



Activity 1 School Days

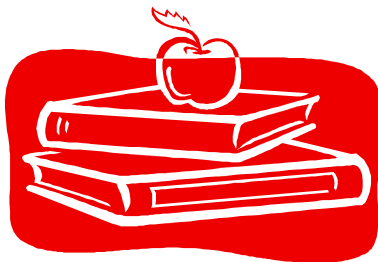


When September rolls around, thoughts turn to children returning to school after a long summer holiday. For many older adults, school curriculums covered the basic subjects such as the three “R”s: reading, writing, and arithmetic. The following site will assist you in downloading some worksheets that you can create on your own, or try some samples.

<http://www.theteacherscorner.net/printable-worksheets/>

The following site also shows the kindergarten to grade 8 curriculums that teachers follow in Canadian schools.

[http://canadaonline.about.com/od/lessonplansk8/Lesson Plans K8 for Canadian Teachers.htm](http://canadaonline.about.com/od/lessonplansk8/Lesson_Plans_K8_for_Canadian_Teachers.htm)



Activity 2

Make a Monthly Calendar



One of the best ways to stay orientated with the days and dates is to create your own free, printable, monthly calendar. The following site allows you to produce a simple and clear calendar that is very useful not only for organizing appointments, but also for focusing on a routine point of reference.

<http://www.somaccon.com/p352.php>

Activity 3

Thought of the Day/Joke of the Day



A great way to begin your day is to find something inspirational, something humorous, or both. The following website offers a variety of daily topics which can be printed off and placed on your daily calendar. Always remember the power of laughter, it is contagious. Save these sheets and laminate them to use again, or even add to a photo album.

<http://www.motivational-quotes-and-daily-inspiration.com/funny-jokes.html>

Activity 4 Labour Day



The first Monday in September is a statutory holiday in Canada, called Labour Day. Labour Day has its origins in the labour union movement, specifically the eight hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest. Learn about how the first Labour Day was introduced in Canada, from the following site.

http://en.wikipedia.org/wiki/Labour_Day

Use this opportunity to have a discussion about working conditions, wages, unions, and specific jobs that you have held over the years. What has changed, and what has remained the same? Have you ever attended a Labour Day Parade?

The following site gives you the current minimum wage amounts for each province in Canada. <http://www.livingin-canada.com/minimum-wage-canada.html>



Activity 5 Stuff a Scarecrow



Scarecrows have been used on farms for the practical purpose of warding off birds and animals; to prevent them from eating the produce. Have fun with this activity outdoors after you first collect these items:

- flannel shirt or old plaid shirt
- overalls or denim pants
- boots
- straw hat
- ductape
- safety pins
- coat hanger or thick wire
- leaves
- large plastic bags
- permanent markers
- medium pumpkin or large gourd for the head

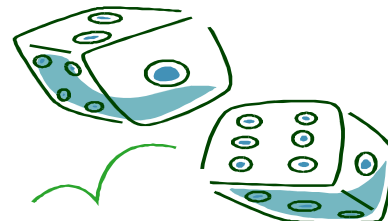
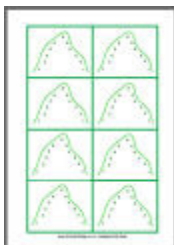
Collect lots of leaves to stuff into the plastic bags first, and then stuff into the pants and shirt, using the coat hanger. Be creative with the head (pumpkin or gourd) and use the duct tape around the ankles and wrists of the garments. Lastly use the coat hanger to support the head, and position your scarecrow in a prominent place for all to see and enjoy.

Activity 6 Climb the Mountain



This activity can be done with 2 or more people. Invite friends and family members to join. The simplicity of this game makes it ideal for players of all ages. You will need the following items:

- 2-3 dice
- Paper and pencil
- Printable (optional) sheets can be found at the following site:
http://www.activityvillage.co.uk/Mountain_printable_1.pdf or make your own.



[Mountain printable 1](http://www.activityvillage.co.uk/Mountain_printable_1.pdf)

The object of the game is to be the first to climb your mountain, in number order, and then descend the other side. Give each player a print-out, a pencil and 2 dice. The first person rolls the dice and hopes for a 1, which will allow him to cross the number 1 off his mountain. He must “ascend” in numerical order, so cannot cross off the 2 until he has crossed off the 1. If he rolls a 1 and a 2, however, he can cross both numbers off in one turn. Play continues until someone has made it all the way up their mountain and down the other side in the correct order.