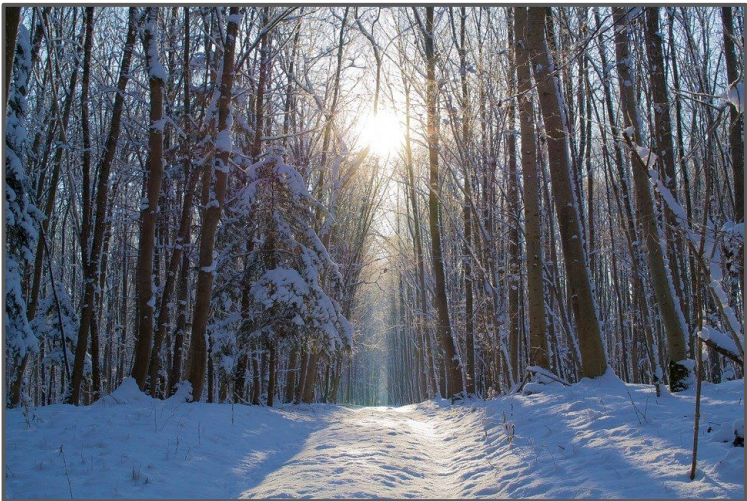
Puzzle Credit: www.mashupmath.com

Cozy Winter Multiplication Puzzle

Use your problem solving skills to solve the cozy winter multiplication puzzle. This puzzle works like a bingo-table where each symbol is the product of the corresponding row and column. Want to try another puzzle? Click here: [Winter Area Model Puzzle](#)

Once you have figured it out, challenge yourself to create your own winter puzzler!

Descriptive Writing

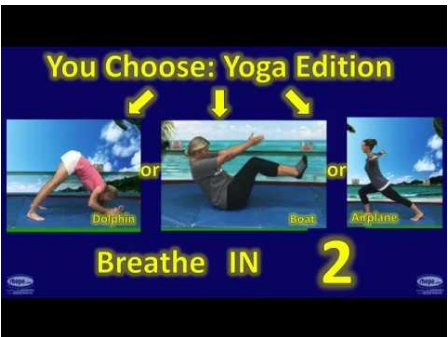


Writing With the 5 Senses

Write a descriptive paragraph using the visual prompt. Describe what it would be like to take a walk on this trail. What would you hear, smell and see? What might the snow feel like under your feet? How might the sun feel on your skin? Describe it with such intensity that your reader feels like they are experiencing it themselves!

Writing Checklist:

- ✓ I have intentionally selected specific adjectives to make my description vivid
- ✓ I have revised my writing (made changes based on ideas, organization and flow)
- ✓ I have edited my writing (made changes to spelling, punctuation and grammar)



Get Moving!

Physical activity guidelines for teens recommend that they get 1 hour or more of moderate to strong physical activity daily. *Il est recommandé pour les adolescents de faire l'exercice pour une heure chaque jour.*

Find activities that you are comfortable doing and that you enjoy. That's key to making them a habit! Try the video to the left or choose a suggestion on the right that you have not tried already! *Trouve les activités que tu aimes faire. Regarde la vidéo pour trouver une nouvelle activité!*

Suggestions

- Home workouts (e.g., yoga, strength/cardio routines)/*Faire un entraînement à la maison*
- Go for a walk/hike (take your dog if you have one!)/*Faire une promenade*
- Use a local park (be a BIG kid and have fun!)/*Jouer au parc!*
- Go for a bike ride/*Faire du vélo*
- See how many times you can climb a set of stairs/*Essaye de monter les escaliers plusieurs fois*
- Put on a "Just Dance" video and bust a move/*Regarde une vidéo de Just Dance!*

We all belong



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Today we will be exploring what makes everyone the same, different and unique.

Aujourd’hui on va explorer comment nous sommes la même, différente et unique!

Grade 7
Grade 8

<div>Sample Poem</div> <div>Lisa It means outgoing, opinionated, strong, It is the number 2, It is like wet morning grass, It is the St. Louis weekend, It is the memory of Gram, Who taught me to believe and to trust When she believed in me, My name is Lisa It means that I try always to be the best that I can be.</div>	<div>Name Poems</div> <div>Source: readwritethink.org</div> <div>A name poem is a prescribed way for people to introduce themselves to others. The author is able to share characteristics, thoughts, emotions, and dreams. <i>Un poème de ton nom est une manière de comme les personnes peuvent se présenter. L’auteur est capable de partager les caractéristiques, pensées, émotions et rêves. Suis les instructions ici.</i></div> <div>Line 1: Your first name Line 2: “It means” then 3 adjectives that describe you. Line 3: “It is the number” followed by your favorite number Line 4: Describe a color using “It is like” but don’t name the color Line 5: “It is” and name something you remember experiencing with friends or family that makes you smile. Line 6: “It is the memory of” and name a person who is or has been significant to you Line 7: “Who taught me” and list 2 abstract concepts like honesty Line 8: “When s/he” then refer to something that person did that illustrates the qualities in Line 7 Line 9: “My name is” your first name Line 10: Begin with “It means” and use 1 or 2 sentences to state something important you believe in life</div> <div>Write your own Name Poem. Use this handout to help you if you’d like.</div>	<div>Writing Checklist</div> <div><div><input type="checkbox"/></div>My poem follows the prompts</div> <div><div><input type="checkbox"/></div>I used descriptive language and strong adjectives/adverbs</div> <div><div><input type="checkbox"/></div>I checked for capitals, periods, punctuation, and spelling</div>
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Sports

Today we will be exploring all things about sports.

Aujourd'hui on va explorer les sports.



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Photo Source:
http://www.newdesignfile.com/post_sports-team-icon_87017/

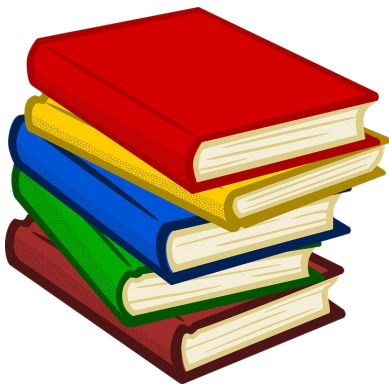
Design Your Own Team Logo

A logo is a symbol used to promote public identification or recognition. Although they are simple, logos are created purposefully and use elements such as colour, line, shape, and font to send a message about what the company values. Imagine you just bought a sports team and need to design a new logo. Think about the sport your team plays and what values you want it to be known for... a quick and agile soccer team... a graceful synchronized skating team... a hockey team that cares equally about performance as giving back to the community. What would the logo for your team look like? Design your logo on paper or using the digital tool of your choice. Then write a paragraph to explain the hidden story behind your logo.

Un logo est un symbol pour promouvoir l'identification et la recognition. Ils sont simples, mais créées avec les éléments importants. Imagine tu as une équipe de sports et tu dois dessiner un logo. Quelles images veux-tu inclure? Dessine un logo et écris un paragraph pour expliquer ton logo.

Checklist

- ☐ Logo is simply but thoughtfully designed (colour choice, symbols, font etc.)
- ☐ Paragraph explains the reason for your design choices (i.e. *The blue colour represents...*)
- ☐ Check for capitals, periods, punctuation, and spelling



Alyssa Nakken Embraces Historic Coaching Role with Giants

by Anna Laible

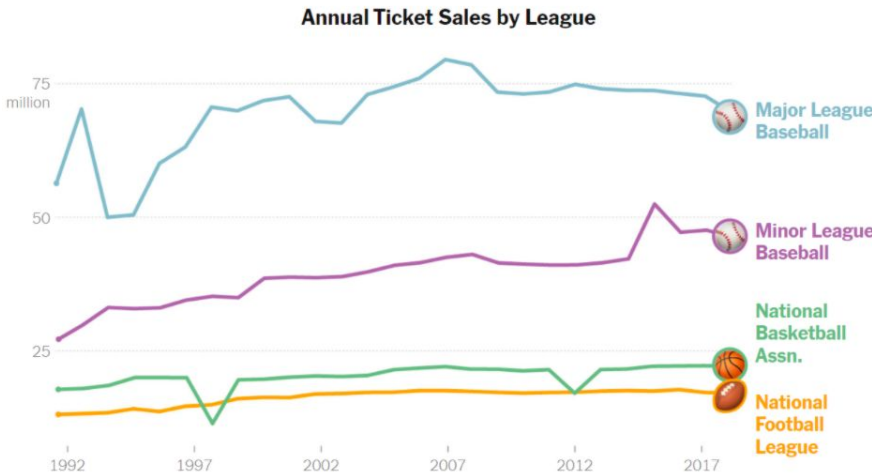
Link to the Sports Illustrated Kids article [HERE](#).

Read about Alyssa Nakken, the first full-time female coach in the MLB.

Questions for discussion: What is something new that you learned? In the article Nakken says, "If I want to get somewhere, I just need to go there, even if no one has gone there before." Do you agree? What might you want to achieve that has never been accomplished before? *Qu'est-ce que tu as appris de nouveau? Es-tu d'accord avec l'article? Qu'est-ce que tu veux réaliser qui est nouveau?*



What story does this graph about baseball, basketball and football ticket sales tell?



You can find a larger version of this graph [HERE](#)!

Questions for Discussion:

1. What do you notice? If you make a claim, tell us what you noticed that supports your claim.
2. What do you wonder? What are you curious about that comes from what you notice in the graphs?
3. What's going on in these graphs? Write a catchy headline that captures the graphs' main idea.

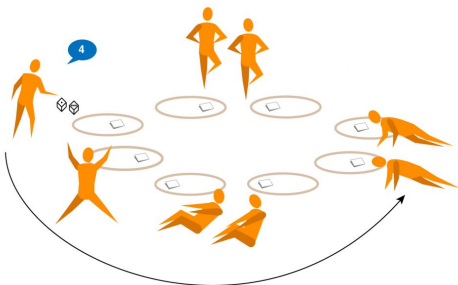
Set up a Fitness Circuit

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 donnes-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](#)



Let's Celebrate Comic Books

Today we will be celebrating all things comic books!



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Playing with Language: Onomatopoeia

When using onomatopoeia, your words are doing double duty; they convey both meaning and sensation. Comic book authors love this literary device because it helps them to convey sound directly and visually! *Les onomatopées sont les mots qui montrent la même définition et son. Ils sont très populaires dans les bandes-dessinées!*



Try This:

Create your own page of comic book style Onomatopoeia examples. Try to convey the sound of the word with the style of your design. For example, consider which of the following designs of the word “smash” helps to convey the sound best. What is it about the design that makes it the best design? Consider these criteria when you are designing your comic-style onomatopoeia examples.

Crée ta propre page d’une bande dessinée avec ces exemples. Essaie d’avoir la définition et le son du mot dans le dessin. Comment peux-tu montrer la définition et le son du mot dans le dessin?

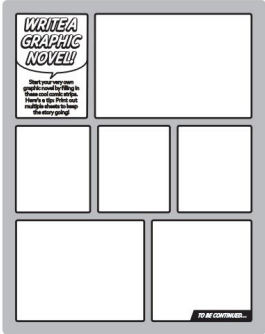


Helpful Hints

- Start out by brainstorming words that imitate the sound they are describing (like “CRASH!”)
- Try designing 5 different words in this comic book style
- Consider your colours and shapes. Which colours/shapes help to convey a harsh sound like “crash”? Which colours/shapes help to convey a softer sound like “poof”?

Extension:

Put your onomatopoeia skills to work by [designing your own comic](#).



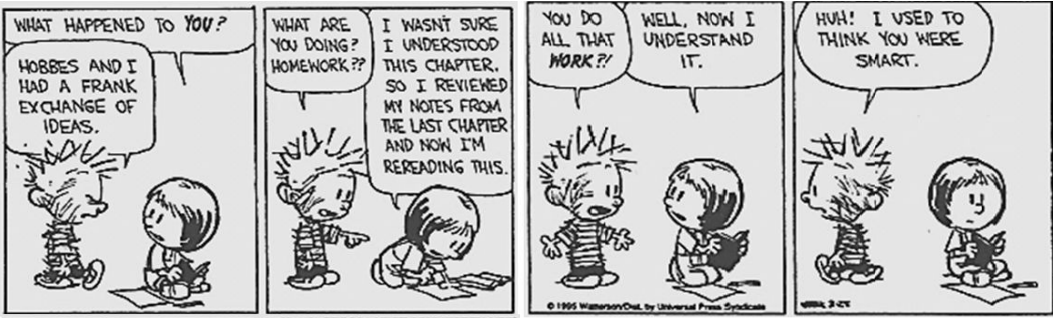
Read this Wonderopolis article: [Why is Biodiversity Important?](#) *Lis cet article et écrit les idées importantes.*

As you read, jot down the main idea and supporting details.

Create a comic to showcase what you learned. *Créer une bande-dessinée pour montrer ce que tu as appris.*



Growth and Fixed Mindsets



Write a paragraph describing what evidence you see of growth or fixed mindsets in the comic. Explain how each mindset might impact their achievement in math.

Ecris un paragraphe qui décrit comment tu vois un attitude rigide ou flexible ici. Explique comment chaque attitude peut influencer le succès dans les maths.

Workout Like a Comic Book Hero!

According to the Canada Food Guide, “Combining **aerobic and strengthening activities** will improve your health and well-being.” Try this Avengers themed high-intensity interval training choice video.



Other Activities to get you moving without a screen (from Canada Food Guide):

- Do some yard work! Pull some weeds. Rake some leaves!
- Dance to your favourite music
- Go for a walk (take your dog if you have one!)
- Going somewhere? Run, walk or bike instead of getting a ride