


# CHOICE BOARD



## English Language Arts & Social Studies

May 11<sup>th</sup> – 15<sup>th</sup>, 2020

<p>Create a magazine cover page for your selected province that includes key features of the province (ex: tourist attractions, premier, famous persons, etc).</p> <p>Select one Icon to be the sole representation of your province. Defend yourself with three solid reasons why this is the best choice.</p>	<p>Write a song about the selected province (include the name of the song this is to the tune to). Write at least two versus and a chorus.</p> <p>Search an Atlantic Canadian artist that has written a song about your province. What is your favourite verse and why? Would you put this song on your playlist?</p>	<p>Write a poem about your selected province (Haiku, rhyming couplets, non-rhyming, etc. – you decided)</p> <p>Find a poem written about your province and take a line from the poem to start your own original poem.</p>
<p>Interview a relative or friend of your selected province. Have your questions ready before you contact them.</p> <p>Go to the Provinces official website and select one picture from the website that makes you want to visit the province. Write a caption for the picture.</p>	 <p><b><i>Choose 1 Atlantic Canadian province to focus on for your choice board this week. Complete 1 task per day.</i></b></p>	<p>Watch: <a href="#">Full Story: I Lost My Talk</a> by Global News</p> <p>Read "<a href="#">I Lost my Talk</a>"-Rita Joe (Nova Scotia) poem. After reading the poem, write a letter to someone in another Atlantic province regarding this (pretend you are living during the time) Or Write a response to the poem; what did this poem make you think of? How did you feel as you were reading it?</p>

<p>Create a word collage or word search of words that are relevant to your province. Find a few unusual place names of towns or roads in your province. Write down some common sayings that only people from the area may understand.</p>	<p>Plan a two-day adventure around the province. Where would you stop and what would you do at these stops? What is a must see for your province? Explain why it is at the top of your list for visitors to look at. Create a tweet that would encourage someone from another province to visit yours.</p>	<p>Write a mini biography about someone famous (or very successful) from your province. Listen to any of the following musicians from the East Coast Music Awards website: Ecma.com/members</p> <p>Select at least three musicians you are unfamiliar with. What surprised you about their music? Is this someone you would put on your summer music list? Why or why not?</p>
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Continue with your journal entries. Remember to:

- reflect on the day’s events (what did you and your family do?)
- collect the questions and thoughts that you had running through your head (it’s ok to add that the big question of the morning was whether get out of your PJs or not)
- find one thing (people/ideas/objects) that you are thankful for and describe it (them)

There is no assigned length for these and there is no right or wrong response: simply work towards capturing your daily reality as best as you can. Quick sketches can also be used to enhance and effectively capture your day.

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**Big Ideas**

**“Instructions For A Bad Day – Shane Koyczan” (Text below)**

Watch This Video:

<https://www.youtube.com/watch?v=cnFAGgKB-wA>

if you want to read and hear the poem, go here:

<https://www.youtube.com/watch?v=lACwPFqxmzY>

- What did you think of the poem? (Did you like it? Why/why not?)
- Write down three lines that stood out for you. What made them stand out? Explain your connection to them.
- What is the message that Shane Koyczan is sharing with you? What are some strategies he suggests we use when times are difficult?
- Write about a difficult situation you found yourself in and how you managed to push through it.

If you're looking for more thought provoking videos, try:

- <https://ed.ted.com/>
- <https://thekidshouldseethis.com/>
- <https://ted.com>

### **Reading**

Pick a book, any book, that you want to (or at least are willing to try to) read. Remember to continue to record your progress,

If you don't have any books that you want to read, look for free ones through apps on your phone, computer, or tablet.

You can read dozens of classics (from Jane Austen's *Pride and Prejudice* to *Moby Dick* by Herman Melville) for free here: [http://www.gutenberg.org/ebooks/search/?sort\\_order=downloads](http://www.gutenberg.org/ebooks/search/?sort_order=downloads)

Some other sites to check out for reading material:

- <https://www.getepic.com/>
- <https://www.teenbookcloud.com/Home.aspx>
- <https://www.edumedia-sciences.com/en/>

### **"Instructions for a Bad Day" by Shane Koyczan**

*There will be bad days.*

*Be calm. Loosen your grip, opening each palm slowly now. Let go.*

*Be confident.*

*Know that now is only a moment, and that if today is as bad as it gets, understand that by tomorrow, today will have ended.*

*Be gracious. Accept each extended hand offered, to pull you back from the somewhere you cannot escape.*

*Be diligent. Scrape the gray sky clean. Realize every dark cloud is a smoke screen meant to blind us from the truth, and the truth is whether we see them or not – the sun and moon are still there and always there is light.*

*Be forthright. Despite your instinct to say “it’s alright, I’m okay” –*

*Be honest. Say how you feel without fear or guilt, without remorse or complexity.*

*Be lucid in your explanation, be sterling in your oppose.*

*If you think for one second no one knows what you’ve been going through; be accepting of the fact that you are wrong, that the long drawn and heavy breaths of despair have at times been felt by everyone – that pain is part of the human condition and that alone makes you a legion.*

*We hungry underdogs, we risers with dawn, we dismissers of odds, we blessers of on – we will station ourselves to the calm. We will hold ourselves to the steady, be ready player one.*

*Life is going to come at you armed with hard times and tough choices, your voice is your weapon, your thoughts ammunition – there are no free extra men, be aware that as the instant now passes, it exists now as then.*

*So be a mirror reflecting yourself back, and remembering the times when you thought all of this was too hard and you’d never make it through.*

*Remember the times you could have pressed quit – but you hit continue.*

*Be forgiving. Living with the burden of anger, is not living.*

*Giving your focus to wrath will leave your entire self absent of what you need. Love and hate are beasts and the one that grows is the one you feed.*

*Be persistent. Be the weed growing through the cracks in the cement, beautiful – because it doesn’t know it’s not supposed to grow there.*

*Be resolute. Declare what you accept as true in a way that envisions the resolve with which you accept it.*

*If you are having a good day, be considerate. A simple smile could be the first-aid kit that someone has been looking for.*

*If you believe with absolute honesty that you are doing everything you can – do more.*

*There will be bad days, Times when the world weighs on you for so long it leaves you looking for an easy way out.*

*There will be moments when the drought of joy seems unending.*

*Instances spent pretending that everything is alright when it clearly is not.*

*Check your blind spot. See that love is still there, be patient. Every nightmare has a beginning, but every bad day has an end.*

*Ignore what others have called you. I am calling you friend.*

*Make us comprehend the urgency of your crisis. Silence left to its own devices, breed's silence.*

*So speak and be heard.*

*One word after the next, express yourself and put your life in the context – if you find that no one is listening, be loud.*

*Make noise.*

*Stand in poise and be open.*

*Hope in these situations is not enough and you will need someone to lean on. In the unlikely event that you have no one, look again. Everyone is blessed with the ability to listen. The deaf will hear you with their eyes. The blind will see you with their hands.*

*Let your heart fill their news-stands, Let them read all about it.*

*Admit to the bad days, the impossible nights.*

*Listen to the insights of those who have been there, but come back. They will tell you; you can stack misery, you can pack disappear you can even wear your sorrow – but come tomorrow you must change your clothes.*

*That when someone asks you how was your day, realize that for some of us – it's the only way we know how to say, be calm.*

*Loosen your grip, opening each palm, slowly now – let go.*