

Canada Day Activity Pack



Claresholm

Where **Community** Takes Root

This package includes colouring sheets, crafts, recipes and more!

HAPPY CANADA DAY!

Join the virtual Celebration on Facebook: [Virtual Canada Day in Claresholm](#)

THE ORIGINS OF CANADA DAY

July is an important month for much of North America. While the United States celebrates its independence on July 4th, Canada kicks off the patriotic party a few days earlier with its own special holiday.

Each July 1st, Canada celebrates Canada Day. Canada Day marks the British North America Act (today known as the Constitution Act), which went into effect on July 1, 1867. This act established the country of Canada with its initial provinces of New Brunswick, Nova Scotia and Canada (which later would become Ontario and Quebec). The provinces asked to form one Dominion with a Constitution similar in principle to that of the United Kingdom. British Parliament passed the legislation, and Canada became a new, domestically self-governing federation.

Nearly a year later, on June 20, 1868, Governor General Lord Charles Stanley Monck signed a proclamation that requested all Her Majesty's subjects across Canada to celebrate July 1 in honor of the establishment of the country. Monck served as the last Governor General of the Province of Canada and the first Governor General of the country of Canada after the Canadian Confederation.

In 1879, a federal law made July 1 a statutory holiday as the "anniversary of Confederation," which would later be called "Dominion Day." The holiday further evolved on October 27, 1982, when Dominion Day was renamed "Canada Day."

Each year, Canada Day is marked by many different celebrations. A flag ceremony on the lawns of Parliament Hill, military music and fireworks are typical Canada Day festivities. At home, individuals host barbecues and proudly display their flags.

Canada Day has been celebrated for more than 150 years and marks a pivotal moment in Canadian history.



Key Canadian facts

Canada is comprised of 10 provinces and three territories, which are separated by region.

These regions include The Atlantic Provinces, Central Canada, The Prairie Provinces, The West Coast, and The Northern Territories, according to the Government of Canada. The provinces and territories in these regions are defined by geography and the people who reside in each region. The following are some key facts about each area.

Newfoundland and Labrador: These provinces are the easternmost points in Canada and all of North America. In addition to fisheries, off-shore oil and gas extraction contributes greatly to the economy of Newfoundland and Labrador.

Prince Edward Island: Known for its red soil and agriculture, Prince Edward Island is the smallest province.

Nova Scotia: Nova Scotia is Canada's largest eastern seaport, helping to shape a bustling shipping industry. It also has a strong Gaelic and Celtic influence and history that is celebrated with some very popular cultural festivals.

New Brunswick: New Brunswick is home to the St. John River system, the second largest river system on North America's Atlantic coastline.

Québec: More than three-quarters of Québécois speak French, but that's not the only unique thing about the province. Québec is also an industrial leader, serving as a home to pharmaceutical and aeronautics manufacturers.

Ontario: Ontario is Canada's financial centre. Many people here also work in

the service or manufacturing industries, which accounts for much of Canada's exports.

Manitoba: Manitoba is home to a large Francophone community and includes many Ukrainian settlers, while also boasting the largest Aboriginal population of any province.

Saskatchewan: The province of Saskatchewan is shaped by the mining of uranium and potash and the production of grains and oil seeds. This province also serves as the training ground for the Royal Canadian Mounted Police.

Alberta: Alberta is home to five national parks, including Banff National Park. Alberta is also the country's largest producer of oil, gas and beef.

British Columbia: About half of all the goods produced in British Columbia are forestry products. British Columbia is culturally diverse and home to a large Asian communities. English, Chinese and Punjabi are the most widely spoken languages in British Columbia.

Nunavut: Nunavut is a recent addition to Canada's territories. It was established in 1999 from the eastern part of the Northwest Territories. The population is 85 percent Inuit.

Yukon: Yukon holds the record for the coldest temperature ever recorded in Canada (-63 C). Mining remains a significant component of the economy.

Northwest Territories: Running through the area, the Mackenzie River, at 4,200 kilometers, is the second-longest river system in North America.

LET'S PLAY - LET'S PLAY - LET'S PLAY - LET'S PLAY - LET'S PLAY

	<p>Mention 4 Canadian cities!</p>		<p>Mention three sports typical for Canada.</p>	
<p>What is she getting from the tree?</p> 	<p>You get an extra throw!</p>	<p>Mention two kinds of bears native to Canada!</p>	<p>How many provinces and territories has Canada got?</p>	<p>How does the Canadian motto go? "From.....".</p>
	<p>Who is the Canadian head of state?</p>			
<p>What country borders to the south of Canada?</p>		<p>What does the word Canada (Kanata) mean?</p>	<p>Mention three famous people from Canada.</p>	
<p>How many official languages do they have in Canada?</p>	<p>What is the currency of Canada?</p>		 <p>When is Canada Day celebrated?</p>	<p>What is the name of the province that borders to the Atlantic Ocean?</p>
<p>What is the name of the province that borders to the Pacific Ocean?</p>		<p>What is the capital of Canada?</p>	<p>What is a loonie?</p>	
	<p>What is a toonie?</p>		<p>How many provinces are there in Canada?</p>	

CANADA BOARD GAME

Use a dice and game marker to make your way from start to end. Perform the task on the square you land on each turn.

Sidewalk-Chalk Paint

Recipe Using Store-Bought Chalk

Materials

Store-bought sidewalk chalk, assorted colours
Water
Bowls—one per paint colour
Mixing spoon
Plastic bags—one per paint colour
Rolling pin, mallet or hammer

Instructions

1. Place chalk sticks of the desired colour inside a plastic bag.
2. Seal the bag.
3. Use the rolling pin, mallet, or hammer to crush the chalk into a fine powder. Make sure that there are no chunks.
4. Pour the powdered chalk into a bowl.
5. Slowly add water and mix until desired paint texture is reached. Thicker paint will give a more-intense colour.
6. Repeat for as many colours as you wish.

Recipe Using Flour

Materials—Per Paint Colour

2 tbsp flour
4 tbsp water
Food colouring
Bowl
Mixing spoon

Instructions

1. Add 2 tbsp flour to a bowl.
2. Add 4 tbsp water.
3. Stir until smooth.
4. Add food colouring drop by drop—mix after each drop until desired colour is reached.
5. Repeat for as many colours as you wish.



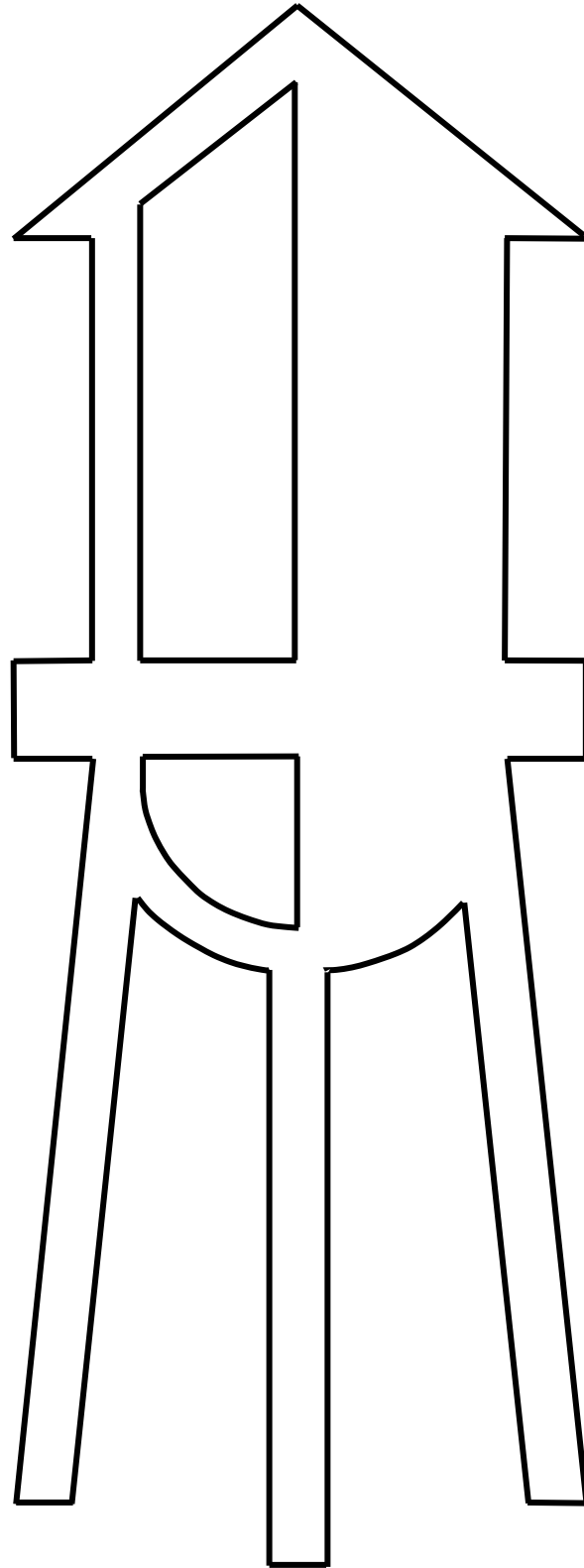
Make your own environmentally friendly sidewalk-chalk paint!

For more exciting projects and activities visit www.canada.ca/en/canadian-heritage and look for the celebration kits.

Colour the Water Tower!



Claresholm



Celebrate Canada by colouring in the iconic Claresholm Water Tower!

Discover the herald in you!



What is heraldry?

Heraldry is a way for people, groups and organizations to tell their stories in a visual way. It deals with emblems such as coats of arms, flags and badges. This system, which originated in tournaments and on the battlefields of the Middle Ages, remains relevant today and continues to inspire wonder.

Heraldry in Canada

Did you know that Canada has its own system of heraldry? Every year, new coats of arms are created by experts known as heralds, who work at the Canadian Heraldic Authority, a part of the Office of the Secretary to the Governor General. An official coat of arms is created by the issuing of a beautifully illustrated document.

The parts of a coat of arms



Coat of Arms of Elmwood School, Ottawa
Public Register of Arms, Flags and Badges of Canada, Vol. VI, p. 492.

Three simple rules

1. Each coat of arms must be unique.

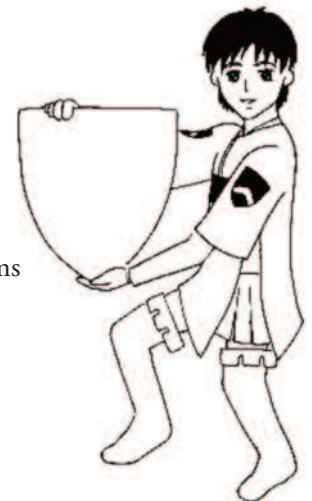
2. To help make the design stand out, use a limited number of bright colours (red, blue, green, black and purple) and light colours (white and yellow), and place them in opposition.



3. To create a design that is original, meaningful and attractive, choose a few strong symbols or simple shapes.

Try it yourself!

Choose a friend, a parent, your school or even yourself, and identify what makes that person or institution special and what is important to them. Think of a few symbols to represent these ideas, such as shapes, colours, animals, plants, objects or imaginary creatures. Draw a coat of arms using the blank shield on the next page, and don't forget to add a crest above the helmet and a motto underneath. You can add supporters if you are creating a coat of arms for an institution. Get inspired by other examples of coats of arms, which can be found on the Governor General's website at <http://reg.gg.ca>.



THE CANADIAN
HERALDIC AUTHORITY
SINCE 1988

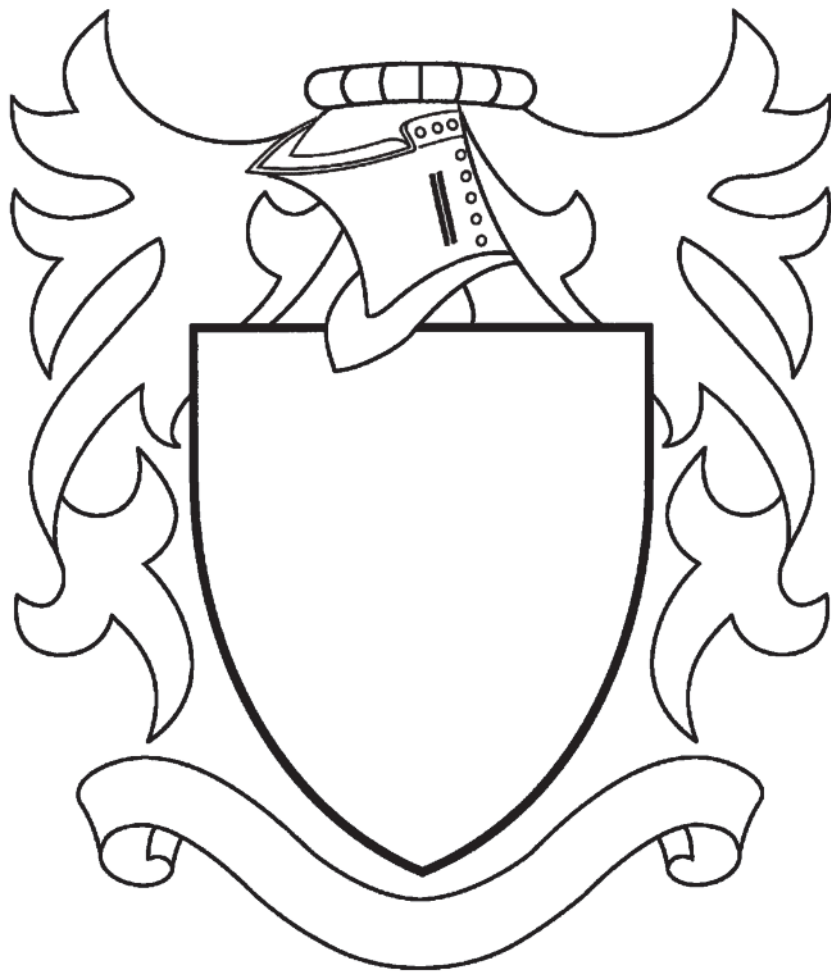
To learn more about heraldry or to apply for a grant of arms, contact the Canadian Heraldic Authority.

armorial@gg.ca

www.gg.ca/heraldry

1-800-465-6890 (toll free)

www.facebook.com/HeraldryHeraldique





Claresholm Word Search



L Z L E J P P Z L B K F W R Y Q V H U E D V C A H
 R A W D V U N H J M Z V I F D L P C L X B O E G C
 S E I U U Z U Y I I I N L O F F N A T Z H O N R C
 B K R R M R R Z H X M Q L C A E U Q C X P E T I U
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 R Q G G M U D U K E X N P K X U D H X W T S E I I
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 Z T P V K O K Z G E W R F L A V H V I P D J G Z B
 A N E R A Y W C O M M U N I T Y E L O M P B O Z G
 L J T A B Y X C R Y Q B L S J D L Z F U H G R K O
 E N E S S X C W N T Z H E M G J S V Q I U Y F I F

AGRIPLEX AIRPORT AMUNDSEN AQUATICCENTRE ARENA
 BUSINESS CAMPGROUND CENTENNIAL CLARESHOLM
 COMMUNITY CURLING FROGCREEK GOLFCOURSE
 LIBRARY MOUNTAINS MUSEUM PATTERSON PLANE
 PRAIRIE RANCHERSMEMORIAL RINGROSE SKATEPARK
 SPRAYPARK WATERTOWER WESTHILL



How well do you really know the National Flag of Canada? Let's test your knowledge and find out!

1. WHAT TYPE OF MAPLE LEAF IS IN THE CENTRE OF THE CANADIAN FLAG?

- A) A mountain maple leaf
- B) A silver maple leaf
- C) A sugar maple leaf
- D) A stylized maple leaf

2. WHICH OF THE FOLLOWING SYMBOLS WAS THE FIRST TO EMERGE AS AN EMBLEM OF CANADA?

- A) The beaver
- B) The maple leaf
- C) Hockey
- D) The canoe

3. THE NUMBER OF POINTS ON THE MAPLE LEAF DEPICTED ON THE CANADIAN FLAG REPRESENTS THE NUMBER OF PROVINCES AND TERRITORIES IN CANADA.

- True OR False

4. IN 1921, WHICH COLOURS WERE PROCLAIMED BY KING GEORGE V AS THE OFFICIAL COLOURS OF CANADA?

- A) Red, white and blue
- B) Red and white
- C) Green and yellow
- D) Gold and blue

5. IN WHAT YEAR WAS THE CURRENT CANADIAN FLAG OFFICIALLY ADOPTED?

- A) 1921
- B) 1942
- C) 1965
- D) 1979

6. WHEN IS NATIONAL FLAG OF CANADA DAY CELEBRATED EACH YEAR?

- A) July 1
- B) February 15
- C) September 10
- D) December 8

7. THE CANADIAN RED ENSIGN WAS USED AS AN OFFICIAL FLAG PRIOR TO 1965. WHICH OF THESE ELEMENTS WILL YOU FIND ON THAT FLAG?

- A) British Red Ensign
- B) The Royal Union Flag in the canton
- C) Shield of the Coat of Arms of Canada
- D) All these answers

8. TRUE OR FALSE: WHEN THE NATIONAL FLAG OF CANADA IS DISPLAYED WITH THE FLAGS OF THE 10 PROVINCES AND 3 TERRITORIES, THE FLAGS OF THE PROVINCES AND TERRITORIES FOLLOW IN ALPHABETICAL ORDER.

- True OR False

9. WHEN SHOULD A FLAG BE REPLACED?

- A) At the end of the year
- B) On February 15
- C) When it is damaged

10. TRUE OR FALSE: THERE ARE STRICT LAWS GOVERNING THE USE OF THE NATIONAL FLAG OF CANADA.

- True OR False

BONUS QUESTION

THE STUDY OF FLAGS IS KNOWN AS "VEXILLOLOGY".

- True OR False



CANADA AGRICULTURE
AND FOOD MUSEUM
MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION
DU CANADA



Canada Flag Fruit Popsicles



These red and white popsicles are the perfect treat this Canada Day! They can be made with fresh or frozen raspberries, or strawberries!

Ingredients

2 cups (500 ml) raspberries, fresh or frozen (thawed if frozen)
4 to 6 tbsp (60 ml to 90 ml) maple syrup or honey
2 cups (500 ml) vanilla yogurt

Preparation

Combine the raspberries with 4 tbsp of maple syrup in a blender. In a separate bowl, mix the vanilla yogurt with 2 tbsp of maple syrup. Set aside in the fridge. Fill the molds with the puree 1/3 of the way up, then freeze for 20 minutes. Add the yogurt layer and return to freezer for another 20 minutes. Add final layer of puree, insert stick in each mold, and return to freezer for at least 4 hours, until hard.

For easy unmolding, place under hot running water and pull each stick gently.

Makes 6 popsicles.

Enjoy!

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Saskatoon Crisp



Saskatoon berries are slightly sweetened with maple syrup and combined with the tang of lemon, topped with a crunchy topping of oats, brown sugar, and finished with crème fraiche or ice cream.

Ingredients

Filling

24 oz (1 1/2 lb) (750 g) Saskatoon berries
1 tbsp (15 ml) Lemon juice
1/4 cup (60 ml) Maple syrup
2 tbsp (30 ml) flour

Topping

1 1/4 cup (310 ml) Flour 1/2 cup (125 ml) Rolled oats
1/2 cup (125 ml) Brown sugar 1 tsp (2 ml) Cinnamon
3/4 cup (175 ml) unsalted butter, cut in cubes
pinch Kosher salt

Preparation

Filling

Lightly grease a 2 liter baking pan and preheat oven to 350°F (180°C).

In a medium size mixing bowl, combine Saskatoon berries, lemon juice, flour and maple syrup. Add mixture to greased baking pan.

Topping

In a medium size mixing bowl or food processor, combine flour, rolled oats, brown sugar, cinnamon, and kosher salt. Mix together. One cube at a time, mix in the butter until it resembles small peas. Add the topping to the Saskatoon berry filling. Bake for 60 minutes, or until golden brown. Serve with crème fraiche or your favourite ice cream.



Claresholm 4-H Beef Club

Serving up Alberta Beef

Member Name: Carmen White

Recipe Name: Beef Shish-Kabobs

Cut of Beef: Sirloin roast or steaks cut into pieces

Ingredients:

⅔ cup soy sauce

¼ cup white sugar

¼ cup cooking oil

2 tbsp. Worcestershire

1 clove garlic (minced)

3 tbsp. red wine vinegar

¼ tsp pepper

Vegetables: onion, peppers, mushrooms



Directions:

Mix all ingredients and marinate cut beef bites for 3 hours or more, even overnight. Make kabobs and use remaining marinade to brush onto meat and veggies while on the grill. So tender and delicious!

Member Name: Fleming/Pittman

Recipe Name: Cecilie's Taco Salad

Cut of Beef: Ground Beef

Ingredients:

1 lb lean ground beef

1 pkg Taco seasoning mix

1 head lettuce, coarsely shredded

2 large Tomatoes, diced and drained

1 bunch green onion, chopped

1 - 32 oz can dark kidney beans

Large handful Nacho Chips, crushed

1 cup Thousand Island Dressing (can also use a mix of French and Thousand Island dressing)



Directions:

Brown beef in frying pan; drain. Stir in taco seasoning, mix and cool. When ready to serve, mix lettuce, tomatoes, onions and beans. Add cooked ground beef mixture then chips. Pour on 1 cup of dressing (more if you choose); toss to mix and serve.

Canadian Symbols Scavenger Hunt

Can you find these symbols at home?



A MAPLE LEAF

Historians believe the maple leaf began to serve as a Canadian symbol as early as 1700. The food properties of maple sap were discovered long before the arrival of European explorers by Indigenous Peoples – which they gathered every spring. Taking centre stage on our national flag the maple leaf is a distinctively Canadian emblem.



THE COAT OF ARMS OF CANADA

Originating in the Middle Ages as a sort of identification card, coats of arms serve to visually identify their bearers at a glance. Did you know that Canada's arms are embossed on the cover of the Canadian passport?



A MAPLE TREE

There are 10 species of maple trees that grow naturally in Canada, and at least one species can be found in every province.



A RED AND WHITE ITEM

Known as the national colours of Canada, red and white alternated, in the course of history, as the national colours of France and England.



A BEAVER

These rodents are known builders with powerful teeth that can even cut through trees! This national symbol's significance dates back to when Canada's main profit-making attraction for European explorers was its beaver population.



AN INUKSHUK

The inukshuk was originally used for navigation in the frozen North, to distinguish locations in the snow and to mark the location of sacred places. For generations, Inuit have been creating these impressive stone markers on the vast Arctic landscape.



THE NATIONAL FLAG OF CANADA

First raised on Parliament Hill on February 15, 1965, the National Flag of Canada is decorated in red and white and features a stylized 11-point maple leaf in the centre.



A FLORAL PATTERN OR BEADING

A distinctive beadwork style of the Métis Peoples with colourful beads embroidered in floral patterns.



A HOCKEY OR LACROSSE STICK

Hockey and lacrosse are the national sports of Canada, hockey for winter and lacrosse for summer. Both team games are played using a stick.

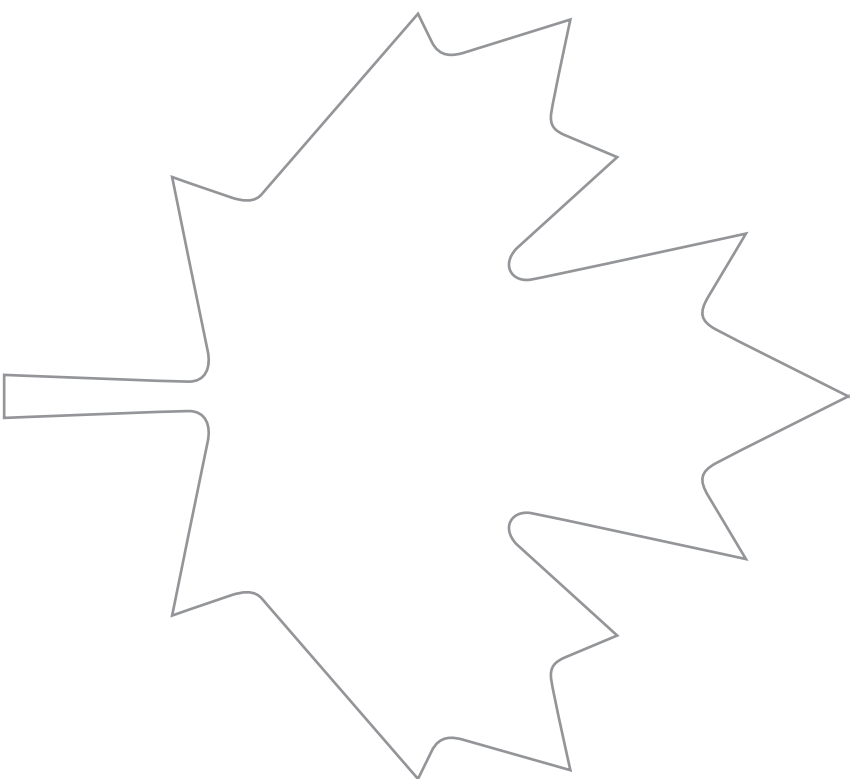


A BIRCH TREE

A Canadian tree which has been used by First Nations Peoples for generations. Birch bark has been traditionally used for creating canoes, cooking, storing, art works, among other uses.



HAPPY BIRTHDAY



GANNAADI!



Canadian
Heritage

Patrimoine
canadien

Canada

Unscramble the letters to find the words in our CANADA ANAGRAM

Hidden Words!! Use the circled letters to solve the hidden puzzle.

v(r)e a e b _____

t(f)o w a a _____

g i r(h) f s i _____

t(e) i a n m u _____

s o e o (m) _____

m c(r)p _____

n c a e(o) _____

o n o l e(i) _____

(n) o w s _____

b z m(a)n i o _____

o k(c) h y e _____

l p e(a) m _____

Answers available on
www.claresholmlocalpress.ca



Test your knowledge of Canadian Trivia!

1. TRUE OR FALSE

Canada contains more lakes than the rest of the world's countries combined!

2. Canada is comprised of ___ time zones!

- a) 3 b) 4
- c) 6 d) 5

3. The name Canada comes from the word "kanata," a _____ word for village or settlement.

- a) Huron-Iroquois b) Cherokee
- c) Blackfoot
- d) Algonquin

4. ___% of Canada is covered by forest or woodland?

- a) 50 b) 35 c) 55
- d) 40

5. Canada is home to 2.4 million _____?

- a) Grizzly Bears
- b) Canadian Geese
- c) Caribou d) Prairie Dogs

6. TRUE OR FALSE

Québec City is the only walled North American city north of Mexico, and was the first city in North America to be designated a UNESCO World Heritage Site!

7. TRUE OR FALSE

Canada holds the record for the most gold medals ever won at a Winter Olympics!

8. Canada produces ___% of the world's pure maple syrup!

- a) 60 b) 80
- c) 65 d) 100

9. Approximately ___% of the world's polar bears live in Canada!

- a) 60 b) 50
- c) 70 d) 40

10. TRUE OR FALSE

Canada has the longest coastline of any country in the world!






I SPY: CANADA DAY

ADVANCED



How many of each item can you see?

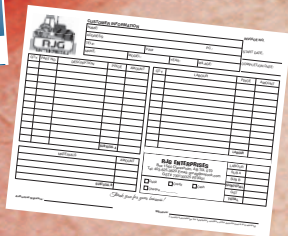
-  Canada Goose _____
-  Lighthouse _____
-  Inukshuk _____
-  Canadian Flag _____
-  Hockey Stick _____
-  Mountie _____

-  Trees _____
-  Canoe _____
-  Moose _____
-  Beaver _____
-  Mountain _____

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