

Explorations

Exploration 1

One can! Two cans! Who can? YOU CAN!

Every day (not just during holidays), there are individuals and families that do not have enough food. This can lead to poor nutrition and many other health issues.

Task: Help your community by collecting non-perishable food items for your local food bank. As you collect, keep a tally of how many of each item you collect. How many well-balanced meals can be made from these items? See [Canada's Food Guide](#) for help!



FOOD DRIVE

Exploration 2

Humans are warm-blooded animals, meaning we regulate our body temperature (very close to 37°C). Sometimes this is hard when it is so cold outside.

Task: Use your imagination, and what you know about properties of materials, to experiment with creating a device or structure to maintain the most heat. You cannot add heat to the device or structure (no electricity, fire, etc.). How could your invention be used to help someone? Don't forget to follow the Design Process!



Exploration 3



Explore a local newspaper or listen to a news broadcast and see how many "good news" stories are shared. You may not find too many so let's change this pattern!

Task: Research information on poverty in NB, housing, or people without homes. Write a report, like a reporter, on what you found and what your class wants to do about it. Share it with your local newspaper and/or school social media page.

Exploration 4

Give your talents! Giving does not always have to be money; it can be time, expertise and even talents.

Task: Create a piece of artwork to give to someone in the community. It could be for a senior, a charitable organization or a person / association that you are thankful for. Use your imagination! It could be a drawing, a sign, painting, sculpture, ornament, photography etc. Make it personal and meaningful!



THE CHALLENGE:

'Tis the season to be giving! People in your community depend on each other to live a happy, healthy life. We all have physical needs such as food and shelter and emotional needs like feeling connected with others. Although you may not always see it in your area, these necessities in life are a struggle for some people in your community.

Your challenge is to perform a caring action to help people in your community live a happy, healthy life. Start with these explorations and then share your actions with us by posting your pictures and/or videos!

~Cross-Curricular Team~
Dream. Explore. Discover.

Need help to make a community connection?

Bathurst to Campbellton contact:

audrey.ronalds@nbed.nb.ca

Rexton to Miramichi contact:

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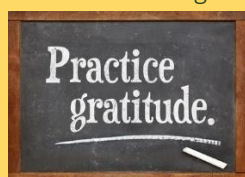
Giving Checklist

THE SCIENCE OF GRATITUDE

Giving & being thankful (gratitude) cause our brains to release chemicals that make us feel happy

Try checking off these items in your community to get your chemicals flowing!

- Offer to shovel a neighbor's walkway
- Write a 'Thank You' note to someone or an organization in your community
- Send recordings of Holiday songs to Seniors
- Make homemade dog biscuits to donate to SPCA
- Bring your teacher or other staff a treat!



Explorations – Possible Outcomes & Extensions



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Exploration 1

MATH

Number: Gr 3 - (N4), (N11), (N12) Gr 4 – (N5)
 Patterns & Relations: Gr 4 - (PR1), (PR5), (PR6)
 Shape & Space: Gr 3 - (SS4), (SS6), Gr 4 - Shape & Space: Gr 3 - (SS4), (SS6)
 Statistics & Probability: Gr 3 - (SP1), Gr 4 – (SP2), Gr 5 – (SP1), (SP2)

SCIENCE

STSE/Knowledge: Gr 5 – (People)

LITERACY

Speaking & Listening Gr 3-5 (1.1), (1.2), (1.3), (1.4), (2.1), (2.2)

Exploration 2

LITERACY

Speaking & Listening Gr 3 - 5 (1.1), (1.2), (1.3), (1.4), (2.1), (2.2), (2.3), (3.1), (3.3)

SCIENCE

Skills (Gr 3/4/5):
 Initiate & Plan (SCO 1.1)
 Perform & Record (SCO 1.2)
 Analyze & Interpret (SCO 1.3)
 Communicate (SCO 1.4)
 STSE / Knowledge:
 Gr 3/4/5 - (SCO 2.1)
 Gr 3 - (Weather & Climate), (Animals)
 Gr 4 - (Earth's Crust), (Rocks), (Minerals)
 Gr 5 – (Human Body Systems)

SOCIAL STUDIES

Social Studies
 Gr.4 Exploring our World (3.3)
 Gr.4 (3.3)

Exploration 3

LITERACY

Speaking & Listening Gr 3 - 5
 (1.1), (1.2), (1.3), (1.4), (2.1), (2.2), (2.3), (3.1), (3.3)
 Reading & Viewing Gr 3- 5
 (5.1), (7.3), (8.1)
 Writing & Representing Gr 3 - 5
 (9.1), (9.2), (10.1), (10.2)

TECHNOLOGY

Outcome:
 1. Operate & manage technological systems
 2. Explore the role of technology at home & school

SOCIAL STUDIES

Peoples Gr.3 (2.3)
 My Society Gr.5 (6.1)

Exploration 4

VISUAL ARTS

Gr 3-5
 Creating, Making & Representing - GCOs: 1, 2
 Understanding & Connecting Contexts of Time, Place & Community - GCO: 5
 Perceiving, Reflecting, & Responding - GCOs: 6, 7, 8

LITERACY

Writing & Representing Gr 3-5 (8.1)

Giving Checklist

For more information on Social & Emotional Learning and the five core competencies, please refer to the CASEL website (World leader in SEL): www.casel.org

These Explorations will also lead to great discussions and activities about the UN Sustainable Development Goals

