

Explorations



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 social 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.



Exploration 1

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

Every day (not just during holidays), there are individuals and families that are food insecure. This can lead to poor nutrition and many other negative health outcomes. **Task:** Help your community by collecting non-perishable food items for your local food bank. As you collect, research, and calculate the actual cost of all items. Does the cost differ between brands? Are some volumes better value? How many [well-balanced meals](#) can you make?



Exploration 2

Humans are warm-blooded animals, meaning we have the ability to regulate our body temperature. Sometimes this is hard to do when it is so cold outside.

Task: Use your imagination and knowledge of materials to experiment with creating a device 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

Feeling connected to others is extremely important to people's mental health.

Task: Create a connection with a local seniors' home or your own family and conduct an interview (through video, phone call, email or even a letter). Seniors have a wealth of knowledge and experience that they love to share! You could ask questions about holidays when they were your age, or another topic you both choose. Write their story for your school website or local community paper! *Try to keep up your relationship beyond the holidays!



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!

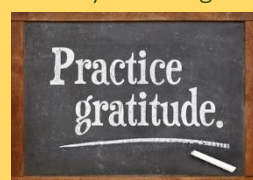


Giving Checklist

THE SCIENCE OF GRATITUDE

Giving & gratitude cause our brains to release a DOSE of these feel - good chemicals: Dopamine, Oxytocin, Serotonin and Endorphins (DOSE).

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



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Explorations - Possible Outcomes & Extensions

Exploration 1

MATH

Number: Gr 6 (N1), (N7), (N8), Gr 7 (N2), (N6), (N7), Gr 8 (N4), (N5), (N7)
 Shape & Space:- Gr 6 (SS3) Gr 7 (SS1), (SS2), Gr 8 (SS2), (SS3), (SS4), (SS5)
 Statistics & Probability: Gr 6 (SP1), (SP2), (SP3), Gr 7 (SP1), (SP2), (SP3), (SP4), (SP5), (SP6), Gr 8 (SP1)

SCIENCE

Initiate & Plan: Gr 6 (204-1), Gr 7 (208-2)
 Perform & Record: Gr 6 (205-8), Gr 7/8 (209-4)
 Analyze & Interpret: Gr 6 (206-1), (206-9), Gr 7 (210-1), Gr 8 (210-16)
 Communication: Gr 6 (207-2), Gr 7 (211-3)
 Society & Environment / Knowledge: Gr 6 (300-19), (302-12), Gr 8 (211-2)

LITERACY

Speaking & Listening Gr 6/7/8 (1.1), (1.2), (1.3), (2.1), (2.2)	Reading & Viewing (4.1), (4.3), (5.1), (5.2), (5.3)
Writing & Representing Gr 6/7/8 (9.1), (9.3)	

Exploration 2

SCIENCE

All strands of skills can be addressed through this full investigation (Initiate & Plan, Perform & Record, Analyze & Interpret and Communication)
 Society & Environment / Knowledge: Gr 6 (104-5), (107-1), (107-6), (300-17), Gr 7 (109-7), (112-3), (112-7), Gr 8 (112-3)

MSTE

Technological Operations (1.1), (1.3)
 Critical Thinking & Problem Solving (2.1), (2.2), (2.3), (2.4)

SOCIAL STUDIES

Gr 7 Empowerment (7.2.2)
 Gr 8 Physical Setting (1.3), Economics (3.2), Technology (4.3), (4.7)

HEALTH

Caring for yourself, your family & your community: Gr 6 (A2), Gr 7 (A1), Gr 8 (A2)
 Personal Wellness: Gr 6 (B1), Gr 8 (B2)

LITERACY

Speaking & Listening Gr 6/7/8
(1.1), (1.2), (2.1), (2.3)
 Writing & Representing Gr 6/7/8
(9.3)

Exploration 3

LITERACY

Speaking & Listening Gr 6/7/8
(1.1), (1.2), (2.1), (2.2), (2.4), (3.2), (3.4)
 Writing & Representing Gr 6/7/8
(9.2)

HEALTH

Gr 6/7/8 Personal Wellness (B1)

MSTE

Technological Operations (1.1), (1.4)
 Critical Thinking & Problem Solving (2.1), (2.3)

SOCIAL STUDIES

Gr 7 Empowerment (7.2.2)

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

LITERACY

Writing & Representing Gr 6 – 8 (9.2)

MSTE

Technological Operations (1.2), (1.3), (1.4)

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](#)

