

Grade Seven: Literacy

Week 1: Identity, Self and Well-Being

Materials: Paper, Appendix 7-A, Appendix 7-B

Describe yourself. What is your identity? Your identity is made up of visible and invisible identity markers. Visible identity markers are things that people see about you. Invisible identity markers are things that people do not see but you know about yourself. As you share more about who you are with others, people develop a better understanding of your invisible identity markers. What are your traits, values, culture, beliefs, motivations, inspirations, relationships, strengths, feelings and characteristics which make up who you are?

Complete the **Identity Iceberg** template (**Appendix 7-A**). Which words and ideas from your brainstorm appear above the water or are the things that other people can see? Which words, ideas, and details from your brainstorm are beneath the waterline or hidden from most people?

Read: “8 Simple Ways to Feel Great Today” (**Appendix 7-B**)

Reflect on your iceberg. Why is well-being (sense of happiness, calm, acceptance, confidence, contentment) important to our sense of self? How can maintaining our well-being help us in how we see ourselves and our relationships with others?

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1. Do you agree with the 8 simple ways suggested to feel good? Why or why not? What would be on your list? List 8 things you love. Share these with a member of your household.
 2. Write 3 goals you have for your personal well being on a piece of paper and brainstorm at least 1 strategy you can use for each goal which will help you to achieve it. What are the steps involved to achieve your goal? Create an organizer, chart or a poster to aid you in tracking your progress.

Grade Seven: Math

Week 1: Measurement

Materials: Paper, Appendix 7-C

Shapes in our daily lives look very different from what we see in textbooks. Sometimes many smaller shapes compose (make up) one larger irregular shape. Use **Appendix 7-C** to help you complete this week's activities.

Think about calculating the area (inside of a shape) of a shape. Order the following polygons from largest to smallest area. How do you know?

Trapezoid parallelogram rectangle kite triangle

Can you find ways to decompose (break apart) this irregular shape into simple ones?



How does this help you in determining the area of this composite shape (a shape made of multiple shapes)?

Draw a pentagon (◆) with measurements of 9cm length and 8cm width with a base of 5 cm.

- Decompose it into shapes that are easier to apply area formulas
- What is the entire area of the pentagon?

What strategies did you use in finding the area of the composite shape? Use this shape to explain your ideas.



What do the individual shapes tell you about the larger shape?

Share your learning with someone at home.

Grade Seven: Science

Week 1: Interactions in the Environment

Materials: Paper

Have you ever thought of your home as an ecosystem? Well, it is! Take a moment to notice the biotic (living things like plants and animals) and abiotic (non-living things like rocks and air).

- What do you know about how biotic and abiotic things rely on each other for survival?

Note: an **ecosystem** is a community where living things and nonliving things work together and depend on each other for survival.

Explore your home for elements of an ecosystem. Think about the following:

Producers: produces food for itself and others using energy from the sun (plants).

Consumers: cannot produce their own food so they have to eat producers (plants) and other consumers (animals).

Decomposers: break down dying plants and animals which releases minerals into the Earth to be used by producers.

Create an imaginary ecosystem. Your ecosystem diagram must describe the climate (warm, cold, etc.) and the biome (land, sea, etc.). You must also show:

- Abiotic and biotic elements
 - 4 producers, 3 consumers, 2 decomposers
 - Who eats what (food chain)?
 - Anything else you'd like! Be creative!
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What are the interactions of the different components of your ecosystem?

Share your learning with someone at home.

Grade 7: Appendix 7-A

Literacy: Identity Iceberg Template

Your identity is made up of visible and invisible identity markers. Visible identity markers are things that people see about you. Invisible identity markers are things that people do not see but you know about yourself.

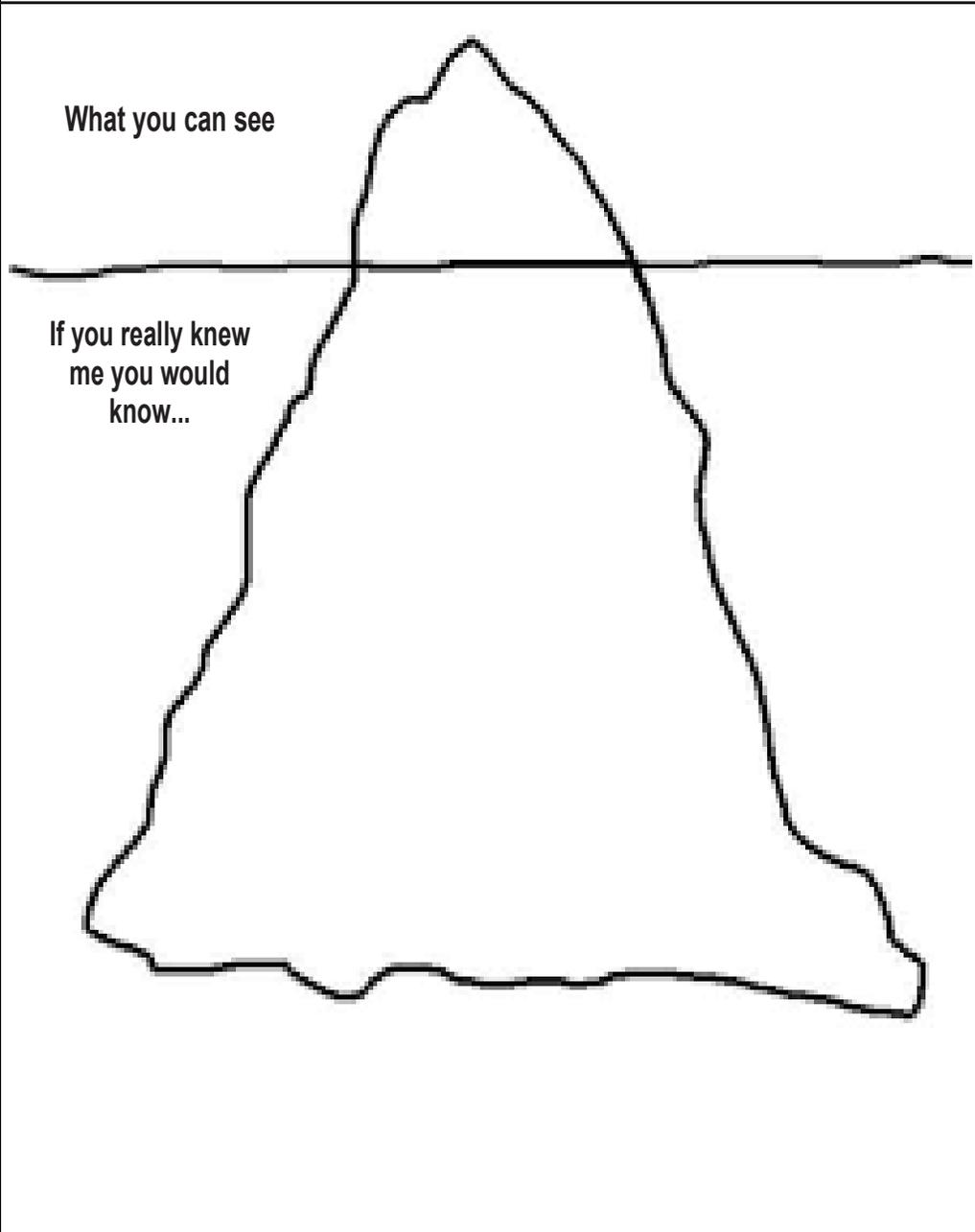
<p>What you can see</p> 	<p>Visible Identity Markers:</p> <ul style="list-style-type: none">• Race• Gender identity/ expression• Physical characteristics
<p>If you really knew me you would know...</p>	<p>Invisible Identity Markers:</p> <ul style="list-style-type: none">• Talents and strengths• Age• Family role• Nationality• Sexuality• Belief system (religion or spirituality)• Personal/cultural values• Financial status (income)• Musical preferences• Favourite foods• Learning style• Life experiences• World views <p><small>Image: AKGT Canada (2018). The Cultural Iceberg. <i>A Kid's Guide to Canada</i>. Retrieved from https://akgtcanada.com/wp-content/uploads/2018/02/4-P-J-Blank-Cultural-Iceberg.pdf. Accessed April 10, 2020.</small></p>



Image: Tiffany (2014, October 3). 8 Simple Ways to Feel Great. Feel Great in 8. Retrieved from: <http://blog.feelgreatin8.com/8-simple-ways-feel-great-today/>. Accessed April 10, 2020.

Grade 7: Appendix 7-C

Math: Measurement

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Consolidation

What strategies did you use in finding the area of the composite shape? Use this shape to explain your ideas.



What do the individual shapes tell you about the larger shape? Share your learning with someone at home.