

First Week of School: September 6th-9th

Wednesday's Activities

Theme: Taking on Challenges

Story of the Week

Marvelous Cornelius

In New Orleans, there lived a man who saw the streets as his calling, and he swept them clean. He danced up one avenue and down another and everyone danced along. When Hurricane Katrina hit, the devastation nearly caused him to lose his spirit.

Let's Explore Literacy

Your dream may be to go to camp, to be a star on the basketball court, to be class president, or to go to college someday. Whatever it is, hard work and luck can help you fulfill that dream. But along the way, you may encounter obstacles that block your progress. **QUICKWRITE:** What obstacles might you encounter while working to make your dream come true? In your journal, write one or two ways to overcome each obstacle.

Let's Explore Math

Rubik's cubes are challenging! Picture a Rubik's Cube. Now drop it into paint so that it is completely covered. When the paint is dry, imagine smashing it on the floor and it breaking it apart into the smaller cubes.
How many of the cubes have one face covered in paint? How many cubes have two faces covered in paint?
How many have three faces covered in paint? How many have zero faces covered in paint?
How could you predict the above for any size Rubik's cube?
What about a $4 \times 4 \times 4$? $5 \times 5 \times 5$? $6 \times 6 \times 6$? $N \times N \times N$?

Let's Explore Art and Movement

Have fun exploring art and math with the Möbius strip. A Möbius strip can represent a journey that one takes as they progress through a challenge. Colour both sides of a 5 cm wide x 30 cm long strip of paper. Use techniques such as patterning, blending, shading. Try combining with other drawing techniques such as a hatching, stippling and layering. Follow the directions on the video below to create your own Möbius strip.

<https://video.link/w/BKXoc>

What did you observe? What happens to the flow of patterns and colours?
Where do they begin and end? Have you seen something like this before? Where? How can this be incorporated into the arts? Visual art, sculpture, fashion?

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Thursday's Activities

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Story of the Week	<u>Marvelous Cornelius</u>
Let's Explore Literacy	<p>Word Work:</p> <ol style="list-style-type: none"> 1. Write a definition for the following words: agile dismay falsify despair eavesdrop vile 2. Write a story about a character who successfully overcomes a challenge. Be sure to use each word from your vocabulary list above.
Let's Explore Math	<p>Solve the questions below. Read carefully because they are EXTRA challenging and make a table of values if necessary.</p> <ol style="list-style-type: none"> (1) A bat and a ball cost \$1.10 in total. The bat costs \$1.00 more than the ball. How much does the ball cost? (2) If it takes 5 machines 5 minutes to make 5 widgets, how long would it take 100 machines to make 100 widgets? (3) In a lake, there is a patch of lily pads. Every day, the patch doubles in size. If it takes 48 days for the patch to cover the entire lake, how long would it take for the patch to cover half of the lake?
Let's Explore Art and Movement	<p>Towel Jump Workout Challenge!</p> <p>Get a towel and fold it lengthwise to create a long, skinny rectangle. Place the towel on the ground. This will be used to jump over and balance on with the activities below. Feel free to change or modify the exercises below if they don't suit you or your space. Ask a sibling, friend, or caregiver to join you –sometimes exercising with a partner is easier (and more fun). Remember to drink water!</p> <p>Repeat each activity 12 times:</p> <ol style="list-style-type: none"> 1.Jog on the spot on the right side of the towel for 10 seconds.Jump over the towel and jog on the left side of the towel for another 10 seconds. 2.Place one foot on either side of the towel. Jump up and cross feet over. Repeat crossing back and forth without touching the towel!! 3.Stand on one foot and jump over the towel landing on the same foot. Repeat with the opposite foot. 4.Next, place both feet on the towel and balance. Do a tuck jump and try to land back on the towel. Keep your balance!

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Story of the Week	<u>Marvelous Cornelius</u>						
Let's Explore Literacy	<p>When we overcome challenges, we have obstacles but we also have help. Take the point of view of the character from the story you wrote yesterday and write a thank you letter to everyone who helped them on their journey to success.</p>						
Let's Explore Math	<p>1. Using the numbers 1-9 in order, place different operations between each number to try and make the largest possible number. Check with a family member or friend to see if they can make a larger number. Eg. $1 + 2 - 3 + 4 + 5 \times 6 \times 7 \times 8 \times 9 =$</p> <p>2. Then using the same numbers in order, place different operations between each number to try and make the smallest number possible.</p> <p>3. Lastly, using the same numbers in order, place different operations between each number to find the number exactly in the middle of the numbers you found in question 1 and 2.</p>						
Let's Explore Art and Movement	<p>Scene starters Select one of the scenarios below. Choose a role and act out the scenes with siblings, friends or family. Try different combinations of the scene starters or create your own!</p> <table border="1"> <thead> <tr> <th>Roles</th> <th>Scene</th> <th>Scene starters</th> </tr> </thead> <tbody> <tr> <td>Family members, classmates, real estate agent, sports star, famous singer, celebrity, crossing guard</td> <td> <ul style="list-style-type: none"> Classroom Soccer field Mansion Mountains </td> <td> <ul style="list-style-type: none"> Learning to drive Buying a house Seeing a ufo Playing a sport on tv </td> </tr> </tbody> </table>	Roles	Scene	Scene starters	Family members, classmates, real estate agent, sports star, famous singer, celebrity, crossing guard	<ul style="list-style-type: none"> Classroom Soccer field Mansion Mountains 	<ul style="list-style-type: none"> Learning to drive Buying a house Seeing a ufo Playing a sport on tv
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Week 2: September 12th-16th

Monday's Activities

Theme: Screentime

Story of the Week

[Jack and the Zombie Box](#)

Jack is your typical 3 year old boy who has an imaginary friend named Uncle Bug. After messing up the kitchen, Jack's dad is given the task of distracting his son while his mom cleans up the mess. To occupy Jack, he plays a DVD of his childhood favorite cartoon. Jack becomes obsessed with the show and his obsession begins to drive his entire family crazy.

Let's Explore Literacy

Media Literacy:

Persuasive Language in Social Media

Watch this video

<https://www.youtube.com/watch?v=YG1FfC8vpeY>

What are the 5 major persuasive techniques social media markets regularly use? Find an example of each.

Let's Explore Math

How much time do you spend on screens each day? Each week? Setup a journal to capture the time of day and amount of time spent on screens for the next week. Ask any friends or family members if they want to participate. Today's task will be to setup the data entry chart. What rows and columns are needed? Use paper and pencil or use a computer program like Excel.

Let's Explore Art and Movement

Song writing

Choose your favourite song. Listen to the track and the lyrics. Practice your songwriting skills by substituting your own lyrics into the song.

This allows you to compose original and personally significant song lyrics. Share your new song with a friend!



Week 2: September 12th-16th

Tuesday's Activities

Theme: Screentime

Story of the Week

[Jack and the Zombie Box](#)

Let's Explore Literacy

Every advertisement campaign begins with good descriptive writing. Sometimes, companies will try to compare their product to another and put the other product in a negative light. This is your chance to do the same thing!

Good descriptive writing includes many vivid sensory details that paint a picture and appeals to all of the reader's senses of sight, hearing, touch, smell and taste when appropriate.

Descriptive writing may also paint pictures of the feelings the person, place or thing invokes in the writer.

Task: Write a description of How to Make the Most Disgusting Sandwich in the World (base it off a real fast food sandwich)

Be sure to include:

- Step-by-step instructions
- Descriptions of the 5 senses

After the first day of recording your screen time, complete the following:

1. How many total minutes did you spend on screens?
2. What type of screens?
3. What percentage of your waking day was on screens?

Let's Explore Math

Let's Explore Art and Movement

Do each of the following exercises for 1 minute. Count how many times you are able to safely do the exercises below. Record your numbers using the chart. Remember to take a rest between exercises and drink water. Ask members of your family or friends to join in and have a friendly competition! Start your timer and go!

- Pushups
- Situps
- Burpees
- Jumping Jacks

Week 2: September 12th-16th

Wednesday's Activities

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Story of the Week

[Jack and the Zombie Box](#)

Let's Explore Literacy

As a literary device, mood is the emotional feeling or atmosphere that a work of writing evokes in the audience. We can see examples of mood in everyday life through advertisements. Marketing strategies try to make customers think about how much happier they will be when they have the product:

- Disneyland: The happiest place on earth.
- Coca Cola: Open happiness
- McDonald's: I'm lovin' it
- Holiday Inn: Pleasing people the world over
- KFC: Finger lickin' good

Choose 10 of your favourite brands, but similar to the activity on Tuesday, create an "anti-slogan", putting the brand in a negative light in the way that a competitor might.

To see an example of this, consider the [artistic exhibit by artist Banksy called "Dismaland"](#).

Let's Explore Math

Using either pencil/paper or Excel, create a table with all of the answers from yesterday's questions. Using the data from the table, create a pie chart or bar graph displaying the data. Do you notice any trends? Create tables and graphs for any friends or family that are participating with you.

Let's Explore Art and Movement

Juggling

Give juggling a try! It combines, hand-eye coordination, persistence and a sense of adventure. You can use tennis balls, hacky sacks or even a rolled-up pair of socks. You can even start with tissues or small scarves. This is a great skill to practice outside! Watch the video below to learn the basics of juggling.

Click >> <https://video.link/w/wderc>

Keep practicing 10 mins every day. Pretty soon you will master it!

Week 2: September 12th-16th

Thursday's Activities

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Story of the Week

[Jack and the Zombie Box](#)

Let's Explore Literacy

Word work:

Vocabulary studies:

Define the following words:

- Receding
- Disarming
- Imprudent
- Surmounted
- Diverting
- Protruding

Write a poem or short story including the words above. Use a theme of screentime or social media.

Let's Explore Math

People are lining up to get the new iPhone. The security at Best Buy want them in a specific formation to ensure that the number of people is easy to count. She tries different formations:

The problem is that when they line up in twos there is 1 left over.

When they line up in threes there are 2 left over.

When they line up in fours there are 3 left over.

When they line up in fives there are 4 left over.

When they line up in sixes there are 5 left over. When they line up in sevens there are no people left over. How many people are lined up for the iPhone?

Let's Explore Art and Movement

McMaster Museum of Art Sculpture Garden

Look at the image of the sculpture below created by George Burton Wallace called "Man Releasing Eagles" click the link for a video tour

> <https://www.youtube.com/watch?v=2aa7PrlTOOQ>

This statue captures the instance between release and freedom. Answer the following question about the sculpture.

- What objects do you see in the work of art in front of you?
- What is going on in this work of art? Share whatever you see happening, no matter how small.
- Describe how you might feel if you were the person releasing the eagles?
- How would you feel if you were one of the eagles?
- How does the artist capture the concept of freedom? Write a paragraph explaining what freedom means to you.

Week 2: September 12th-16th

Friday's Activities

Theme: Screentime

Story of the Week	<p><u>Jack and the Zombie Box</u></p>
Let's Explore Literacy	<p>Listen to Lupe Fiasco's song <u>The Instrumental</u>.</p> <ol style="list-style-type: none">1. What are your 3 favourite lines?2. What is Lupe talking about when he mentions "the box"?3. What text to self/text/world connections can you make? Explain it in detail.
Let's Explore Math	<p>Complete an entry for each day in your table for screen time and sum up the results. Create a graph or chart that represents the entire week. What conclusions can you draw? What recommendations might you give yourself? For any of your friends and family participating in your study, provide the same for them.</p>
Let's Explore Art and Movement	<p>A labyrinth is a pattern of pathways that weave in a circle around a central point. You walkthrough the pathways to get to the center. Labyrinths are about the journey. They can be calming, as they slow you down while you wind your way through the path. Try creating your own Finger Labyrinth. Clink on the link to download a PDF >> <u>https://www.relax4life.com/download-paper-finger-labyrinths/</u></p>

Week 3: September 19th-23rd

Monday's Activities

Theme: Let's Get Physical!

Story of the Week

[Soccer Sabotage: A Graphic Guide Adventure](#)

Nadia is playing for her local soccer team, and they have made it all the way to the national tournament—against some very determined opposition. Unfortunately, Nadia's challenges don't just come from her opponents but from her teammates as well. After their coach is injured in a suspicious accident and the threats against the team mount, it is up to Nadia and her younger brother Devin to pull the team together and take a run at the championship. Another wild ride!

Let's Explore Literacy

Photo poetry writing assignment.

For this task, you will need to search for an image that inspires you.

Consider the following options for your brainstorming: famous painting, drawings, old family photos, cartoon, etc

Once an image is selected, answer the following questions:

1. What is the setting? Will you use a similar setting for your poem?
2. What feelings does the image convey?
3. What does this image convey that is unexpressed in words?
4. Does this image appeal to the 5 senses?
5. If you could identify a topic/theme from this image, what might it be?
6. What does this image leave you wondering?
7. What words pop into mind when you look at this image?

Perfect Numbers

Let's Explore Math

These are the numbers which equal the sum of all of their smaller factors. They are few and far between -- in fact, nobody knows how many there are. Only 47 perfect numbers are currently known. The only two less than 100 are 6 and 28, and the next smallest one is between 490 and 500. Factor the numbers between 490 and 500 to find the perfect number.

Let's Explore Art and Movement

The Cup Song! Listen to the students from Sir William Osler perform the Cup Song. Check out the cup game, bucket drumming, ukuleles, and vocals.

https://hwdsb.tv/?post_type=vp_video&p=59434%2F&playlist=2456

Have you ever tried to learn the Cup Song? If not, give it a try! Click for the Cup Song Tutorial >> HERE <https://www.youtube.com/watch?v=5bqjTVGnIBg>

Once you have mastered it, give a performance for your family and friends!

Week 3: September 19th-23rd

Tuesday's Activities

Theme: Let's Get Physical!

Story of the Week

[Soccer Sabotage: A Graphic Guide Adventure](#)

Let's Explore Literacy

Newspaper Editorials

Newspaper editorials reflect and express the newspaper's opinion on an issue. You can find them in all sections of the newspaper. Editorials are opinion stories, but in order for an editorial to be effective, it must be backed up not only by an opinion but also by facts and evidence, and in many cases the editorial will also include relevant data. Find an editorial either in a newspaper, or online newspaper sources. Read the issue and answer the following questions:

- 1.What is the position of this editorial?
- 2.List the opinion statements from this editorial.
- 3.How does the editorial tries to persuade you?
- 4.In your opinion, is this editorial effective? Why or why not?
- 5.Is there anything that could improve the editorial?

Let's Explore Math

When exercising or playing soccer like Nadia, your heart beats fast!

How long does it take for your heart to beat 1000 times?

If you started counting at midnight tonight, when would you count the millionth beat?
What about the billionth beat?

How does this change if you're doing exercise?

Write an equation to help you estimate without having to count each beat.

Let's Explore Art and Movement

Sketch a Still Life

Find a peaceful place for your sketch. It could be in the park, in your yard, on a balcony or a view from your window. Sketch what you see. Try to incorporate the basic shapes you see, different texture techniques, varying line styles and pay attention to light and shade. Try with a pencil and then with colour. For a challenge complete your sketch using only primary colours for an abstract feel. Other cool things to draw:

- ❑an eye
- ❑dreams in a bottle
- ❑mountains and moon
- s ❑someone running away
- ❑door to the universe
- ❑treehouse
- ❑A water reflection



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Let's Explore Literacy

6-word memoir

A memoir is a story about your life, important moments that you want to share with others that tell about what's important to you, what you value, and what you want others to know. You will engage in a reflective activity and write one or several 6-word memoirs about important moments in your life. Your task:

1. generate a list about what is important to you, things that are happening right now in your life, character traits, your hobbies, values, dreams and aspirations, etc.
2. Read these sample 6-word memoirs • Asked to quiet down, spoke louder • Wasn't noticed so I painted a train • Left cell phone on car roof • Working hard on my teacher look • Endless summers, walking the beach tog• I never finish anything, except cake
3. From the list you generated, create your own six word memoir, and create one for each character in the Soccer Sabotage graphic novel.

Let's Explore Math

Imagine you have a piece of paper as long as a soccer field and you folded it in half (doubling its thickness), and then in half again (doubling it again), and then in half again (and so forth), how many times could you fold it?

Write an equation to explain your thinking.

Let's Explore Art and Movement

McMaster Museum of Art Sculpture Garden

Look at the image of the sculpture below created by Gord Smith called "Struggle" or click the link for a video tour > Click HERE <https://www.youtube.com/watch?v=DCIm5fiY7zQ>

The artist believed, "A work of art should be timeless, and with a power of its own. If it speaks, it will be heard." Answer the following question about the sculpture

What objects do you see in the work of art in front of you?

- What is going on in this work of art? Share whatever you see happening, no matter how small.
- How is nature captured in this sculpture?
- Why do you think it is called "Struggle"?
- How does the artist capture this concept? Write a paragraph explaining what this means to you.



Week 3: September 19th-23rd

Thursday's Activities

Theme: Let's Get Physical!

Story of the Week

[Soccer Sabotage: A Graphic Guide Adventure](#)

Let's Explore Literacy

You are invited to join a discussion as a guest on a popular podcast.

The topic of the day is whether Nadia makes the right choices or the wrong choices in the Soccer Sabatoge graphic novel.

Prepare a brief speech expressing your thoughts on the topic.

Let's Explore Math

14 basketball players equally shared 6 large pizzas and 6 volleyball players equally shared 2 large pizzas.

Who got to eat more pizza, a basketball player or a volleyball player?

Let's Explore Art and Movement

Art Inspires Art

Does music or art inspire you to create?

Would you create different types of art depending on the music you are listening to?

Would you create different music depending on the art you are looking at?

- Listen to a variety of music and capture your ideas, images and thoughts that you could use to create artworks.

- Explore some of the different artworks through the Art Gallery of Hamilton's virtual tours using the link >> <https://www.artgalleryofhamilton.com/agh-at-home-virtual-tours/>

- What soundscape are you inspired to create?



Week 3: September 19th-23rd

Friday's Activities

Theme: Let's Get Physical!

Story of the Week

[Soccer Sabotage: A Graphic Guide Adventure](#)

Let's Explore Literacy

Create an advertisement for Soccer Sabatoge, encouraging others to read it. It can be a brochure, poster, video or audio recording.

Use the descriptive language techniques touched on earlier in the Learn at Home activities.

Let's Explore Math

The sum of my numerator and denominator is 1 less than a perfect square.

Their difference is 1 more than a perfect square.

Their product is 1 less than a perfect square.

What number am I?

Let's Explore Art and Movement

Found Objects Colour Wheel

Go on a colour exploration. Using found items from around the home create your own colour wheel.

Extend the creativity and gather items from outside to create a natural colour wheel.



Week 4: September 26th-30th

Monday's Activities

Theme: Life is a Mystery

Story of the Week	<p><u>Nancy Drew and the Clue Crew Volume 1: Small Volcanoes</u></p> <p>Nancy Drew decides to build a model of a volcano for her science project. Best friends George (Georgia) Fayne and a gungho Bess Marvin arrive to help. But, the next day, their teacher Mrs. Ramirez opens the door to find all the volcanoes missing. Why are they missing? Is it an actual crime or a prank? And who did it? Nancy Drew, with the help of Bess and George, is on the case!</p>
Let's Explore Literacy	<p>Inferencing is the process that the reader must go through to understand the meaning of what is written and what the writer meant. For example, if a text says "It was fall, and winter was coming soon", this implies that the leaves were changing colours and falling off the trees. The weather was becoming cooler and school has started again.</p> <p>Read the following short passage and explain what you infer beyond what's written.</p> <p>Passage: When people inhale polluted air, harmful materials called pollutants enter their bodies. Regularly breathing certain pollutants increase a person's chances of developing certain diseases, such as lung cancer and emphysema. Polluted air can also make diseases such as allergies, asthma, colds and pneumonia more severe. What did you infer?</p>
Let's Explore Math	<p>A flock of geese are on a lake.</p> <p>1/5 of the geese fly away.</p> <p>1/8 of the remaining birds are startled and fly away too.</p> <p>Finally, three times the number that first left now fly away.</p> <p>Twenty-eight geese are left on the lake.</p> <p>How many were there to begin with?</p>
Let's Explore Art and Movement	<p>Collaging Challenge</p> <p>Collaging allows for bringing different symbols and images together in way that illustrates new relationships and connections.</p> <p>The video below is from McMaster Children & Youth University (MCYU). It shows how to make a collage using at home materials. https://video.link/w/tJb1cYour</p> <p>Your challenge is to make a collage that represents what you envision for a bright future. Get creative!</p>



Week 4: September 26th-30th

Tuesday's Activities

Theme: Life is a Mystery

Story of the Week

[Nancy Drew and the Clue Crew Volume 1: Small Volcanoes](#)

Let's Explore Literacy

In the last activity, you had some practice with inferring. Making strong inferences is key to solving mysteries – even the basic everyday ones! Try again with this new passage below:

Smokers may use many different methods to stop. Some smokers may smoke fewer and fewer cigarettes each day until they have stopped altogether. Other people use a set of special filters, each of which takes a little more nicotine from the smoke. Other people are able to stop smoking all at once and never smoke again. In time, they find that the desire goes away.

What can you infer from this passage?

Let's Explore Math

An assortment of 1st floor people and 2nd floor people are living in a retirement complex.

2/5 of the first floor are related to $\frac{3}{4}$ of the second floor.

How many first floor people might there be?

How many second floor people?

How many different answers can you find?

Let's Explore Art and Movement

Why does exercising make you feel good?

Let's explore the different happiness chemicals we experience when we exercise and play "Name that Happiness Chemical!"

Watch this video to learn about dopamine, serotonin and endorphins that are released when you exercise.

<https://video.link/w/AZb1c>

Week 4: September 26th-30th

Wednesday's Activities

Theme: Life is a Mystery

Story of the Week	<p>Nancy Drew and the Clue Crew Volume 1: Small Volcanoes</p>
Let's Explore Literacy	<p>Day in the Life: Photo Essay</p> <p>As the name indicates, for this project you will photograph someone for a whole day (but feel free to do it for an even longer extended period if you want).</p> <p>You'll follow a friend or family member around for the day, photographing whatever they do. You may choose to document a day in the life of a pet as well. Of course, you can set some things up, but for the most part, try and capture their day and their activities as they unfold naturally.</p> <p>Choose 5-7 images that accurately portrays your subject's day, and write a caption explaining that part of the day for each image. Be sure to include:</p> <ul style="list-style-type: none"> -A portrait of your subject -A photo that establishes setting -Candid images that documents their actions
Let's Explore Math	<p>Grannie Stitchwork made 20 teddy bears each month to sell in the local toyshop.</p> <p>She received a monthly delivery of 6 square metres of fur material, 5 kg of stuffing, 4metres of coloured ribbon for bow ties and 40 special eye buttons.</p> <p>She made 20 identical teddies. The teddies sold well but customers were asking for teddies twice the size, so Grannie was asked to make 20 large teddies for the following month.</p> <p>Always obliging, Grannie Stitchwork immediately doubled the order of materials for the next month. How many large teddy bears will she be able to make after doubling her material order?</p>
Let's Explore Art and Movement	<p>The Grid Method</p> <p>Start by drawing a grid over your reference photo, and then drawing a grid of equal ratioon your work surface (paper, canvas, wood etc). Then you draw the image on your canvas, focusing on one square at a time, until the entire image has been transferred. Continue on in this manner, until all the squares are done and the image is completely transferred. By focusing on one square at a time, you end up drawing what you actually see, and not what you thinkyou see or even what you think you oughtto see.Check out this website for more information on this technique.</p> <p>https://www.art-is-fun.com/grid-method</p>



Week 4: September 26th-30th

Thursday's Activities

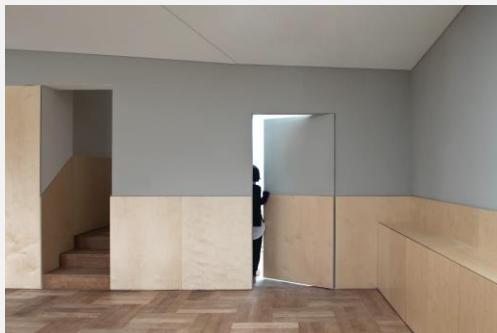
Theme: Life is a Mystery

Story of the Week

[Nancy Drew and the Clue Crew Volume 1: Small Volcanoes](#)

Let's Explore Literacy

Use your imagination to write the opening of a short story inspired by the idea of finding a secret space somewhere near you.



Let's Explore Math

There are some pennies on a table.

One fourth of the pennies are heads up.

If two pennies are turned over then one third of the pennies are heads up.

How many pennies are on the table?

How do you know?

Let's Explore Art and Movement

Stargazing

Some people say space is the world's greatest mystery. Being outdoors is a great way to stay healthy and on a clear night, try stargazing. Look out your window or lay on a blanket with family and friends. Do some research and discover the folklore and mythology behind the constellations. You can also check out the virtual tour of McMaster's Planetarium --> HERE

<https://www.science.mcmaster.ca/tour/location-burke-science-building/location-planetarium.html>



Week 4: September 26th-30th

Friday's Activities

Theme: Life is a Mystery

Story of the Week

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Let's Explore Literacy

Etymology refers to the study of the origins of words and the way in which their meanings have changed throughout history.

Look up the origin of your name.

What is its etymology?

If you could rename yourself, rebranding if you will, what would you choose? Explain your choice.

Let's Explore Math

A complete cycle of a traffic lights takes 60 seconds.

During each cycle the light is yellow for 5 seconds and red for 30 seconds.

At a randomly chosen time, what is the probability that the light will be green?

Let's Explore Art and Movement

Investigation Fitness(by Boks Canada, adapted)

Being an investigator requires stamina, flexibility, and focus. Do the following exercises to prep for tracking leads and solving mysteries!

Do each activity for 60 seconds:

- Jog in place as if you were chasing down someone with important information.
- Reach up as if you are finding evidence.
- Do toe touches as if you are hammering in tent stakes.
- Wall sit (or squat) as if you are sitting on a wall incognito.
- Move your arms as if you are swimming from a big fish.
- Shake your body as if you are a wet dog
- Torso twist as if you are paddling the kayak side to side.