Grade Eight: Literacy

Week 1: Well-Being

Materials: Paper

Big Idea:
Taking care of yourself is critical. When you take the time to care for your mind and body, you are better able to go through your day with renewed energy and focus. This week, you will explore strategies for self-care.

Task 1:
What are three words that best describe you? Consider why you chose these words. Create a sentence for each.

Task 2:
Self-care is very important. Brainstorm 10 ways you take care of yourself. Think about how you take care of yourself mentally, physically and emotionally.

Task 3:
What coping strategies do you use when you experience challenges in your life? Create a 2 column chart that includes 3 strategies and how each strategy supports your self-care.

Task 4: 5 Minute Free Write
A famous quote from African American writer and poet, Maya Angelou states, "You may not control all the events that happen to you, but you can decide not be reduced by them" (Grant, 2019).

What message is this quote trying to convey? How does this quote resonate with your actions for self-care.

Set a timer or a watch for 5 minutes. Remember to keep writing for the full 5 minutes.

Grant, H. (2019). Pocket Maya Angelou Wisdom. London: Hardie Grant Books.

Grade Eight: Math

Week 1: Patterning and Algebra

Materials: Paper, Appendix 8-A

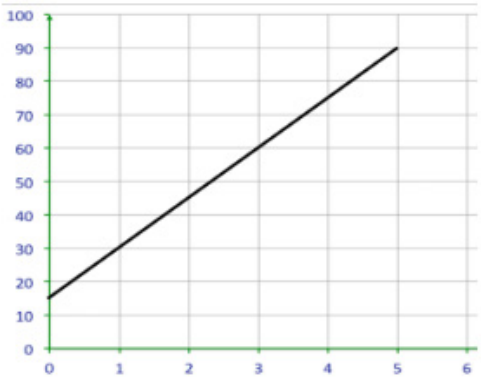
Equations are mathematical puzzles. Use **Appendix 8-A** to work through this week's lesson.

Suppose you are given the equation: **3x - 2 = 4 - 8x**

What are the steps you would use to solve this problem?

When you exercise, your muscles work harder. As your level of activity increases, your breathing rate rises and you bring in more oxygen into your lungs. This allows your lungs to pump more oxygen into your blood and out to your muscles.

Here is a graph of someone's breathing rate per minute.



Create a table of values displaying the number of breaths at rest and the amount of minutes.

What do you notice is happening with the data?

Describe this in an algebraic equation (in numbers).

At 27 minutes, what would be the individual's breathing rate?
Show all your work.

Check your breathing rate while resting. Check how many times you breathe per minute. How does it compare to that of the individual in the graph?

Share your answers with someone in your home. What is their breathing rate?

Grade Eight: Science

Week 1: Form and Function (cells)

Materials: Paper, Appendix 8-B

Use **Appendix 8-B** to complete the following activities.

Reducing stress and daily exercise is a great way to build and maintain healthy cells.

What do you do to calm and re-energize your body? How often do you do this activity/these activities in a week?

Part 1: Moving
Find an area in your home where you can do a physical activity of your choice (running on the spot, jumping jacks, stretches, walking, etc.).

Before: How do you feel before you start your exercise?
During: Do your preferred activity for 60 seconds.
After: How do you feel after exercising? Repeat to see if exercising can improve your mood.

Part 2: Breathing
Did you know that slowing down your breathing can help you stay calm?

- Take your pulse by putting two fingers on the inside of your wrist and see if you can feel your heart beating.
- Count your heartbeats for 1 min.
- Take 10 slow deep breaths.
- Take your pulse again for 1 min.

Did your heart rate change after you took 10 slow breaths?

Animals require oxygen (made by plants) to breathe and unlike plants, we can't make our own food. That is why plant and animal cells look so different.

Create your own animal cell using available materials.

Use the attached diagram to support your process.

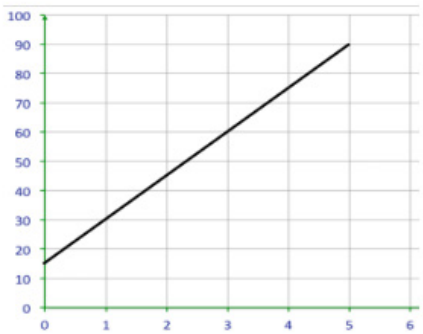
Equations are mathematical puzzles.
Suppose you are given the equation: $3x - 2 = 4 - 8x$.
What are the steps you would use to solve this problem? What is your answer?

When you exercise, your muscles work harder. As your level of activity increases, your breathing rate rises and you bring in more oxygen into your lungs. This allows your lungs to pump more oxygen into your blood and out to your muscles.

Here is a graph of someone's breathing rate per minute.
Create a table of values displaying the number of breaths at rest and the amount of minutes.

What do you notice is happening with the data?

Describe this in an algebraic equation (in numbers).



At 27 minutes, what would be the individual's breathing rate? Show all your work.

Consolidation
Check your breathing rate while resting. Check how many times you breathe per minute.

- Breaths per minute: _____
- Algebraic equation: _____
- Breaths at 27 minutes (show your work):

How does it compare to that of the individual in the graph?

Share your answers with someone in your home. What is their breathing rate like?

Grade 8: Appendix 8-B

Science: Form and Function (cells)

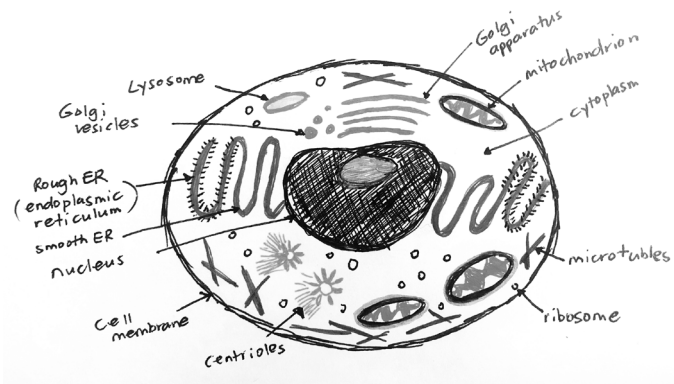
Reducing stress and daily exercise is a great way to build and maintain healthy cells.

What do you do to calm and re-energize your body?

How often do you do this activity/these activities in a week?

Animals require oxygen (made by plants) to breathe and unlike plants, we can't make our own food. That is why plant and animal cells look so different.

Create your own animal cell using available materials. Make sure you label the different parts of your cell.



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