

# Various Topics Grades 3 and up (2024-2025)

Alternate between Alloprof Grades 1 and 2, EcoSchools, Celebrating Canadian Young and Weekly Values

1

## Hard as rocks

The hardness of materials is classified on a scale of 1 to 10, known as the Mohs scale. For example, talc is a mineral softer than a fingernail with a hardness of 1, while diamond, the hardest substance, has a hardness of 10.  
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2



## Did you know?

Greenbelts exist all over the world, but Ontario's Greenbelt is the world's largest! It stretches over two million acres (that's the size of over 5 million hockey rinks) and is home to wetlands, forests and 78 species at risk, making it one of the most biodiverse places in Canada!

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3



At age 15, Canadian inventor **Ann Makosinski** developed a flashlight powered by the heat of the human hand.

4



## Respect

Making eye contact with our interlocutors is a much-appreciated sign of respect.

5

## The magic number 3

If you take any number, multiply it by 3 and add up the digits, the result is always divisible by 3! E.g.:  $22 \times 3 = 66$ ,  $6 + 6 = 12$ ,  $12 \div 3 = 4$   
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6



## Challenge!

How can you divert textile waste? Challenge your friends and family and see who can repair, swap, donate or upcycle the most clothing. Have a fashion show or exhibit your cool creations when you're done!

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**Aurélie Rivard**, originally from Quebec, was born with an underdeveloped left hand. Her perseverance brought her several medals and she was named an International Athlete in 2020.

8



## Responsibility

To be given constructive criticism is to be given the opportunity to improve and achieve greater success.

9

## Less vs fewer

Have you ever noticed signs saying "Five items or *less*" at your local grocery store? If so, you've spotted a common English mistake! When referring to countable nouns, it should say "Five items or **fewer**." Learn more with Alloprof!  
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10



## Trivia

Greenhouse gases (GHGs) are gases in the Earth's atmosphere that can trap heat from the sun and in turn cause the planet to warm. What percentage of Canada's total greenhouse gas emissions is caused by transportation?

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Answer: 25%

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11



**Hannah Alper** started her own blog at the age of 9. She is a journalist and motivational speaker who addresses issues such as the environment, anti-bullying and social justice.

12



It feels good when someone smiles at us. How often do you smile?

## Hold your breath!

Although humans and animals on Earth breathe oxygen, this gas makes up only about 21% of the Earth's air. It is nitrogen gas that makes up the majority at about 78%!

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13

14



## Are you ready...

Are you ready to take environmental action? Spending time to reflect on your environmental goals and how to take meaningful action for your school can be one of the first steps, as well as creating an EcoTeam! An EcoTeam (environmental group or eco-club) is at the core of a strong EcoSchool. A well-rounded EcoTeam involves students from a range of grades, school principals, teachers, parents, and custodial staff. Learn more at [ecoschools.ca](https://ecoschools.ca)

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15



Classical piano prodigy **Daniel Clarke Bouchard** from Quebec, played at the Carnegie Hall of New-York at the age of 12.

16



In teamwork, everyone's opinion counts before making a decision.

## A surprising animal...

The naked mole rat is a popular rodent with researchers: it has a long lifespan, does not seem to be prone to cancer or neurodegenerative diseases and does not feel certain types of pain!

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17

18



## Challenge!

Litter can be damaging to plant life and detrimental to animal habitat and health, especially if it is mistaken for food and ingested. Do a community cleanup with your friends, family, or peers. See who can fill up a garbage bag first!

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19



**Anthaea-Grace Patricia Dennis** is the youngest graduate of the University of Ottawa's biomedical science program. She obtained her degree at just 12 years of age.

20



Writing down our ideas makes it easier to express them clearly and make them understood by our work team.

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21

### An author worth discovering

Joséphine Bacon is an Innu writer and filmmaker from Pessamit. She has published several collections of poetry, including *Uiesh — Somewhere*. Through her work, she hopes to pass on her cultural heritage.

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22

### Did you know?

EcoSchools across the country diverted over 392,900 kg of waste from the landfill last school year. That's equivalent to the weight of more than 1,450 grizzly bears!

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23

**Keely Shaw**, a 29-year-old para-athlete from Saskatchewan, began her career at age 23 and has won multiple medals in Para-cycling competitions.

24



You feel a sense of belonging when you take the time to explain your ideas and share them with your group.

25

### A scientist to discover

Xue Shifeng is a biologist from Singapore. She and her team are studying the formation of fetuses to better understand the impact of genetic mutations and the development of genetic diseases.

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26



### Challenge!

How many days can you go without using a plastic water bottle? Challenge your friends to see who can go the longest!

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27



At the age of only 12, **Alex Deans** from Windsor, Ontario invented the "iAid", a navigation device for the blind.

28



By encouraging others, we also motivate ourselves.

29

### Walt Disney's creativity

In 1919, Walt Disney was fired because, according to his boss, he lacked creativity and imagination. This just goes to show: never stop believing in your strengths!

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30



### Did you know?

A School Energy Footprint is a measure of the amount of energy used by a school during the year. Schools use energy in a lot of ways such as heating classrooms on a cold winter day, powering computer equipment or keeping the lights on.

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31


In 2018, at age 28, Québécois writer **Gabriel Allaire**, originally from Saint-Hyacinthe, was awarded the internationally recognized Robert Walser Prize for his first novel.

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32  Having self-respect and respect for others allows us to feel good about ourselves.

33 **An endangered resource**  
The Amazon is the largest tropical rainforest on Earth spread over 5.5 million km<sup>2</sup>. It is home to incredible biodiversity and absorbs an enormous amount of CO<sub>2</sub>! Unfortunately, it is under serious threat from deforestation.  
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34  At age 8, Canadian **Hannah Taylor** of Winnipeg established a foundation to combat homelessness.

35  **Challenge!**  
Earth Day is celebrated annually on April 22nd and is a great opportunity to take action for the environment! Challenge yourself and your friends to do fun Earth Day activities such as a community cleanup, zero-waste challenge, or a craft from natural materials!

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36  **Inclusion** When we show care and concern for others, we build stronger bonds that lead to trust and respect.


## Taking the time to move


37 Physical activity is important for everyone's health. It helps prevent illness, improves sleep, reduces stress and much more! In adolescence, at least 1 hour of daily exercise is recommended.  
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38  **Trivia**  
How long can a plastic bottle take to decompose?

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Answer: Up to 450 years


39  Indigenous student **Autumn Peltier** of Ontario has become a renowned water-rights advocate. She addressed the United Nations on the issue of water preservation at age 15.

40  **Integrity** Keeping promises is essential to maintaining good relationships. Before committing to something, you must be sure you can do it.

## Why learn a second language?

41 Learning another language broadens our understanding of the world, helps us make friends from other cultures, increases the chances of getting a job, among other things.  
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## Did you know?

42  A pollinator is any animal that helps to fertilize flowering plants. In Canada, these include animals such as butterflies, moths, beetles, and bees. In fact, between 75-90% of flowering plants worldwide depend on pollinators for their survival. Without pollinators, we would lose a lot of food and plants.

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Repeatedly bullied, Nova Scotia's **Elsie Morden** created the "No Time for That" tour during her final year of high school. She shared her story with students from more than 450 schools.

44



Writing down clear goals and posting them in a visible place for the duration of a challenge keeps us focused on what's important.

45

## What are flags for?

A flag is an easily recognizable symbol. It allows a person to show their membership to an organization or nation.

46



## Challenge!

Plan an Environmental Fair featuring student projects or host an Environmental Conference where students present workshops and hands-on activities. Invite your community, including school staff and students, nearby schools, families, and community organizations, to attend and learn something new.

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At age 13, **Ta'Kaiya Blaney** of British Columbia, became the youngest person ever to have intervened at the United Nations Permanent Forum on Indigenous Issues.

48



Encouraging someone to overcome a challenge can be as simple as reminding them why they're doing it.

49

## Ethical fashion

Fast fashion has a huge impact on the environment. The solution? Buy less new clothes and opt for quality products and sustainable brands!

qllorprof

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## Did you know?

Canadians are spending less and less time outside, which is taking a toll on our health and well-being. Get outside and have a blast playing sports, exploring nature, cycling, hiking, or using your imagination for creative play, staying active and connected!

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51



The original event of the Pink Shirt Day or Anti-Bullying Day was organized in 2007 by twelfth-grade students **David Shepherd** and **Travis Price** of Berwick, Nova Scotia.

52



After an enjoyable activity, saying thank you to the organizer and sharing highlights are simple gestures that make people happy.