

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!



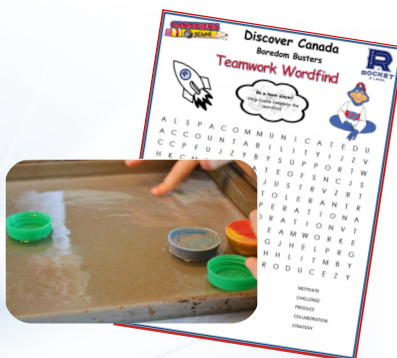
Tasty Treats!

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.



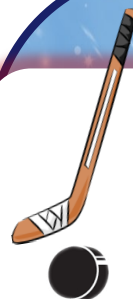
Take a quiz

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

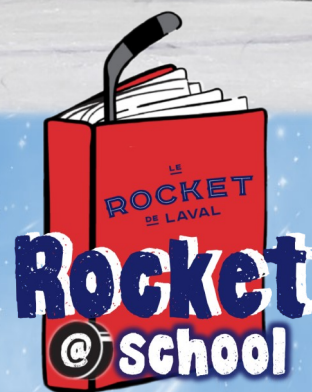


You can find all these activities and much more at www.canadiensatschool.com

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



March Break Activity Booklet



Our choices of favorite activities!

The Power of Resiliency!

High performance athletes, like the Laval Rocket 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 Laval Rocket 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.





Creative Arts

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



Game of the week

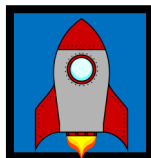
This is a two-player game of strategy for developing critical thinking skills. The aim of the game is for the rocket to rise thru the atmosphere filled with satellites and reach the stars. The satellites are trying to block the rocket's ascent.

Instructions:

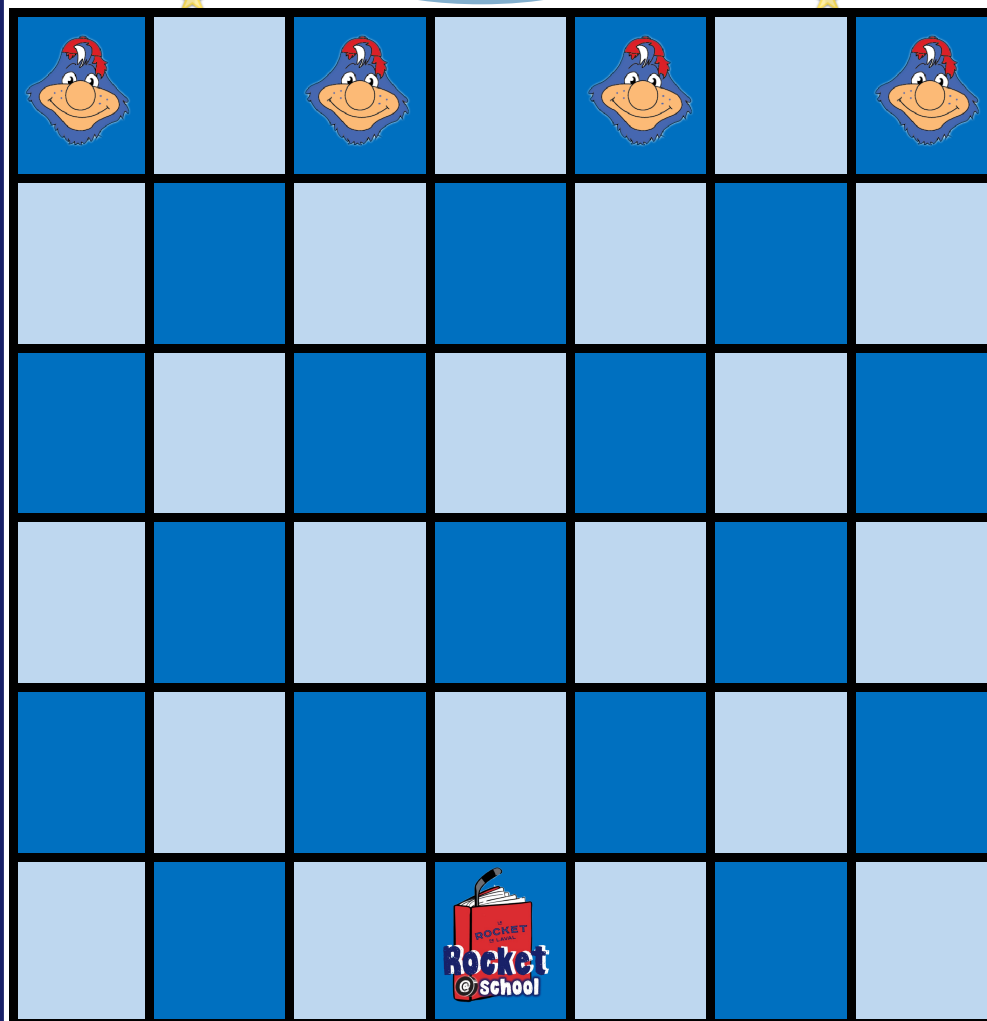
- Glue the tokens below onto a piece of cardboard or construction paper. Then cut out each token.
- Glue the second page of the lesson plan (with the board game image) onto a piece of cardboard or construction paper.
- The game pieces can also be laminated for durability.

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				

Get Active

Cosmo's Game day Challenge

Get active during the Laval Rocket games! Cosmo challenges you to **hold a pose** each time the Rocket have a shot on goal!

- On a mat try using only 3 different body parts (like your hand, foot, elbow, knee...) and balance on those 3 body parts at the same time.



- Hold each pose for 10 seconds.



- For a real challenge try using only 2 body parts!

How many different poses did you do in total?



Express yourself - Get Creative

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



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

