




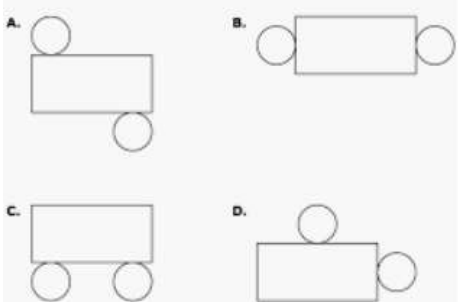





Learning Plan - Grade 8 May 4 – 8 , 2020

Do the best you can! Focus on life skills, physical activity, mental well-being, creative expression, social responsibility and social connections. Stay healthy and safe!

*Every day, students should be **reading** for 30 minutes and getting 30 minutes of **physical activity**.*

Math – The theme for the week is “**Wellness and Positivity**” and in math we are learning about **surface area**. You are encouraged to spend 30 minutes a day on these activities. Here are some options for this week. Feel free to share your work with one of the teachers listed. Kayla.oakes@nbed.nb.ca, Erin-beth.daneluk@nbed.nb.ca, vicki.lafrance@nbed.nb.ca susan.baker@nbed.nb.ca or claudine.dionne@nbed.nb.ca

Activity	Materials / resources	Instructions
<p style="text-align: center;">Get moving</p> 	<p style="text-align: center;">LINK : Why is Exercise Important chart</p>	<p>Click on the link under materials and resources and create your own chart that looks similar on paper. Next, chose 4 exercises and fill in the chart and follow the instructions on the sheet.</p> <p>Exercises could be anything you can do like push-ups, sit ups, jumping jacks, etc.</p> <p style="color: green;">Challenge your family members to see who can do more in 1 minute.</p>
<p style="text-align: center;">Practice on-line</p> 	<p style="text-align: center;">IXL</p> <p>**If you did NOT get your new username and password for IXL please call the school at 273-4760 and leave a message and we will contact you.</p>	<p>Log on to IXL by clicking the link under Materials/resources and try out Surface Area under grade 6 CC.12 and 7 AA.14 (Cubes and Rectangular Prisms).</p> <p>To complete surface area of cylinders, you should also refresh your knowledge of circles grade 7 AA.7 and grade 8 U.6.</p> <p style="color: green;">Challenge Try surface area under grade 8 (Cubes and Rectangular Prisms).</p>
<p style="text-align: center;">Journal Activity</p> 	<p>Which net would make a cylinder? Could there be more than one net for a cylinder?</p> 	<p>What does the net of a cylinder look like?</p> <p>Imagine that you are cutting down the side of a pringles container or can of soup.</p> <p>If you could flatten out the shape, what it would look like? Draw the shape in your journal. This is called a NET.</p> <p style="color: green;">explore - net of cylinder</p>
<p style="text-align: center;">Grade 7 Review</p> 		<p>Formula for Circumference is: $C = 2 \pi r$ This means circumference = 2 times π (3.14) times the radius</p> <p>Example: $C = 2 \pi r$ $C = 2 \times 3.14 \times 10$ $C = 62.8$</p> <p>Find the circumference for our bear logo that has a diameter of 3 meters.</p>
<p style="text-align: center;">Surface area of a cylinder - hands on practice</p> 	<p>Video surface area video surface area formula surface area example surface area / surface totale practice sheet answer sheet</p>	<p>When you find the surface area of a cylinder, you add the area of all parts of the net together. The shape includes 2 circles and one rectangle.</p> $SA \text{ (cylinder)} = 2A \text{ (circles)} + A \text{ (rectangle)}$ <p>Please review the video and links in the resource section and then complete the practice sheets. Sketch the shapes in your journal and show all your work. Check your work with the answer sheet.</p>


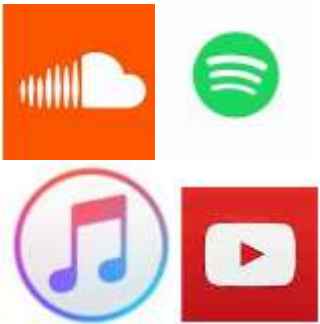



Learning Plan - Grade 8 May 4-8, 2020

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Language Arts – The theme for the week is “**Wellness and Positivity**”. You are encouraged to spend 30 minutes a day on these activities. Here are options for this week. Feel free to share your work with one of the teachers listed. Kayla.oakes@nbed.nb.ca, Erin-beth.daneluk@nbed.nb.ca, vicki.lafrance@nbed.nb.ca, susan.baker@nbed.nb.ca or claudine.dionne@nbed.nb.ca

Activity	Materials / resources	Instructions
<p>Coping Skills Checklist</p> 	<p>Coping Skills Checklist</p>	<p>Have a look at the coping skills checklist and choose a few to try when you need to relax or need a distraction. Take note of the strategies that you have tried. After trying a few explain which strategies worked or didn't work for you. Some questions to consider:</p> <ol style="list-style-type: none"> 1. How did this activity make you feel? (write in full sentences) 2. Why do you think it worked so well for you? 3. Were there any strategies that did not work for you? Explain. <p>Share with a friend or family member some of the coping strategies that worked for you. Ask them to share strategies they use.</p>
<p>Create a Playlist</p> 	<p>iTunes Spotify SoundCloud YouTube Radio Etc.</p>	<p>Music is a great way to relax and decompress after a stressful situation. Using whatever music listening app you use to listen to music (Spotify, iTunes, YouTube etc.) or write by hand, create a playlist filled with songs that help calm you down after a stressful situation. Your playlist does not need to be a certain song length, but it should include at least 5 or more songs. After creating your playlist, choose 3 songs and answer the following questions for each of the 3 songs:</p> <ul style="list-style-type: none"> • Why did you choose this song? • What aspect (part) of the song makes you feel calm? Lyrics? Beat? Explain. • Would you recommend someone else listen to this song? Why or why not. <p>Share some of your songs with a family member, friend or teacher and have them share a song with you that helps deal with stress.</p>
<p>Write a Positive Letter</p> 	<p>How to write a letter to a friend</p>	<p>Write a letter or email to a family member, friend or teacher (email address at the top of page) to tell them how much they mean to you.</p> <p>Things to include:</p> <ul style="list-style-type: none"> • Date • Who the letter is for • Why you are thankful for them • Include some of the things you have been doing. • Include questions to keep the conversation going. (ex. What have you been up to? What are you looking forward to doing this summer etc.) <p>Take a picture of you delivering your letter (social distancing MUST be followed!)</p>






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Science :The theme for the week is **"Wellness and Positivity "**. You are encouraged to spend 30 minutes a day on these activities. Here are options for this week. Feel free to share your work with one of the teachers listed. Kayla.oakes@nbed.nb.ca, Erin-beth.daneluk@nbed.nb.ca, vicki.lafrance@nbed.nb.ca susan.baker@nbed.nb.ca or claudine.dionne@nbed.nb.ca

Activity	Materials / resources	Instructions
<p>Research the benefits of laughter</p> 	<p>Laughter- Psychology Today Benefits of Laughter- Video Laughter is the best medicine Why laughter is the best medicine</p>	<p>This week's theme is positivity and wellness. One way we can relieve stress is through laughter. Use the provided links to research the effects laughter has on the human body. Questions to consider:</p> <ul style="list-style-type: none"> • Why does laughter relieve stress? • Is laughter contagious? Why or why not. • How often do you laugh a day? • Children tend to laugh more than adults, why do you think this is? <p>After doing your research create a poster or web about the importance of laughing.</p> <p>Share your poster with a friend, family member or teacher.</p> <p>Bonus: Tell your teacher a joke when they call you this week. (we like to laugh too!)</p>
<p>Outside Scavenger Hunt</p> 	<p>Scavenger Hunt</p>	<p>One great way to promote wellness and positivity is to get outdoors! Copy the list down in the link and head outdoors to find the items on the list.</p> <p>Create your own scavenger hunt to play with your family. Share your list with your teacher to place on Instagram, others may like your game.</p>
<p>Science Experiment</p> 	<p>Rainbow Density Experiment</p>	<p>Click on the Rainbow Density Experiment link under resources/materials and follow the instructions provided.</p> <p>After completing the experiment, in your own words try to explain <i>why</i> the colors are layered. If you were unable to get your experiment to layer, why do you think that is? Explain.</p> <p>Share a picture of your results with your teacher.</p>






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Social Studies – The theme for the week is “ **Wellness and Positivity**”. You are encouraged to spend 30 minutes a day on these activities. Here are options for this week. Feel free to share your work with one of the teachers listed. Kayla.oakes@nbed.nb.ca, Erin-beth.daneluk@nbed.nb.ca, vicki.lafrance@nbed.nb.ca susan.baker@nbed.nb.ca or claudine.dionne@nbed.nb.ca

Activity	Materials / resources	Instructions												
<p>Create a positive message to put on your window.</p> 	<p>Google</p>	<p>Using google, look at the example of positive messages and create one of your own to display in one of your windows.</p> <p>Invite others in your family to help or to create one of their own as well.</p> <p>Post your message using #PAMSpositivemessage</p>												
<p>Compare and contrast how people choose to cope.</p> 	<p>Coping Skills Checklist</p>	<p>Look at the checklist provided and select at least three strategies that you use now.</p> <p>Then select a family member who is at least 10 years older than you and ask them to do the same. Share your results.</p> <p>How were your results similar? Why do you think this is the case? How were your results different? What do you think is the reason for this?</p> <p>Use the table to help share your results.</p> <table border="1" data-bbox="841 1365 1581 1736"> <thead> <tr> <th></th> <th>Coping Strategies</th> <th>How are they different?</th> <th>How are they similar?</th> </tr> </thead> <tbody> <tr> <td>Older Family Member</td> <td></td> <td></td> <td></td> </tr> <tr> <td>You</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <p>Is there a coping strategy that your older family member uses that you might consider trying?</p> <p>Try it this week and rate it on (1 not effective at all and 10 is extremely effective) on how effective you found it to be.</p>		Coping Strategies	How are they different?	How are they similar?	Older Family Member				You			
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Older Family Member														
You														
<p>Analyze the positive impact social media has on self-isolation.</p> 	<p>Staying Connected Via Social Media in the Age of COVID-19</p>	<p>Read and analyze the attached article. Use the following questions to help with your analysis:</p> <p>What ways have you been using social media to stay connected?</p> <p>How has this connection made a positive contribution to your wellness?</p> <p>How can you balance social media use at this time so it is a positive tool for you during isolation?</p> <p>Share your answers with a friend using social media of your choice.</p>												