

ENTER THE HERE'S MY CANADA CONTEST

We want to hear from you! The **Here's My Canada** contest is multilingual, nation-wide and invites Canadians to express what their country means to them in a 30-second video. For more details, visit heresmycanada.ca.

This learning tool is designed for junior/intermediate students from grades 5-8, and grade 5 to secondary II in Québec. It provides discussion topics and educational activities to help you create your submission to the **Here's My Canada** contest.

Here's My Canada is a Canada 150 Signature Initiative, and a project of [Historica Canada](http://HistoricaCanada.ca), the country's largest organization dedicated to enhancing awareness of Canada's history and citizenship. For more information, visit historiacanada.ca.



NOTE TO EDUCATORS

Accommodations for special education students and second language learners are included under the appropriate sections and labeled as “alternate activities.”

INTRODUCTION FOR STUDENTS AND EDUCATORS

In 2017, Canada turns 150! In marking Canada's sesquicentennial, [Historica Canada](#) is highlighting 50 events that have helped shape our country since Confederation. At the same time, it is important to note that the human history of what is now known as Canada began well before 1867. Indigenous peoples lived on this land long before European contact, and have histories that significantly predate modern Canada. We can look back upon many proud moments in our history, but we must also examine many critically.

We encourage teachers and students to use the [Here's my Canada timeline](#) in conjunction with this learning tool to create a more complete picture of what Canada means to you. We hope it will help to provide guidance for your 30-second video submissions to the [Here's My Canada](#) contest. Although we make reference to “Canadians” throughout this learning tool, we encourage video submissions from anyone living in Canada, not just citizens!

This learning tool was produced with support from the Government of Canada and the Bank of Montreal.



Here's My Canada Contest Quick Tips

- You may submit up to 3 videos.
- Submissions must be individual, not collaborative.
- Submissions must reflect on Canadian culture, history or identity.
- Submissions are accepted through the [Here's My Canada](#) app and website: heresmycanada.ca.

Tips for Making a Great Video

- **Plan it out.** Write a script and practise a few times before you film.
- **Think about lighting.** Make sure it's not too bright or too dark.
- **Think about sound.** Make sure your audience can hear what you have to say.
- **Use the prompts** provided in this learning tool to help get you started.
- **Be creative and have fun!**

DIVERSITY

Canada is home to many different people, with various backgrounds, cultures, languages and sexual orientations. While differences can make it challenging to relate to each other, learning to listen to other perspectives can make our communities stronger. Use the following activities to help you think about diversity in Canada.

Visit our-story.ca to explore writing and art created by Canada's Indigenous youth.

ACTIVITY #1

Map it out

Option 1 (Individually or in pairs)

- Using the [First Nations Interactive Map](#), select a First Nations, Inuit or Métis group.
- Research the group you've chosen to find out about language(s) spoken, arts and culture, interesting facts and history.

Option 2 (Individually or in pairs)

- Choose a person who has inspired you. This could be a family member, a friend or a famous Canadian.
- Research where this person is from to find out about language(s) spoken, arts and culture, interesting facts and the history of that area.

Create a “walking tour” in your classroom. Have students share their research at stations around the class. Teachers can film students individually presenting a 30-second video about what diversity in Canada means to them, incorporating what they learned about their subject.



▲ Pride Parade in Vancouver/GoToVan/Flickr CC

ACTIVITY #2

Book Review

- Visit your local or school library with your class and find a book about being different or unique.
- After reading the book, write a reflection. Use these questions to help you out:
 1. Was there something in the book that reminded you of your experience as a person living in Canada today? What was it? How did it make you feel?
 2. Was there something in the book that reminded you of Canada's history? What was it? How did it make you feel?
- Choose an answer you gave to one of the above questions that best represents how you feel about diversity in Canada. With a partner, take turns filming a 30-second reaction video.



TEACHERS

Ask the librarian ahead of time to pull age-appropriate books about diversity with a focus on LGBTQ issues, Black history, immigration, accessibility, Indigenous issues, etc. If there are not enough books for everyone, break off into groups or read one book as a class.

ALTERNATE ACTIVITY

Write a short story about a time you felt different or unique. Do you think other people in Canada have had the same experience? Once this is done, record a 30-second video about how your experience is a part of the Canadian experience.

Video Prompts:

“Diversity in Canada means...”

“Canada is home to many different people, and I think...”

“I learned that diversity in Canada is...”

LANGUAGE

Canada has two official languages, English and French, but there are over 200 different languages spoken here, including over 60 Indigenous languages. Languages are important because they help us communicate, and they connect us with our culture. Complete the following activity to help you think about the roles language plays in the lives of people living in Canada.



ACTIVITY #1

Multilingual Canada

Many Canadian classrooms are culturally and linguistically diverse.

- As a group, make a list of all the languages spoken by the students in your class.
- As a class, discuss the ways that Canada’s linguistic diversity is part of our identity as a nation. After discussing, write a list of these reasons on the board for students to see.
- Working in pairs, have students film their partner. Ask each student to reflect on one of the reasons on the list in a 30-second video.

ALTERNATE ACTIVITY

Write a short script explaining why learning a new language is important to you, and why it might be important to other people living in Canada. Film your 30-second video.

Video Prompts:

“As a person living in Canada, I speak more than one language. That makes me feel...”

“People living in Canada speak many different languages. This makes our country...”

“Canada has two official languages, English and French, and I think...”

◀ Algonquin Provincial Park/1291859 © Elena Elisseeva/Dreamstime.com

NATURE AND ENVIRONMENT

Canada’s landscape is different across the country. Many people living in Canada have special connections to these landscapes, from visiting a cottage in Ontario to ice fishing in the Northwest Territories. If we want to continue to visit these special places, we must become environmental stewards. Complete the following activities to think about how we relate to the Canadian environment and what we can do to protect it.



ACTIVITY #1

The Earth Book

- As a class, read *The Earth Book* by Todd Parr and discuss what it means to be a “steward” of the environment. If your library does not have this book, ask your librarian to recommend one about protecting the environment.
- Make a list of things you do in your home and community that make you an **environmental steward** for Canada.
- Using *The Earth Book* as inspiration, write a short story describing what Canada’s landscape will look like in the future if we do or do not protect it.
- Create a 30-second trailer for your story.

ACTIVITY #2

A Canadian Place

- Think of a place in Canada that is special to you where you can practice environmental stewardship. This could be a campsite that you visit with your family, a local park, a city centre, a lake, etc.
- Write a poem describing this place, why it’s important to you and how you can protect it.
- Recite your poem in a 30-second video.



An **environmental steward** is someone who respects the natural environment and makes choices to protect it.

ALTERNATE ACTIVITY

Make a list of the things you do to help protect your environment. Next, make a list of the things you are not currently doing, but promise to do. Film yourself making a promise to protect the Canadian environment. Explain why this is important to you.

Video Prompts:

“In the future, I think Canada’s environment will be ...”

“_____ is an important Canadian place to me because...”

“I pledge to protect the Canadian environment. I promise to...”

CULTURE

Culture can refer to the art, food, beliefs and customs of different groups of people. Canadian culture can be hard to define because people with many different cultures and backgrounds live together in this country. Use these activities to think about what your own Canadian culture is.



ACTIVITY #1

A Canadian Cookbook

- Pick a favourite food or beverage that you feel represents your culture or background.
- Write a report on this dish including:
 - A description of the dish, or the recipe.
 - How this dish represents your culture or background. Explain how it is special to you.
 - The time of day, or year, the dish can be served.
 - How the dish is a part of Canadian culture. (Remember, if this dish is from another country, it still helps make up Canadian culture!)
- Record a 30-second video sharing why this dish is important to you as a member of Canadian society.

▲ Poutine/35205467
© Foodio/
Dreamstime.com

EXTENSION ACTIVITY: Once you have gathered all the necessary information, put it together on one page to be included in a classroom cookbook. Note to teachers: this would be a great keepsake to send home with students.

ACTIVITY #2

Canadian Symbols

- As a class, brainstorm a list of **Canadian symbols**.
- Discuss where these symbols come from and what they are associated with.
- Place the symbols in the following categories: nature and animals, sports, urban life and cities, arts and culture, language, science and technology, and historical figures.
- Discuss the placement of the symbols. Do they fall into mostly in one category? Is there a category that isn't represented by a symbol? Is there a symbol that does not fit into one of these categories?
- Individually, create a new visual symbol for Canada that represents something important to you.
- Create a 30-second video explaining what your symbol is and why it's important to you as well as to Canada.



Canadian symbols visually represent, or stand for, ideas connected with Canada. For example, hockey and the maple leaf are both considered symbols of Canada.

ALTERNATE ACTIVITY

Brainstorm a list of Canadian symbols. Visit the "[Official Symbols of Canada](#)" page on the Government of Canada website to help you get started. Pick your favourite and film yourself sharing why this symbol is important to you.

Video prompts:

"My favourite food is _____. It is part of Canadian culture because..."

"I think Canadian culture is..."

"_____ is my new Canadian symbol. It represents..."

Delegates who gathered at the Charlottetown Conference to consider the confederation of the British North American Colonies/Library and Archives Canada/PA-091061 ▼

HISTORY

Like Canadian culture, Canadian history is a complicated topic. On 1 July 2017, Canada will celebrate its 150th anniversary as a country. However, the history of the land we call Canada does not begin in 1867. Indigenous peoples lived on this land long before colonization. When completing the activities in this section, think about how the people who lived here and the events that took place before Confederation impacted how Canada was formed, and how we see ourselves today.



ACTIVITY #1

Looking Back

- Read the [Here's My Canada historical timeline](#).
- Pick an event or person you think is historically significant and that you feel strongly about.
- Write and produce your own one-person 30-second "**Heritage Minute**."

ACTIVITY #2

Looking Forward

- After looking at 150 years of Canadian history on the [Here's My Canada historical timeline](#), write and film a 30-second video explaining what you wish for the future of Canadians, and why.

The **Heritage Minutes**, produced by Historica Canada, are dramatic interpretations of pivotal events in Canada's history. View examples at heritageminutes.ca.