

## Youppi! & Cosmo's tips on fun activities to do at home!

### Get crafty!

Make your own mini hockey rink & sticks, create some colorful nesting dolls or a daring dragon!

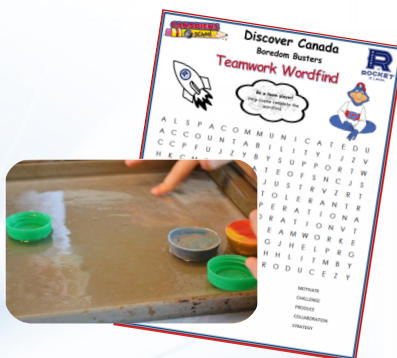


### Tasty Treats!

Cook up some fun in the kitchen with these frozen yogurt pops and fruit tacos.

### Fun & Games!

Play a memory game, do a science experiment or solve a Wordfind.



### Take a quiz

Learn about the human body with Brendan Gallagher then take a quiz to earn a certificate!



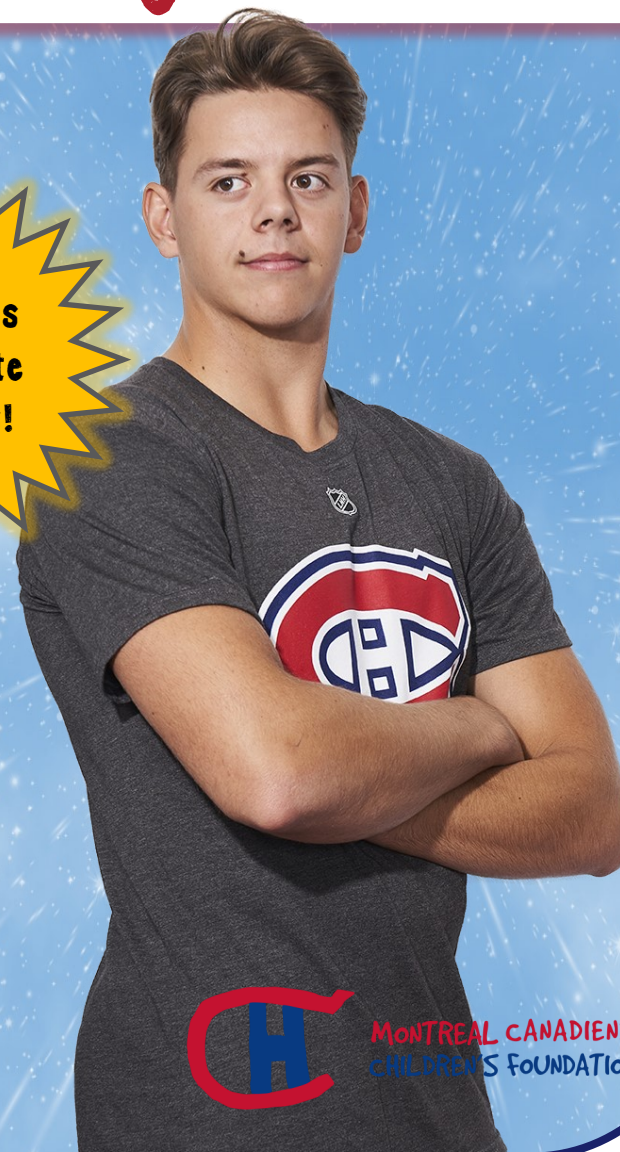
You can find all these activities and much more at [www.canadiensatschool.com](http://www.canadiensatschool.com)

Click on "Parents" to check out all the fun!



# Jesperri Kotkaniemi's Activity Booklet

My choices of favorite activities!







## Player Biography



Jesper Kotkaniemi was born in the small town of Pori, Finland and grew up there with his parents, Mikael and Kati, and his brother, Kasper. Hockey is hugely popular in Finland. They are one of the so-called "Big Six", the unofficial group of the six strongest men's ice hockey nations. Pori has an

especially passionate hockey culture and is home to the popular Ässät team. Jesperi, Kasper and their father all played for Ässät.

Jesper was just 17 years old when he was drafted by the Montreal Canadiens in 2018. When he came to



Montreal for the training camp, it was the first time that he had lived away from home. The 2018 - 2019 season would bring many more "firsts" for him.

Young NHL rookies are usually sent down to the juniors for more experience after the pre-season games. Jesperi managed the unlikely feat of being selected to stay with the Canadiens NHL team in his first season. Then in October, he became the very first player born in the 2000s to play in one of the Big Four professional sports leagues in North America. His year of firsts continued on February 5<sup>th</sup>, when Jesperi set a new Canadiens record by becoming the first player to score goals in three straight games before the age of 19.



What are some of the qualities that helped Jesperi deal with all the challenges he faced? No doubt Jesperi's easy-going nature helped him. "He's super social and happy," explained his mother. "He doesn't stress too much. He just enjoys." Maybe it also has something to do with Jesperi's last name, which in Finish means "eagle". For centuries, people have seen eagles as a symbol of courage, pride, determination, and grace.

Eagles are **tenacious**. When other birds fly away from a storm with fear, an eagle spreads its mighty wings and uses the current to soar to greater heights. Like an eagle, we can only rise to greater heights if we take up the challenges head on without running away from them.

Eagles have **vision**. Eagle's eyes are specially designed for long distance focus and clarity. They are very attentive and will sit very still to observe what is happening below, around and above them. Then they will swoop down to capture their prey.

Eagles are **fearless**. An eagle will never surrender to the size or strength of its prey. It will always fight hard to win its prey or regain its territory. They face problems head on and don't back down.

With the characteristics of the mighty eagle and his trademark smile, Jesperi is sure to continue to soar to great heights with the Montreal Canadiens!



## Jesperi Kotkaniemi Story Comprehension

- 1 What is the « Big six »?  
\_\_\_\_\_
- 2 a) What do the NHL rookies usually do after the pre-season games?  
\_\_\_\_\_  
b) Why does this happen?  
\_\_\_\_\_
- 3 Name the new record set by Jesperi in his first season with the Montreal Canadiens. Support your answer with an extract from the text.  
\_\_\_\_\_  
\_\_\_\_\_
- 4 List two of Jesperi's personality traits.  
\_\_\_\_\_  
\_\_\_\_\_
- 5 What link can be made between Jesperi Kotkaniemi and an eagle?  
\_\_\_\_\_  
\_\_\_\_\_
- 6 What does the word "unofficial" mean in this text's context?  
\_\_\_\_\_  
\_\_\_\_\_



## Art Activity

We can compare Jesperi Kotkaniemi to an eagle because of his qualities. Which animal could you be compared to? Why? Have fun and draw the animal that has the same qualities or personality traits as you and explain why.

I am like a  
\_\_\_\_\_

Because  
\_\_\_\_\_  
\_\_\_\_\_



## Game of the week

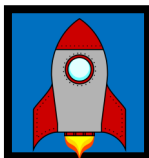
This is a two-player game of strategy for developing critical thinking skills. The aim of the game is for the rocket to rise thru the atmosphere filled with satellites and reach the stars. The satellites are trying to block the rocket's ascent.

### Instructions:

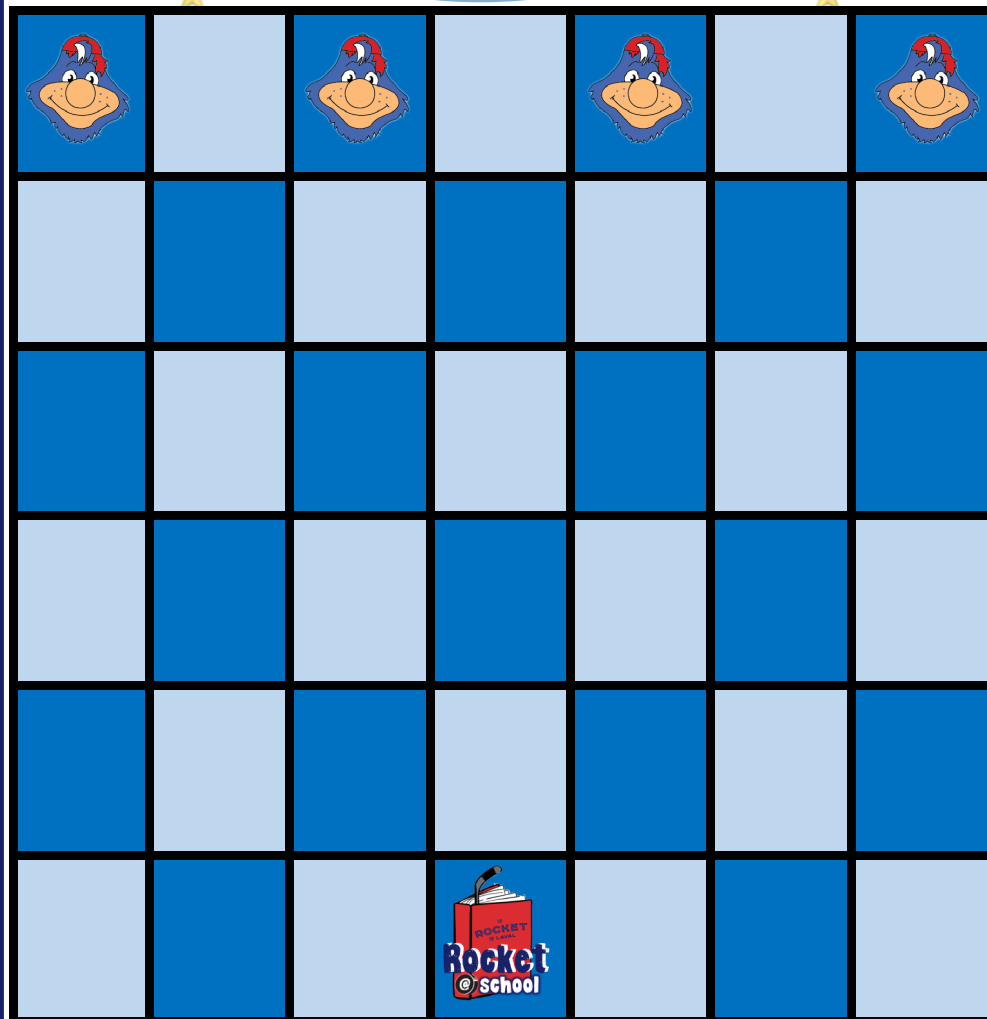
- Glue the tokens below onto a piece of cardboard or construction paper. Then cut out each token.
- Glue the second page of the lesson plan (with the board game image) onto a piece of cardboard or construction paper.
- The game pieces can also be laminated for durability.

### Rules:

1. One player is the rocket, the other player is the satellites.
2. To begin the game, place the rocket on the Rocket@School logo on the board and the satellites on the images of Cosmo.
3. Each turn, the rocket can move diagonally backwards or forwards one square only. The satellites can only move **down** the board diagonally towards the rocket one square at a time. The satellites cannot move back up the board.
4. Each turn the rocket must move, and one satellite must move.
5. The Rocket always goes first.
6. The satellites win the game by cornering the rocket so that it cannot make a move.
7. The rocket wins the game by getting across the atmosphere and making it to the stars.



## Reach for the Stars Game



## Math Logic Challenge

There are four brothers who are hockey players. Their ages are 18, 21, 24 and 26. They play different positions: center, right wing, goal and defence.



Use the clues to figure out which brother plays which position.

1. The right winger is older than one person and younger than at least one person.
2. The 21 year old is younger than the center.
3. There is no letter g or d in the position of the 24 year old.
4. The 18 year old loves to hang around the net

| Age | Center | Right wing | Goal | Defence |
|-----|--------|------------|------|---------|
| 18  |        |            |      |         |
| 21  |        |            |      |         |
| 24  |        |            |      |         |
| 26  |        |            |      |         |

## Be Active - Everyday!

Time to be active! Stretch it out, unwind, and refresh.

### Bird Dog



- Kneel on the floor with hands firmly placed about shoulder width apart.
- Raise your right arm and left leg at the same time.
- Hold for 10 seconds then return to starting position.
- Now lift your left arm and right leg. Hold for 10 seconds.
- Continue alternating sides for 15 repetitions per side.

### Looking for more ideas?

Check out the fun fitness video featuring Jesperi Kotkaniemi on the Canadiens@School site!





## Express yourself - Get Creative

What do you think Youppil is up to these days? Draw a scene that features Youppil at the center. Color it in and add Youppil's facial expression.



### Page 3

1. It's an informal group consisting of the six strongest countries in men's ice hockey.
2. a) They usually play in the junior ranks.  
b) In order for the players to gain more experience.
3. He became the first player to score in three consecutive games before the age of 19. Or: He became the first player born in the 2000s to play in one of the four major professional sports leagues in North America.
4. Various answers: calm and relaxed, sociable, doesn't worry too much, cherishes every moment.
5. Jesperi Kotkaniemi takes on challenges to reach the highest peaks of the NHL like an eagle with his head held high and by not backing away from anything.
6. An unofficial group is a group that isn't organized in any formal way.

### Page 4

| Age | Center | Right wing | Goal | Defence |
|-----|--------|------------|------|---------|
| 18  | X      | X          | ✓    | X       |
| 21  | X      | ✓          | X    | X       |
| 24  | ✓      | X          | X    | X       |
| 26  | X      | X          | X    | ✓       |