

# Quick Start Offline Activities

## Middle School

### Literacy

Help your child build their reading stamina by having them **set a goal of minutes read** each day in English, French, and/or language of their choice. Get them to record their progress. Have them reflect on their reading by asking questions. *What do I know about this kind of text? Were my predictions correct?*

Encourage your child to **write reviews of the books, TV shows, movies, or music**. Share them with friends and family.

### Numeracy

Have your child **practice making simple predictions** at home and in nature and then collecting types of data. Ask them to think about how they could record and organize the information collected. Talk about probability and chance.

Provide opportunities for practicing addition/subtraction, and multiplication/division using **mental math strategies**; for example, making change or estimating pretend purchases.

**Board games, strategy games, logic puzzles, playing cards and dice games** involve currency, estimation, prediction, counting, logic and other math skills and attitudes.

### French

Encourage your child to write about a given topic in a given genre (style of writing). As much as possible, they should **follow the writing process** (plan, write, revise, edit, publish, and share). The topic should be one with which they are familiar and comfortable. Share the writing aloud, by telephone, or within your family.

**Listen to your child reading aloud.** Ask them simple questions (in any language!) about what they are reading.

Encourage your child to **listen to French music** and **watch French TV shows**. Services such as Netflix allow you to change the language to French for both the audio and the subtitles.

### Health and Wellness

**Outdoor** activities benefit people of all ages. Children and youth should have at least 60 minutes of physical activity each day.

**Walking and biking** are great ways to stay active provided you and your child maintain a safe distance from people from other households. Stay safe!

### Learning in Life

Encourage your child to **explore and discuss a variety of musical styles** such as pop, classical, and music from other cultures. You can listen to radio stations you don't usually listen to or explore new styles and ways to access music.

Have your child **track their consumption of products** as a way of exploring how the world is interconnected. Over a day or a week, they should log what they consume or use and identify where the item or its parts/ingredients came from using information from tags, labels or packages, or with additional research. Encourage your child to reflect on this activity afterwards.

Encourage your child to focus on **the science of everyday life**, from how we hear sounds, to how soap kills viruses, how baking works, or how animals use your neighborhood as a habitat.

**Encourage your child to create a primary source document** in English, French, and/or language of their choice to help historians of the future understand life during a pandemic in 2020 by keeping a daily journal. Some topics to consider include how daily life has changed, services that are available or unavailable, government decisions, and what they are seeing and hearing.