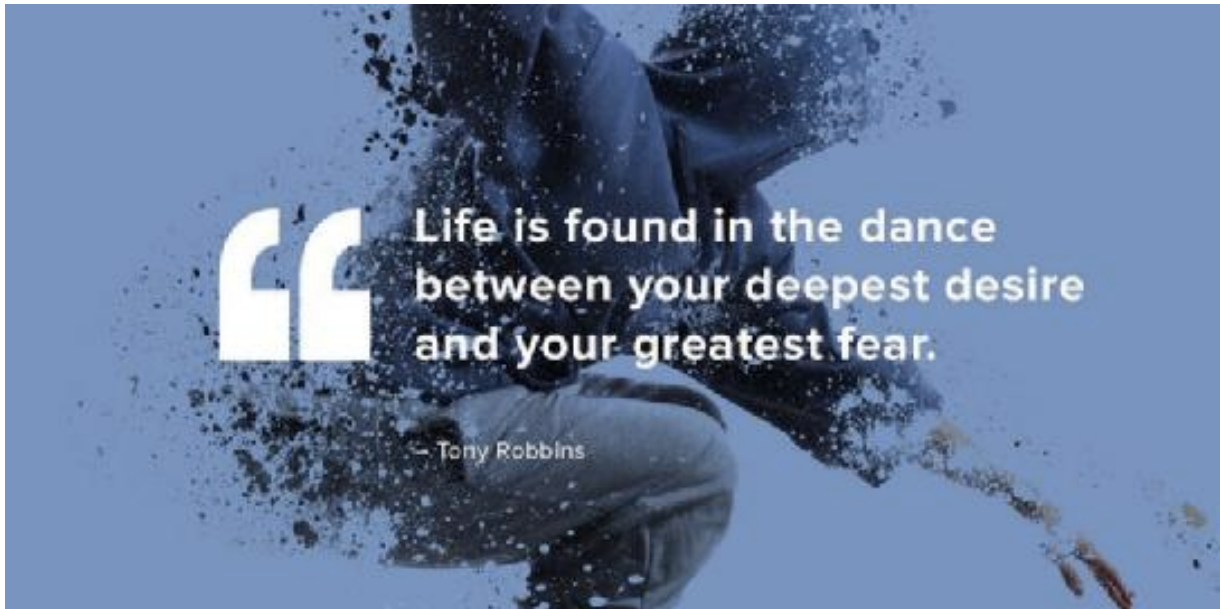


# Be Brave

Junior Watermarks

Study of Character Education, Service Learning, Outdoor  
Education, Guidance & Health Education  
(Grades 3,4 & 5)

## LEARNING LOG



Name: \_\_\_\_\_

# Be Brave Learning Log

Copyright: Barbara J. Smith

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For other access and permission to use this resource and revise/customize, please contact: [zpdschoolandcurriculumdesign@gmail.com](mailto:zpdschoolandcurriculumdesign@gmail.com) and the WORD copy will be forwarded within a few days.

This document edition will be used as a pilot resource to support innovative schools. The intent of sharing this first version with students, staff and families, is so we can gather further input for future revisions of this living curriculum.

All we ask is that if you use these materials that you give credit to the author(s) of this initial work, in your introduction.

## Why Character Matters:

*“James Heckman, Nobel Prize winning economist, has just published a 435 page collection called The Myth of Achievement Tests. On the surface it is a well-documented critique of the GED (General Educational Development) examination. But as one leafs through the volume, it turns out to be a 400+ page hymn-of-praise to character education. Heckman and his three co-editors see the development of character as at least as important as IQ/SAT measures, if not more so.”*

~Howard Gardner, 2014

<http://www.thegoodproject.org/re-inventing-the-wheel-in-the-study-of-human-character/>

## Why Service Learning Matters:

*“How wonderful it is that nobody need wait a single moment before starting to improve the world.” ~Anne Frank (1929-1945)*

## Why Outdoor Education Matters:

*“Education is a natural process carried out by the child and is not acquired by listening to words but by experiences in the natural environment.” ~ Maria Montessori*

**Why Health Education Matters:** *“The first wealth is health.” ~ Ralph Waldo Emerson*

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# Character Creek

Essential Target (ET) - Displays courage.



<https://s-media-cache-ak0.pinimg.com/236x/2a/1e/54/2a1e54c5e7325d1bfec45198205ae7cd.jpg>

# MEET THE TEACHERS

(Share a note about the school to your mom and dad to read when they visit the school)

Dear Mom/Dad,

---

---

LOVE, \_\_\_\_\_

---

(Please respond to child's note)

Dear \_\_\_\_\_,

---

---

LOVE, \_\_\_\_\_

# 1. Promises, Promises

Being a person of character means we keep our promises.

You can **LEARN, DO** and **BE MORE** when you respect yourself, each other, and your environment.

What is self-respect?

*I think self-respect means that I will:*

*Do...*

*Say...*

How will I respect others?

Take a look at this poster about being a good classmate and put a check beside the things you know you are good at doing!



- Read through our School Promise.

## Our School Promise (Mission)

Students, staff and families “**learn, do and be more**” by working hard each day to respect and support ourselves and others as we achieve our promises:

⇒ 1. *We promise to*

⇒ 2. *We promise to*

⇒ 3. *We promise to*

\_\_\_\_\_ (student) \_\_\_\_\_ (date)

\_\_\_\_\_ (Principal)



- Take a look at the list of actions in the box.

- ✓ leaving our outdoor spaces clean
- ✓ reducing, recycling, and reusing to protect environment
- ✓ dispose of garbage properly
- ✓ supporting our School Safety Rules
- ✓ keeping prohibited items at home
- ✓ taking risks with new ideas
- ✓ adding something special to everything you do
- ✓ reading and talking about local and international news
- ✓ being open to new ideas
- ✓ learning from mistakes and not being afraid to admit them
- ✓ adding an original or special touch to what you do
- ✓ getting along and working well with others on research projects
- ✓ focused study for tests, alone and with others
- ✓ staying healthy (wash hands frequently, eat nutritious foods, get 8 hours+ of sleep, bathe regularly, clean teeth/floss daily)
- ✓ staying home when sick
- ✓ having materials ready for start of class
- ✓ maintaining neat school materials
- ✓ make sure belongings and school work are labeled
- ✓ use a zippered backpack to carry school materials
- ✓ being punctual for classes
- ✓ staying on task and not distracting others
- ✓ demonstrating care with school and community property
- ✓ speaking positively (no profanity or name-calling)
- ✓ not being a bystander to bullying
- ✓ celebrating own and others' success
- ✓ respecting the privacy of others
- ✓ viewing appropriate content online
- ✓ wearing uniform with pride
- ✓ telling the truth
- ✓ not cheating or plagiarizing
- ✓ returning borrowed materials and forms promptly



- Select at least three from the list to complete the statements below:

We can fulfil our promise to \_\_\_\_\_ by:

We can fulfil our promise to \_\_\_\_\_ by:

We can fulfil our promise to \_\_\_\_\_ by:

- How do people expect me to learn, do and be more? (You may choose items from the list on page 10 or add your own!)

My parent(s)  
expect me to...

My teachers  
expect me to...

My classmates  
expect me to...

- Make a class poster with everyone's ideas of how we will keep our promises to learn, do and be more at school.
  - This 'promises' poster will serve as our positive 'code of conduct'.  
(This list will be typed up, printed off and glued onto the next page)
- ☺

-----SCHOOL PROMISES POSTER-----

- When we do not demonstrate these behaviours, we understand there will be consequences.



## 2. Symbols

At school, at home and in the community, we use many symbols to help us out.

- Circle three symbols below and record what they mean in words.

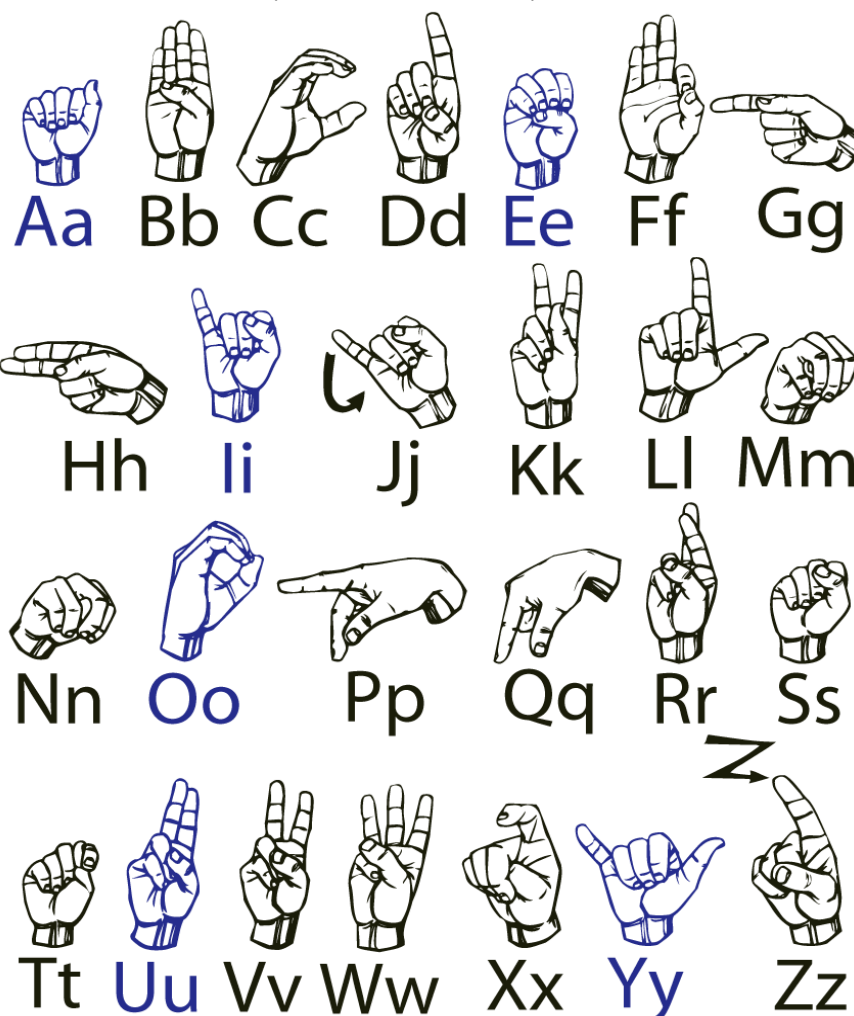


<http://media02.hongkiat.com/free-high-quality-symbol-fonts/1-free-font-symbol.jpg>

Draw symbol below	In your words, it means...

People who are hearing impaired can use sign language for communication.

See if you can learn the alphabet for 28 points!



<https://upload.wikimedia.org/wikipedia/en/6/6f/Aslfingerspellalpha.png>


I did it. \_\_\_\_\_

I almost did it. \_\_\_\_\_

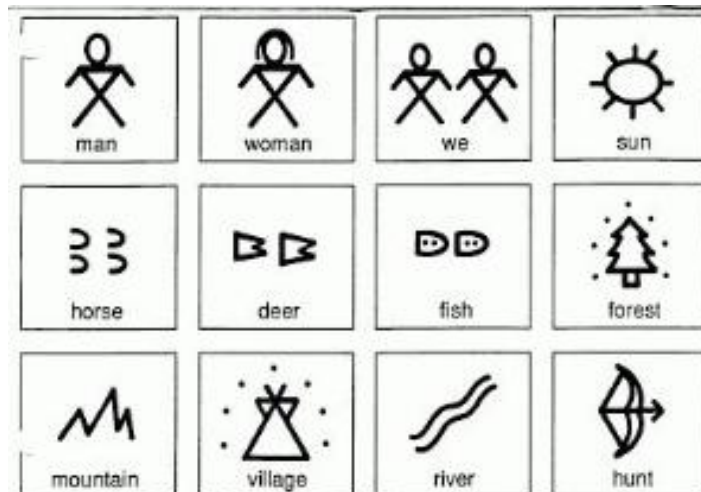
I am going to practice some more. \_\_\_\_\_

It is much easier to sign whole words than to spell them out with each letter.

- Take a look at the image below - and search out the sign for 3 more words and draw them in the chart below:

Sample	Word	Signs
 <p>tree</p> <p>flower</p> <p>bush</p> <p><a href="http://www.widgit.com/resource-img/bsl/bsl_science_plants/plants-cards.gif">http://www.widgit.com/resource-img/bsl/bsl_science_plants/plants-cards.gif</a></p>		

There are many symbols used by North American aboriginal people. The following symbols represent many images used to represent ideas:



<http://ind3.ccio.co/K8/DB/7A/c2870ec7f79513c3af2fdce8a23461e4.jpg?iw=300>

- Create a sentence about the outdoors using words and images to replace words.

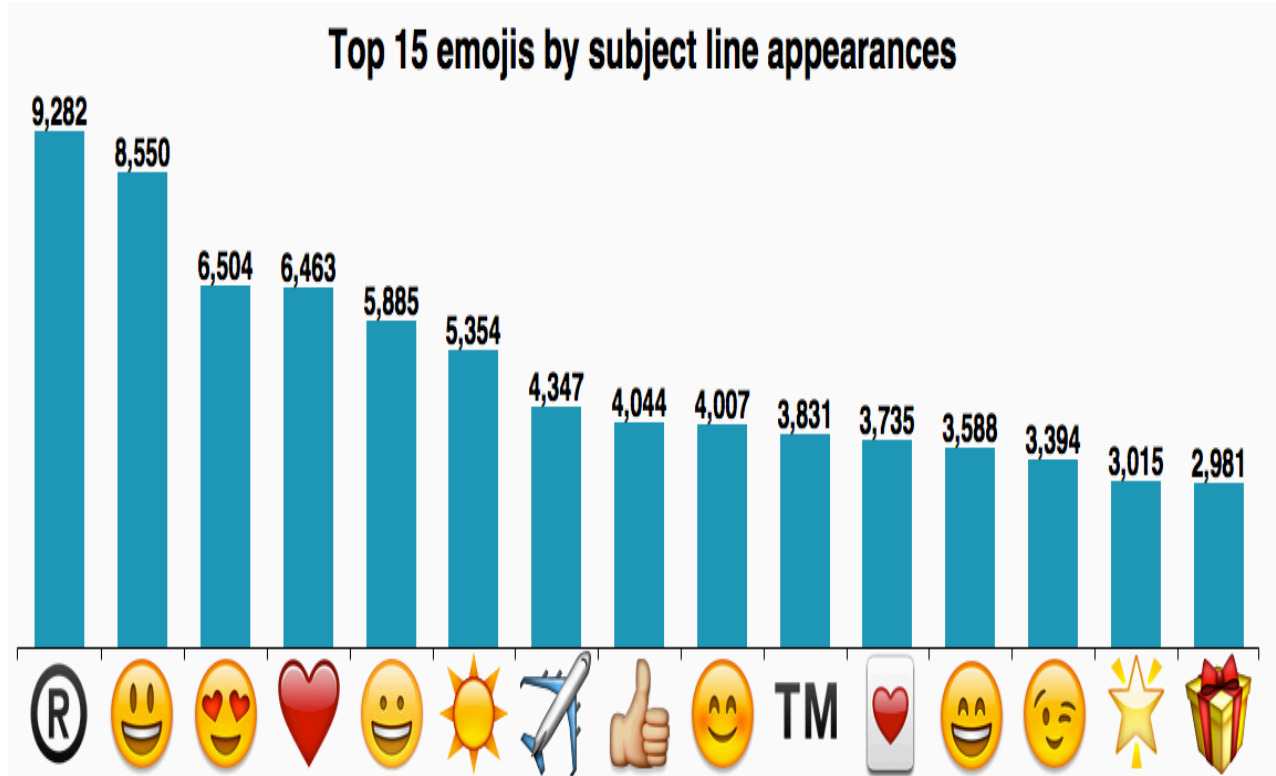
- See if a fellow student can interpret your sentence.





Emojis represent modern digital symbols.

- What does this graph say about some of the most common emojis?



[https://blog.mailchimp.com/wp-content/uploads/2015/05/top\\_emojis\\_chart.png](https://blog.mailchimp.com/wp-content/uploads/2015/05/top_emojis_chart.png)

- Draw your favourite symbols that fit into the three categories in the table below:

Emoji	Road Sign	Sport Team

- Now it's time to create your own logo!
- Make a list of things that are important to you. (what you value, what you stand for)

- Draft some images that might help you build your logo.

What makes you proud?	
What makes you happy?	
Where do you like to go?	
What do you like to do?	
What do you want to become an expert at?	
What are your talents?	

- Combine some of the draft images to create your logo on  $\frac{1}{2}$  a piece of poster board using pencil at first.
- Then with magic marker - trace over your work and then use crayons to add colour (if you like) to your symbol.
- Do not put your name on it.
- Give your logo to your teacher - who will string up your completed work for all to view.
- Everyone can then try and guess who belongs to which logo.

My Logo:



### 3. Campfire Circle

We do not need a fire for a campfire circle.  
At this school, the outdoors is a special classroom!



What activities can happen at a Campfire Circle?

---

---

---

It's good to be outside.

### **JOIN THE 30×30 NATURE CHALLENGE!**

Want to feel healthier, happier and more peaceful? Add a daily dose of nature to your routine. Most of us spend too much time in front of screens and too little time outdoors. It's time to fall (back) in love with nature! The David Suzuki Foundation challenges you to spend **30 minutes a day in nature for 30 days** to kick-start a nature habit that lasts all year-round.



Our goal is simple: **to reconnect human beings with nature for the sake of their health and mental well-being.** Check out the latest research and tips for fitting in some green time every day. We also offer toolkits for schools and workplaces so you can inspire your community to join you outside.

Start today. Join us in taking the 30×30 Nature Challenge, so we can reap nature's benefits together. <http://30x30.davidsuzuki.org/#>

**What is the 30×30 Nature Challenge?** Since 2012, the David Suzuki Foundation has invited Canadians and people around the world to join the 30×30 Nature Challenge. Tens of thousands of people have been inspired to spend 30 minutes outside each day for 30 days. Join us in cultivating the nature habit!

**When does the Challenge start?** You can start your 30×30 Challenge any time. Check out the daily tips for motivation. You can also download the school and workplace toolkits to inspire your community to join you in cultivating the nature habit.

**Can my workplace/school do the 30×30 Challenge?** Yes! Register online and get our free toolkits for workplaces and schools. They're full of tips and activities, as well as ideas for getting your colleagues involved. Once you download your kit, you'll receive regular updates to support you in engaging your community.

**Where can we find nearby nature?** Nature isn't a destination—it's literally in your backyard. Green space is as close as your neighbourhood park or garden. Community gardens, trails, ravines and beaches are often a short diversion from your daily route. Birds, bees and other critters are always nearby. You just have to take time to watch and listen.

**What counts as "time in nature"?** Good question! It's simple: time in nature is about getting outside and taking time to notice and connect with the non-human life around you.

Time in nature is not always the same as being outside — most busy city thoroughfares aren't very green or calming. But the good news for urban dwellers is that even small green spaces are beneficial if you relax and pay attention to nature when you're there. We recommend putting your electronic devices away so you can use all your senses to listen for bird song, breathe fresh air and watch for local wildlife.

**Can you give us some ideas for spending 30 minutes in nature during the workday?** Check out our Daily Tips and be sure to join David Suzuki on Facebook to see how others are getting their daily doses of nature.

**I don't live in Canada. Can I still participate?** Yes! Thousands of people from all over the world participate each year. Share your pictures and stories — we'd love to hear how you spend time in nature!

***I missed a day – can I still participate in the Challenge?*** Of course! The Challenge isn't about being perfect. We want to encourage everyone to get outside and enjoy nature more often. Little by little, you can cultivate the nature habit.

**\*\*\*Check out the website after your 30 minutes outdoors:**

<http://30x30.davidsuzuki.org/#>

May schools aim to **exceed the goal of 30 minutes a day outdoors!** Apart from daily physical education, schools can plan to have morning meetings and SEL classes outdoors. Many life science classes need to be in the outdoors to conduct pond and nature studies. Science classes often have weather studies, too. Just getting to know the community requires folks to walk around in it.

*I think we can....* \_\_\_\_\_



Where can use something like this?

- Draw and label an image of outdoor things we can do at school.



## Sample 30-minute Morning Meeting and Watermarks Class

### .. In classrooms:

- National Anthem - O-Canada
- Recite poem (i.e. "Salutation of the Dawn")
- Weather Channel (student reading)
- This Day in History (student reading)
- Current Events - (student reading)
- Listen to Announcements (i.e. Message from Principal)
- do Watermarks (SEL) activity from this learning log
- once a week complete reflection in Learning Journal



- Read through the following Salutation for the Dawn poem:

### Look to this day!

For it is life, the very life of life.

In its brief course

lie all the verities and realities of your existence.

The bliss of growth,

The glory of action,

The splendor of beauty.

For yesterday is but a dream

and tomorrow is only a vision,

But today well lived

Makes every yesterday a dream of happiness

And every tomorrow a vision of hope.

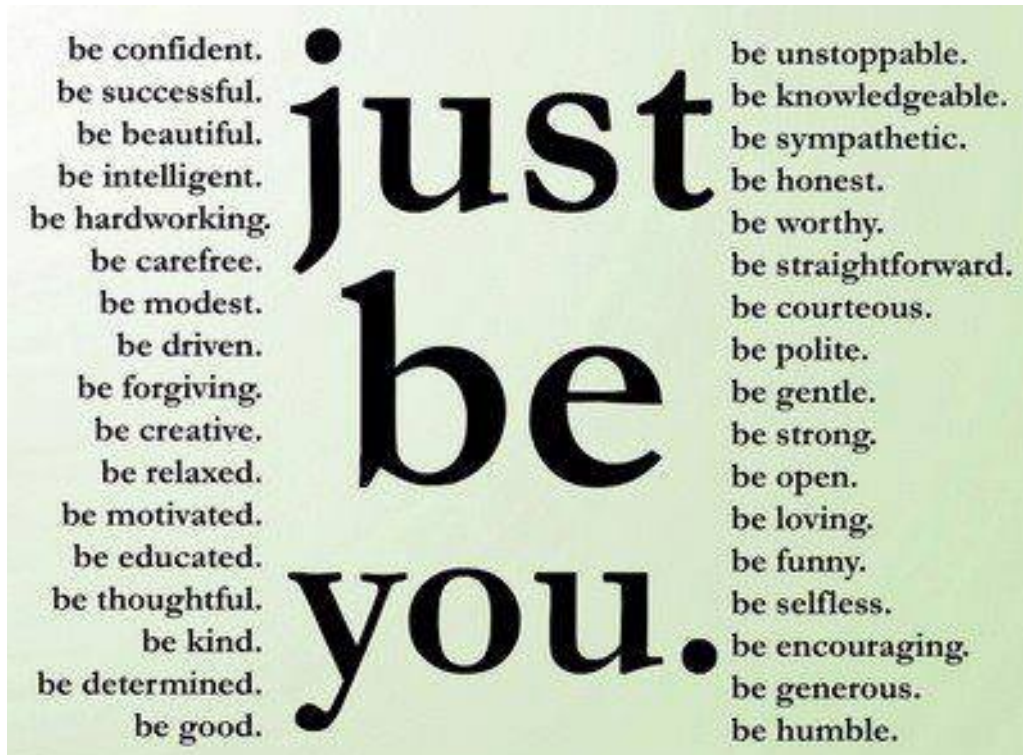
Look well therefore to this day!

Such is a salutation to the dawn.

- Attributed to Kālidāsa, a 5<sup>th</sup> century Sanskrit writer

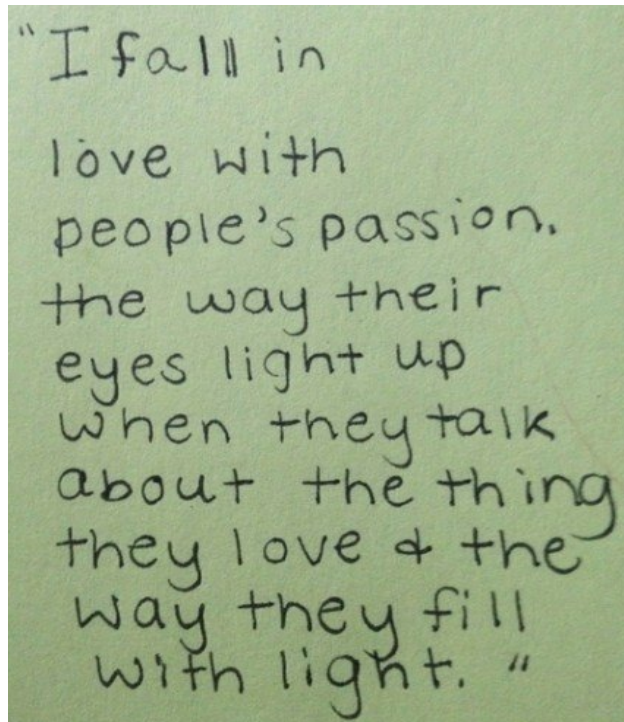
- Circle the words that you want to look up in a dictionary.
- Choral read the poem again together.
- Why is it a good poem to start the day?

## 4. Just Be You



- Look at the words in the above image.
- Check off the words you would like people to say about you!
- What are some things qualities you find difficult to be?

- Look at the image below and think about people you know who are filled with passion.

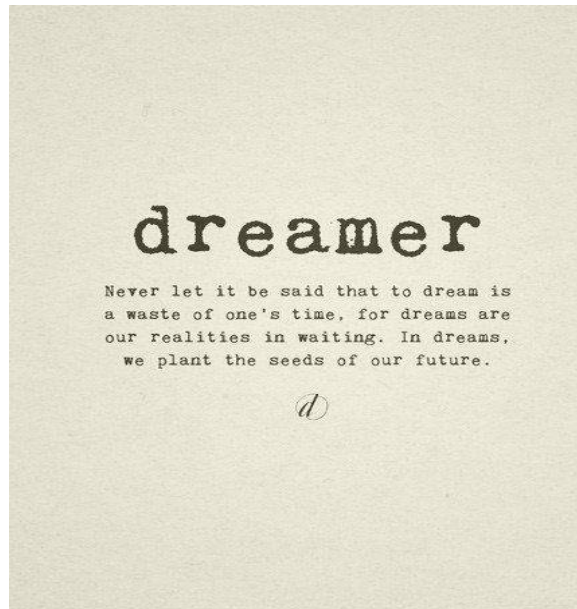


- What kinds of things excite you and fill your eyes with passion?

*I guess that one of the most important things I've learned is that nothing is ever completely bad. Even cancer, it's made me a better person. It's given me courage and a sense of purpose I never had before. But you don't have to do like I did...wait until you lose a leg or get some awful disease, before you take the time to find out what kind of stuff you're really made of. You can start now. Anybody can. --Terry Fox*

## 5. What a Day for a Daydream...

*“The future belongs to those who believe in their dreams.”*  
~Eleanor Roosevelt



- Read the following excerpt from the *Globe and Mail* (July 1, 1981)

Terry Fox's race is over. In fact he never finished his run – none of us do.

What is important is the JOURNEY.

What is important is SETTING GOALS.

What is important is NOT to quit, not ever.

What is important is to run well and honestly, with as much pride as possible

- not forgetting too, to take joy in the journey, be kind to others, and never, never forget how to laugh.

- Record your favorite words from the quote and then discuss the local Terry Fox run:

**Extension:** Bring in articles (paper or electronic) about Terry Fox.

What kind of dreams do you have about your future?

*My dream is...* \_\_\_\_\_

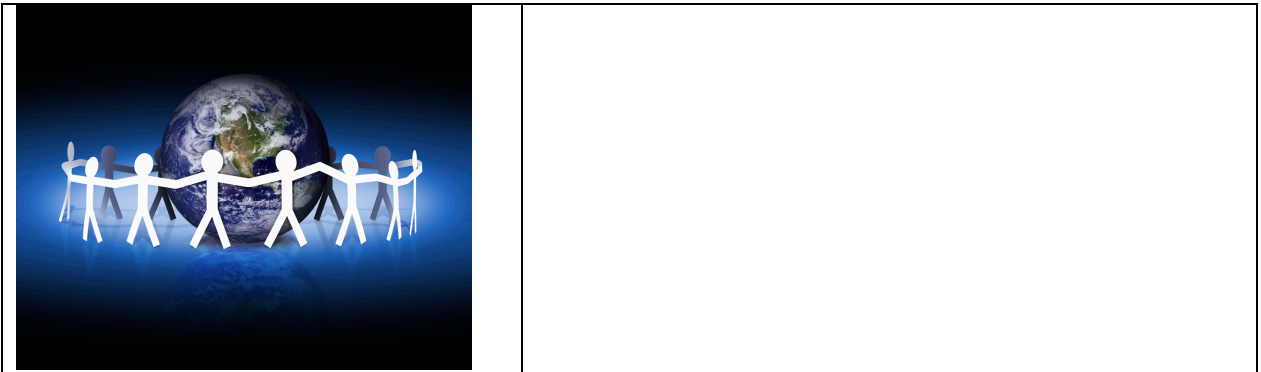
\_\_\_\_\_

\_\_\_\_\_

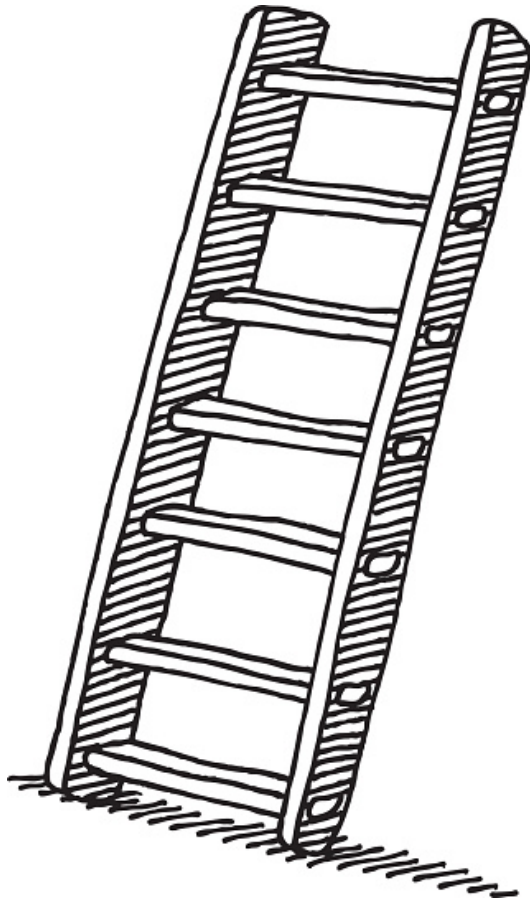


**Extension:** Create a dream catcher, research its origins, and write a personal narrative about each element in your piece. These can be easily created using found materials, some wool or string, and items from home.

- How do you think you can make the world a better place?



- Create a ladder with things you can do on each rung to make your dreams come true.



## 6. Being Ambitious



<http://xosarah.com/wp-content/uploads/2014/06/Be-Ambitious.png>

### **Qualities of Entrepreneurs:**

1. Successful entrepreneurs are ambitious.
2. Successful entrepreneurs proactively find and seek-out opportunities.
3. Successful entrepreneurs are focused, goal-oriented, disciplined, well-organized and meticulous.
4. Successful entrepreneurs are hard workers who love what they do.
5. Successful entrepreneurs are not afraid to take risks.
6. Successful entrepreneurs are not afraid to make mistakes, and face failure.
7. Successful entrepreneurs have a knack for innovation and creativity.
8. Successful entrepreneurs know what it takes to be successful.
9. Successful entrepreneurs have excellent role models.
10. Successful entrepreneurs are leaders.

(adapted from <http://smartbusinesstrends.com/10-qualities-of-highly-successful-entrepreneurs/>)

- Listen to or read: [Follow Your Dream | from Chicken Soup for the Soul](http://www.chickensoup.com/book-story/36239/follow-your-dream) [www.chickensoup.com/book-story/36239/follow-your-dream](http://www.chickensoup.com/book-story/36239/follow-your-dream)  
"I have a friend named *Monty Roberts* who owns a horse ranch in San Ysidro. ... It all goes back to a *story* about a young man who was the son of an itinerant horse trainer who would go from stable to stable, race track to race ..."~*Jack Canfield* ...

### The Story of Monty

In the original *Chicken Soup for the Soul*, Jack Canfield tells the story of Monty, who was the son of an itinerant horse trainer of little means. During his senior year he was assigned a writing project to describe what he wanted to be when he grew up. His seven-page essay minutely detailed the 200-acre ranch he wanted to own. It included a diagram of the ranch and a detailed floor plan of his 4,000 square foot home.

Despite the **passion** and effort Monty put into his paper, he received it back with a large "F" written on it and a note to see the teacher after class. The teacher told Monty that the reason he had given him that grade was because his paper was unrealistic. He went on to cite all of the reasons why, and told Monty that if he would rewrite the paper with a more realistic goal, he would reconsider the grade. After considering it for a week, the young man turned in the same paper with no changes, along with the remark, "***You can keep the F and I'll keep my dream.***"

- Review the Four Principles for Realizing Your Dream according to: [http://1000advices.com/guru/achievement\\_principles\\_monty.html](http://1000advices.com/guru/achievement_principles_monty.html)
  1. create a dream that is so big that it will keep you excited
  2. define the dream in minute detail
  3. live in the dream so that it becomes real to you on the inside, and then
  4. hold on to it so tightly that no one can take it away from you.

How will you reach for the sky?



- Read the poem: "You can Reach and Dream":

### **You Can Reach and Dream**

Coming second can only mean  
That you can try once more  
It measures trust  
It measures words  
It opens one more door

Take a risk. Yes, you can  
Find new ways to build some pride  
The world can be an exciting place  
You just have to come inside

The old decisions - good or bad  
Can no longer be the same  
Make today the best of all  
Be proud to speak your name

The second chance is yours to prove  
That you can reach and dream  
The human race is made to soar  
Take flight and join this team.

~ Barbara Paterson Smith

- What do you think about the message in this poem?

## 7. Risk Taking

- Choral read the poem "Risk" with your classmates.

### Risk

To laugh is to risk appearing the fool.  
To weep is to risk appearing sentimental  
To reach out for another is to risk involvement  
To expose feelings is to risk exposing your true self  
To place your ideas, your dreams before the crowd  
Is to risk their loss.  
To love is to risk not being loved in return.  
To live is to risk despair  
To try is to risk failure.

But risks must be taken because the greatest hazard in life is to risk  
nothing.

The person who risks nothing, does nothing, has nothing  
And is nothing.

One may avoid suffering and sorrow, but simply cannot learn, feel,  
fee, change, grow, love - live.

Chained by the certitudes  
The individual is a slave  
And has forfeited freedom

Only a person who risks is free. ~ Leo Buscaglia

- Read *Take A Risk: The Odds Are Better Than You Think* by Margie Warrell, (<http://www.forbes.com/sites/margiewarrell/2013/06/18/take-a-risk-the-odds-are-better-than-you-think/#70c117741d09>) to find out more about the following points she makes in her article:

1. We over-estimate the probability of something going wrong.
2. We exaggerate the consequences of what might happen if it does go wrong.
3. We under estimate our ability to handle the consequences of risk.
4. We discount or deny the cost of inaction, and sticking with the status quo.

What do you think of Margie's quote: *"Fear regret more than failure - history has shown that we fail far more from timidity than we do from over daring. Or to quote a little Latin: Fortes fortuna adiuvat. Fortune favors the bold."*

*I think...*

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- Create a 5-question survey about risk-taking and ask your classmates to complete it.

- Record your questions here:

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- After reviewing the survey results, what would you say is a good concluding statement about their capacity to take risks.

- (a) My classmates do not like to take risks of any kind.
- (b) My classmates tend to take carefully thought out risks.
- (c) My classmates take risks without thinking of consequences.

- What kind of risk-taker do you think you are?

## 8. Fiercely Focused, Goal Getting Decision-Maker

- Put a check beside each "I USUALLY DO" that you usually do in school.

I (usually) DO	Dozen DO Actions
	have a positive attitude when you arrive at school 😊
	arrive promptly to school and each class
	have all my materials ready for the start of class (books, pencils, rulers...)
	complete homework tasks as expected
	listen to others in class
	ask and respond to questions during class and small group discussions
	draw diagrams with detailed labelling
	hunt and gather information from books and web sources
	take risks and learn from mistakes and successes
	study for tests and quizzes
	make changes and edit drafts of projects
	try your best!

- Think about a time you had to make a difficult choice.

Who was involved in the choice?

What were your choices?

When did this happen?

Where did this happen?

Why was it a difficult choice?

How did you make your decision?

- Record other decisions you could have made and what you think the consequences of those actions might have been:

Other Decisions	Possible Consequences

- Now read about the T.A.R.G.E.T Goal Setting Method:

Step 1: Think about what you want to achieve.

Step 2: Ask if your goal is do-able.

Step 3: Review what you need to understand in order to achieve goal

Step 4: Get a plan with steps outlined for each part of the plan

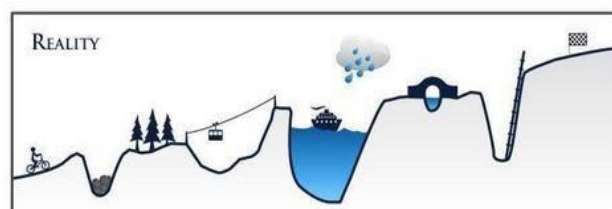
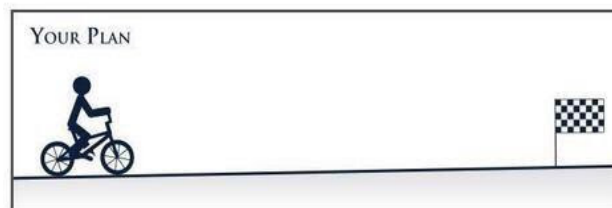
Step 5: Execute your plan

Step 6: Test to see if plan worked!

- Take one goal and outline using the TARGET Method each step you can take to achieve your goal.

1	
2	
3	
4	
5	
6	

## REACHING GOALS



There are many decisions that are made in goal setting situations. Just as there are steps in goal setting there are different ways to make decisions. Take a look at the following Six CD Decision-Making Steps:

Step 1 - Challenge (define problem)

Step 2 - Choices (examine possibilities)

Step 3 - Consequences (predict outcome of each choice)

Step 4 - Decision (solution selected)

Step 5 - Design (plan for solution)

Step 6 - Determine (if successful choice or alternative might be better option)

- Look at the following challenges.
- Work with a partner and choose one and use the Six CD Decision-Making Steps to help sort out a solution.

1. Chris had a job on weekend but his friends wanted her to play in a soccer tournament with them on the weekend.

2. Terry is working with a research group to keep track of bird sightings each day during the lunch hour. He forgot to collect data one week.

3. Rather than host a birthday party, Jamie's family said he could take one friend with him to Wonderland. Jamie has at least three friends he could ask.



4. Jenny and her friend, Lynn took a swim test on the weekend. Jenny did not pass, but her friend did.

1

2

3

4

5

6

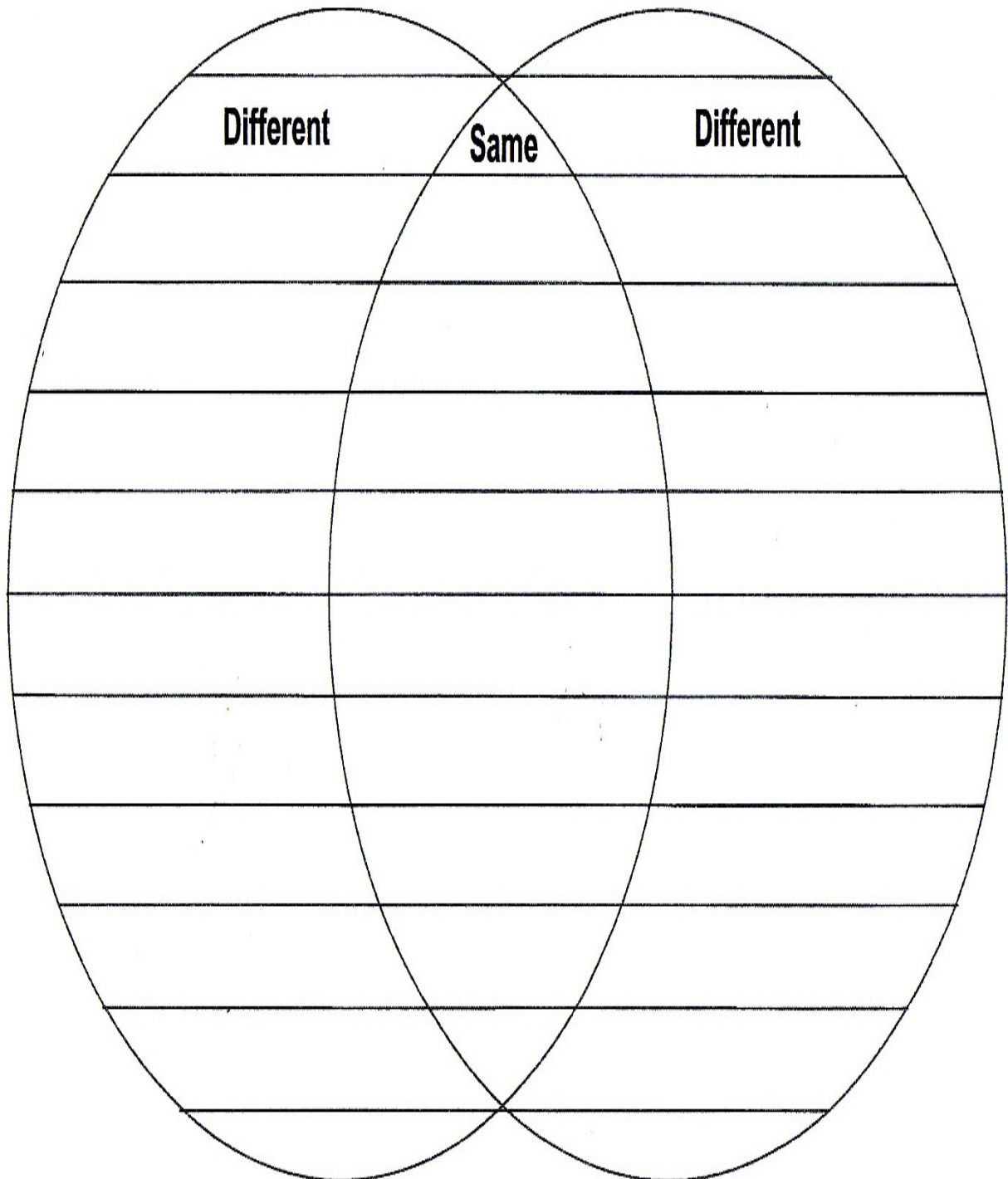
## 9. Being Well Organized

*“The five essential entrepreneurial skills for success: Concentration, Discrimination, Organization, Innovation, and Communication.”  
-Harold Geneen*

1. Figure out the difference between what you want and what you need.
2. Keep a list of what happens at what time each day.
3. Keep a calendar with important events listed - so you will not overbook yourself.
4. Make a 'to do list'. Even better keep it in a notebook, as lists can easily be lost ☺
5. Break projects into smaller tasks so you can take time to edit your work.
6. Stay on top of messes. Put things back in their places. It feels good to work and live in a neat space!
7. Label belongings and places where things go back. (You might even make a map to help remember where things go).
8. Keep track of people to thank and do it in a timely manner.



- Use the Venn diagram below to compare and contrast the things you need to do to be organized on school days - verses weekends:



- What are three barriers to being organized?

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- Who are the magic organizing 'helpers' in your life?

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- How can you help others be organized?

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- What happens when you are not organized?

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### **Learning Journal**

Your Learning Journal helps you keep a weekly "to do list" like a diary. Does it help you be organized? Why or why not?

## 10. Detailing - A Must!

We usually hear the term 'detailing' when we speak about cars or trucks. Let's look at this advertisement to read more about why this car wash thinks it is important to have your vehicle 'detailed':

...With the passage of time, wear and tear takes place. If the problems are left untreated, they may land you up with costly repairs or replacements...During winter, salt brine is used for treating roads. Driving car on such roads may attract some salt to stick to the exterior or interior. If the salt is not washed in...time, then the metallic parts would undergo corrosion and you may have to go for costly replacements...

When you go out with your car, chances are there that you have to park the vehicle under the scorching heat of the sun. Sunrays falling on leather seats can affect the luster as well as the strength of the material. If seats are subjected to constant heat, cracks may develop on surface, which would reduce the foamy feel. Detailing the interior in advance would keep the seats in the best condition and you can enjoy a comfortable drive....

Nature can cast its spell in any form. Your car is subjected sunrays, dust, etc everyday. In some cases harmful chemicals suspended in the air can damage the paint of the car. Taking your car to a professional car detailing service...during summer can prevent the color of the car from fading and keep the paint protected...

Good maintenance improves the car's performance and eliminates the chances of costly repairs. This way you can have control on your budget.

Detailing car adds safety while driving. When the car has been cleaned, you can have maximum driving visibility. In addition, doors, tailgates, etc can be operated easily. The chances of accidents are greatly reduced because a clean vehicle is visible to other drivers easily...

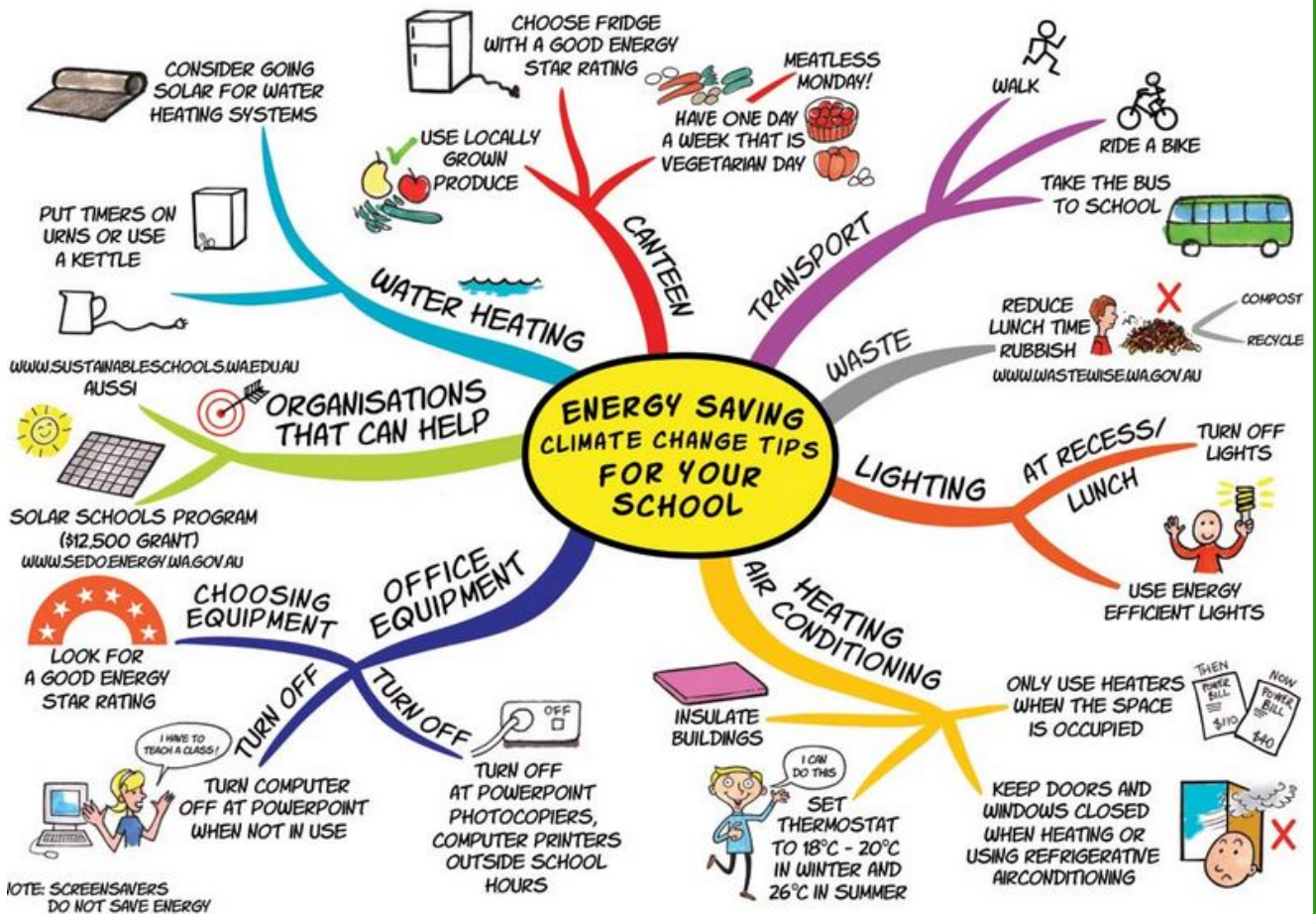
An untidy environment leads to stress formation and all your energies go wasted. Same applies for car's interior. If the interior smells stinky or the floor, dashboard, etc are littered, you would suffer from anointment. Once the car is cleaned and deodorized, you would feel energetic while driving the vehicle...

A professionally detailed car creates fine impression on minds of onlookers...the detailing service would protect the paint of the vehicle. Other than protecting the exterior, the interior is made fresh that creates pleasant mood for driving.

(Adapted from <http://www.happybays.ca/blog/importance-of-detailing-car-in-summer/>)

When a car is detailed, it sounds like no part of the machine is left behind. Every detail is given full attention.

Mindmaps are fun ways to think about detailing! Take a look at this one for saving energy:



<http://atpsoup.com/wp-content/uploads/2013/10/Mind-Map.jpg>

- How do we save energy at school?

Entrepreneurs rarely 'wing it' - that is, go with the flow and figure things out as they go along.

Just like a car wash details a car, an entrepreneur must predict and anticipate all that needs to be done, well in advance of beginning a project!

- On mural paper, work with at least one other person to brainstorm and design a first draft of a detail map of the preparations you think went into creating our school!
- Draw a small version below and edit it - to add more details.

- Interview one of the school founders to find out at least 5 more details to add to your map.

## 11. Trust Hard Work



(photo taken by Barb Smith at Athens Airport, 2016)

After completing the interview with a school founder, you probably discovered that much **HARD WORK** was involved. **ABSOLUTELY!** To many, hard work is the reward.

- Let's read an article about a survey conducted by Karen Firestone with over 80 entrepreneurs of health care, technology, social media, retail and financial services companies.

...The average CEO reported working close to 12 hours a day, including work done at home. In this regard, there was very little difference between the men, who accounted for about two-thirds of the sample, and the women. Surprisingly, but perhaps consistent with my own situation, the number of hours worked per day did not fall as the company aged...While two thirds of the founders of companies over five years old said that they *had* cut back their hours since the first few years, when I examined the hours they currently work, none were below 11 a day. I see a few possible explanations for this: they may have originally put in very long (e.g., more than 11-hour) days; they might be fooling themselves; or they may be more than a touch work-obsessed. (These are not mutually exclusive options, of course.)...

When I asked whether this commitment affected their ability to take personal time, two thirds said yes. But here, the gender breakdown was stark: 86% of the women agreed that their commitment to work affected their ability to take personal time, but only 52% of the men did. Does this mean that female entrepreneurs are more devoted to their start-ups (or, conversely, that men are less devoted to their personal lives), that women feel they have more to prove, or does it just reflect a bias in the women who completed this particular survey? Perhaps all three...

Across the entire survey population, when asked whether founding CEOs have more trouble disengaging from work than subsequent CEO's, 73% said yes...Simon, a software entrepreneur, said "no one cares like founders do..... starting a company feels extremely personal."...At least 10 other CEOs referred to their enterprise as their child.



While children, obviously, require tremendous time and energy, you rarely hear from parents who regret that commitment. I found the same in my survey. Henry, the founder of a transportation logistics company, shared that “I care so deeply about my company. It’s an extension of me” while Abby, a cloud networking CEO, told me “I am very proud of every step we take.” I know how that feels. I also know it might not be helping my golf game — but I’m okay with that. <https://hbr.org/2014/12/how-hard-do-company-founders-really-work>

- What are some advantages and disadvantages you think are associated with being the founder of a new company?

Advantages	Challenges

- How can you practice hard working skills now - to prepare for future jobs or being a founder some day?

Only one who devotes himself to a cause  
with his whole strength and soul  
can be a **TRUE MASTER.**  
For this reason mastery demands all of a person.

-Albert Einstein

## 12. Being Proactive

Being proactive is about being ready. It means you have insight to know that you might need many tools to solve problems.



[http://ntiogasportal.ntiogasd.org:8081/CVHS/7\\_habits/images/be\\_proactive/busy.gif](http://ntiogasportal.ntiogasd.org:8081/CVHS/7_habits/images/be_proactive/busy.gif)

Elite athletes need to be proactive, too.

- Discuss what athletes do to be proactive.
- Choose an elite athlete (ie. Simone Biles, Josh Donaldson, Wayne Gretzky, Penny Oleksiak, Cristiano Ronaldo...) and create a Mindmap or Wordle to show what these athletes do to anticipate and be proactive.
- Place the image (with detailing) on the next page!



## 13. Being Brave



The following excerpt was taken from an article titled: "The Fascinating Psychology of Bravery: What Makes Someone Brave?" by Jeff Wise:

For those of us who don't fight fires, the courage it would take to willingly put oneself in such danger seems all but unimaginable. Psychologists have found that fear subsides when people believe that they understand a threat. The reason may be that we're naturally afraid of the unknown...A Harvard sociologist and former wildland firefighter, Matthew Desmond writes in his book *On the Fireline: Living and Dying with Wildland Firefighters* that most are experienced outdoorspeople. "Courage is based on the idea that you recognize the danger in the thing you see," Desmond says. For experienced firefighters, a sense of mastery erodes the perception of danger and with it the feeling of fear. "When you start, you're in awe," he says. "But once you've seen a hundred fires, the adrenaline goes away."  
<http://www.rd.com/true-stories/survival/what-makes-people-brave/>

- Create an image (on poster paper) of a time when you or someone else has been brave.
- Label it to help you tell the story to your classmates.

- After sharing your story, post your image on a class bulletin board titled: Profiles in Courage.

**Extension:**

- Try reading *Number the Stars* (Lois Lowry) or *Profiles in Courage* (challenging vocabulary).

“LIFE SHRINKS  
OR EXPANDS  
IN PROPORTION  
TO ONE’S  
COURAGE.”

ANNAIS NIN



## 14. Peer Pressure

- Make a list of times when you or your classmates have felt pressured to do something you did not want to do.
- How did it make you feel when you were pressured?

*I felt* \_\_\_\_\_

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**A poor choice happens when your actions or words hurt someone. People can pressure you in to making poor choices, but ultimately it is your decision.**

It is helpful to learn different ways to say 'no' to bad ideas.

- You will be assigned one of the following scenarios.
- You will write a 'tableaux' and then perform it for your classmates to practice different options for saying no to bad ideas.

**1. Maybe Next Time** - Let folks think you might engage in the activity in the future. "Can't stay now, but can meet up with you later for a game of soccer".

**2. Plan Ahead** - Discuss sticking to your plan ahead of time so when you say: "No thanks" (to a cigarette offer), your friend will also pass on the offer, too.

**3. Be Direct** - Look at the person eye to eye and confidently say: "No thanks!" (do not explain) "No, that's not my thing!" (with a brief explanation)

**4. Leave the Room** - Anticipate an awkward conversation and head to the bathroom or chat with someone in another room. If you anticipate potential danger - leave the premises all together.

Say: "I've got to head out, now".

**5. Be Funny** - End the chat with a witty comment.

Say: "The only thing I'm viewing is my homework" (in response to someone asking you to view an inappropriate web site, movie or magazine).

**6. Use an Excuse** - Let something else be responsible for your decision. Say: "Coach says all athletes are to stay clear of cigarettes. Sorry not for me",

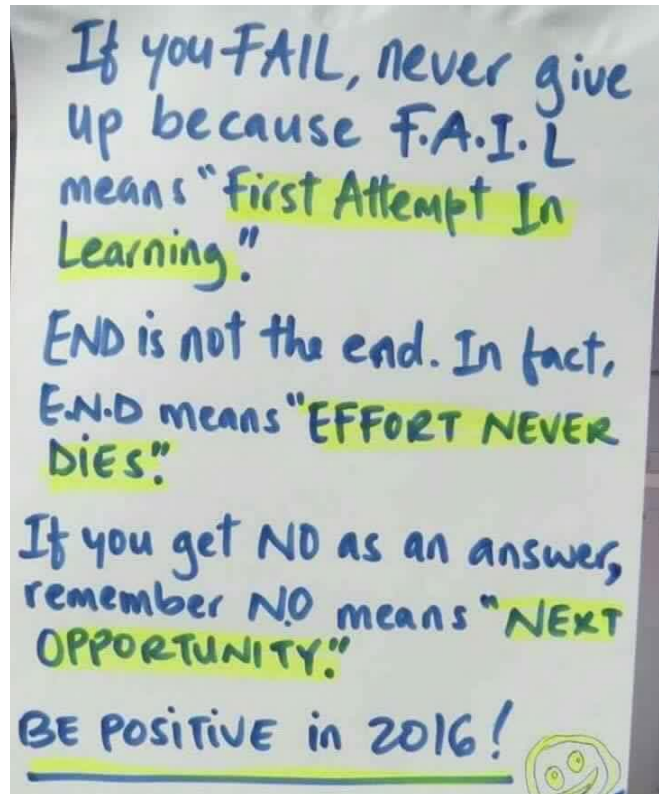
**7. Change the Topic of Conversation** - You can point to something, show folks a digital photograph on your camera or phone, or pretend to be ill?



<http://www.mbaskool.com/images/stories/peerpressures.jpg>

## 15. Embracing Mistakes

- Look at each of the images in this section and write comments about how each image links to you.



and beyond....

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Sometimes you fall down,  
because there is something  
down there that you are  
supposed to find.

## What Can I Say To Myself?

<u>Instead of...</u>	<u>Try thinking...</u>
• I'm not good at this.	• What am I missing?
• I'm awesome at this.	• I'm on the right track!
• I give up.	• I'll use some of the strategies we've learned.
• This is too hard.	• This may take some time and effort.
• I can't make this any better.	• I can always improve, so I'll keep trying.
• I just can't do math.	• I'm going to train my brain in Math.
• I made a mistake.	• Mistakes help me to learn better.
• She's so smart. I will never be that smart.	• I'm going to figure out how she does it so I can try it!
• It's good enough.	• Is it really my best work?
• Plan A didn't work.	• Good thing the alphabet has 25 more letters!

## 16. Recovering from Failure



- Look up the dictionary definition of adversity:

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- Look up the dictionary definition of resilience:

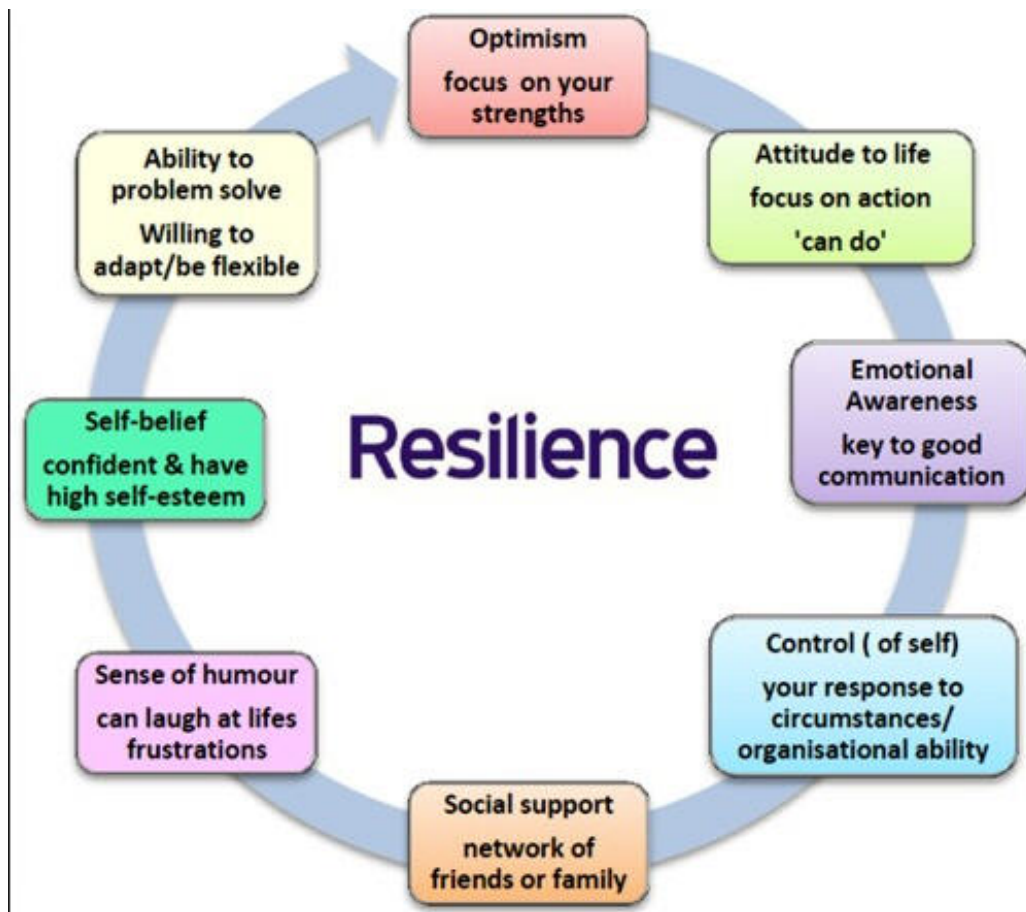
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- Look at some good ideas to help build resilience:



- What are some things you are good at and what are some things you need to work on?

Good at...	Can Work on....

*Having courage*  
does not mean  
that we are unafraid.

Having courage  
and showing courage  
mean we face our fears.

We are able to say,  
"I have fallen,  
but I will get up."

MAYA ANGELOU



Rank the following quotes about creativity:

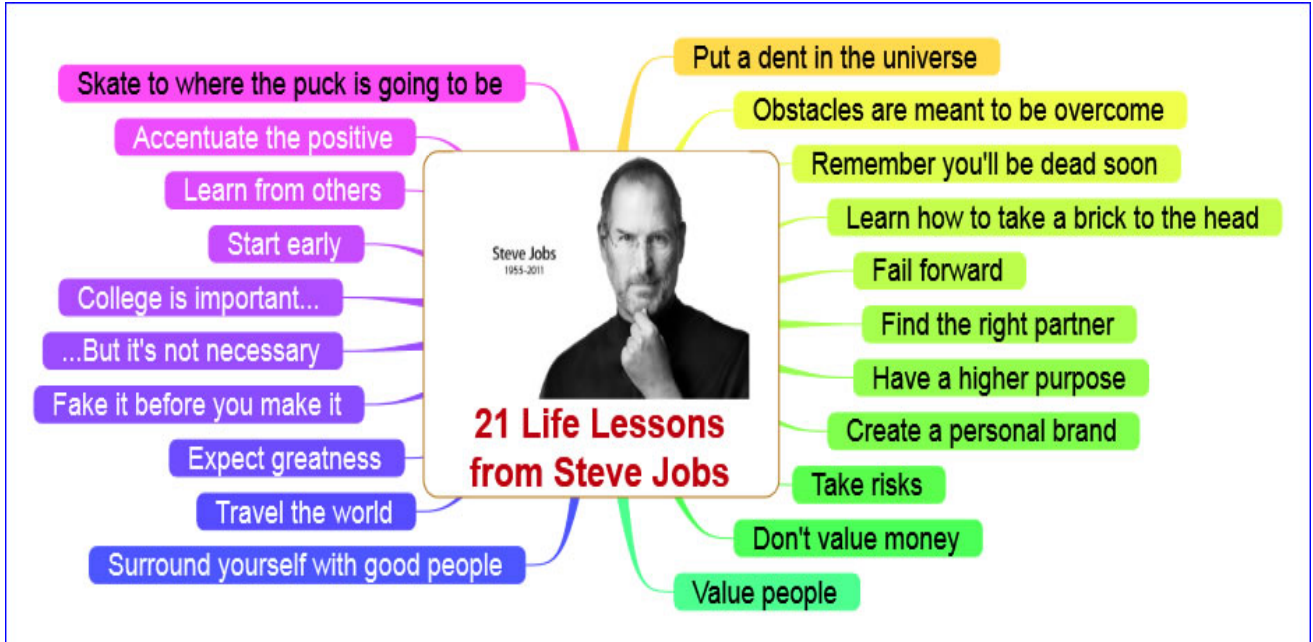
- \* = okay
- \*\*\* = great

<p><i>Creativity is the power to connect the seemingly unconnected. William Plomer</i>          Read more at: <a href="http://www.brainyquote.com/quotes/keywords/creativity.html">http://www.brainyquote.com/quotes/keywords/creativity.html</a></p>	
<p><i>Making the simple complicated is commonplace; making the complicated simple, awesomely simple, that's creativity. Charles Mingus</i>          Read more at: <a href="http://www.brainyquote.com/quotes/keywords/creativity.html">http://www.brainyquote.com/quotes/keywords/creativity.html</a></p>	
<p><i>Creativity involves breaking out of established patterns in order to look at things in a different way. Edward de Bono</i>          Read more at: <a href="http://www.brainyquote.com/quotes/keywords/creativity.html">http://www.brainyquote.com/quotes/keywords/creativity.html</a></p>	
<p><i>You see a child play, and it is so close to seeing an artist paint, for in play a child says things without uttering a word. You can see how he solves his problems. You can also see what's wrong. Young children, especially, have enormous creativity, and whatever's in them rises to the surface in free play. Erik Erikson</i>          Read more at: <a href="http://www.brainyquote.com/quotes/keywords/creativity.html">http://www.brainyquote.com/quotes/keywords/creativity.html</a></p>	
<p><i>Cooking with kids is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity. Guy Fieri</i>          Read more at: <a href="http://www.brainyquote.com/quotes/keywords/creativity_4.html">http://www.brainyquote.com/quotes/keywords/creativity_4.html</a></p>	
<p><i>An essential aspect of creativity is not being afraid to fail. Edwin Land</i>          Read more at: <a href="http://www.brainyquote.com/quotes/keywords/creativity_4.html">http://www.brainyquote.com/quotes/keywords/creativity_4.html</a></p>	
<p><i>The human brain had a vast memory storage. It made us curious and very creative. Those were the characteristics that gave us an advantage - curiosity, creativity and memory. And that brain did something very special. It invented an idea called 'the future.' David Suzuki</i>          Read more at: <a href="http://www.brainyquote.com/quotes/keywords/creativity_5.html">http://www.brainyquote.com/quotes/keywords/creativity_5.html</a></p>	
<p><i>The comfort zone is the great enemy to creativity; moving beyond it necessitates intuition, which in turn configures new perspectives and conquers fears. Dan Stevens</i>          Read more at: <a href="http://www.brainyquote.com/quotes/keywords/creativity_5.html">http://www.brainyquote.com/quotes/keywords/creativity_5.html</a></p>	
<p><i>Creativity is not just for artists. It's for businesspeople looking for a new way to close a sale; it's for engineers trying to solve a problem; it's for parents who want their children to see the world in more than one way. Twyla Tharp</i>          Read more at: <a href="http://www.brainyquote.com/quotes/keywords/creativity_5.html">http://www.brainyquote.com/quotes/keywords/creativity_5.html</a></p>	
<p><i>Creativity takes courage. Henri Matisse</i>          Read more at: <a href="http://www.brainyquote.com/quotes/keywords/creativity_7.html">http://www.brainyquote.com/quotes/keywords/creativity_7.html</a></p>	

What are some things you have done that are creative?

# 17. Raise the Bar

- Comment on each image:



<http://mindmappingsoftwareblog.com/wp-content/uploads/2011/10/Life-Lessons-Jobs-900px.jpg>




Beating others is relatively easy,  
beating yourself is a never  
ending commitment.

Raise your bar constantly!



<http://i.quoteaddicts.com/media/quotes/2/90421-quotes-about-raising-the-bar.jpg>





## 18. Role Models and Leaders

- Check out the following images of role models and leaders.



<https://educationhall.files.wordpress.com/2015/08/role-models.jpg>



<http://www.countrywives.co.uk/wp-content/uploads/2014/07/male-teacher.jpg>

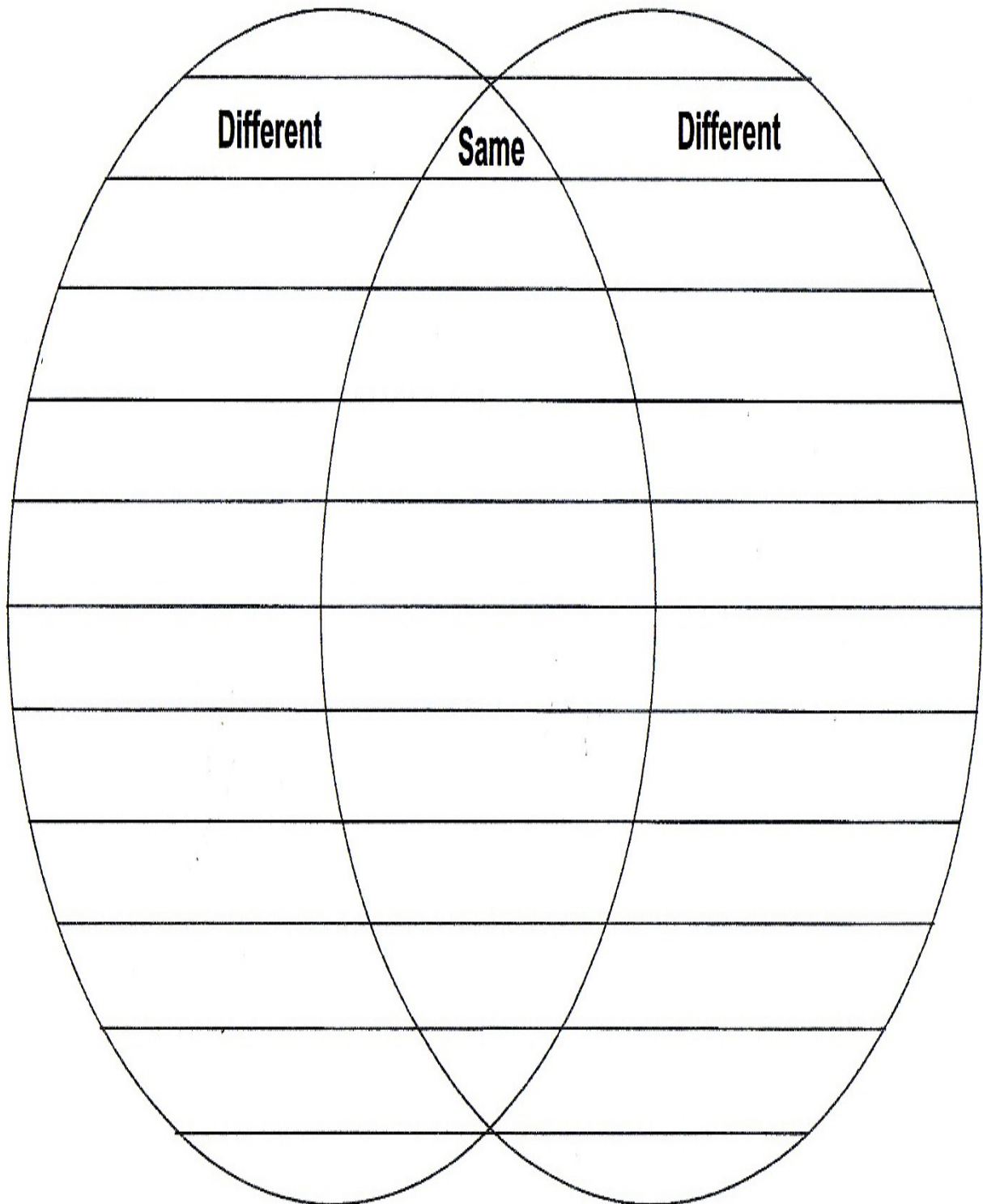


[http://connectedprincipals.com/wp-content/uploads/2013/12/leader\\_good.jpg](http://connectedprincipals.com/wp-content/uploads/2013/12/leader_good.jpg)



<http://www.emdocs.net/wp-content/uploads/2016/04/leader.png>

- Create a Venn Diagram showing how role models and leaders are the same and different.





Every two years, we experience global Olympic competition.

- Do you think these winter and summer athletes are heroes? Why and why not?

Why	Why Not?

- Read the following tweets in response to a Psychology Today request from author, Dr. Travis Langley, for input to the question: "Are Olympic Athletes Heroes?" (August 6, 2012)

[@kristenmchugh22](#): No. They're inspirational, but what they do doesn't require self-sacrifice, [empathy](#), or a higher purpose than themselves.

[@hookmoney](#): It's really hard to call them heroes right now, when a group of scientists just put a robot on Mars

[@willb473](#): if they live a clean life and spend time in youth/community programs because they actually WANT to, they can inspire a lot

[@bennuwright](#): When they start saving lives? When they make sacrifices to help other people? Is this a trick question? "Hero" already has a definition. It has no connection to [sports](#). A lot of people have tried to lower the bar and blend... "hero" into being conveniently synonymous with "role model", "star" and "celebrity", but that just cheapens it.

[@Jake Nelson UK](#): I [love](#) the Olympians, but a real hero is someone who risks life to save someone.

[@GoldenHalo7](#): when they inspire love and support for their homeland and inspire others to be the best they can be.

[@Eenfidel](#): Simply being the best does not make you a hero.

[@robinhardwick](#): Tired of hearing Olympic athletes referred to as heroes. Having the privilege to have a private coach since [childhood](#) does not a hero make.

[@JesseTheAce](#): I personally consider anyone who inspires somebody else (even one person) to achieve things or gives the hope they need to succeed at a certain is a hero, so yes I personally have no doubt that Olympic athletes or even athletes in general can certainly be heroes! I know I consider quite a few athletes, heroes of mine...

[@Shyman33](#): I love the way Olympic Super Heroes even get a cape thrown to them from the crowd.. After winning Gold

[@Philjimeneznyc](#): Olympic gymnasts make me believe in super-heroes. Really short super-heroes.

[@alexslives](#): "Olympic athletes are just like the rest of us" um no they're not! They're pretty much super heroes!  
(<https://www.psychologytoday.com/blog/beyond-heroes-and-villains/201208/are-olympic-athletes-heroes>)

- Read the following passage and underline points made about heroes in the ancient Olympic games.

### **Ancient Olympic Games**

The ruins of ancient Olympia were excavated by the German archaeologist Ernst Curtius from 1875-81. Among the remains uncovered was the ancient stadium where the original Olympic Games were celebrated from 776 B.C. to 393 A.D., when Roman emperor Theodosius I banned all pagan festivals.

Athletics played an important role in the religious festivals of the ancient Greeks, who believed competitive sports pleased the spirits of the dead. The festivals honoring gods like Zeus were undertaken by many Greek tribes and cities and usually held every four years.

During the first 13 Olympiads (an Olympiad is an interval of four years between celebrations of the Olympic Games), the only contested event was a foot race of 200 yards. Longer races were gradually introduced and by 708 B.C., field events like the discus, javelin throw and the long jump were part of the program. Wrestling and boxing followed and in 640 B.C., four-horse chariot races became a fixture at the Games.

During the so-called Golden Age of Greece, which most historians maintain lasted from 477 to 431 B.C., Olympia was considered holy ground. Victorious athletes gave public thanks to the gods and were revered as heroes. Three-time winners had statues erected in their likeness and received various gifts and honors, including exemption from taxation.

Eventually, however, winning and the rewards that went with victory corrupted the original purpose of the Ancient Games. Idealistic amateurs gave way to skilled foreign athletes who were granted the citizenship needed to compete and were paid handsomely by rich Greek gamblers...

On June 23, 1894, French educator Baron Pierre de Coubertin, speaking at the Sorbonne in Paris to a gathering of international sports leaders from nine nations—including the United States and Russia—proposed that the ancient Games be revived on an international scale. The idea was enthusiastically received and the Modern Olympics, as we know them, were born.

The first Olympiad was celebrated two years later in Athens, where an estimated 245 athletes (all men) from 14 nations competed in the ancient Panathenaic stadium before large and ardent crowds.

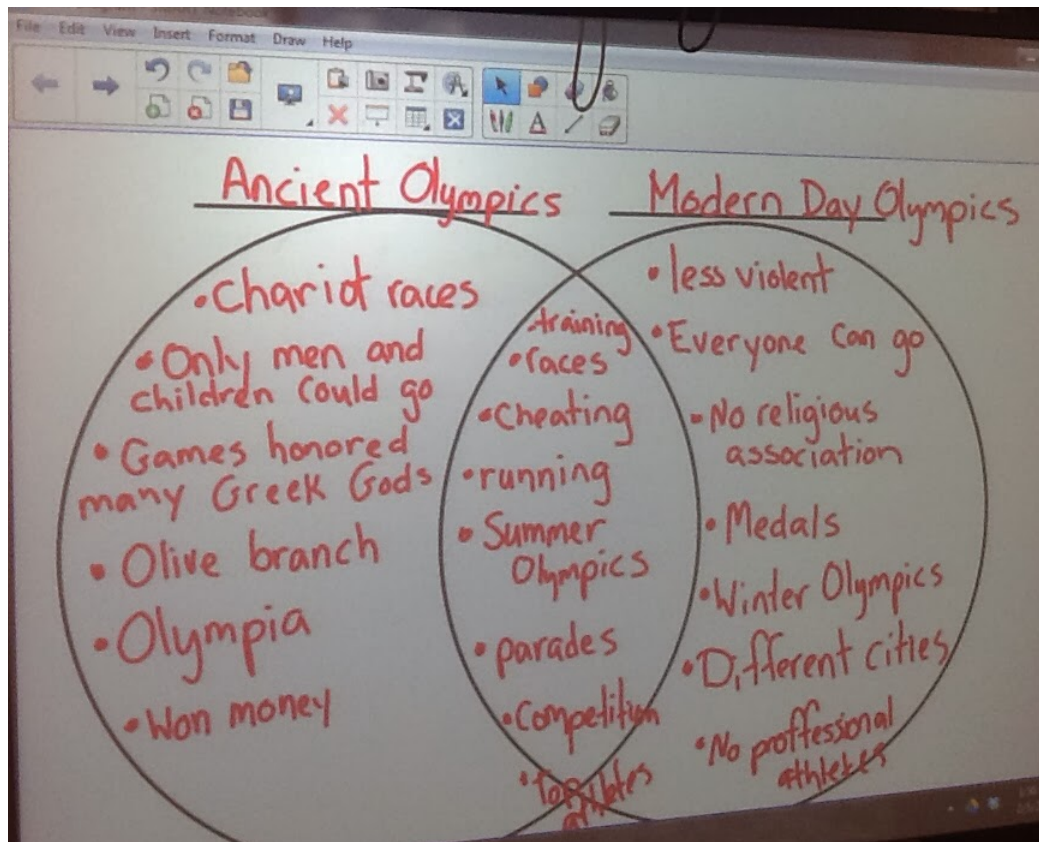
Americans won nine of the 12 track and field events, but Greece won the most medals with 47. The highlight was the victory by native peasant Spiridon Louis in the first marathon race, which was run over the same course covered by the Greek hero Pheidippides after the battle of Marathon in 490 B.C.

[https://www.teachervision.com/olympicgames/history/2199.html?for\\_printing=1](https://www.teachervision.com/olympicgames/history/2199.html?for_printing=1)

*“The important thing in the Olympic Games is not to win but to take part. The important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well.”*

- Pierre de Coubertin, founder of the modern Olympic Games

- Discuss the difference between the ancient and modern Olympic Games



- Review the following websites to find our more tips about good character.

### Character Education Websites

[www.goodcharacter.com](http://www.goodcharacter.com)  
[www.lessonplanspage.com](http://www.lessonplanspage.com)  
[www.smartrisk.ca](http://www.smartrisk.ca)  
<http://www.giraffe.org/gate.html>  
<http://www.livingvalues.net/posters/Posters2.htm>  
<http://teachers.net/gazette/FEB03/lessons.html>  
[http://www.giraffe.org/heroes\\_2.html](http://www.giraffe.org/heroes_2.html)  
<http://www.ncsu.edu/midlink/mail.inst.htm>  
<http://learnweb.harvard.edu/alps/>  
<http://www.responsiveclassroom.org/>  
<http://www.terryfoxrun.org/english/terry%20fox/default.asp?s=1>



### Complete your Workbook Check

- \_\_\_\_\_ notes are complete
- \_\_\_\_\_ written contributions show serious thought
- \_\_\_\_\_ neat, legible writing
- \_\_\_\_\_ evidence of initiative: suggestions/samples from web-sites or other sources
- \_\_\_\_\_ learning log handled with care

How well did you displays courage?	Trailblazer (Expert)	Pathfinder (Apprentice)	Rookie (Not Yet)

# Service Learning



[http://static1.squarespace.com/static/54f500eee4b08c831d3f1ac0/t/55bd335ce4b0f8c6dc96e043/1438462814439/zovargo\\_service\\_learning](http://static1.squarespace.com/static/54f500eee4b08c831d3f1ac0/t/55bd335ce4b0f8c6dc96e043/1438462814439/zovargo_service_learning)

## Service Learning Project: Bees Matter!

We can give back to the environment by building and supporting the bee population.

- Read Alexandra Hoover's contribution to E-How to find out more about our important friends, the bees!

### What Adaptations Does the Honey Bee Need to Survive?

Like every animal, a honey bee has several different kinds of adaptations that help it to stay alive and perpetuate its species. A honey bee has structural and behavioral adaptations that protect itself and its relatives from danger. Some of the adaptations include its color, stinger and an ability to learn....

Like every animal, a honey bee has several different kinds of adaptations that help it to stay alive and perpetuate its species. A honey bee has structural and behavioral adaptations that protect itself and its relatives from danger. Some of the adaptations include its color, stinger and an ability to learn...

Body coloring - One of the honey bee's main adaptations consist of its yellow stripes and black body. These colors help the honey bee to blend in with the colors of flowers, which is helpful during pollination. The honey bee is protected from predators and attracted to flowers that may have some of the same hues as its own body. Honey bees often live near flowers and flower gardens...**A honey bee has a structural adaptation of a black body with yellow stripes.**

Stinger - Another vital honey bee adaptation is its stinger. Contrary to popular thought, a honey bee only stings if it feels like it or its hive is being threatened. To protect its hive, a honey bee that uses its stinger will die and thereby helps its relatives to survive...**The honey bee's stinger is a protective adaptation.**

Behavioral Adaptation - Honey bees also have behavioral adaptations. For instance, a honey bee learns how to pollinate and collect honey from its parents. As a result of a honey bee's instincts, it collect honey in the form of pollen sticks from flowers, flying the pollen back to its hive. When a honey bee drops honey, it can cause flowers to become pollinated. The honey bee dance is a behavioral adaptation that attracts a honey bee to its mate...**Honey bees learn from other bees how to pollinate flowers and collect honey.** (Adapted from [http://www.ehow.com/list\\_6834015\\_adaptations-honey-bee-need-survive\\_.html](http://www.ehow.com/list_6834015_adaptations-honey-bee-need-survive_.html))

The following image from

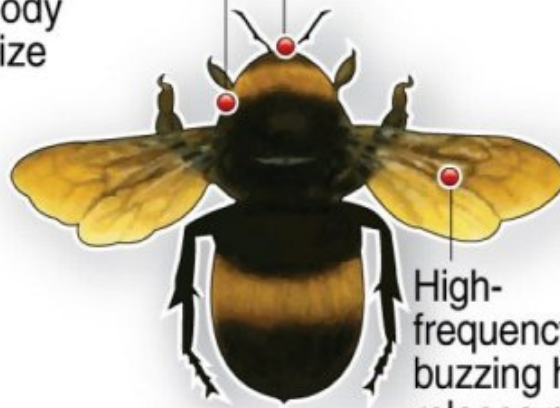
<http://cdn.phys.org/newman/gfx/news/hires/factfileonbu.jpg> illustrates how the body of the bumble bee helps the bee adapt to its environment.

## Bumble bee

Adapted to specialise in pollination of tomatoes and berries

Large body size

Long tongue



High-frequency buzzing helps release pollen from flowers

■ More than 90 percent drop in the US population within 20 years

Source: PNAS

AFP

Even with all the adaptations, bees need more help.

- Read, view and listen to the messages on each of the following websites and discuss with an assigned partner what you learned about bees, how adaptations are not enough, and which sites might have struck an emotional chord for you.
- Take turns sharing your opinions. Be sure to listen carefully to your partner - to see if his or her ideas helped you re-shape your thoughts.

## TECH CHECK:

<http://saveourbees.ca/>

<http://www.honeycouncil.ca/handbook.php>

<http://www.davidsuzuki.org/issues/wildlife-habitat/projects/save-the-bees-and-butterflies/>

<https://bringbackthebees.ca/>

<http://www.beesmatter.ca/>

- Now read a summary of the article: "Like it's been nuked': Millions of bees dead after South Carolina Sprays for Zika mosquitoes written by Ben Guarino in the Washington Post" on September 1, 2016:

"...By one estimate, at a single apiary <Flowertown Bee Farm and Supply> 46 hives died on the spot, totalling about 2.5 million bees...

...A Clemson University scientist collected soil samples...to further investigate the cause of death. But to the bee farmers, the reason is already clear....On Sunday morning, party of Dorchester County were sprayed with Nalid, a common insecticide that kills mosquitoes on contact....

...Given the current concerns of West Nile virus and Zika...Dorchester decided to try something different." <even though there were no reported cases of disease>.

...For the first time an airplane dispensed Naled in a fine mist, raining insect death between 6:30am and 8:30am Sunday. The County said it provided plenty of warning, spreading word about the pesticide plane via a newspaper announcement Friday and a Facebook post Saturday...

...A profile of the chemical in Cornell University's pesticide database warned that "Nalid is highly toxic to bees.....As South Carolina Beekeepers Association President Larry Haigh told the Post and Courier in June 2015, many counties will spray at night, when honey bees do not forage for pollen. Plus, given sufficient warning, beekeepers will shield their hives and protect the bees' food and water from contamination..."

- Talk about how to help save the bee population in our community?

How well did you help with 'save the bees' campaign?	Trailblazer (Expert)	Pathfinder (Apprentice)	Rookie (Not Yet)

# HEALTH














<https://andyotto.files.wordpress.com/2015/02/fitness-wordle.jpg>

# A. Fitness

There are many different kinds of fitness. The more you do, the healthier your body will be!

- Look at the image below and put a check beside the component of fitness that you think you are better at, than others.

<b>Components of Fitness</b>	
<b>Health-Related</b>	
<b>Strength</b> 	<b>Flexibility</b> 
<b>CARDIOVASCULAR ENDURANCE</b> 	
<b>MUSCULAR ENDURANCE</b> 	<b>BODY COMPOSITION</b> 
<b>Skill-Related</b>	
<b>AGILITY</b> 	<b>SPEED</b> 
<b>Reaction Time</b>	
<b>BALANCE</b> 	<b>POWER</b> 
<b>COORDINATION</b> 	
	

<https://dryuc24b85zbr.cloudfront.net/tes/resources/11226128/image?width=500&height=500&version=1465225331652>

- Fill in the following note on fitness exercises.

1. **Strength** exercises help strengthen muscles and bones and improve posture.

\_\_\_\_\_ (Example)

2. **Flexibility** exercised help joints move and muscles relax.

Example \_\_\_\_\_

3. **Cardiovascular endurance** exercises help the heart, lungs and circulatory system stay healthy.

\_\_\_\_\_ (Example)

4. **Muscular endurance** exercises helps your muscles do continuous work over a long period of time.

\_\_\_\_\_ (Example)

5. **Body composition** is calculated by measuring the amount of fat, bone, water and muscle. How much we

\_\_\_\_\_ and \_\_\_\_\_

affects our body composition and our overall fitness.

6. **Agility** is one's capacity to change direction in a an efficient and effect way.

An activity that can improve agility is \_\_\_\_\_.



7. **Speed** is one's capacity to move quickly in one direction.

An activity that can improve speed is \_\_\_\_\_.

8. **Reaction Time** is one's capacity to respond to a stimulus quickly.

An activity that can improve reaction time is \_\_\_\_\_.

9. **Balance** is one's capacity to keep a steady position

An activity that can improve balance is \_\_\_\_\_.

10. **Power** is one's capacity for muscles to exert force instantly.

An activity that can improve power is \_\_\_\_\_.

11. **Coordination** is one's capacity to organize fitness components and skills to work together efficiently.

An activity that can improve coordination is \_\_\_\_\_.

### **Fit-Tac-Toe**

moon walk	pretend to swim	yoga breathing
jump up and down	do the twist	free choice
high-five your friends	seed to a tree (act it out)	five sit-ups

<https://s-media-cache-ak0.pinimg.com/236x/17/40/a7/1740a7aab3da91dff7117b6f796af06.jpg>

Take a look at the activities in the fitness Tick Tack Toe Game:

- Circle the ones that require more than one person.
- Place a star beside the activity you like the most.
- Put an upside smiley on your least favourite.
- Put a + (plus) sign beside the activities you think you will be able to do when you are 50.
- Complete the A to Z Chart with activities/sports you can do to improve your fitness.

A		
B		
C		
D		
E		
F		
G		
H		
I		
J		
K		
L		
M		
N		
O		
P		
Q		
R		

S		
T		
U		
V		
W		
X		
Y		
X		
Y		
Z		

- Now put a + sign in the right column indicating which activities you think you will be able to do when you are 50.
- How many cardiovascular activities did you have in your list? \_\_\_\_\_
- Why do you think you need more cardiovascular activity in your living diet as you grow older?
- Look at the following fitness circuit and label what kind of fitness is being developed at each station:



[https://www.playdale.co.uk/playground/media/catalog/product/cache/1/image/9df78eab33525d08d6e5fb8d27136e95/p//playspace\\_4\\_-\\_inc\\_kids.jpg](https://www.playdale.co.uk/playground/media/catalog/product/cache/1/image/9df78eab33525d08d6e5fb8d27136e95/p//playspace_4_-_inc_kids.jpg)

- Let's brainstorm ideas using a mind map for making an ideal outdoor fitness trail.



[http://www.fitrail.com/images/station\\_photos/parkslg.jpg](http://www.fitrail.com/images/station_photos/parkslg.jpg)

Place mind map here:

## Heart Health

How many beats will our heart beat over a lifetime?

Approximately: \_\_\_\_\_ Our goal in heart health is to use beats up slowly. Cardiovascular fitness helps us achieve this. By making exercise for at least 30 minutes a day, you can help slow down your heartbeats - giving more years to use beats up!!

Our pulse is the way we check our heartbeat.

To check your pulse you take two fingers and place them either:

1. on your wrist just below your thumb (radial pulse) OR
2. on the front side of your neck (carotid pulse)

A pulse means there is blood flowing through your arteries.

To take your pulse rate - count the beats in 10 seconds and then x by 6 to find out your pulse rate per minute.

- Take your resting heart rate (record in chart below).
- Take your heart rate after doing jumping jacks for 2 minutes.
- Then take your heart rate after walking for 10 minutes.
- Then take your pulse rate after running for 15 minutes.



kleuteridee.nl

<https://s-media-cache-ak0.pinimg.com/564x/0d/c4/23/0dc423ac420585ada1a27f93b841a04c.jpg>

- Record your pulse rate for the following activities:

Pulse Rate...	Record here
1. Resting Heart Rate (Before Activity)	
2. 2 minutes of jumping jacks heart rate	
3. 10 minutes of walking (Medium Level)	
4. Fast Activity Pulse (15-minute run)	
5. After Activity Pulse (rest)	

- At the end take your pulse a minute after you have completed your run.
- Complete the following Fitness Log for one week.

Date:	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Activity							
Fitness Component							
Length of time							
Pulse Before							
Pulse During							
Pulse After							

**Fitness TECH TIME:**

- [www.kidshealth.org](http://www.kidshealth.org)
- [www.smartrisk.ca](http://www.smartrisk.ca)
- [www.ajkids.com](http://www.ajkids.com)
- [www.spe.sony.com](http://www.spe.sony.com)
- [www.teachnutrition.org](http://www.teachnutrition.org)
- <http://learnweb.harvard.edu/alps/>



## B. Smoke-Free World



<https://s-media-cache-ak0.pinimg.com/564x/f6/cc/a9/f6cca91e4d9e7ba4e38234b748e65a0a.jpg>

- Fill these words nicotine, tar, lead and carbon monoxide in the blanks:

Birth defects can be caused by this heavy metal, What am I?

I am a powerful mood altering drug. What am I?

I am a poisonous gas. What am I?

I am a combination of hundreds of sticky chemicals. What am I?

- Read the tobacco facts below and put a check beside the new facts you learned.

Tobacco is Canada's greatest public health problem	Nicotine is a powerful mood-altering drug	Carbon monoxide is a poisonous gas from automobiles	Smokers have a shortness of breath.	Smoking increases the risk of premature delivery	People who withdraw from smoking become irritable
Six million people still smoke	Nicotine is toxic (poisonous)	Carbon monoxide is also found in cigarettes when burned	Smoking increases the heart rate.	Smoking increases the risk of miscarriage	People who withdraw from smoking become anxious
35,000 smokers die early	Nicotine is addictive	Lead is a heavy metal that causes severe poisoning	Smoking creates a drop in skin temperature .	Smoking increases the risk and Sudden Infant Death Syndrome	People who withdraw from smoking have headaches
30% of all cancer deaths caused by smoking	30mg of nicotine is fatal	Lead causes birth defects and learning disabilities.	Smokers think smoking relaxes them when in reality it does the opposite	Smoking leads to physical dependence on nicotine.	People who withdraw from smoking cannot concentrate
Smoking is the main cause of lung cancer	A cigarette usually has 15-20 mg of nicotine	There are over 4000 different chemicals found in tobacco.	Smokers have a higher chance of heart disease.	Smoking leads to psychological dependence on nicotine	People who withdraw from smoking have insomnia
28% of Canadians smoke regularly	Tar is a sticky combination of chemicals	40 chemicals cause cancer in a cigarette	Smoking increases the risk of stillbirths and low birth weight	Tar contains poisons and cancer-causing agents	Canadians smoke 20-25 cigarettes a day

- Read through the laws as presented by Smoke- Free Ontario:

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**It's illegal to smoke in:**

**Outdoor patios** - All bar and restaurant outdoor patios (covered or uncovered) must be smoke-free. Uncovered patios established by a branch of the Royal Canadian Legion, or another veteran's organization before November 18, 2013 are exempt.

**Child care facilities** - Any child care centre licensed under the *Child Care and Early Years Act, 2014* must be smoke-free...

**Motor vehicles with children inside** - You must not light or use a tobacco product in a motor vehicle with anyone inside under 16 years of age. The law applies to both moving and parked vehicles – even if a window, sunroof, rooftop, door, or other feature of the vehicle is open.

**Enclosed workplaces** - The law protects employees from exposure to second-hand smoke in an enclosed workplace. The ban on smoking in these places applies at all times, even when not open for business.

An enclosed workplace means:

- the inside of a building, structure or vehicle that an employee works in or frequents during the course of their employment whether or not they are acting in the course of the employment at the time
- common areas such as washrooms, lobbies and parking garages

**Areas where home health care workers work** - A home health care worker is a person who provides health care or support services in private homes

**Hospitals (public, private and psychiatric facility)** - You must not smoke or hold lighted tobacco on the outdoor grounds of a hospital – except where a designated smoking area is available. You must also not smoke – and within a 9 metre radius of any entrance or exit of a hospital...All designated smoking areas will be temporary. Starting January 1, 2018, all outdoor grounds of hospitals must be completely smoke-free. A hospital cannot sell tobacco products.

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**Common areas of hotels, motels and inns**

The only place you may smoke in hotels, motels and inns are guest rooms designated as smoking rooms. Designated smoking guest rooms must be fully enclosed. Only registered guests and their invited guests can smoke in designated guest rooms...Smoking is not allowed on or around playgrounds at hotels, motels and inns.

**Multi-unit residences** - You must not smoke in **any** common areas of condos, apartment buildings or college and university residences. Examples of common areas include: Elevators, stairwells, hallways, parking garages, laundry facilities, lobbies, exercise areas, party or entertainment rooms

**Residential care facilities** - You must not smoke in residential care facilities. They are considered both an enclosed public place and an enclosed workplace. However, some residential care facilities may choose to construct and operate a **controlled smoking area** for residents to smoke. These include:

- long-term care or retirement homes or publicly funded supportive housing residences
- certain psychiatric facilities
- certain veterans' facilities

A residential care facility must have its controlled smoking area approved by and registered with the Ministry of Health and Long-Term Care.

**Exemption: Aboriginal people** - If you are an Aboriginal person and reside in a public or private hospital, psychiatric facility, long-term care home, home for special care or independent health facility, you may request an indoor area to use tobacco for traditional cultural or spiritual purposes. This area must be separate from any Controlled Smoking Area.

**Schools (public and private school property)** - You cannot smoke or hold lighted tobacco inside the building of any public or private school, or on any outdoor property used by the school. This includes playgrounds and sports fields.

**Children's playgrounds and publicly owned sports fields** - It is illegal to smoke on and within 20 metres of children's playgrounds and publicly owned sport fields and surfaces (e.g., areas for basketball, baseball, soccer or beach volleyball, ice rinks, tennis courts, splash pads and swimming pools that are owned by a municipality, the province or a postsecondary education institution)

- What do you think of the image below?



<http://householdname.typepad.com/.a/6a00e5502b6df488340148c78df344970c-pi>

If smoking can kill you and it is against the law to smoke basically anywhere - **Why do people start smoking?**

- They're curious.
- Their friends are doing it (peer pressure).
- They think it's cool.
- They want to feel grown up.
- They've seen their older siblings trying it.
- Their parents or family members smoke.
- They want to lose or maintain weight.
- They're stressed.
- Media and advertising makes smoking seem cool.

Source: Health Canada

And it costs money to smoke!

- Calculate the costs of smoking using this activity from KidsHealth:

Burning a Hole in Your Wallet

Instructions: If each pack of cigarettes costs \$6, calculate how much a smoker would spend in a year if he or she smoked the amounts listed below.

1 Pack Per Week	2 Packs Per Week	3 Packs Per
Total for year:	Total for year:	Total for year:

- If you could spend the money that smokers spend on their cigarettes what would you buy?

**Money Spent on 2 Packs Per Week**

Item	Cost	Total

**Money Spent on 3 Packs Per Week**

Item	Cost	Total

**Money Spent on 1 Pack Per Week**

Item	Cost	Total

## Saying No To Tobacco

1) Say "NO" "No thanks"; "I'm not interested."; "Being athletic is too important to me."	
2) Change the subject	
3) Tell the truth:	<ul style="list-style-type: none"><li>• "I'm allergic."</li><li>• "Smoking stinks, and it makes you stink too."</li><li>• "Smoking makes your teeth yellow."</li></ul>
4) Use humour	"I can't smoke. I'd never make it past my mom's smoke detector: her nose!"
5) Give a reason:	<ul style="list-style-type: none"><li>• "I don't want to smoke. Besides, it makes you smell bad."</li><li>• "I'm not going to smoke. It's bad for you."</li><li>• "I promised my sister that I'd never smoke."</li><li>• "I'm on the basketball team. I need all the air I can get."</li></ul>
6) Provide other ... options:	<ul style="list-style-type: none"><li>• "I'd rather beat you at basketball!"</li><li>• "How about seeing a movie instead?"</li></ul>
7) Leave	
8) Tell a story:	<ul style="list-style-type: none"><li>• "No thanks, my brother got really sick on that stuff once. It was disgusting."</li><li>• "My grandma died from smoking. I don't want that to happen to me or you!"</li></ul>

(adapted from [www.peelregion.ca](http://www.peelregion.ca))



## Believe in Yourself

Believe in yourself  
And the power you have  
To control your own life  
DAY BY DAY

Believe in the strength  
That you have deep inside  
And your faith will help show you the way.

Believe in tomorrow  
And what it will bring  
Let a hopeful heart  
carry you through.

For things will work out  
If you trust and believe  
There's no limit to what  
YOU CAN DO!

How well did you embrace fitness & smoke-free spaces?	Trailblazer (Expert)	Pathfinder (Apprentice)	Rookie (Not Yet)



