



TEACHER'S GUIDE

Activity Tracker, Teacher Instructions,
and Resources



everylivingthing.ca/12Days



TEACHER INSTRUCTIONS

Prior to the start of the 12 Days of Kindness: Active Together, you will need to assemble the Activity Tracker by following the instructions below. You will require scissors/utility knife and glue, and it should take you less than ten minutes to build. Alternatively, you can use the Google slides version to track your progress. You will only need one Activity Tracker per class.

Assembling the Activity Tracker

1. Print both pages of the Activity Tracker on individual pages (not double sided).



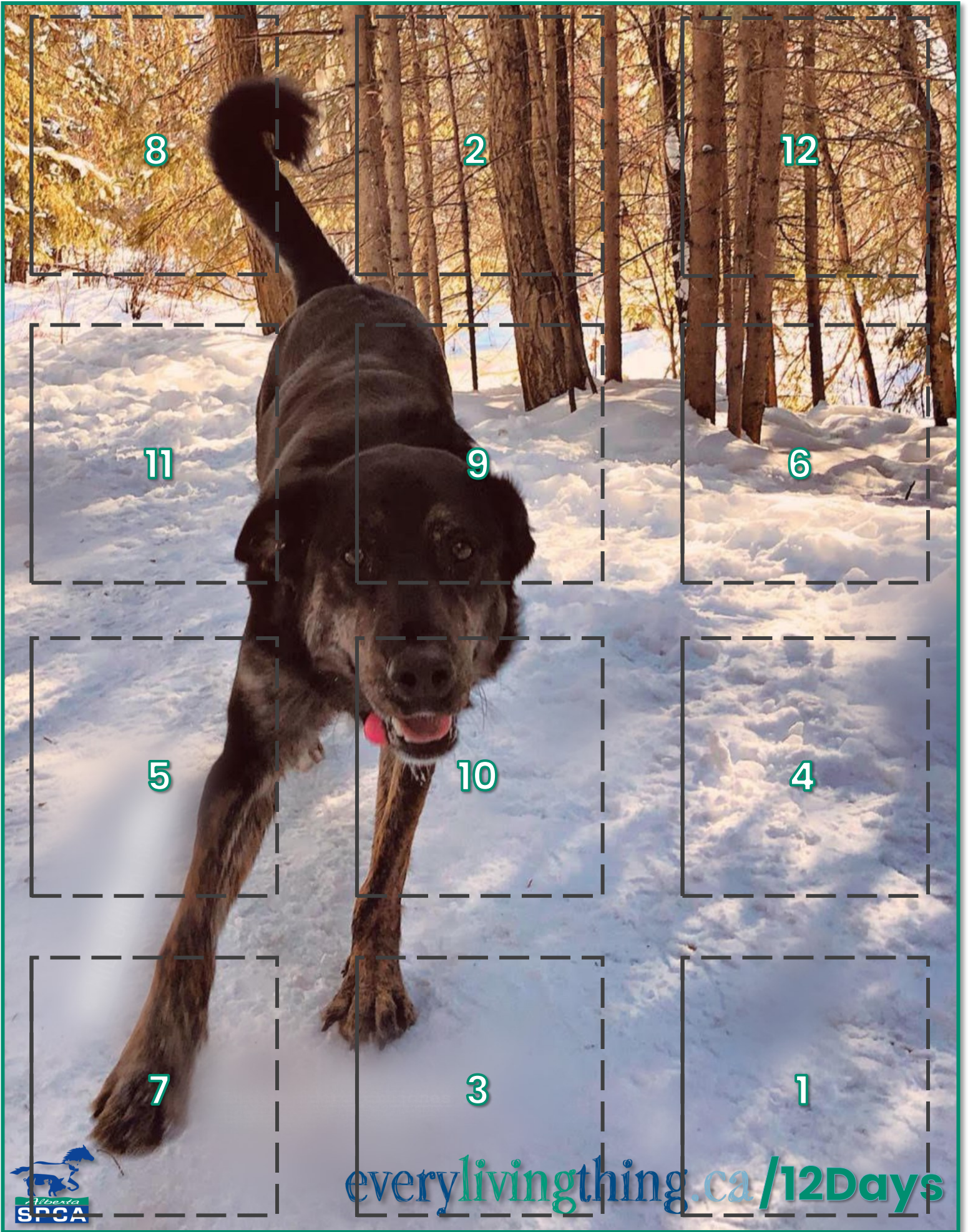
2. Following the dotted lines, cut three of the four sides of each daily square on the **COVER PAGE**. The fourth solid side will act as a hinge to reveal the activity for each day. Do NOT cut any of the squares on the **ACTIVITY PAGE**.



3. Assemble the two pages together by gluing over the crossed-hatched area on the **ACTIVITY PAGE** and placing the **COVER PAGE** on top. Once assembled the Activity Tracker should resemble an advent calendar with the **COVER PAGE** completely covering the **ACTIVITY PAGE**, so that the activities are not revealed until the daily squares are opened each day.

Using the Activity Tracker

1. Each day, flip open the cover of the daily square to reveal the activity your class will complete each school day. Begin by opening box one on Monday, December 4th, and finish on Tuesday, December 19th by opening box twelve.
2. Track your 12 Days of Kindness: Active Together by putting a checkmark over the task once it has been completed.
3. Don't forget to let us know if you participate in the 12 Days of Kindness: Active Together by filling out the short form on our website! Every class or group who participates will earn a certificate and be added to the [Kindness Map](#).



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ACTIVATE YOUR MIND

Ensuring your mind stays active is important for your overall well-being - the same is true for animals! Spend 30 minutes reading a book, completing a puzzle, or doing an activity that activates your mind!

NORMAL BEHAVIOURS

As a class, watch *The Five Needs of Animals Behaviour* video to learn about why it is important for animals to express their natural behaviour. Work through the Google slides.

REFLECTION

Journal about your 12 Days of Kindness: Active Together experience. How did participating in it make you feel? Share with a friend.

ACTIVE TOGETHER

Spending time playing with our pets not only helps them (and us) to be active but also strengthens the bond we share with them. Take your dog for a walk or play with your cat. If you don't have a pet, join someone who does!

TRY SOMETHING NEW

Trying a new activity is a great way to learn a new skill while stepping outside your comfort zone. After you finish the activity share with a friend how it made you feel.

GET OUTSIDE

Get outside with nature and enjoy the fresh air. Invite someone to join you and/or take your pet if you have one. If you notice any litter while outside - pick it up!

MAKE SOMETHING

Toys help keep animals' minds active and can allow them to express their normal behaviour. Make a toy for your dog or cat or donate the toy to an animal shelter.

RECONCILIATION IN ACTION

Learn and play games from Indigenous communities across Canada! After playing the games, learn more about the origins of the games including the peoples who invented them!

MOVE YOUR BODY

Being physically active is important for your health and wellness. Spend 20-30 minutes moving your body to your ability. Ex. Take a brisk walk, play an active game, or dance to your favourite music.

KINDNESS ACTIVITY CHALLENGER

Use the Kindness Activity Challenger to determine which small act of kindness or small activity to complete today. Encourage a friend to take a turn with the challenger.

CLEAN UP

Cleaning up around your classroom and school is a great way to help out while doing light physical activity. Spend time tidying your classroom and/or school and picking up litter from the playground.

NATURE-BASED GAMES

Activate your observation and inquiry skills through nature-based games. After playing the games, share what you have learned with the class.



TEACHER RESOURCES

Some activities require resources (Google slides, online videos, print materials, games, etc.) that can be found on this document or on our website. We recommend looking at the resources in advance to prepare for each day. Additional information for each day can be found at everylivingthing.ca/12Days.

DAY 1 – NATURE-BASED GAMES

Winter outdoor learning provides unique learning opportunities. [Alberta Parks](#) has a selection of nature-based activities for students (K-12) to play outside. Instructions are also included.

DAY 2 – NORMAL BEHAVIOURS

As a class, watch the [Five Needs of Animals Behaviour video](#). This video is part of a six-part video series from the Alberta SPCA that explores the needs of animals, how animals feel when their needs are met, and our responsibility to meet these needs. Students will also be encouraged to consider their own needs and emotions. For more information on the video series visit everylivingthing.ca/FiveNeeds.

DAY 5 – MAKE SOMETHING

Toys and play help keep animals' minds active and can allow them to express their normal behaviour. [Watch this video](#) to learn how to reuse material to make a simple fleece rope dog toy. To make a cat toy out of reused material, [watch this video](#).

DAY 7 – KINDNESS ACTIVITY CHALLENGER

Download and print the [Kindness Activity Challenger](#) prior to Day 7. You will need one challenger per student, and students will require scissors to cut out their challenger. Younger students may need assistance cutting and folding the challenger. Folding instructions are provided on the activity sheet, or you can watch the video tutorial that is linked on our website.

DAY 10 – RECONCILIATION IN ACTION

Through consultation with Indigenous communities, cultural organizations and researchers, High Five has created an [Indigenous Games for Children](#) resource. This resource is a collection of activity cards that highlight not only Indigenous games but the peoples who invented them.

DAY 12 – REFLECTION

How did your students feel about engaging in the 12 Days of Kindness: Active Together? Display these [reflection questions](#) on the board, or print a version for yourself to work through with your students.

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