



Hello Friends,

We hope that you are well. *MySchoolROCKS* is a registered Canadian charity and recognized NGO that personifies the synergy between music education, technology and wellness. Our team of education and music professionals would like to offer teachers, parents and caregivers this handbook of lessons, links and activities to help you work with your “*Home Scholars*”. Please use this *MySchoolROCKS* resource as part of your daily routine—especially if you are looking for school focused activities that don’t necessarily involve prolonged screen time 😊.

With a variety of K-12 sources and a special focus on K-8 activities similar to *MySchoolROCKS* programming, we look to strike a balance between screen time and “hands on” active time. We recommend that when activities are completed, a “*Who, What, Where, When, Why and How*” debriefing session is extremely valuable.

Wishing everyone good health and please take care during this challenging time!

### Table of Contents

Important links to online resources and The Ministry of Education.....	Page 1
Reading, Language Arts & Paragraph Writing Template .....	Page 2 & 10
Low Impact Physical Education.....	Page 2
Math and Numeracy Games .....	Page 3
History/Social Studies and Khan Academy links .....	Page 4
STEM Activities .....	Page 5
City of Toronto Geography Quiz.....	Page 6
Health & Nutritional Case Study Unit.....	Pages 7-11
Science and Music: <i>Bill Nye The Science Guy</i> .....	Page 12

### Educational Links that you may find helpful:

**Ministry of Education Learn at Home** <https://news.ontario.ca/opo/en/2020/03/ontario-helping-students-learn-from-the-safety-of-their-own-home.html> OR <https://www.ontario.ca/page/ministry-education>

**Read Aloud Books for younger children** <https://pernillesripp.com/2020/03/14/picture-books-read-aloud-videos-for-lesson-use/>

**TV Ontario Classroom Resources (K-12)** <https://education.tvo.org/>

**Scholastic Learning From Home (K-8)** <https://classroommagazines.scholastic.com/support/learnathome.html>

**CBC News Article: Supporting Children’s Mental Health** <https://www.cbc.ca/news/canada/edmonton/children-anxiety-pandemic-1.5497338>





## Language Arts & Reading Activities:

Reading Projects can have amazing results. Try this following inquiry model with traditional novels BUT also try *graphic novels, magazine/newspaper articles, biographies and (believe it or not) comic books.*

### **Fiction Questions:**

1. What is one thing you liked about the story? What is one thing that you would change?
2. If you were the author, what would happen in the next book of the series?
3. Did any of the characters change in some way in the story? How so?
4. What are three things you learned from this book?
5. How did the story make you feel? (You can talk about a specific part or in general). Why?
6. If you could change anything about a character, what would it be?

### **Non-Fiction Questions:**

1. What is the most interesting thing you learned from this book? What was the most troubling?
2. If you could meet the author, what are FIVE (5) questions you would ask him/her?

### **Questions for Biographies, World Events or Sports Genres:**

1. Choose an athlete/actor/scientist/doctor/business person that you would like to meet and create 5 interview questions that you would ask. Describe the personal story of someone making a difference in our world.
2. Research a job in the industry highlighted by your book/story. What did you find most interesting?
3. Pick an event, person or invention that changed the world and has personally affected you. Explain why you are glad the event happened or innovation was invented.

### **Special HINT:**

*If your scholar is having trouble selecting and staying with a book, challenge them to read the first chapter and then write about what they think might happen? Explain why the story didn't really grab their interest- \*\*Ideally, have your students write out answers. If you are comfortable, have them create a PowerPoint with their answers--dress it up with graphics, animation etc. They can also present it to the family 😊*

## Physical Fitness and LOW –Impact Games

No doubt that outdoor activity is very important. However, due to the need for PHYSICAL DISTANCING and space and safety concerns (“indoor recess rules”) we recommend:

- **Balloon Ball Olympics:** regular and long balloons have tons of uses and hopefully can't injure players by swinging/striking (we played floor hockey, baseball, tennis, etc...)
- **Super Mini-Golf:** using a putter and a ping-pong ball (*NO real golf balls please 😊*), we hosted tournaments (with scorecard math), putting contests, obstacle courses and trick shot exhibitions

**Special HINT:** *If your putter poses a safety issue, we built “custom clubs” with metre sticks and erasers or multiple pens taped to the end.*

*EXTRA: We also had very good extension discussions on loft angles, refraction, velocity, trajectory, the laws of physics and golf etiquette...*



## Board Game Mathematics & Sports Statistics

Board Games are an excellent way to sharpen numeracy and deduction skills. Although organized sports are paused for the moment, the following activities involve some great opportunities to sharpen those skills!

### ACCOUNTANT'S MONOPOLY:

- Have the students play traditional *Monopoly* or *The Game of Life* with a TWIST. Just like a real Accountant, the players will **track and record ALL transactions** (use a large paper, note pad etc...). This sharpens number sense/numeracy and helps students understand the impact of spending. It also serves as a great statistical snapshot of the play by play. *(For added fun, I would secretly set a timer and when time expired, I would give prizes to players who had the most transactions, lowest transactions (prudence), and the neatest transcription of transactions)*
- *If done with Monopoly, challenge the kids to create a Canadian version (or another country of your choice) and redesign the game board with that country's streets, landmarks, railroads, utilities etc...*
- *If you are playing a non-money game, have the players document ALL of their moves and strategies. (This works great with Clue, Connect 4 with co-ordinates, Trouble etc...)\*\* Special exemption: SCRABBLE...awesome on its own*

### SPORTS STATISTICIAN:

- **Select any sport that is televised (YouTube also works). Challenge your scholars to sharpen their observational skills by tracking, documenting, tabulating and analyzing the following:**
  - Shots on goal, attempted baskets, attempts directed toward goal, scoring chances etc...
  - Penalties, fouls, infractions
  - Defensive blocks/plays
  - Offside(s), illegal procedures, other rule violations
  - With Baseball: pitches, swings, balls in play, types of plays (grounder, fly ball, foul out etc...)
- *Now the fun part--have your Statisticians predict/analyze the game based on the numbers. Are they surprised a particular team won? Why? They can also search the actual game stats and compare their observations with the professionals*

**Special HINT:** With all Major Sports shut down, enjoy some of the "Classic Games" being broadcast on the Sports Networks. For added fun, don't give away the results. Have your kids predict the score and then Google the final score and compare

### For more TRADITIONAL MATH & NUMERACY ACTIVITIES:

- Please take a moment to click on the Ministry of Education Ontario links found on page 1 of this document and or the Khan Academy activities described on page 4 for numeracy based activities 😊



## Additional Curricular Activities, Links and Resources:

Please find below, a list of web-links to supplemental academic activities. These resources cover most of the major subjects. *Although we vet each website, I recommend that you check them before your Home Scholars give them a try.*

### ● Canada's History:

\* Check out the digital issues of *Kayak: Canada's History Magazine for Kids* and their [complementary educational resources](#). These lesson plans are designed for students in grades 2-7, but can easily be adapted for older and younger audiences.

\* Don't forget about the [Kayak Kids' Illustrated History Challenge](#)! Canadian students between the ages of 7 and 14 are invited to create their own illustrated story based on a moment in Canada's past.

\* Plus discover our collection of over 1,100 [Young Citizens](#) videos! Participants in the Young Citizens program make a short video about their heritage fair topic, much like an evening news report or short documentary.

### ● Khan Academy: (We strongly suggest reviewing this ahead of time but highly recommended)

<https://khanacademy.zendesk.com/hc/en-us/articles/360040167432-How-can-Khan-Academy-be-used-for-remote-learning-during-school-closures->

<https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpgDkVAJrFwxzZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh-P-WmksHAzbsrk9d/pub>

### ● [www.myschoolrocks.org](http://www.myschoolrocks.org) (click on this MySchoolROCKS link for teacher/student friendly articles & activities <https://myschoolrocks.org/educational-resources>)

- Bill Nye The Science of Music
- Math and Music activities
- Social/Emotional Learning Strategies



### ● TOP SECRET TRIVIA CHALLENGE

#### 1. GO TO THIS WEBSITE

[HTTP://WWW.TRIVIAPLAZA.COM/GEOGRAPHY-WORLD-QUIZZES/](http://www.triviaplaza.com/geography-world-quizzes/)

#### 2. COMPLETE 4 (FOUR) QUIZZES OF YOUR CHOICE USING ANY RESOURCES YOU CAN FIND...

#### 3. SHHHHH...ALL SCORES ARE \*\*SECRET!

#### 4. RECORD YOUR SCORE USING THIS SECRET LINK [HTTPS://WWW.PINTEREST.CA/PIN/310396599309494258/](https://www.pinterest.ca/pin/310396599309494258/)



## 77 (MORE) Simple STEM Activities for Families

- Create a treasure hunt with a map & clues
- Learn to identify trees by their leaves
- Read a book with a STEM theme
- Make the alphabet from sticks or other natural items
- Make your name or words out of recycled materials
- Interview a relative using [storycorps.org](http://storycorps.org)
- Take your bike apart and put it back together it
- Make something from old puzzle pieces
- Watch *Hidden Figures*
- Make a LEGO maze
- Test objects in your house to see if they float or sink
- Write instructions to make a sandwich & let someone follow them exactly
- Use the cards A-10 & play *War*, but see who can add, subtract, or multiply fastest
- Play Battleship
- Build a paper airplane launcher
- Build a fort using couch cushions & blankets
- Plant some flowers
- Make something useful from duct tape
- Invent something to solve a problem in your home
- Make "rubber stamps" out of cardboard & pasta
- Learn to solve a Rubik's Cube
- Write your own book, including drawings & cover
- Rearrange furniture in a room to improve function & movement in the room
- Track & graph your high score in a game
- Make ice cubes from various liquids & see how long each takes to freeze
- Make dinner for your family
- Determine how much waste there is from cooking a meal
- Invent your own musical instrument
- Try making gears using the website [gearsket.ch](http://gearsket.ch)
- Create a secret code using a shift or "Caesar" cipher
- Pick a word & see how many other words you can make from the letters
- Measure & graph temperature or rain totals
- Draw your own comic book
- Make a time capsule to open in 10 years
- Make artwork using shaving cream, food coloring, & a toothpick
- Plant a butterfly garden
- Invent a toy for your pet
- Watch *Cloudy with a Chance of Meatballs*
- Freeze a small toy or coin in water & make a time-lapse video of it melting
- Put different amounts of water in class containers & tap gently to make music
- Make paper airplanes using [foldnfly.com](http://foldnfly.com)
- Try sprouting a carrot top, dried bean, or fruit seed
- Put some dirty pennies in vinegar
- Put celery or flowers in water that contains food coloring
- Learn bird calls
- Build the tallest tower with 1 piece of paper & tape
- Turn an old book into a secret hiding place
- Learn to cook a new recipe or invent your own
- Observe the moon each night & take pictures to make a time-lapse video
- Measure things with a tape measure
- Build a model city with items in your house
- Make a bird feeder using a pinecone, suet, & birdseed
- Count how many & what type of birds come to your birdfeeder
- Make a mini-golf course
- Read a book & make a "book trailer"
- Paint rocks with encouraging words
- Weave a bracelet
- Learn about a STEM career
- Write a story, act it out with your family, & record it
- Make a sundial
- Invent a board game using bottle caps or other small items as pieces
- Draw something with isometric dot paper
- Make a slow-motion video of something in nature
- Learn to fold cloth napkins
- Make bread using yeast
- Draw 20 circles & turn each into something (pizza, planets, wheels, etc)
- Build something using toothpicks or straws
- Practice coding using [Scratch](http://Scratch) or [code.org](http://code.org)
- Learn to crochet or knit
- Make your own tangrams
- Learn how cellphones work
- Draw a detailed map of a room in your home
- Learn to sew
- Make something from an empty toothpaste tube
- Look at the clouds
- Learn about the history of technology in your area
- Make cardboard automata (movable sculpture)

Chris Woods @dailySTEM  
[dailystem.com/resources](http://dailystem.com/resources)

## The "6" QUIZ-Do you KNOW TORONTO?



**SOCIAL DISTANCING IS AN ABSOLUTE NECESSITY!** But when it's time again to explore, give this a try  
 \*\*\*\* (For added FUN, locate some of the landmarks using an "old fashioned" MAP)

1. What does the name "Toronto" mean (translated)?
2. What was the main use of the area known as "Toronto" when it was first settled by Europeans?
3. Toronto was known for a brief period as the City of \_\_\_\_\_?
4. Toronto is the origin of the longest road in the world. Name the road by using the map.....??
5. What is the name of the extensive underground passage system that links much of the business core of downtown Toronto?
6. What percent (%) of Americans live within a 90 minute flight radius of Toronto?
7. What was the approximate population of Toronto at the start of the 20<sup>th</sup> century? Toronto Today?
8. Located close to Lake Ontario in the West part of Toronto is one of Canada's oldest surviving forts. What is the name of this historic landmark? Try to locate the fort/landmark on your map
9. What is the name of Toronto's main international airport? Where is it located on the map?
10. What happened to the original Toronto Islands? Locate the Islands on your map.
11. What interesting artifacts are found in the Bata museum? Where is it located?
12. What iconic Canadian trophy is housed at the Hockey Hall of Fame? Where is the HHOF located?
13. What is the most interesting fact about Casa Loma? Where is Casa Loma located?
14. How old is the University of Toronto? Locate the campus on your map (careful...possible trick question)
15. Toronto has more \_\_\_\_\_ per capita than any other city in North America 😊



BONUS POINTS:

What are your Top 10 Toronto tourist attractions?

What SPORTS teams play in Toronto? Who is your favourite Toronto athlete and why?

Research your favourite Toronto attractions, team(s) or landmarks.



## Health & Nutrition Case Study: A Closer Look at Your Grocery List



One of the key ways of maintaining positive mental health involves healthy eating. Occasional treats are great, but nutritious food choices help feed a healthy mind. This case study taps into the science of nutrition--analyzing a grocery list of items that make up breakfast, lunch or dinner menus. The following 5 pages (including a paragraph writing template) comprise the full unit:

**THE HOOK:** Have you ever thought about the nutritional content of some of the grocery items found in your fridge or pantry? In this activity, you will have an opportunity to complete a **NUTRITIONAL STUDY** of grocery items available in stores across Canada.

**OBJECTIVE:** The key to this activity is to use health websites to investigate the nutritional value of your menu items. You will be learning how to be a *smart label reader*!

**MATERIALS NEEDED:** Samples of grocery store & food flyers, envelope, lap top (nutritional web link and Health Canada link), chart paper, scissors, and colouring markers optional.

### **Instructions: Part 1: Research**

1. Using "Google images", search the website of local grocers such as *Loblaws* or *Sobeys*. Locate a minimum of 5 food items advertised at your local store. This will be your "menu".
2. Once you have selected your menu items, open a word document and name it "Health Case Study (plus your name)". (*If you have a newspaper flyer—cut out your menu items*).
3. Copy and paste your five items into your word document. Be sure to put your NAME at the top. Later on, we will cut out these items and place them in an envelope.

### **Researching Nutritional Information:**

Using a laptop/personal device, try to find the most accurate nutritional information for all 5 of your menu items. There are two ways to locate this information on line:

- A) You can research using the following strategies: a) you can type the name of your product into a search engine followed by the key words "nutritional facts" (e.g. Eggo Waffles nutritional facts)
- B) You may use the "search" function of the following website:

<http://www.nutritiondata.com/facts-C00001-01c210h.html>

**\*\*The nutritional website will have charts like this one:**



**Check these boxes for info**

**Keep the following in mind:**

- \* Try to find items that you would eat for lunch, breakfast or dinner \*\* (Be honest☺)**
- \*Focus on: Calories, Fat, Cholesterol, Sodium, carbohydrates, protein and vitamins**

**PART 2: Charting your Research data:**

- Using chart paper, you can create a nutritional facts poster. You can add a banner/title, add graphics, create characters etc... The key is to arrange your food “cut outs” along with your nutritional facts chart beside it.
- Please leave space on your poster for A SUMMARY REPORT based on your findings (see part 3)
- Using your laptop, you will create a CHART (see examples) that displays the 6 nutritional categories: calories, total fat, cholesterol, sodium, total carbohydrates, protein and vitamins

**\*Please note: (You will need one of these charts for EACH food item that you have cut out)**

Nutritional Fact for : (enter the food)	Amount in grams (g)
Calories	
Total Fat	
Cholesterol	
Sodium	
Total Carbohydrates	
Protein	
Vitamins (%)	



## Part 3: Grocery Nutrition Report:

Follow this link to the Canada's Food guide and evaluate how your menu compares to the recommended servings guide <https://food-guide.canada.ca/en/>

The final phase of your poster should include a 1-2 paragraph summary/report of your findings. \*\*\* Using a HAMBURGER paragraph style: Topic sentence (Top Bun), main ideas/examples (Middle) and conclusion (Bottom Bun)--please answer the following questions for main ideas/example:

- Which of your products would you describe as a "good" nutritional choice? Why?
- Which of your products would you describe as a "poor" nutritional choice? Why?
- If you were a Doctor and one of your patients was eating the food on your poster, what health advice would you give them?

**Enrichment Extension Exercise:** If you have completed your research, add more food items to your poster (other daily meals) or explore a weekly food menu for your family (don't forget snacks 😊)

Here is a simple sample of what your poster may look like:

### Nutritional Poster

#### What's in Your Grocery Cart?

CHART





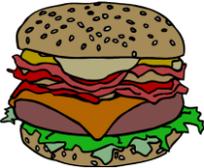
**My Summary of Nutritional Findings**

**(Hamburger Paragraph)**

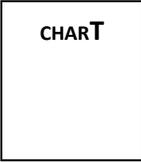
This report will talk about eating fruits and vegetables....my examples include....







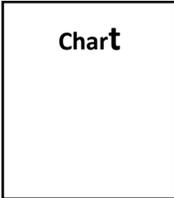
CHART



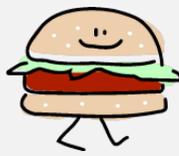




Chart







# Mr. HamBurger Paragraph Template

The Title of my paragraph is \_\_\_\_\_

Top Bun- What is your topic sentence? (Explain the main idea you will write about)



*In this hamburger's "meaty" middle---pick your best ideas, write them out and give your BEST examples:*



Bottom Bun: Conclusion (Remind readers of your most important points)



## More Nutrition Poster Examples:



Here is nutritional information for Chicken Noodle Soup:

**Chicken Noodle Soup Bowl (2 cups) (496 g)**

Calories from Fat 42. Calories 124.

7% Total Fat 4.7g.

7% Saturated Fat 1.3g.

8% Cholesterol 25mg.

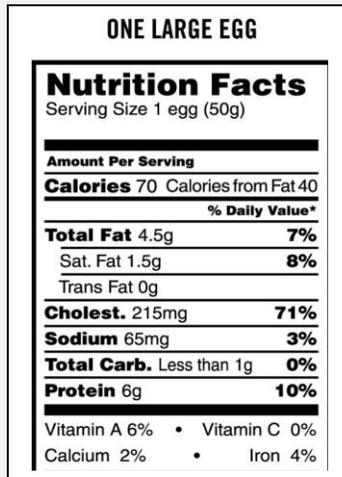
72% Sodium 1731mg.

3% Potassium 109mg.

5% Total Carbohydrates 15g.

Another version of the chart:

<b>FOOD PRODUCT</b>	<b>Calories (grams)</b>	<b>Total Fat (grams)</b>	<b>Cholesterol (grams)</b>	<b>Sodium (Salt) (grams)</b>	<b>Carbohydrates (Sugar) (grams)</b>	<b>Protein (grams)</b>	<b>Vitamins (%)</b>



	<b>Classic Burger</b>	<b>Big Mac</b>
Calories	375	540
Fat (Saturated Fat)	16 (5)	29 (10)
Sodium	536 mg	1,010 mg
Carbohydrates	31 g	45 g
Total Sugar	7 g	9 g
Vitamin A (% DV)	41%	6%
Vitamin C (% DV)	15%	2%
Iron (% DV)	26%	25%
Fiber	2 g	3 g



## Bill Nye: The Science of Music



Click on the supporting Video Link: <https://www.youtube.com/watch?v=800mHjge9Jc>

1. What is Music?

2. What is Rhythm?

3. What is Pitch?

4. Fill in the blanks with key words from the video:

Pitch, Rhythm and \_\_\_\_\_ are ways to make \_\_\_\_\_ of sound. They become \_\_\_\_\_ that can be arranged in \_\_\_\_\_ to make music.

5. What is the difference between music and noise?

6. What is sound?

7. How does music affect your senses?

8. What key words complete the blanks? Music is made of \_\_\_\_\_ which are arranged in \_\_\_\_\_ called \_\_\_\_\_.

9. Why is it important to be in tune?

10. What is musical notation? Provide an example: \_\_\_\_\_

**Enrichment Activity:** Have you ever tried to play your own music?  
Click on the link below to try a few virtual instruments-----HAVE FUN!

<https://www.virtualmusicalinstruments.com/>

