

## WELLNESS

### Strong Mind & Body YOGA

[Moon](#) reminds us to respect those who care for us.

[Wolf](#) reminds us to respect the teachings of our Elders.

Try [Moon](#) & [Wolf](#) Pose.

## ART

### “Celebration of Life”

by Susan A. Point

View the print, information and response questions [here](#).

### [THE ELDERS ARE WATCHING ART ACTIVITY](#)

Click the above link. Create your own piece of Roy Henry Vickers inspired art.

## SONG

Pacheedaht First Nation along with N’we Jinan Artists created:

### [Broken Paddle Song](#)

What do you think the end of the video symbolizes?

## NUMERACY

Frogs are the symbol of renewal. Their croaks signal a change of season. They can jump 20 times their own height.

**Q1.** How many different ways can you count to 20? By 1s, 2s, 4s, 5s, 10s?

**Q2.** Pacific Tree frogs are between 3cm and 5cm in height. Given that frogs can jump 20 times their height, what is the range of maximum height these frogs can jump?

**Q3.** Listen to the [9 second recording](#) of a Pacific Tree frog. How many times does he croak? Using that number, figure out how many times he would croak in 3 minutes. How did you solve it?

[Frog PDF](#)

### [SMALL NUMBER AND THE SALMON HARVEST](#)

Watch the [VIDEO](#). In order to keep the salmon coming back, Small Number and his family take 1 of every 4 salmon they catch. If they catch 980 salmon, how many could they take back to their community? If they divided the take home salmon evenly between 5 families, how many salmon would each family receive from Small Number and his family?

## PRINCIPLE OF LEARNING

Learning involves generational roles and responsibilities

[Deepening your understanding](#)

## LITERACY

Watch Métis author David Bouchard read [“The Elders Are Watching”](#)

- Make a prediction about what the story is about based on the title.

-The repeated line “They told me to tell you the time has come...” makes us wonder if ‘the time’ could be about the quarantine. How might the Elders be helping us be better after social distancing?

### TALKING CIRCLE PROMPT

Who are the people of different generations in your life, ones older and younger than you? How do their roles and responsibilities differ from yours?

[Information on Talking Circles](#)

## STEM/STEAM

Watch the short video [Stories Are in Our Bones](#)

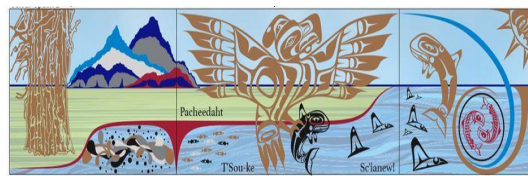
What knowledge has been passed down for generations in your family (ex/ recipes, songs, stories etc.)?

Can you make a fishing rod using [recycled materials](#) or [other materials](#) found in your house?

## TERRITORY ACKNOWLEDGEMENT

We acknowledges the traditional territories of the Coast Salish: T’Sou-ke Nation and Scia’new Nation and Nuu-chah-nulth: Pacheedaht Nation. We also recognize some of our schools reside on the traditional territory of Esquimalt Nation and Songhees Nation.

[Connections to Artwork](#)



## SENĆOTEN

Word of the Week

**WEXES**

Frog

[Audio](#)

Practice saying **WEXES** to a friend