



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?

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Explorations

Exploration 1

Good eating habits help create a healthy lifestyle.

Task 1: Use a [clock template](#) with sections showing where mealtimes and snack times would happen. Journal your food intake with pictures or words and compare it to the [Canada's Food Guide](#). Are you eating foods from all food groups?

Task 2: Collect non-perishable food items to donate to a food bank with a focus on items from all food groups. Sort, count, graph and create patterns with items your class receives!



Exploration 2

Having friends and feeling like you belong make us feel happy, but what about those who do not have many friends or who are left out during special times? Read or listen to [Franklin's Secret Club](#) and think about people in your community who may feel left out like the other friends did in the story. **Task:** Could you write a letter, draw a picture, or make Christmas cards for someone in your community to brighten their day?

Make it even more fun and send it by mail!



Exploration 3

In New Brunswick, our weather changes quickly from hot to cold and from rain to snow. These elements have major impacts on people and animals. **Task:** Could you build a shelter that would help protect people or animals from different moisture conditions? Maybe your Elf on the Shelf could even survive the elements outside for an overnight stay by testing your shelters!



Who will build the safest shelter of all?

Check in with your local SPCA to see what they need to shelter

Exploration 4

People living in a senior's home during this pandemic often feel alone because family and friends cannot visit. **Task:** With Christmas coming, why not create a snow globe tree decoration to give and write a story about the scene taking place inside. We are sure that will make them smile.



Giving Checklist

THE SCIENCE OF GIVING

Giving & being thankful causes our brains to make us feel happy

Try checking off these items in your community to feel happy ☺

- Make a snowman in a Seniors' home yard (with permission!)
- Write a 'Thank You' note to someone or an organization
- 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

Exploration 1

MATH

Number: K (N3), (N5), Gr 1 (N1), (N7), (N9), (N10), Gr 2 (N1), (N6), (N9), (N10)
Shape & Space: K (SS1), (SS2) Gr1 (SS2), (SS4) Gr2 (SS3), (SS6), (SS7), (SS9),
Pattern and Relations: K (PR1), Gr 1 (PR1), (PR2), Gr 2 (PR1), (PR2)
Statistics and Probability: Gr2 (SP1), (SP2)

LITERACY

Writing and Representing: K-2 (10.1) (10.2)

YOU & YOUR WORLD

K: Healthy Lifestyles: (2.2)
Gr 1: Groups (1.1), Healthy Lifestyles: (3.2) **Community** (4.5)
Gr 2: Technology and Community (2.1), Healthy Lifestyles (4.1)

Exploration 2

LITERACY

Speaking and Listening: K-2 (2.1)
Reading and Viewing: K-2 (6.1)
Writing and Representing: K-2 (9.1), (9.2), (10.1), (10.2)

YOU & YOUR WORLD

K Students as Individuals (1.3), (1.6)
Gr 1 Groups (1.1), Environment (2.5), **Community** (4.5)
Gr 2: Technology and Community (2.1)

Exploration 3

LITERACY

Speaking and Listening: K-2 (1.3), (1.4), (2.1), (2.3), (3.1), (3.3)
Writing and Representing: K-2 (9.1), (9.2), (10.1), (10.2)

YOU & YOUR WORLD

Gr 1 Environment: (2.5)
Gr 2 Healthy Lifestyles: (4.2), **Change and the Physical Environment** (5.1), (5.2)

Exploration 4

LITERACY

Speaking and Listening: K-2 (1.3), (1.4), (2.1), (2.3), (3.1), (3.3)
Writing and Representing: K-2 (9.1), (9.2), (10.1), (10.2)

YOU & YOUR WORLD

K Students as Individuals (1.3), (1.6)
Gr 1 Groups (1.1), Environment (2.5), **Community** (4.5)
Gr 2: Technology and Community (2.1)

VISUAL ARTS K-2 (1.2), (2.3), (3.3), (4.1)

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](#)



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