



Activity One

Design Your Base Camp

When he first arrives on the island, Cole sees a cabin. It is where he will have to spend an entire year and he is not impressed. After an angry outburst, Cole destroyed what was made for him. He then had to learn how to build his shelter from the ground up.

Shelter is the most important thing to secure when you are camping. It becomes even more important when your survival depends on it. A good shelter will protect you from the outdoor elements, like weather, and from any dangers. Cole trusted his cabin to keep out bears and to get him through the winter safely. It was close to the swimming pond, the beach, and to fishing holes.

If you were on an island for a year, what would your camp look like? How would you design your cabin? Create a map of your ideal survival setup. Be sure to include any landforms, like a river, and structures nearby. Where is your fire pit? How far must you walk to chop kindling? Include a legend that gives details on everything you would need to make it through all of the seasons like Cole did. If you would like to add extra detail, draw an inset that shows the interior of your cabin. You should consider the materials and size of the cabin that you could build. Will your camp survive the winter season and Spirit Bears?



Activity Two

Traditions Around Us

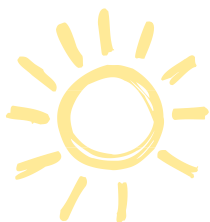
A large part of Cole's journey is learning from Native American traditions. He is not a member of their tribe. They embrace him in their teachings. Many of the ideas that Cole learns comes from their teachings. Carrying the ancestor rock or totem carving helped Cole discover himself.

All of North America was inhabited by another people. Europeans came later to North America. Each group had their own values and beliefs. Their teachings were passed down to each generation. What could they teach us today? Who were the people that first lived where you are?

You will research which Indigenous group lived where you are now. Your findings can be written in a report, on a poster, or made into a media presentation. If you live outside of North America, research the traditional practices of your area. If you have ties to that culture, you can offer a great insight! You must include:

- The name of the community.
- Where they lived.
- Their methods of food gathering.
- Their style of homes.
- Two lessons you can add to your own life.

Cole was open to learning things he was not used to. He was respectful and allowed others to lead him. It is important to listen to other points of view. With a little research, we can learn another way to look at things. History can show us different ways we can live our lives today.



Activity Three

Carve a Totem

Totems have always been a symbol of Indigenous peoples on the North-West coast of North America. These totems were traditionally carved out of tall, straight red cedar trees. They told stories of the tribe. Some totems were for the community, some were for families, and some were for one person. Totems include symbols that explain history. Each First Nations group has a different art style.

Historically, totems were carved and painted red, black, blue, blue-green and yellow. White is a color that is more used in modern totem poles. Often the totems face a body of water, like a river or ocean. Some totems are used to honor those who have passed away. Certain family groups may also have an animal that is represented on their totem.

Cole makes his own totem carving. Each animal on his totem shows a lesson he has learned on the island. The bottom space reflects finally controlling his anger. What would yours represent? You will carve your own totem. If you have the materials, you could carve it out of wood. Other materials to consider: clay, Styrofoam, or bar soap. If you are unable to find these things, you can draw a 2D totem. Think about what colors you will use. Will you use traditional colors or do some experimenting? It may help to do some online research to see the various art styles. Don't be afraid to sketch more than one idea! Remember, a totem pole is a look into someone's personal history. Whether it shows your family, or you, a totem pole is your story.



Activity Four

Building a Healthy Mind

Over his stay on the island, Cole is forced to deal with all of his emotions. When he first meets Garvey and Edwin, he is angry and doesn't trust anyone. He always blames others and carries the burden of his criminal records.

Garvey and Edwin help Cole address his mental health. Mental health refers to your state of mind and how you are feeling. Are you feeling happy? Worried? Sad? Angry? These are all emotions that add to your mental health. It is more important for people to recognize how they are feeling and how they can help themselves and others. The men teach Cole habits—both physical and mental—that can help him improve his well-being.

How can we share some mental health tips with others? An eye-catching poster will be sure to grab other's attention. Your task is to create an informational poster on creating better mental health. Be sure to think about who your target audience is. A young student will need different information than an adult.

Good Posters Have:

- Bright colors.
- Large text.
- Clear pictures that are easy to understand and simple.
- Less text than pictures.
- Correct spelling.

Your work could help others get into a better mental space. The more awareness around mental health, the better!



Activity Five

Make an At.óow



The at.óow is a key symbol of Cole's journey on the island. Garvey explains that the blanket is never truly owned by one person. It belongs to the community and clan; it must be passed from one person to another. Someone can only be a custodian of an at.óow and it won't belong to them forever.

The blanket keeps Cole warm, is used in celebration, and helps him recover. It keeps appearing when Cole needs it most. He passes it to Peter as a symbol of their relationship changing. Cole has taken charge of his own life and is passing the blanket on to another. Traditionally, an at.óow incorporates a few colors and animal totem symbols. It is made of goat hair and bark. They are large and are sometimes hung as a display.

You will design your own at.óow. It could represent you as one person, or your family. Here are some things to consider:

- What color(s) are important to you? What does it represent?
- What animals do you connect with?
- What other emblems could you include? Things like landmarks or nature images could be used.

Draw your at.óow. Take care with the details of color placement and where your symbols are placed. On a separate piece of paper, describe your at.óow. Be sure to include the explanation of your choices. Why did you use one color? What animals are shown? When you are done, you are encouraged to gift your design to someone else. Passing it along would honor the tradition of the at.óow.



NAME: _____



Activity Six

Have a Food Celebration



Garvey and Edwin teach Cole the value of celebration. They do this by creating the best meals possible at camp. Even the simplest hot dog can be made into something special. What do you think of when you imagine a celebratory meal? Is it something sweet? Something fancy? Or maybe it's a family recipe that you love. Choose a meal that is worthy of celebrating. You will write a descriptive passage that describes your food.

A strong piece of descriptive writing includes the five senses.

Sound: What does it sound like when you chew it? What noises come when you're cooking it?

Taste: Is it sweet? Is it sour?

Touch: Is it crunchy? How chewy is it?

Sight: What does it look like?

Smell: What aromas are coming from the kitchen?

Write every small detail and give your readers a chance to savor it. You could choose to include some photos of this dish. Better yet, you could bring in a sample to share! Yum!

