

## Youppi! 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!

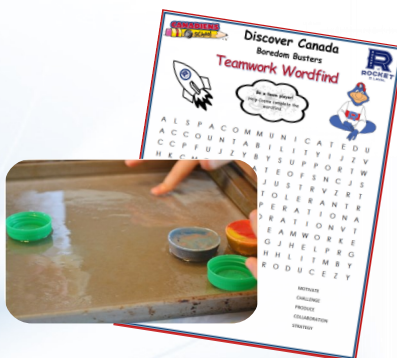


### Tasty Treats!

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!



# Playoff Activity Booklet



MONTREAL CANADIENS  
CHILDREN'S FOUNDATION



## The Power of Resiliency!

High performance athletes, like the Montreal Canadiens players, are usually pretty resilient people. They have developed this skill over time as they faced many challenges and even failures before realizing their dream.



We all react to adversity in different ways. While some people seem to be able to push through hardship, for others it can be more of a struggle.

**Resiliency is the ability to rise up and move past difficult or challenging experiences.**

Elite athletes like the Montreal Canadiens share certain characteristics that help them achieve their goals. Here are 5 tips for developing resilience just like these athletes, for life as well as for sport.

### Tip #1: Have a positive outlook

This means being open to new experiences, new ways of doing things. Don't be afraid to try out new activities or new routes to achieve your life goals.



### Tip #2: Take control and take responsibility

Take control of your feelings, thoughts and actions. Have some helpful 'self-talk' phrases ready to say to yourself to remind you that you do not have to let another person make you feel a certain way, especially if they are being unkind or judgmental regarding your life goals.

### Tip #3: Focus on your own personal development

We often make too many comparisons between ourselves and others. What someone else has achieved in life may not be right for you. Focus on yourself, on your own performance, as that is all you can really control.



### Tip #4: View setbacks as opportunities for growth

You can learn valuable lessons from difficult experiences in life. Being able to cope with the physical and emotional pain of such situations allows you to gain strength from these experiences. You can take these lessons into other challenging situations you experience, to remind you that you can cope with adversity when you need to.

### Tip #5: Have the courage to be imperfect

Too often in life, we aim for 'perfection'. Instead we should aim for our "personal bests" - set your sights on your own performance excellence. You don't have to be perfect but you do have to give your 100% effort.





We are all unique and each of us react to adversity in different ways. Based on what you have learned and using the Canadiens "Resiliency" poster as inspiration, think of 5 skills that help you cope with challenges. Then create your own personal Resiliency Poster.





# 2020 Stanley Cup Playoffs

Round  
Robin

First  
Round

Semi-  
finals

Conference  
Finals

Stanley Cup  
Finals

Conference  
Finals

Semi-  
finals

First  
Round

Round  
Robin

Write in your playoff predictions. Which team do you think will win the Stanley Cup this year?



Calgary



Winnipeg



Edmonton



Chicago



Vancouver



Minnesota



Nashville



Arizona



Dallas



Calgary



Vegas



Chicago



St. Louis



Vancouver



Colorado



Arizona



Tampa Bay



Columbus



Philadelphia



Montreal



Washington



Islanders



Boston



Carolina



Toronto



Columbus



Pittsburgh



Montreal



NY Islanders



Florida



Carolina



NY Rangers



Champion



## Statistics tell a story

Statistics is a math term that means the collection, organization, and interpretation of data. Data in hockey can refer to goals won or lost, number of shots on goal, and number of goals saved - just to name a few.

Hockey players use statistics everyday to follow their own performance and also to see how their opponents are performing. During the playoffs, statistics are even more critical, when every point counts.

### 2019 - 2020 Canadiens - Forwards

#### Regular season results

#	Player	GP	G	A	PTS	+/-	PIM	S	S%
62	Artturi Lehkonen	70	13	14	27	2	24	140	9.3
11	Brendan Gallagher	59	22	21	43	9	29	226	9.7
22	Dale Weise	23	1	4	5	1	16	15	6.7
15	Jesper Kotkaniemi	36	6	2	8	-11	23	55	10.9
40	Joel Armia	58	16	14	30	2	28	155	10.3
92	Jonathan Drouin	27	7	8	15	-6	14	51	13.7
43	Jordan Weal	49	8	7	15	-8	14	86	9.3
13	Max Domi	71	17	27	44	-3	35	179	9.5
14	Nick Suzuki	71	13	28	41	-15	6	138	9.4
41	Paul Byron	29	4	6	10	5	4	29	13.8
24	Phillip Danault	71	13	34	47	18	32	131	9.9
90	Tomas Tatar	68	22	39	61	5	36	162	13.6

#### Legend of statistics for forwards:

GP: Games played

+/- : Plus-minus

G: Goals

PIM: Penalty minutes

A: Assists

S: Shots on goal

PTS: Points

S%: Shooting percentage



## Math Activity



Review the legend to become familiar with hockey statistics and their abbreviations. Then use the chart provided to answer the following questions.

1

Which players played the most games?

\_\_\_\_\_

2

Who scored the most goals?

\_\_\_\_\_

3

Who had the most assists?

\_\_\_\_\_

4

Who had the most points?

\_\_\_\_\_

5

Who had the most shots on goal?

\_\_\_\_\_

6

Which player had the best shooting percentage?

\_\_\_\_\_



## Math Logic Challenge



Mélissa, Becheara, Diego, Zachary et Amanda all chose different numbers from the list below for their hockey jerseys. Use the clues below to work out which number each player chose, and which number was not chosen by any of them.

1. Zachary's number was even and it was not the smallest number.
2. The player who chose the smallest number was not Becheara or Amanda.
3. Becheara's number was odd, but it was not prime.
4. Mélissa chose a number that was divisible by both 4 and 6.
5. Amanda's number is a multiple of 13.
6. Diego's number was larger than the average.

Jersey Number	Mélissa	Becheara	Diego	Zachary	Amanda
52					
29					
36					
75					
24					
47					



## Get Active



### Youppi's Game day Challenge

Get active during the Canadiens Playoff games. Youppi! challenges you to do a star jumps each time the Canadiens have a shot on goal!



- Begin with your feet together in a squat position. Arms by your side.
- Now jump up, kicking legs out to side and reaching arms out and up, making a star shape with the body.
- Land with your feet together, arms by side and a soft bend in knees.



How many star jumps did you do in total?







## Celebrate with Canadiens Playoff Popsicles!

### What you will need:

- 8 Paper cups (or muffin liners or empty yogurt cups—washed of course!)
- 8 Popsicle sticks



### Ingredients:

- 1 cup cranberry juice
- 1 cup lemonade
- 1 cup blue sports drink

### Directions:

Step 1: Arrange your 8 containers on a baking sheet (on inside a muffin tin!). Pour 1/8 of the cranberry juice into each container. Place baking sheet in freezer and freeze until juice is almost firm, about 1 hour.



Step 2: Insert popsicle sticks into center of slightly frozen juice. (If sticks won't quite stand up straight, you can reposition them when the next layer starts to solidify.)



Step 3: Divide lemonade evenly among cups to make a second layer. Freeze until hard, about 2 hours.



Step 4: Pour sports drink over lemonade layer and freeze until solid, about 3 hours. Gently pull each ice pop out of its cup (it helps to squeeze the cup lightly from bottom) and serve immediately.



## Answers

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1. It's a three-way tie at 71 games: Maxi Domi, Nick Suzuki and Phillip Danault.
2. Brendan Gallagher and Tomas Tatar tied with 22 goals each.
3. Tomas Tatar had 39 assists.
4. Tomas Tatar had the most points with 61.
5. Brendan Gallagher had 226 shots.
6. Paul Byron had the best shooting percentage at 13.8%.

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Jersey Number	Mélissa	Becheana	Diego	Zachary	Amanda
52	X	X	X	X	✓
29	X	X	X	X	X
36	X	X	X	✓	X
75	X	✓	X	X	X
24	✓	X	X	X	X
47	X	X	✓	X	X