

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!



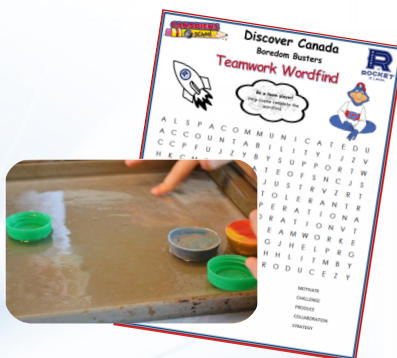
Tasty Treats!

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

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



Brendan Gallagher's Activity Booklet

My favorite activities!



MONTREAL CANADIENS
CHILDREN'S FOUNDATION





Player Biography



Brendan Gallagher was born in 1992 in Edmonton, Alberta. One of his first memories is learning to skate on the frozen pond near his house and playing hockey on the outdoor rink with his friends. When Brendan was 12 years old

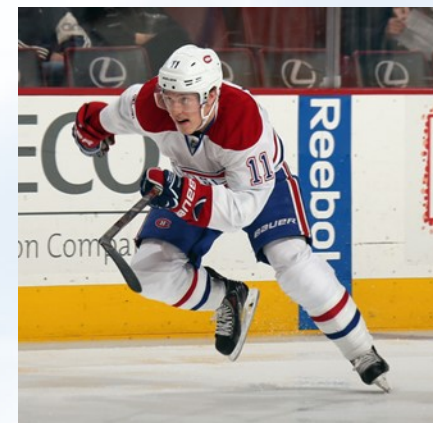
his family moved to British Columbia. His father was a coach for the Vancouver Giants, a major junior hockey team. Brendan would eventually end up playing for the Giants during his career!

His size has always put him at a slight disadvantage against bigger competition, but it's never stopped him from trying to be the hardest working player on the ice. "I've always been told I was too small," Brendan said. "I was always the smallest guy out there. I learned to deal with it at a young age. It's something that never really bothered me. I was always able to do what I wanted to do."

During his junior career, Brendan earned a reputation as a fast-skating scorer who played with energy and fierceness. He received Western Hockey League (WHL) All-Star Team honours and became the Vancouver Giants' all-time leading goal- and point-scorer. Internationally, he won a bronze medal with Canada at the World Juniors.



In 2010, his dreams of making it to the NHL came true when he was drafted by the Canadiens. "I've always kind of believed I would play in the NHL from when I was a little boy and that has never changed," he said. "It was always my dream to play at this level and that motivates you every day to work hard to stay here."



His energy is contagious and inspires everyone around him. His teammates mirror his determination, feistiness and fearlessness. "If I get a chance to show a positive attitude I take advantage of it," said Brendan. I feel like we are role models for kids and if there is one little kid out there who looks up to me I want to be a positive role model." Mission accomplished.



Brendan Gallagher Story Comprehension

1 What are some of Brendan's fondest childhood memories?

2 In spite of the fact that he works very hard on the ice, he has a slight disadvantage in relation to some of the other players. What is it?

3 How did he leave his mark on the Vancouver Giants during his time with the team?

4 Brendan has always known he wanted to play in the NHL. Find the sentence that states that his dream became reality.

5 a) Which of Brendan's qualities inspires the people around him?

b) This quality motivates his teammates to excel. Name three attributes his teammates develop when they play by his side.

6 By looking at the story and pictures, what number does Brendan wear for the Montreal Canadiens? What clues helped you find the answer?

Math Activity

1 Place the important events of Brendan Gallagher's life on the timeline below.

- a. 1992, Brendan's birth
- b. 2010, he was drafted by the Montreal Canadiens
- c. 2004, he moved to British Colombia

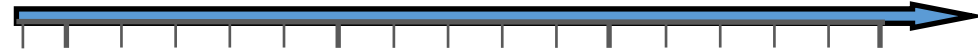


2 Now create your own personal timeline! Choose 3 important events in your life then complete the timeline below.

a) Event: _____ year: _____

b) Event: _____ year: _____

c) Event: _____ year: _____





Game of the week

Picaria is a two-player game of strategy from the Zuni Native Americans. It is an alignment game related to tic-tac-toe. The tokens are moved on the board to create the three-in-a-row.

The objective is to place all 3 of your tokens in a row (in any direction).

Instructions:

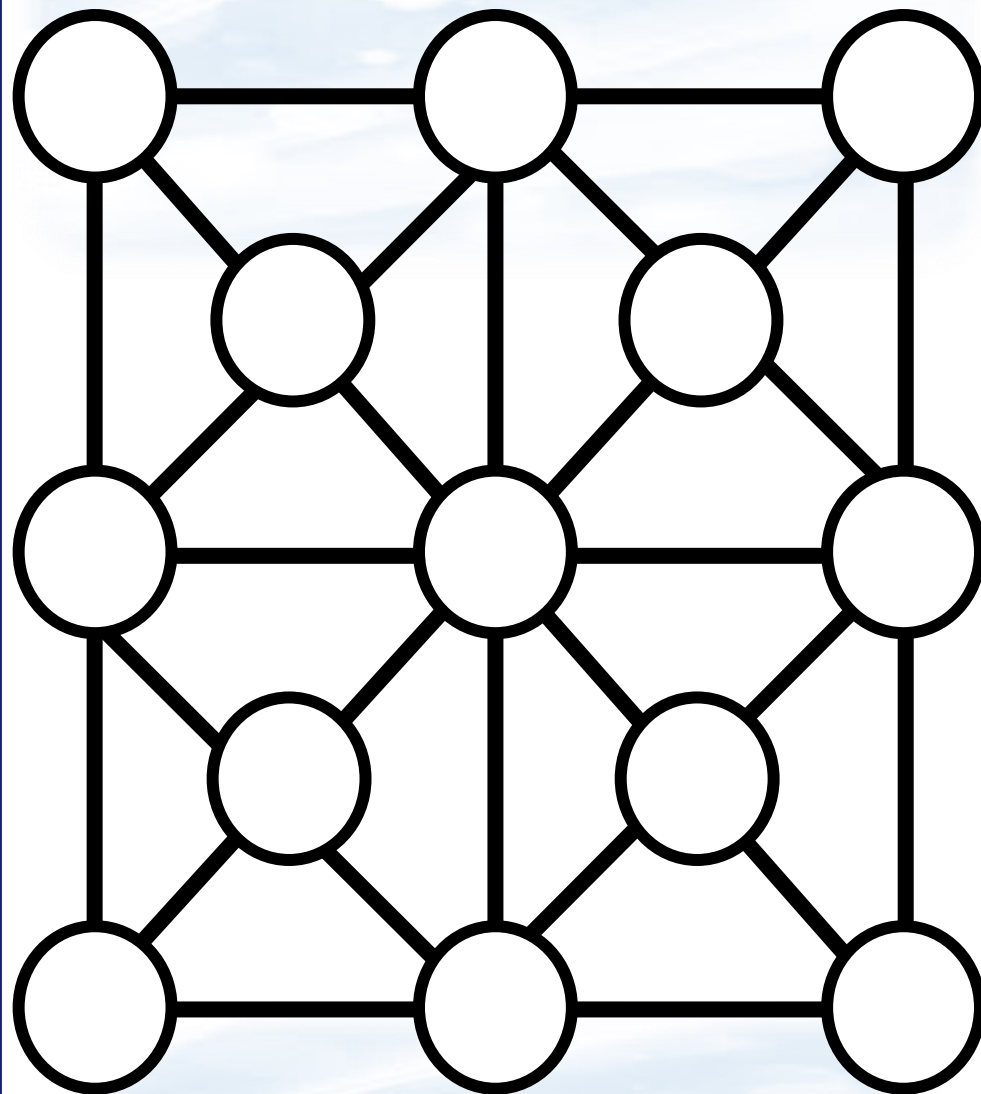
1. Glue the tokens below onto a piece of cardboard or construction paper. Then cut each token out.
2. Glue the board game image onto a piece of cardboard or construction paper.

Rules:

1. Players choose a set of tokens and decide who will start first.
2. **Drop phase:** Each player drops one piece per turn on any empty circle on the board except the center (central intersection point). Players alternate their turns.
3. **Move phase:** After each player's three tokens have been dropped on the board, each token can move one space at a time following the pattern on the board including to the center. Only one token can be moved per turn. Jumping over a token is not allowed.
4. **Winning:** the first player to place all three tokens in a row in any direction (during the drop phase or move phase) wins the game.



Rocket Picaria Game



Math Logic Challenge

There are four hockey players: Sarah, Olivier, Charles and Frédérique. There are four pieces of hockey equipment: a stick, a puck, a glove and a helmet.



Use the clues to match the players to their hockey equipment.

1. The equipment belonging to Charles is not a glove or a puck.
2. The helmet belongs to a girl and she loves all the stickers she's put on it.
3. The hockey stick is bright red and its owner loves the color.
4. Sarah does not have any stickers on her equipment.
5. The puck does not belong to Olivier.

Equipment	Sarah	Olivier	Charles	Frédérique
Stick				
Puck				
Glove				
Helmet				

Be Active - Everyday!

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

Tree Pose

- Stand with your feet shoulder-width apart.
- Shift your weight to your left foot, and raise your right foot to let it rest either:
 - * against the inside of your right ankle (beginner)
 - * just above the inside of your right knee (intermediate)
 - * or at the top inside of your right thigh (advanced).
- Hold for 15 seconds.
- Repeat the steps, standing on the right foot.



Looking for more ideas?

Check out the fun fitness videos featuring Canadiens players on the Canadiens@School site!



Be Hopeful - Get Creative

Get out your crayons or paint brushes! Use a large piece of paper or cardboard to draw or paint a huge rainbow. Then color in Youppi! and add him to your rainbow.

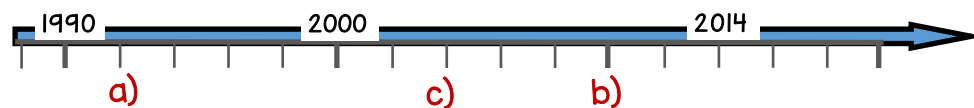
No matter the weather, it's time to bring on the rainbows and hang them in your windows!



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1. One of his first memories is learning to skate on the frozen pond near his house and playing hockey on the outdoor rink with his friends.
2. His size. He is always the smallest player.
3. He became the Vancouver Giants' all-time leading goal- and point-scorer.
4. "It was always my dream to play at this level and that motivates you every day to work hard to stay here." or "In 2010, his dreams of making it to the NHL came true when he was drafted by the Canadiens."
5. a) His energy.
b) Determination, feistiness and fearlessness.
6. Number 11. The picture of Brendan in his Canadiens jersey .

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Equipment	Sarah	Olivier	Charles	Frédérka
Stick	X	X	✓	X
Puck	✓	X	X	X
Glove	X	✓	X	X
Helmet	X	X	X	✓