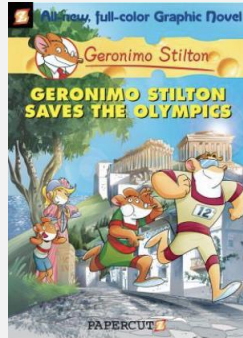




Junior Division Week: February 14-18 Monday's Activities

Theme: Perseverance

Story of the Week



The fiendish felines plan to win as many events as they can and become legendary athletes. But these cats aren't exactly in playing shape! In order to gain an edge, they bring all sorts of modern-age sports gear to improve their odds of winning. It's up to Geronimo and the gang to foil their scheme and save history.

[Geronimo Stilton Saves the Olympics](#)
[Accessing the HWDSB Virtual Library](#)

Let's Explore Literacy

Journal about a challenge that you have faced over the last year. Perhaps it was something you struggled to do, a disappointment, or an injury you had to overcome. Describe what it was like and how you are **persevering** through the challenge.



**Adapted from [Olympic School Program](#)*

Let's Explore Math

Activity Instructions:

Your budget is \$20 for one week (5 days) of snacks. Plan **two** snacks per day. Calculate the amount of money you would spend in one week based on your budget.

Choose your snacks and how much of each you need for five school days.

Snack	Amount	Cost
		\$
		\$
		\$
		\$
		\$
Calculate the total amount you will spend:		\$

How much food do you have leftover at the end of the week? _____
Did you have savings at the end of the week? If so, how much? \$ _____

	1 pack of 4 yogurts \$4.99		3 apples \$3.00
	2 muffins \$2.49		1 pack of 6 granola bars \$4.99
	8 dumplings \$5.49		2 mangos \$4.00

**Adapted from [Ophea's Wallet Wellness Activity Booklet](#)*



Junior Division Week: February 14-18 Monday's Activities

Theme: Perseverance

Let's Explore Art & Movement

MIKAËL KINGSBURY

Born: July 24, 1992 (Sainte-Agathe-des-Monts, QC)

Sport: Freestyle Ski (Moguls)

Mikaël is the most accomplished mogul skier of all time with 53 World Cup wins, and silver and gold Olympic medals. By the time he was a teenager, he was touring the world and missing school. It was difficult to focus on his books and study while competing in far away countries. School wasn't easy for him. But he is proud of his self-discipline and the fact that he passed all of his courses. Champions don't let challenges defeat them.



Photo by The Canadian Press/HQ-COC/Vaughn Ridley

**Adapted from [My Beijing 2022 Olympic Journal](#)*

Your Task: Design a perseverance poster to help overcome challenges and persevere through adversity.

Experiential Learning Activity

Asynchronous Event that was previous recorded Exploring by the Seat of Your pants.

Belugas and the Whales of the St. Lawrence River: Join in a pre recorded session . Follow [this link](#) to see the session. Many questions and answers from classrooms around the world.



Junior Division Week: February 14-18 Tuesday's Activities

Theme: Respect

Story of the Week



[Geronimo Stilton Saves the Olympics](#)
[Accessing the HWDSB Virtual Library](#)

Let's Explore Literacy

Write a letter advising an Olympian how they can balance respect for their competitors, even if the other athlete is not acting respectful or respectable.

**Adapted from [Olympic School Program](#)*



Let's Explore Math

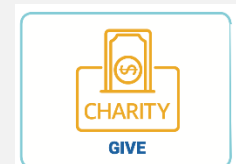
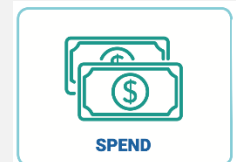
You can **save** money by not using it. You can **spend** money on things you need or want to **purchase** (buy). You can **donate** money by giving it to people who need help.

Activity Instructions:

1. Read and answer the Thinking Questions (below) before you make a decision.
2. Decide what you would do with the money.
3. Create a comic strip telling the story of what you would do with the money.

Thinking Questions:

- a) What are some things you think cost \$20?
- b) What is something you might want to purchase with \$20?
- c) Why might you save the \$20?
- d) Who might you give the \$20 to? Why?



**Adapted from
Ophea's Wallet
Wellness Activity
Booklet*



Junior Division Week: February 14-18 Tuesday's Activities

Theme: Respect

Let's Explore Art & Movement

Check out today's Olympic sports!

Alpine Skiing, Bobsleigh, Biathlon, Curling, Freestyle Skiing, Figure Skating, Ice Hockey, Long Track Speed Skating, Nordic Combined, Snowboard



Do you think it is more important to win or do your best? Why? Draw or create a digital picture that explains your reason?

**Adapted from [Olympics School Program](#)*

Experiential Learning Activity

Live Workshop Let's Talk Science

10:00 – 11:10

Crime Lab – Students learn about forensic science and the types of evidence that are examined in a crime scene.

****Don't have the items that is ok. You can come and watch the live demonstration.

[Click this link to attend the event!](#)

[Materials list suggested for this session](#)

Asynchronous event that was previous recorded Art Gallery of Hamilton Marvelous Mandallas with Nancy Benoy

Mandalas are unique and special, just like you! Create your own special circle. Using your favourite colours, patterns and object. Each Mandala will begin with a focal point and radiate outward in a circle. In nature we see mandalas in snowflakes and flowers! Where else can you spot them?

Please [click this link](#) to watch the video.

Materials Needed: Paper, any drawing tool like markers and crayons OR toys/objects such as Lego or small toys



Junior Division Week: February 14-18 Wednesday's Activities

Theme: Friendship

Story of the Week



[Geronimo Stilton Saves the Olympics](#)
[Accessing the HWDSB Virtual Library](#)

Let's Explore Literacy

Create a list of qualities of a good teammate. Write about your example of when you demonstrated two of the qualities of a good teammate. Next write about one of the qualities that you want to work on.

**Adapted from [Be Olympic School Program](#)*



Let's Explore Math

Pretend you are organizing a party for five friends. Think about who to invite. Choose what healthy foods you would like to eat. Decide how much you can spend. The challenge will be to stay within budget.

Activity Instructions:

1. Choose five friends to invite to your party!
2. Your budget is \$50 to spend on food and drinks for your party.
3. Decide how much of each food or drink you will need.
4. Calculate the amount of money you would need to spend. Remember to stay within budget!



1 pizza (12 slices)
\$12.99



1 bag of popcorn
\$4.50



1 L juice carton
\$3.99



sandwich platter
(4 whole/8 halves)
\$6.95



muffins (6 per pack)
\$3.50



vegetable platter
\$7.95



fruit platter
\$8.95

**Adapted from
[Ophea's Wallet
Wellness Activity
Booklet](#)*



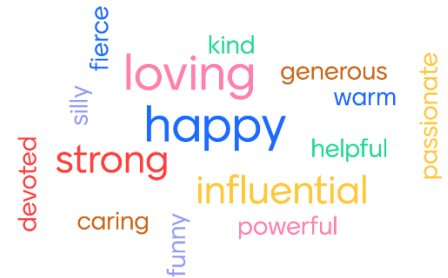
Junior Division Week: February 14-18 Wednesday's Activities

Theme: Friendship

Let's Explore Art & Movement

Sometimes we overlook the amazing things about our parents, grandparents, uncles, or aunts. Think about one of your relatives that you admire for their character, kindness, love, or accomplishments. Draw a word cloud with all of the great things about them.

**Adapted from [OlympicSchool Program](#)*



Experiential Learning Activity

Live Event
Hamilton Conservation Authority
10:00-10:30

Rock and Minerals – Let's explore the Niagara Escarpment together. Be a great rock hound! It's as close as your backyard!

[Please log into here to attend](#)



Junior Division Week: February 14-18 Thursday's Activities

Theme: Leadership

Story of the Week



[Geronimo Stilton Saves the Olympics](#)
[Accessing the HWDSB Virtual Library](#)

Let's Explore Literacy

SARAH NURSE

Born: January 4, 1995 (Hamilton, ON)

Sport: Ice Hockey

When she was seven years old, Sarah watched Team Canada win the Olympic women's hockey gold medal. That day, she started dreaming of winning an Olympic medal for herself.



Photo by Vincent Ethier

Your Task: Write a letter telling yourself what you have to do to reach your dreams.

- Who do you need to ask for help?
- What habits do you need to adopt?
- What leadership qualities will be important to pursue your dreams?

**Adapted from [My Beijing 2022 Olympic Journal](#)*

Let's Explore Math

Pretend you have been asked by student council at your school to help organize an upcoming food drive for your local community. You have been given \$50 to plan an event.

Activity Instructions:

1. Generate a list of ideas of how to spend the money.
2. Select an idea from your list and create a budget for the \$50.
3. Reflect on how your leadership is needed during this event.

**Adapted from Ophea's Wallet Wellness Activity Booklet*



Junior Division Week: February 14-18 Thursday's Activities

Theme: Leadership

Let's Explore Art & Movement

Design a card to say thanks to someone that you appreciate. Write how their actions demonstrate the qualities of a good teammate and friend. Explain one thing they have taught you that you are trying to include in your life.

**Adapted from [Be Olympic School Program](#)*



Experiential Learning Activity

Asynchronous Event that was previous recorded

Everyone needs to move and stretch. Click on the link below to stretch not only your body but also your mind. If the video says private, please types HWDSB into the code for access.

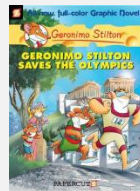
[Nature of Mindfulness: Centered Flow on Vimeo](#)



Junior Division Week: February 14-18 Friday's Activities

Theme: Creativity

Story of the Week



[Geronimo Stilton Saves the Olympics](#)
[Accessing the HWDSB Virtual Library](#)

Let's Explore Literacy

KIRSTEN MOORE-TOWERS AND MICHAEL MIRINARD

Born: Kristen, July 1, 1992 (St. Catherine's, ON) and Michael, January 7, 1992 (Sarnia, ON)

Sport: Figure Skating (Team and Pairs)

Kirsten and Michael are accomplished pairs skaters who teamed up in 2014.

School, sport, music, and family all include teamwork and creativity.

Your Task: What does it mean to you to be a good teammate. Create a journal response.



Photo by Jason Ransom

**Adapted from [My Beijing 2022 Olympic Journal](#)*

Let's Explore Math

Imagine having your own business! You get to be the boss, make important decisions, earn money and make a difference in the world! What business would you create?

Activity Instructions:

1. List things you enjoy doing (hobbies), talents you have, and skills you have learned.
2. Think about how you could use your skills and what you enjoy doing to create a business by selling a product (something you make) or a service (something you do for others).
3. Write a plan for your business and share it with family and friends.

**Adapted from Ophea's Wallet Wellness Activity Booklet*



Junior Division Week: February 14-18 Friday's Activities

Theme: Creativity

Let's Explore Art & Movement

Jump Challenge- Train like a figure skater!

Option A

- With arms extended to start, jump into the air, by pushing downward through the knees, ankles, and toes, and bring arms into the body.
- To land, attempt to place feet in the exact same spot of take off, easing the body weight gently over the balls of the feet and returning to the exact take off position.

Option A (Standing)



ACTUAL AIR POSITION

Option B

- While seated, extend arms, if possible, lift the body up slightly, and bring the arms into the body.
- To land, sit back down and extend arms.
- A modification if you cannot lift the body, is to rotate the torso while the arms are up.

Option B (seated)



**Adapted from [Be Olympic School Program](#)*

Experiential Learning Activity

Reflecting Friday's

Click on this link for the [Reflecting on Me Wheel](#). Spin the wheel as many times as you wish. You can do all the questions or just some. Think about the learning you have been doing the last few weeks.