

Primary Challenge

Canada is a country where people can be safe and free of persecution. It's a place we call home. That is why **Canada 150** is so important. It is a time for us to come together and celebrate our national pride and our amazing history; a time to reflect on what it means to be Canadian – *Strong and Free!*

In celebration of Canada's 150th birthday, you have an opportunity to earn a Rugged Canadian badge, if you choose to accept the challenge! The goals of this challenge are to encourage an adventurous spirit, increase physical fitness, develop personal interests and practical skills, foster independence and resiliency, and promote pride in being a Canadian.

You can start the activities this summer with your family and continue to work on them at school in the fall. You need to complete at least one activity from each category. We would like you to provide evidence that you have completed the activities such as a picture, a sample or a write-up of what you did.

There is a spot beside each of the category headings for your parent/guardian or teacher to initial & write the date you completed the activity.



Challenge Completed and



Status Earned!

Student's Name: _____

Student's Grade _____ Division _____

Student's Signature:

Parent's Signature

Teacher's Signature

Date



Sunshine Hills Students, Are you up for the challenge....?



Primary Students

Choose one activity from each category:

1. Family History _____

Research your family history and explain how you are Canadian.

2. Literature _____

Read a book by a Canadian author.

Name of book & author

Draw and colour a picture about the story. Label the picture with the title and author's name.

3. Athletics _____

- a. Try lacrosse.
- b. Play floor hockey, ball hockey, road hockey, mini-hockey or ice hockey.
- c. Try curling.
- d. Learn to skate –

Level Completed: _____

- e. Learn to swim –

Level Completed: _____

4. Science & Technology _____

- a. List 3 Canadian inventions
- b. Draw a picture (or build a model) of a Canadian invention.

5. Outdoors _____

- a. Hike
- b. Paddle a canoe or kayak or paddleboard, row a dory or skiff
- c. Go camping
- d. Horseback riding

6. Home & Family _____

- a. Research your family history or family tree.
- b. Make something uniquely Canadian in the kitchen like: bannock, sour dough bread, poutine, or a "square".
- c. Can something like jam or relish.
- d. Other family recipe. _____

7. Personal Development _____

Canadians are known around the world for their politeness and kindness. Doing something nice for someone else makes you feel warm and proud.

Commit a random act of kindness or do some volunteer work.

Draw a picture about what you did or take some photos.

8. Culture & Society _____

- a. Draw the Canadian Flag, plus the flags of two (or more) provinces
- b. Draw and colour three "symbols of Canada"
- c. Draw a picture of a famous Canadian. Include the person's name and why he/she is famous.
- d. Attend a First Nations, cultural, or uniquely Canadian celebration or festival – take photos and write about your experience.

9. Environment _____

- a. Identify ten different Canadian trees.
- b. Identify ten different Canadian animals.
- c. Identify and explain a Canadian natural resource.

10. Arts _____

- a. Paint something in the style of a famous Canadian.
- b. Create a model in the style of an Inuit carving.
- c. Create something in the style of Aboriginal art

11. Entertainment _____

- a. Play a game invented by Canadians like Trivial Pursuit or Crokinole.
- b. Research a famous Canadian singer or actor.

12. Building _____

Create and construct a functional item:

- a. Knit or crochet
- b. Quilt
- c. Build a model
- d. Build a bird house
- e. Other _____

13. History _____

- a. Research a defining moment in Canadian history.
- b. Design a Canadian stamp and explain what is featured in your design.
- c. Name and research the famous Canadians featured on the back of our bank notes.

14. Citizenship _____

Write down three qualities of what it means to be a good Canadian citizen.

