


## 3-5 Science

Activity	Instructions	Considerations
<p>Sustainable Development Goals</p>	<p>The <b>17 Sustainable Development Goals (SDGs)</b> are a set of targets relating to future international development.</p> <ul style="list-style-type: none"> <li>• Take a peek at the 17 goals.</li> <li>• Pick one that interests you.</li> <li>• What is your goal?</li> <li>• How could you help promote this goal at home or in your community?</li> <li>• Make a plan.</li> <li>• Keep your plan simple, doable.</li> <li>• Check back on yourself in a week.</li> <li>• Were you successful?</li> <li>• If not, revise it and try again.</li> <li>• If yes, continue and pick a new SDG. Make another plan.</li> </ul>	<div style="text-align: center;">  </div> <p>Sustainable Development Goals  <a href="https://sustainabledevelopment.un.org/?menu=1300">https://sustainabledevelopment.un.org/?menu=1300</a></p> <p>Student Friendly version  <a href="https://kids.kiddle.co/Sustainable_Development_Goals">https://kids.kiddle.co/Sustainable_Development_Goals</a></p>

Example	
<p>You may have chosen #3:</p> <div style="text-align: center;">  </div> <p>Good health includes:</p> <ul style="list-style-type: none"> <li>• Mental health</li> <li>• Physical health</li> <li>• Social well-being</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Goal:</b> I will exercise for at least 30 minutes per day. I don't have to do the whole hour at once.</li> <li>• <b>Plan:</b> Complete two circuits every day.             <ul style="list-style-type: none"> <li>○ <b>Indoor circuit</b> – i.e. Jumping Jacks, hop on one foot, other foot, rest, squats, burpees, lunges, etc.</li> <li>○ <b>Outdoor circuit</b> - i.e. shoot 15 baskets, or toss balled up socks in a bucket, do 30 jumping rope turns, 30 tosses ball with partner, run around house 5 times, complete a hopscotch, climb, bike around the block, etc.</li> <li>○ Yoga <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></li> <li>○ Dance</li> <li>○ Record your attempts on a calendar</li> </ul> </li> <li>• <b>Check your calendar.</b> Were you successful in completing your daily plan all week?             <ul style="list-style-type: none"> <li>○ <b>Yes, I did it!</b> Revise it for next week. Add new ideas. Try for longer.</li> <li>○ <b>Not this week:</b> Don't give up. Adjust your goal. Try again.</li> </ul> </li> </ul>

Scientific Observation	<p><b>Shadows</b></p> <ul style="list-style-type: none"> <li>• Have a partner map your shadow in your driveway with chalk</li> <li>• Stand in the same spot each hour.</li> <li>• What do you notice?</li> </ul>	<ul style="list-style-type: none"> <li>• Draw picture or take photos each hour.</li> <li>• Measure the shadow.</li> <li>• Make a time-lapse movie of their shadow.</li> <li>• Try the same experiment another day.</li> <li>• Are your observations different?</li> </ul>
Problem Solving	<p>Design a solution so the remote control doesn't get lost.</p> <p>OR</p> <p>Design a solution to a problem you have in your own home.</p>	<ul style="list-style-type: none"> <li>• How could you solve the problem?</li> <li>• Make plans to solve the problem</li> <li>• If you choose to build something, what might it look like?</li> <li>• What materials might you need?</li> </ul>
Scientific Observation	<p><b>What is Growing Outside?</b></p> <p>It is springtime and that means that plants are waking up and birds are returning to their N.B. homes.</p> <ul style="list-style-type: none"> <li>• Go outside and observe what plants are starting to grow, which trees are starting to bud.</li> <li>• What can you smell?</li> <li>• What do you hear?</li> <li>• What colour is the grass? Is it changing each day?</li> <li>• What birds do you notice coming? Could you observe for a specific time each day and for a specific duration of time? Ex.: between 9:00 – 9:30 a.m., observe how many different kinds of birds you notice?</li> <li>• What's the weather like?</li> </ul>	<ul style="list-style-type: none"> <li>• Create a chart.</li> <li>• Record your findings each day.</li> <li>• Analyze your information</li> <li>• It might include where the plant or tree is, how much new life there is. Try to do it at the same time each day.</li> <li>• Chart the temperature each day, and what do you notice as it relates to what is growing outside?</li> <li>• What new questions do you have?</li> <li>• Try to identify which birds or animals you see or hear. <a href="https://www.audubon.org/bird-guide?field_bird_family_tid=All&amp;field_bird_region_tid=59">https://www.audubon.org/bird-guide?field_bird_family_tid=All&amp;field_bird_region_tid=59</a></li> </ul>
Scientific Observation	<p><b>Sunrise and Sunset</b></p> <ul style="list-style-type: none"> <li>• What time is the sun rising each day?</li> <li>• What time is it setting?</li> <li>• Chart your findings.</li> <li>• What do you notice?</li> </ul>	<ul style="list-style-type: none"> <li>• Begin a chart to collect your data. Analyze the information that you have collected.</li> <li>• What does the data tell you and how does it relate to birds and growth outside?</li> </ul>
Scientific Observation	<p><b>Environmental Sounds</b></p> <p>There are a variety of sounds that we hear daily. We often tune out much of the background noise we hear, although some sounds carry a message. Listen and take note of the various sounds inside and outside (if possible).</p>	<ul style="list-style-type: none"> <li>• Get in a comfortable position and be attentive to all the sounds you hear.</li> <li>• Make a list of things in your daily life that make sounds.</li> <li>• What do you think is the use or purpose of the sounds on your list (e.g., an alarm clock wakes you)?</li> <li>• Are some sounds noise pollution? What can be done about those sounds?</li> </ul>