

WELLNESS

Join Tiffany Adam's for another [Fitness Video](#), circuit style! Try the tabata style or version 2 on the video and challenge yourself by increasing your interval times!
Download the [Accompanying PDF](#) to ensure proper form!

Strong Body Strong Mind YOGA

[Ocean](#) reminds us that like the tide, others come into our lives and others may leave.
[Sea Star](#) reminds us to show gratitude to water & its gifts..
Try [Ocean](#) & [Sea Star](#) Pose.

ART

"Summer Catch" by Maynard Johnny Jr.
View the print, bio and response questions [HERE](#).

BRAIDED PAPER BOOKMARK

Weaving and braiding Cedar takes patience and time. Try using paper to practice [braiding a paper bookmark!](#)

SONG

Inuit throat singing is an imitation of nature and animals with a human voice.

Watch two videos:

[Sisters](#) from Nunavik throat singing, and Inuit artist [Nelson Tagoona](#) with his unique mash-up of traditional throat singing and beatboxing.

Learning a song can take patience and time. What have you already learned that took time, and what do you hope to learn one day?

NUMERACY

Spiders teach us the art of weaving. Spiders have 8 legs and most have 8 eyes. Spiders can spin a new web every day.

Q1: How many number sentences can you write for the number 8? e.g. $7 + 1 = 8$

Q2: Knowing that spiders can spin a new web every day, what is the maximum number of webs a spider can spin in one week? In two weeks?

Q3: A spider's web is 20 times longer than the spider's size. If the spider is 3.75 cm in length, how long will the web be?

[Spider PDF](#)

SMALL NUMBER AND THE KIT FOXES

Watch the [VIDEO](#). A moon cycle is 28 days. How many days is 1 quarter ($\frac{1}{4}$) of a moon cycle? Using that number, and knowing that the kit fox hunts every 12 quarter moons, how many days pass before she can hunt again?

PRINCIPLE OF LEARNING

Learning involves patience and time

[Deepen Your Understanding](#)

LITERACY

Listen to the story [A Salmon for Simon](#). Simon had to change his plans several times throughout the story. Can you think of a time when your plan did not work out? How did you end up solving it? Write a story about it or tell your tale to a friend.

TALKING CIRCLE PROMPT

Think of a time when learning a new skill took patience. How did you encourage yourself to persevere?

[Information on Talking Circles](#)

STEM/STEAM

Remember learning involves patience and time.

Watch this [video](#) of a spider weaving her web, carefully checking and adjusting as she works.

Using available materials, can you take your time to [design and build](#) a spider web?

Spiders also wait patiently by their webs to trap prey. Can your web also support a small object?

TERRITORY ACKNOWLEDGEMENT

We acknowledges the traditional territories of the Coast Salish: T'Sou-ke Nation and Scia'new Nation and Nuw-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



SENĆOŦEN

Word of the Week

SPIDER

[KET, COLE](#)

Practice saying [KET, COLE](#) to a friend or family member.