

WELLNESS

**Strong Body Strong Mind
YOGA**

Bee reminds us to reflect on how our heart is feeling.

Flower reminds us to recognize the wisdom of all living beings.

Try **Bee** and **Flower** Pose.

ART

“Moon and the Pond” by Dylan Thomas
View the print, artist’s statement and response questions [here](#)

Quentin Harris (SD#64) guides viewers through a **directed drawing** of [How Raven Steals the Sun](#) (1:30 mins)

SONG

[Waniska](#)

by The Iskwew Singers

Share the Cree social song (above) and [lyrics](#) with a friend, and ask them why they think the video is filmed in the forest.

NUMERACY

Hawks have great vision and can see **8** times more clearly than humans.

Q: How many different ways can you show the number 8?

Q: A flying hawk can spot a mouse on the ground from 120 meters away. At what distance can a person taking a walk see that same mouse knowing that hawks can see 8 times more clearly than humans? How did you figure it out? Show your thinking.

[Hawk PDF](#)

SMALL NUMBER AND THE SKATEBOARD PARK

Watch the video. Where can you see geometry around you? In what ways do we use geometry in everyday life? Can you find an example in nature?

PRINCIPLE OF LEARNING

Learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, on reciprocal relationships, and a sense of place)

[Deepening Your Understanding](#)

LITERACY

Hawk is a spirit helper that brings guidance and focus to life.

We have people in our lives that help guide our learning. Watch the story titled [You Hold Me Up by Monique Gray Smith](#)

Draw/write/tell about someone who helps to hold you up!

WEEKLY

Talking Circle Prompt

How are you connected to your community and environment? What relationships help you grow?

[Information on Talking Circles](#)

STEM/STEAM

Inuit are deeply connected to their Arctic home, and have survived and thrived for thousands of years. One of their technological [inventions](#) came from knowing how to protect their eyes from the glaring sun.

Watch this [video](#) to safely make your own goggles (with adult support) and show someone how to use them.

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.



SENĆOŦEN

Words of the Week

Connect with your family & friends by sharing these [Greetings](#) courtesy of Elder Earl Claxton Jr..

Good morning
ÍY ØÉĆIL
Good afternoon
ÍY SØÁĆEL