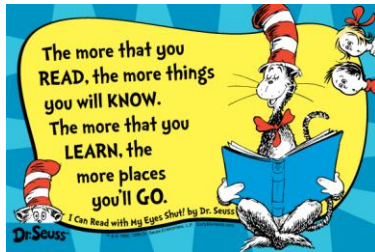


Sugarloaf Senior High School  
Grade 9 English Language Arts  
Ms. H. White  
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**Hello Out There,**

**I hope everyone is staying well and trying to keep busy. Read a book, take up painting like one of my students did. Try a new challenge. Do not be afraid to make a mistake. That is what learning is all about. I miss all of you.**



**Week 5**

### **Reading, Writing, Speaking and Listening Activities**

1. I am sending a resource which you must read carefully, and follow along, as you go to links, watch videos and respond to the questions. When you must respond or write a paragraph, etc.... you still write it on word to send it to me. For the questions that ask you to create a video, audio response, or a blog you may choose to write it if you do not have the technology or know how.

[https://lah.elearningontario.ca/CMS/public/exported\\_courses/ENG1D/exported/ENG1DU01/ENG1DU01/ENG1DU01A01/\\_content.html](https://lah.elearningontario.ca/CMS/public/exported_courses/ENG1D/exported/ENG1DU01/ENG1DU01/ENG1DU01A01/_content.html)

### **Writing Activities**

1. Complete **three** glossary word entries  
Words 21, 22, 23
  21. hopeless
  22. illegal
  23. impossible

Here is an example in case you forgot how to continue the process.  
You can use the example as a checklist to make sure you have completed all the steps.

**Checklist/Example:** What is the definition of the glossary word?  
Does the word have a prefix or a suffix or both?  
What is the root word?  
What are some other words related to the root word (find 2)?  
Write a sentence using the glossary word (it may be written using different suffixes).

**Example of a completed word:**

Antifreeze - a liquid, typically one based on ethylene glycol, that can be added to water to lower the freezing point, chiefly used in the radiator of a motor vehicle.

Prefix –anti which means opposed to or against.  
The root word is freeze.

Two other related words are: freezes, freezing

The Bay of Chaleur does not freeze completely, during our long, cold New Brunswick winters.

**\*\*As a challenge ask your parents, guardians, siblings, or friends to make up a sentence using the glossary word also, or see if they are able to define the word, spell the word, or tell you what the prefix or suffix is.\*\***

2. This week I would like you to begin a gratitude journal. It can be in whatever format you choose. For example: a journal, a log, a list. You may begin your statements with; I am grateful for, I am thankful for, I am so lucky, etc. Every day write in your journal so by Friday you will have five people, places or things that you are grateful for. You may add more than five if you wish. It is your journal. On Friday, however, I would like you to expand your statements to explain why you are grateful. Keep your journal because I may want you to add to it in the following weeks.

Ex: I am grateful for my family.

I am grateful for my family because they support me in everything I do. My family love me and they are always there when I need them.

# GRATITUDE JOURNAL PROMPTS

Use these ideas for images + words to include in the pages of your gratitude journal.

- Something that made you smile today
- Something funny that made you laugh
- Your favorite thing when you wake up in the morning
- Something you are good at doing
- What did you enjoy the most today?
- A favorite place you like to visit
- An act of kindness someone showed you
- A book you are grateful for reading
- What weather are you grateful for today?
- Modern inventions you are thankful for
- Something you take for granted
- Favorite things you like about your job or work
- Something you learned about recently
- Someone who made a positive difference in your life
- A favorite activity you enjoy doing
- Day of the week - What's your favorite thing about Mondays {...or do you like Fridays more?}
- Favorite websites you are grateful for
- Something that makes your life easier
- A favorite food you enjoy
- Something you use every single day
- Something in nature
- Something you wear that makes you feel good {clothes, jewelry, makeup, etc.}
- Something that keeps you warm
- Something that helps you relax
- A favorite song you love
- Transportation - what are you grateful for about the things that help you travel?
- A recent "small success" - from getting out of bed in the morning to remembering to do something you might usually forget
- Something that cheers you up on a rough day
- Basic skills you learned as a child - how to tie your shoes or how to read/write
- Technology you use every single day
- Something that helps keep you healthy
- Someone who inspires you
- Something that was a wish come true
- Favorite things about this season {winter, spring, summer, fall}
- Holidays you are thankful for
- What you are grateful about your home
- A difficult experience that you learned from
- A good experience with customer service somewhere
- The best thing that happened this week
- A favorite quote or saying that makes you happy
- Something you were putting off but finally did anyways

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Here are five great ways to practice gratitude:

- ✚ Set time aside each day to make a list of what you are thankful for. Start with the tiniest details and write down even just one thing. On days when you are feeling empty – or just wanting an excuse to smile – go back and read some of your list.
- ✚ Tell other people “thank you” when they do something kind for you, no matter how small the deed.
- ✚ Do not allow other people’s bitterness or negativity, or any other outward circumstance, to influence your inner peace. Look for the best in everyone; believe and say the best about them.
- ✚ Anger, disappointment, failure, and frustration are parts of life, but do not let them become your default emotions. Do not be complacent and resign yourself to victimhood. Choosing to live from a place of gratitude brings peace.
- ✚ Build gratitude around you with small, daily, unexpected, undeserved acts of love, compassion, grace, and forgiveness.