

# Quick Start Offline Activities

## High School

### Literacy

**Build your reading stamina.** Set a goal of minutes read each day in English, French, and/or language of your choice. Record your progress. Reflect on your reading by asking questions. *What is the theme or message of this selection? What is the author doing to influence the reader?*

**Write reviews of books, TV shows, movies, music, commercials, etc.** What message(s) can you identify? What techniques are used to convey the messages? What stereotypes are portrayed? Share your reviews with friends and family.

### Health and Wellness

**Make physical activity part of your daily routine.** Get outside and participate in a variety of activities. Remember to stay in your bubble to keep everyone safe.

Demonstrate a physical activity skill or a method you are using you are using to help **manage your stress**. Debrief with peers or family.

**Plan an act of kindness** that you can do from home. What can you do to brighten someone's day?

### Numeracy

Board games, strategy games, logic puzzles, playing cards and dice games involving currency, estimation, prediction, counting, logic and other math skills and attitudes help to **build numeracy skills**. Create new rules or variables and predict how this will affect the game. Describe how games use math in different ways.

Make predictions at home or in nature and **collect types of data**. For example, pick a global finance variable – such as the price of gold or oil – and follow how it moves from day to day. Research, organize, and express the information collected.

### French

Have a phone call with a friend and spend part or all of your conversation **speaking in French**.

**Watch a TV show, listen to music, or read a book in French.** Netflix has a feature allowing you to change the language to French, for both the audio and the subtitles.

Choose a familiar topic to write about, and **follow the writing process** (plan, write, revise, edit, publish, and share). If you are keeping a journal of your experience in 2020, write part/all of it in French.

**Make a brochure** giving advice to teens on how to improve their personal relationships.

### Learning in Life

**Test the accuracy of the weather forecast.** What variables you want to test? What variables will you need to control? What's your prediction? Do you see any patterns in your results?

**Ask good questions about the history of the Wabanaki peoples** (Wolastoqiyik, Mi'kmaq, and Peskotomuhkati). Take a look at maps of the Atlantic Provinces and identify place names that you think have Wabanaki origins. Make a list of questions that you have about Wabanaki peoples, and what you think would be good sources of information to help answer them.

Historians and journalists looking back on historic events use primary source documents to help them understand the past. **Create your own primary source** by keeping a daily journal during the pandemic of 2020. Some topics to consider include: how daily life has changed, services that are available or unavailable; are some people affected differently than others; government decisions; what you see and hear from day to day; and how you feel society is changing or will change.

As you watch TV, films, and social media posts, **identify the types of strategies people use to convince us of things**. Create a process to assess the credibility of online information.