

WELLNESS

Strong Mind & Body YOGA

[Eagle](#) reminds us to notice what is around us.

[Whale](#) reminds us that our memories help to find our truth

Try [Eagle](#) & [Whale](#) Pose.

ART

[“Flight” by Maynard Johnny Jr.](#)

View the print, bio and response questions

Hummingbirds are joyful messengers.

Colour hummingbirds [HERE](#).

SONG

[Algonquin Water Song](#)

Water is a witness to the world, having been here since the beginning of time. What stories do you think water would share if we could understand it? Tell a friend your thoughts or write it down.

NUMERACY

Hummingbirds are known to be messengers. A hummingbird’s heart beats up to 1260 times per minute when active and 250 times per minute at rest.

Q1: How fast does **your** heart beat in a minute? (Look it up or have an adult help you take your pulse) Whose heart beats faster: yours or a hummingbird’s?

Q2: How many times will a hummingbird’s heart beat in 5 minutes:
a) while most active?
b) while resting?

[Hummingbird PDF](#)

[SMALL NUMBER AND THE TOTEM POLE](#)

Watch the [VIDEO](#). Look around your house. Can you find 3 objects you can move by yourself? Can you find 3 objects you would need help moving? What is something you might need 6 friends to move?

PRINCIPLE OF LEARNING

Learning is embedded in memory, history, and story

[Deepen Your Understanding](#)

LITERACY

[Drum dancing](#) in the Western Arctic is one way people tell stories of the land and ancestors.

As you watch this video of the [Inuvik Drummers and Dancers](#), think of what stories from your life you would turn into a dance and story. Share with someone in your life.

TALKING CIRCLE PROMPT

Share a memory from your own life, and what the memory may teach about yourself or the world.

[Information on Talking Circle](#)

STEM/STEAM

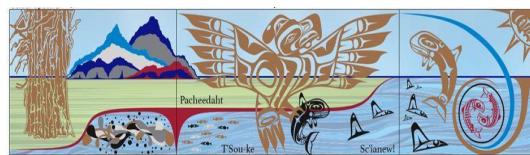
Remember that learning is embedded in memory, history and story.

Learn a new technology (e.g. free app [Toontastic](#)) and retell a story from memory or create your own. Click [here](#) for tips.

TERRITORY ACKNOWLEDGEMENT

We acknowledge 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

We learn by listening closely & remembering.

Listen carefully to hear how to pronounce LISTEN in **SENĆOTEN**
LELÁ NEN

Practice saying **LELÁ NEN** to a friend!