



MY OLYMPIC JOURNAL PYEONGCHANG 2018 OLYMPIC WINTER GAMES

Primary Grades (2-3)

ン DAY 1 THURSDAY, FEBRUARY 8TH





The Olympics start tomorrow. Most of the athletes will spend today training and resting. It's an exciting time. It can also be a nervous time.

PERFORMANCE TIP:

It's normal to feel nervous before a big game or test. Even Olympians can feel this way. This is because you want to do your best. Olympians find a way to stay positive. They focus on the things that they can control.





JOURNAL ACTIVITY – Imagine that you are a coach. Your athlete is r

Imagine that you are a coach. Your athlete is nervous. What would you say to help calm them down?



S DAY 2 FRIDAY, FEBRUARY 9TH



SPORTS TODAY

MATCHING GAME



CURLING





FIGURE SKATING



FREESTYLE SKIING

FUN FACT:



FLAG BEARER

The flag bearer marches in front of our team. It is a big honour. The name of Canada's flag bearer is a big secret. We only learn who it is in the last week.



OPENING CEREMONY

Today is the Opening Ceremony. Athletes parade into the stadium behind their flag. The Olympic Flame is lit. The athletes promise to play fair. The officials promise to judge fairly.

Athletes promise to play fair. Why is that important

Athletes promise to play fair. Why is that important? Draw and colour a picture that shows you playing fair.



DAY 3 SATURDAY, FEBRUARY 10TH



BRONZE

GOLD SILVER

SPORTS TODAY

MATCHING GAME



CROSS COUNTRY SKIING

CURLING

ICE HOCKEY

LUGE

SHORT TRACK SPEED SKATING

SKI JUMPING

SNOWBOARD

SPEED SKATING



SCORING THE OLYMPIC GAMES

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How do they score the Olympics? There are two ways. You can count all the medals each country wins. Or, you can only count the gold medals. In Vancouver 2010, Canada won the most gold medals.



SAMUEL GIRARD

CANADA'S MEDAL COUNT:

Born: 06/26/1996 (Chicoutimi, QC) Sport: Short Track Speed Skating

Samuel Girard grew up in a small Quebec town. His parents put him in speed skating lessons at 4 years old. He liked living in a small town. He liked hunting with his friends. To be an Olympian, he had to move to the city to train with the team. The move paid off. He is now one of the best skaters in the world. Can he win Olympic GOLD?

What do you think it takes to reach to mak

What do you think it takes to reach to make Team Canada? Draw and colour a picture of you making the Olympic team.



なう DAY 4 SUNDAY, FEBRUARY 11TH



SPORTS TODAY

MATCHING GAME



BIATHLON

ALPINE SKIING

CROSS COUNTRY SKIING

FIGURE SKATING

FREESTYLE SKIING

ICE HOCKEY

LUGE

SNOWBOARD

SPEED SKATING

FUN FACT:



PIERRE HARVEY

Pierre Harvey is Alex's dad. It's hard to make the Olympic Team in one sport. But Pierre made the team in two sports. In the summer, he was a cyclist. He raced at the 1976 and 1984 Games. In the winter, he cross country skied. He made the Winter Olympic Team in 1984 and 1988.



ALEX HARVEY

Born: 09/07/1988 (Quebec, QC)

Sport: Cross Country Skiing

Alex started cross-country skiing at three years old. His dad was a very famous Olympic skier and cyclist. Having a well-known parent can be hard for some kids. Not for Alex! For him, crosscountry skiing was fun. He has become Canada's best skier. He is a medal favourite in PyeongChang. Go Alex!

CANADA'S MEDAL COUNT: GOLD SILVER BRONZE

Draw a picture of you doing something active that

Draw a picture of you doing something active that you find fun.

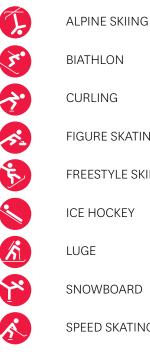


な DAY 5 MONDAY, FEBRUARY 12TH



SPORTS TODAY

MATCHING GAME



BIATHLON

CURLING

FIGURE SKATING

FREESTYLE SKIING

ICE HOCKEY

LUGE

SNOWBOARD

SPEED SKATING

FUN FACT:



ABORIGINAL SNOWBOARD TEAM

Kids must keep good grades to be on the First Nations Snowboard Team. But team members get coaching, gear, and ski passes. Spencer helps mentor the team.



SPENCER O'BRIEN

Born: 02/02/1988 (Alert Bay, BC)

Sport: Snowboarding (slopestyle)

Spencer O'Brien is a slopestyle snowboarder. She does tricks over jumps, rails, and boxes. Judges score her runs. She was on track for a medal in Sochi 2014. Then she missed a landing. Spencer didn't give up. She came back and won the World Championships and the Winter X Games. Spencer is an indigenous athlete. She helps with the First Nations Snowboard Team.

JOURNAL ACTIVITY -

Like when Spencer missed her final landing, sometimes we get sad. It's good to have friends and parents to talk to when you are sad. Write a note to a friend who is sad. What can you say to cheer them up?

CANADA'S MEDAL COUNT: GOLD SILVER BRONZE



ב> DAY 6 | TUESDAY, FEBRUARY 13™



SPORTS TODAY

MATCHING GAME



ALPINE SKIING



CROSS COUNTRY SKIING



CURLING



ICE HOCKEY



LUGE



SHORT TRACK SPEED SKATING

SNOWBOARD



SPEED SKATING



PyeongChang 2018



KAITLYN LAWES ET JOHN MORRIS

Born: Kaitlyn, 12/16/1988 (Winnipeg, MB) **Sport:** Curling—Mixed Doubles

John, 12/16/1978 (Winnipeg, MB)

There are few Olympic sports where men and women play on the same team. But they do in mixed doubles curling. Team Canada's Kaitlyn Lawes and John Morris are both Olympic gold medallist. Can they win gold together?

Source ? 1 2 6

Kaitlyn and John must work well as a team if they want to win. Write a paragraph about what makes a good team. What do you have to do to be a good team player?





ン DAY 7 WEDNESDAY, FEBRUARY 14TH



SPORTS TODAY

MATCHING GAME



ALPINE SKIING



CURLING



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FIGURE SKATING

ICE HOCKEY



LUGE

NORDIC COMBINED

SNOWBOARD

SPEED SKATING







📥 ERIN MIELZYNSKI

Born: 05/25/1990 (Brampton, ON)

Sport: Alpine Skiing-Slalom

As a young kid, Erin Mielzynski loved skiing. In the summer she loved water skiing. In the winter she loved skiing on snow. She would beg the chair lift operators to let her ski one more run at closing time. She loved skiing! When she was older, her love of the winter sport led her to focus on alpine skiing. She is one of the best slalom skiers in the world. PyeongChang will be Erin's third Olympic Games. Look for her to ski well in Korea!

Loving what you do keeps you doing your best. Write about something you love doing. Draw

Loving what you do keeps you doing your best. Write about something you love doing. Draw and colour a picture.

CANADA'S MEDAL COUNT: _____ GOLD _____ SILVER _____ BRONZE



なう DAY 8 THURSDAY, FEBRUARY 15TH



SPORTS TODAY

MATCHING GAME



ALPINE SKIING

BIATHLON

CROSS COUNTRY SKIING

CURLING

FIGURE SKATING

FREESTYLE SKIING

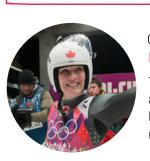
ICE HOCKEY

LUGE

SKELETON

SNOWBOARD

SPEED SKATING



ALEX GOUGH **Born:** 05/12/1987 (Calgary, AB)

Sport: Luge

CANADA'S MEDAL COUNT: _____ GOLD _____ SILVER _____ BRONZE

The Germans used to always win the women's luge. No one could beat them. Then Alex Gough came along. She broke the German winning streak when she won a World Cup gold medal. Since then she has won six World Championships medals. In Sochi she placed fourth in both the women's singles and mixed team relay. The goal for PyeongChang is to win two medals.

JOURNAL ACTIVITY _____

Write down a goal statement. Make sure it is a SMART goal. Draw and colour a picture of your goal.

FUN 🗊 FACT:

SETTING GOALS

Alex Gough has the goal of winning two medals in PyeongChang. Make your goals SMART! Goals should be SPECIFIC. They should MEASURABLE so that you know if you have reached them. They should be ACHIEVABLE or possible. Goals should be RELEVANT to you. They should be something you really want. Good goals should have a TIME limit.

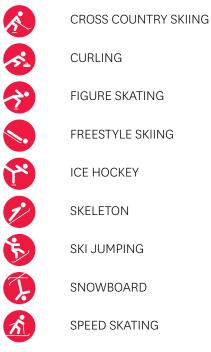


☆ DAY 9 FRIDAY, FEBRUARY 16[™]



SPORTS TODAY

MATCHING GAME



FREESTYLE SKIING

ICE HOCKEY

SKELETON

SKI JUMPING

SNOWBOARD

SPEED SKATING

DID YOU KNOW CONCUSSION

A concussion is when you hurt your brain. It can happen when you fall or get hit on the head. After, you can't think right. Sometimes you can't remember things. You can get headaches. It can be very dangerous. If you get a concussion, you must rest until your doctor says you can return to play.



IVANIE BLONDIN

Born: 04/02/1990 (Ottawa, ON)

Sport: Speed Skating

Ivanie Blondin started skating in her backyard. She was only two. It was fun to skate fast! She began racing in short track speed skating. Racing the tight corners is risky. Often skaters have big crashes. Ivanie hurt her head five times in three years. She had concussions, and had to rest. She was sad! Her coach told her to try long track speed skating. Success followed. Ivanie won gold at the World Championships. Will Olympic gold be next?

Trying new things can be scary. Tell about a t

Trying new things can be scary. Tell about a time when you were scared to try something new. What did you do to beat your fear?

CANADA'S MEDAL COUNT: GOLD SILVER BRONZE



な DAY 10 SATURDAY, FEBRUARY 17TH



SPORTS TODAY

CANADA'S MEDAL COUNT:

GOLD SILVER

BRONZE

MATCHING GAME



ALPINE SKIING



BIATHLON



CROSS COUNTRY SKIING



CURLING



FIGURE SKATING



FREESTYLE SKIING



ICE HOCKEY



SHORT TRACK SPEED SKATING





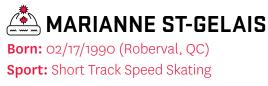
SKELETON



SNOWBOARD

SPEED SKATING





Marianne St-Gelais' friend invited her to try speed skating. Their club needed new members. She liked it and kept skating. She put in years of hard practice. It was tiring work. Who knew she would grow up to win three Olympic silver medals? Can she win gold this time?





ATRICK CHAN Born: 12/31/1990 (Ottawa, ON) **Sport:** Figure Skating

Patrick Chan took skating lessons to play hockey. But a local figure skating coach saw his talent. The coach had him practice the simple basics of skating. Every day he practiced his form. Soon his skating was very smooth. It flowed. This form helped him win two Olympic silver medals. Patrick also won three World Championships. He wants to add an Olympic gold to his collection.

FIND OUT ABOUT JOURNAL ACTIVITY OF THE DAY >







Ask Marianne or Patrick. Reaching your drea

Ask Marianne or Patrick. Reaching your dreams takes hard work. Write yourself a letter about one of your dreams. Tell yourself to work hard and not give up. Draw and colour a picture of your dream coming true.



SUNDAY, FEBRUARY 18TH



SPORTS TODAY

MATCHING GAME



ALPINE SKIING



BIATHLON



BOBSLEIGH



CROSS COUNTRY SKIING



1

CURLING

FREESTYLE SKIING

ICE HOCKEY

SPEED SKATING







📥 ALEX BEAULIEU-MARCHAND

CANADA'S MEDAL COUNT: _____ GOLD _____ SILVER _____ BRONZE

Born: 03/03/1994 (Quebec, QC)

Sport: Freestyle Skiing—Slopestyle

Alex Beaulieu-Marchand wanted to play NHL hockey. But his mom and dad didn't want to spend the weekend at the ice rink. They loved skiing. They taught Alex to ski. His friend taught him how to do some tricks. He tried slopestyle skiing. Slopestyle skiers do tricks over rails, boxes, and jumps. Alex was great at the sport. He even made the Sochi 2014 Olympics. Look for him to have a personal best performance in 2018.

Do you think it's more important to win or to do your be

Do you think it's more important to win or to do your best? Why? Draw and colour a picture to go along with your answer.





S DAY 12 MONDAY, FEBRUARY 19TH



SPORTS TODAY

MATCHING GAME



BOBSLEIGH



CURLING



FIGURE SKATING



FREESTYLE SKIING



ICE HOCKEY

SKI JUMPING

SNOWBOARD

SPEED SKATING





🚵 JUSTIN KRIPPS AND JESSE LUMSDEN

Born: Justin, 01/06/1987 (Hawaii, USA)

Jesse, 08/03/1982 (Edmonton, AB)

Sport: Bobsleigh—Two Man

Justin Kripps and Jesse Lumsden are Canada's best at the men's two-man bobsleigh. They need to be fast and strong. They must push the sled, hop on, and steer down the icy track. They are a powerful pair. Justin was a sprinter and Jesse played professional football. Last year they won a silver medal at the World Championships. Can they win an Olympic gold? Go Jesse and Justin!

JOURNAL ACTIVITY – The Olympic vol

The Olympic values are excellence, respect, and friendship. Draw and colour a picture of one of values. Write a sentence to say why that value means a lot to you.





C> DAY 13 | TUESDAY, FEBRUARY 20TH



SPORTS TODAY

MATCHING GAME





BIATHLON





FIGURE SKATING



FREESTYLE SKIING



ICE HOCKEY



NORDIC COMBINED



SHORT TRACK SPEED SKATING



PyeongChang 2018



TESSA VIRTUE & SCOTT MOIR

CANADA'S MEDAL COUNT: GOLD SILVER BRONZE

Born: Tessa, 05/17/1989 (London, ON)

Sport: Figure Skating—Ice Dance

Scott, 09/02/1987 (London, ON)

Scott Moir's mom was a figure skating coach. She always took him to the rink. At first, he only did figure skating to be a better at hockey. But he stayed in the sport because the skating girls were pretty. Tessa Virtue's grade one class had plans for a skating field trip. Would she be the only one who couldn't skate? To be ready, she took figure skating lessons. Soon Tessa and Scott started skating together. At first, they were both too shy to talk to each other much. Now they are good friends. They are also Olympic gold medallist and world champions. Go Tessa and Scott!

You must believe in yourself to reach your goals. You have to be confident. Write a note to a y

You must believe in yourself to reach your goals. You have to be confident. Write a note to a younger kid telling them how to be confident.



な DAY 14 WEDNESDAY, FEBRUARY 21st



SPORTS TODAY

MATCHING GAME



ALPINE SKIING

BOBSLEIGH

CROSS COUNTRY SKIING



3

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5



CURLING



FIGURE SKATING

FREESTYLE SKIING

ICE HOCKEY

SNOWBOARD

SPEED SKATING



PyeongChang 2018



KAILLIE HUMPHRIES

Born: Kaillie, 09/04/1985 (Calgary, AB)

Sport: Bobsleigh

Kaillie Humphries began bobsleigh at 16 years old. Who knew she would make history in the sport? She won Olympic gold twice with her teammate Heather Moyse. Can Kaillie win a third gold in Korea?

If you could meet any of the Canadian Team athletes, who would it be? What w

If you could meet any of the Canadian Team athletes, who would it be? What would you talk about? What questions would you ask them?

CANADA'S MEDAL COUNT: _____ GOLD _____ SILVER _____ BRONZE







Solution Solution



SPORTS TODAY

MATCHING GAME



ALPINE SKIING



BIATHLON



CURLING



FREESTYLE SKIING



ICE HOCKEY



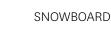
NORDIC COMBINED



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SHORT TRACK SPEED SKATING

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FUN FACT:

OLYMPIC WOMEN'S HOCKEY

Women's hockey has only been part of the Olympics the last five Games. Canada has won the last four gold medals. Most often they play the USA in the final. This is an intense rivalry.



📇 BAILEY BRAM

Born: 09/05/1990 (St. Anne, Man.) Sport: Ice Hockey

Bailey Bram saw the women's hockey at the Salt Lake City 2002 Olympics. She dreamed of playing for the team. She worked hard and played great! Soon she made the national team. Just before Sochi 2014, she was told she didn't make the team. She was heartbroken. But she didn't give up! She worked harder. This time her dream could come true! Go Bailey!

JOURNAL ACTIVITY ----

If you could do any sport in the Olympics, what would it be? Why?



S DAY 16 FRIDAY, FEBRUARY 23RD



SPORTS TODAY

MATCHING GAME



ALPINE SKIING



BIATHLON



CURLING



FIGURE SKATING



F

FREESTYLE SKIING

ICE HOCKEY

SNOWBOARD

SPEED SKATING





ARIELLE THOMPSON

CANADA'S MEDAL COUNT: _____ GOLD _____ SILVER _____ BRONZE

Born: 06/15/1992 (North Vancouver, BC)

Sport: Freestyle Skiing—Ski Cross

Marielle Thompson's friends call her Big Air Mar. She gets lots of air when she skis off the jumps in the ski cross. Ski cross athletes face off in a series of races. The winner goes to the next round. She needs courage! The tricks are very dangerous. But Big Air Mar is the best. She won gold at the Sochi 2014 Olympics. She goes to PyeongChang as World Cup champion.

JOURNAL ACTIVITY 120

Draw a picture of you doing something



ン DAY 17 SATURDAY, FEBRUARY 24TH



SPORTS TODAY

MATCHING GAME



ALPINE SKIING







5

CROSS COUNTRY SKIING

CURLING



ICE HOCKEY



SPEED SKATING



PyeongChang 2018



ARK McMORRIS

Born: 12/09/1993 (Regina, SK)

Sport: Snowboard--Slopestyle

Mark McMorris is one of the world's best snowboarders. He does tricks that others think are impossible. He won an Olympic bronze medal in Sochi. Mark also won 14 Winter X Games medals. But this is a risky sport. In 2016 he broke his leg. It took a long time to get better. He came back to win again. Then disaster struck. He had a big fall. His jaw, left arm, pelvis, and ribs were broken. Can he comeback again? Can he get a medal this time too?

Imagine that you are at the Olympics. Draw a

Imagine that you are at the Olympics. Draw a postcard that you would send home. Write a message to your friend or family.





SUNDAY, FEBRUARY 25TH



BRONZE

SPORTS TODAY

MATCHING GAME



CURLING **FIGURE SKATING**

CROSS COUNTRY SKIING

BOBSLEIGH

ICE HOCKEY

CLOSING CEREMONIES





CHRIS LEE

Born: 10/3/1980 (Georgian Bay, ON) Sport: Hockey

CANADA'S MEDAL COUNT: _____ GOLD _____ SILVER _____

Chris Lee always dreamed of playing hockey for Team Canada. He wasn't drafted to the NHL. But that didn't stop him. He never gave up on his dream! He has been playing for pro teams in Europe. Last year, Team Canada saw how well he was playing. They gave him a chance at the 2017 World Championships. All his teammates were NHL stars. He got two assists. This helped the team win a silver medal. Chris never gave up on his dream!

Draw a picture of the three best moments of

Draw a picture of the three best moments of PyeongChang 2018.

