

GRADE 7 - 9



Mental Health & Well-being: Create a TikTok video (or any type of video) of a mini workout routine (e.g., dancing, shovelling the driveway, attending an online workout class). Post online and challenge a friend or family member.

LITERACY SCHEDULE

Monday April 6th

Read a book for 20 minutes. If you are not done the book, predict what you think will happen next. If you have finished the book, come up with a different ending. Share your ideas with somebody.

Tuesday April 7th

Decorate an Easter egg (or a picture of an Easter egg) with words that describe each member of your family (one egg per person).

Wednesday April 8th

Send an inspirational message to somebody you think needs it the most today.

If you have time, send more than one.

Thursday April 9th

Find a piece of non-fiction writing. This could be in a magazine, newspaper or information booklet. Read through and pick out the main points. Use these main points to summarize the writing and retell what you read.

Friday April 10th

Make a shopping list and separate the items by category (e.g. dairy, meat, canned goods, etc.). This allows a person shopping to go in and out of the store as efficiently as possible.

Saturday April 11th

Read a book or watch a movie. Stop randomly and talk with a family member about what the characters are feeling at that time. What are they thinking? What will they do next?

Sunday April 12th

Ask a family member what food they have always wanted to try. Find a recipe and cook it together.

BONUS!

Create a vision board for all the things you want to accomplish in life. Use photos, magazines, drawings, etc. Place it where you can see it daily.



NUMERACY SCHEDULE

| Monday April 6th | Tuesday April 7th | Wednesday April 8th | Thursday April 9th |
|---|---|---|--|
| <p>Each province charges a different amount of sales tax on items you buy in a store. Research this. How much would a \$75 dollar item cost in each province? Sask: $\\$75 + 11\% \text{ tax} = \\84.75</p> | <p>Play crib with a family member.</p> | <p>Teach a younger member of your family to read an analog clock (a clock with hands). If you are unsure how, google it or ask somebody for help.</p> | <p>Find a bucket and a scrunched-up ball of paper. Take turns throwing the ball into the bucket. Keep a tally of the # that went in the bucket and the # that missed. What percentage went in? Missed?</p> |
| Friday April 10th | Saturday April 11th | Sunday April 12th | BONUS! |
| <p>Pick 3 rooms in your house. Figure out what the area of each room is ($A=L \times W$).</p> <p>*If you do not have a tape measure, estimate the distance with the length of your foot*</p> <p>Do more: Draw an accurate floorplan of your house where 1 cm on paper is equal to 1 ft in real life.</p> | <p>Create a poll on social about your favourite food. Make predictions about what you think the poll will tell you. What % of people liked the favourite food? What about the least favourite food?</p> | <p>Lisa's dad was driving 32 kms every 15 minutes. How far could he drive in 20 minutes? How far can he drive in 1.5 hours?</p> | <p>Time yourself doing something that you love or find fun (e.g. doing a handstand, balancing a ball on your head). Can you improve your time? Keep track of your time and calculate how much you improve with each attempt.</p> |



LEARNING THE LAND SCHEDULE

| Monday April 6 th | Tuesday April 7 th | Wednesday April 8 th | Thursday April 9 th |
|--|--|---|--|
| <p>Learn about offering protocol to people and to the land.</p> <p>If you are already familiar with this, is there somebody you could teach?</p> | <p>Go outside and explore an area near your home. Really look at the details that make up the different things that surround you. What do you notice? What is something that you never noticed before? Is there something you would like to learn more about? Research it.</p> | <p>Design and build a wall made of sticks and/or rocks that is sturdy enough for you to sit on.</p> | <p>Find the cree, Nakota or Saulteaux names for at least 3 different insects found in your yard or nation. Teach a younger child about the insect using its Indigenous name.</p> |
| Friday April 10 th | Saturday April 11 th | Sunday April 12 th | BONUS! |
| <p>Find a comfortable place to sit outside. Close your eyes. Take your time and think about the following: What do you feel? What do you hear? What do you smell? What do you taste? Is there anything that you noticed that you did not notice before?</p> | <p>Using only items that you find in nature, build something that can hold water.</p> | <p>If you could do something to change the environment in your area for the better, what would it be? What would you need to make it happen? Make a plan.</p> | <p>Calculate your ecological footprint and think of ways that you could make it smaller: Calculate your current ecological footprint here: https://www.footprintcalculator.org/</p> |