



GRADE 7 - 9

Mental Health & Well-being: This week's theme is movement! Have someone else in your house set a timer for 45 seconds. As soon as it starts, begin a plank! Don't stop until the timer is done! Next, do burpees. Count how many you can do in the allotted time. Take turns with someone. See who can plank the longest and who can get the most burpees!

LITERACY SCHEDULE

Monday April 27th

If you could give advice to your younger self 4 years ago, what would you say to yourself?

Would you want to tell yourself to try that thing you feared or maybe avoid a certain situation?

Write about it in your journal.

Tuesday April 28th

Think about your community, what is it that makes your community great? Now pretend you are a travel agent and must "sell" tourists on coming to your location. How would you do this? Create a brochure to attract possible travelers. Think of a catchy slogan!

Wednesday April 29nd

A short poem or quote can be empowering, healing or earth shattering for some people. Think of a poem or quote that you feel makes an impact on you. Write about it in your journal or talk about it with a friend/family member.

Thursday April 30th

Look at ads in flyers, social media, the television, etc. What do you notice about them? How do they catch your attention? What strategies do the best ads use? What do you notice about the print you see on these ads? Is there print? Create an ad for your favourite shoes what would it look like?

Friday May 1st

Write out the instructions to do something simple like make a peanut butter and jelly sandwich. Have somebody follow your instructions. Rewrite your instructions as needed.

Saturday May 2nd

Find a quiet and peaceful place to sit. Take some time to relax and read a book today!

Sunday May 3rd

Pick a random funny picture or have somebody send one to you. Write a story about what is happening in the picture. What happened before the pic was taken? What happened after?

BONUS!

Call a family member and have them tell you a story about themselves when they were younger. Listen carefully and take some time to ask some questions.



NUMERACY SCHEDULE

Monday April 27th	Tuesday April 28th	Wednesday April 29nd	Thursday April 30th									
<p>The Earth is measured with latitude and longitude lines. Determine where your house and school are located on those lines. Challenge: Explore the locations of capital cities in Canada. What do you notice about the locations in reference to latitude and longitude?</p>	<p>Put the numbers 1 to 9 in this chart so that all the rows and columns add up to 15. You can only use each number once.</p> <div data-bbox="730 565 947 716" style="text-align: center;"> <table border="1" style="margin: auto;"> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </table> </div>										<p>The probability of rolling a "2" on a die is $\frac{1}{6}$, predict how many times the outcome will be "2" if you roll the die 50 times. Now try it. Roll the die 50 times. Did the number of times you rolled a "2" agree with the probability? Explain why this happened.</p>	<p>Can you find the 18 triangles?</p> <div data-bbox="1587 459 1885 743" style="text-align: center;"> </div>
Friday May 1st	Saturday May 2nd	Sunday May 3 rd	BONUS!									
<p>There are roughly 18 parks in Regina and each park has about 7 kms worth of walking trails. Approximately how many kms of walking trails are in Regina? If the range for each trail is +/- 2 kms what is the max length and the shortest length it could be? What if there's only 14 parks, how many kms of trails would there be?</p>	<p>Ty bought 16 new pairs of socks. They came in packs of 4. He spent \$41.23 before taxes. The Saskatchewan tax is 11%. How much was his total bill? How much did he pay per pack? How much did he pay for each pair of socks? How much did he pay for each individual sock?</p>	<p>Complete a home energy audit. Keep track of the hours/minutes you</p> <ul style="list-style-type: none"> -watched TV, -played video games, -had the lights in your room on & bathroom. -talked on the phone -used your ipad or iphone -take note of the objects in your house that are plugged in but not on. <p>Are any of these energy uses wasteful?</p>	<p>Using materials that you find around your house, challenge yourself to build a parachute that will stay in the air the longest. Try make a couple different models. Which parachute stayed in the air the longest? Why?</p> <p>Invite your family members to build parachutes with you!</p>									



LEARNING THE LAND SCHEDULE

Monday April 27th	Tuesday April 28th	Wednesday April 29nd	Thursday April 30th
<p>Use a magnet and a needle to make a compass. Start by rubbing the needle on the magnet 50 times in the same direction (to magnetize the needle). Push the needle through a cork until it comes out the other side. Place the needle/cork in a bowl of water. Watch as the needle points North and South. What direction is your house facing?</p>	<p>Create a water filtration station to filter dirty water you find outside. What resources did you use? Did you use a website to research water filtration?</p> <p>Hint: Google Homemade Water Filtration System</p>	<p>Spend some time outside and investigate a wet ecosystem. Look for areas that are dependent on others. How do you know they depend on one another? Draw or create an infographic of the ecosystem you investigated.</p>	<p>Make a kite and go outside to fly it.</p> <p>What is it that makes a kite fly? You will need some light material and some sort of support.</p> <p>Test out your kite and adjust as needed.</p>
Friday May 1st	Saturday May 2nd	Sunday May 3 rd	BONUS!
<p>Happy May! Today is the first day of the One Nature Challenge (Google to find out more)! For the whole month of May challenge yourself to get outside for at least 30 minutes each day! Today, start by cleaning up any garbage in your neighbourhood!</p>	<p>Create your own outside game to play. Think of the rules and how many players you will need. Set up the space and give your new game a name!</p> <p>Invite your family members to play with you.</p>	<p>Spend some time outside today! Take a walk and look for signs of spring! Take pictures if you are able.</p>	<p>Cook a meal over an open fire. Use ALL safety precautions!</p> <p>Ask an adult to help you!</p>