

WORK BOOK



PROJECT 11

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Teamwork Word Search

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

DEFENCE
FORWARD
GOAL
GOALIE

GOMOOSEGO
HOCKEY
ICE
MANITOBA

PASS
PUCK
STICK

Word Scramble Challenge

Unscramble the Moose Hockey 101 terms below and arrange the circled letters to solve the last scramble.

F C F O E A F									

R T A T H I K C									

O P A H L S S T									

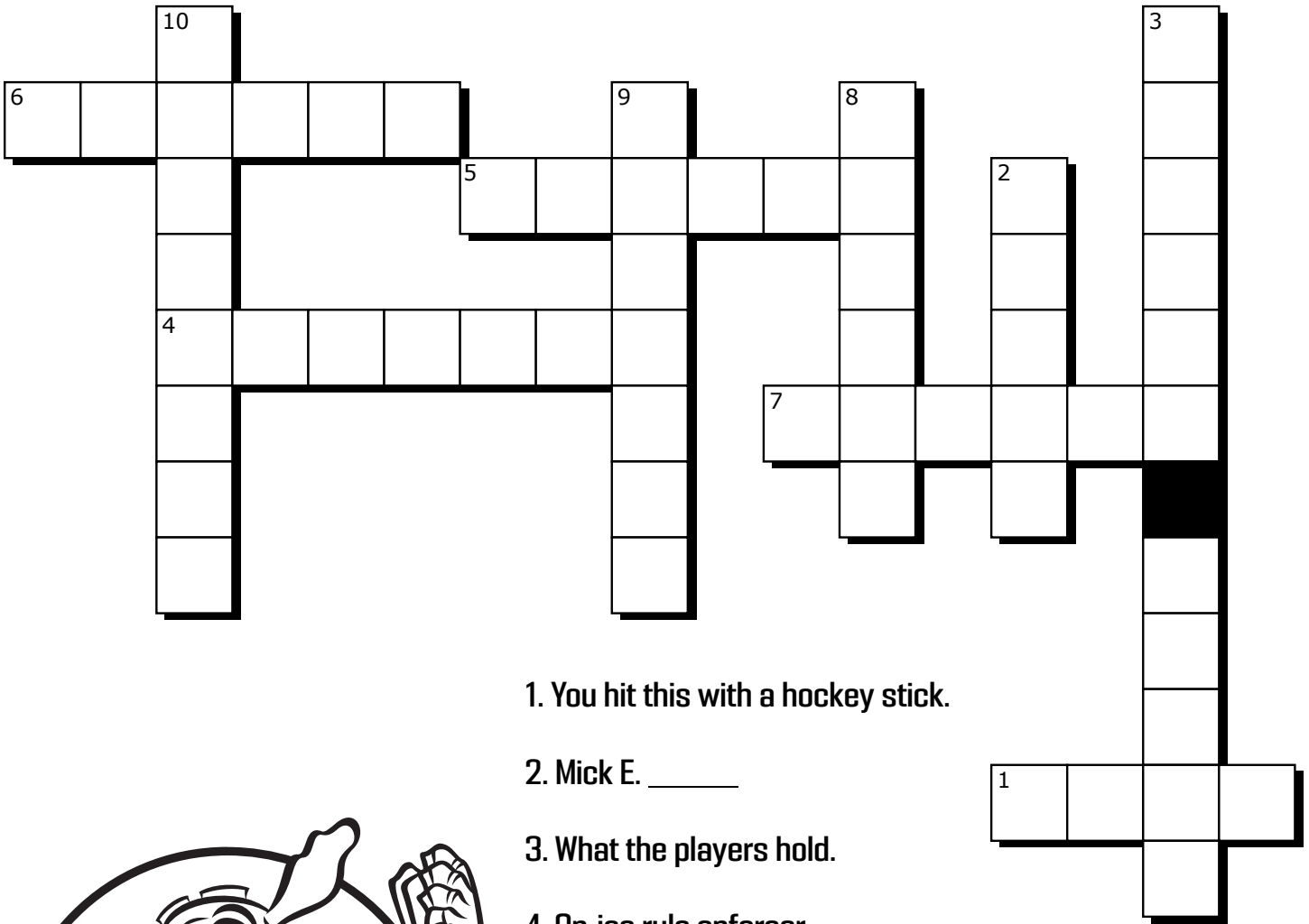
O S M I E E O K C M											

This is what the 'C' stands for on a hockey player's jersey.						
						N

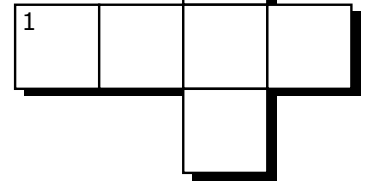


Having a growth mindset means you're willing to face challenges and learn from mistakes. So, go ahead and take your shot!

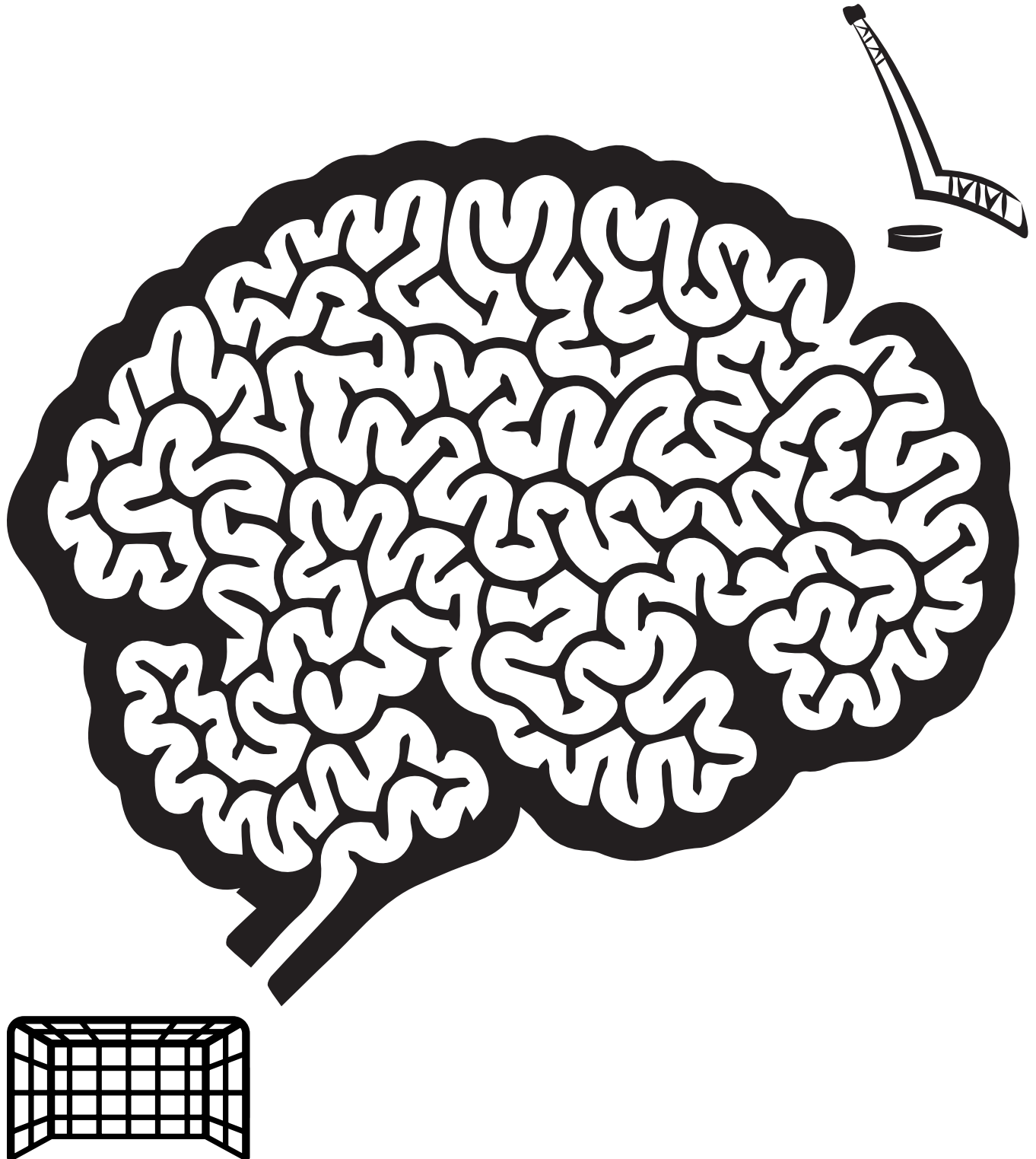
Crossword Puzzle



1. You hit this with a hockey stick.
2. Mick E. _____
3. What the players hold.
4. On-ice rule enforcer.
5. Protector of the crease.
6. What players wear on their feet.
7. What players wear on their torso.
8. What protects the player's head?
9. To start the game, we must do this.
10. A 3 goal performance.



A-MAZE-ing Brain Challenge



Moose Bag Mix-Up

Ten Manitoba Moose players forgot to put their name tags on their equipment bags.

Use the clues to figure out which equipment bag belongs to which player.

Write the player's name below their bag.

PROJECT 777



GAME PLAN

PROBLEM SOLVING TIPS:

- Try to get a full understanding of the challenge.
- Start with what you know.
- Take things one step at a time.
- If it doesn't work the first time, take a step back and try it again.

- Parker's** bag is above **Tyrel's** and to the left of **Brad's**.
- Axel's** bag is between **Dominic's** and **Jaret's**.
- Elias' bag** is above **Dominic's**, and between **Parker's** and **C.J.'s**.
- Ashton's** bag is below **Brad's**, and they are the last bags on the right.
- Mason's** bag is above **Jaret's**.





















Jersey Number Jumble

Using the legend below, substitute the corresponding letters for the jersey numbers in the puzzle provided.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
M	S	E	V	Y	G	B	I	U	A	C	K	R	T	P	N	O

12 3 3 15

2 14 13 8 4 8 16 6

14 17 7 3 5 17 9 13 7 3 2 14

15 13 10 11 14 8 11 3 1 10 12 3 2

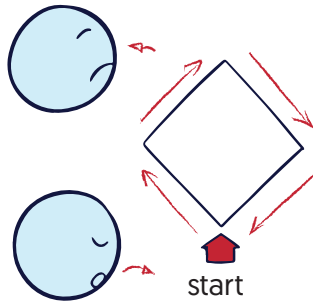
15 13 17 6 13 3 2 2!

Calming Strategies

Three Strategies to Calm our Nervous System

1-

Deep and Focused Breathing



- Hold a book in front of you or imagine a square.

- Inhale deeply as your eyes follow the one side of the book, hold your breath at the corner, then exhale as your eyes follow the next side of the book, hold your breath again at the next corner. Do the same for the third and fourth sides.

- Repeat 3-4 times.

2-

5 Things

When our nervous system is heightened, our minds are often worrying about the past, or jumping ahead to the future. Bringing our awareness back to the sensory experiences in our present moment helps to ground and center us, thus calming our nervous system.

List 5 things you can:



SEE



TOUCH

from where you are sitting/standing

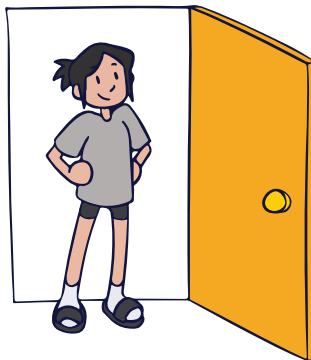


HEAR

Repeat the process with 4 [new things if possible]. Then 3, 2, and finally 1 thing you can see, touch and hear.

3-

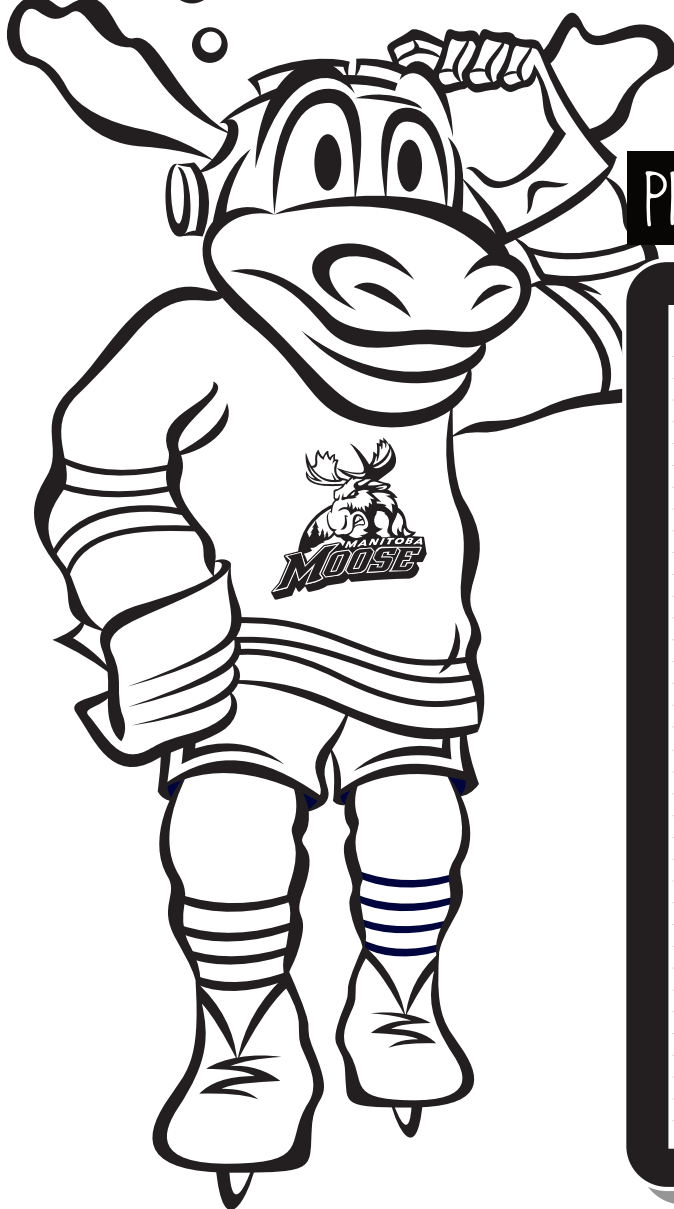
Change your environment



Often when our stress systems are activated, we are concerned with something in our present environment. Stepping outside, going into another room or otherwise removing yourself from the triggering environment can help provide a feeling of calm and clarity again.

Post-Game Reflection

Reflection is a powerful tool for growth and development. What's your game plan for being a better teammate or classmate?
Draw your ideas or write key words in the space below!



PROJECT 77



GAME PLAN

A large, empty rectangular area with horizontal lines, intended for drawing or writing a game plan.

Answer Key

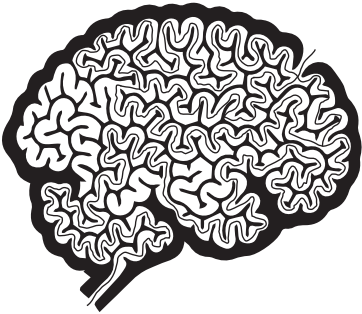
Word Scramble Challenge (Page 4)

Face off, Hat-trick, Slap shot, Mick E Moose, Captain

Crossword Puzzle (Page 5)

- | | | | |
|-----------------|------------|------------|--------------|
| 1. Puck | 4. Referee | 7. Jersey | 10. Hattrick |
| 2. Moose | 5. Goalie | 8. Helmet | |
| 3. Hockey Stick | 6. Skates | 9. Faceoff | |

A-MAZE-ing Brain Challenge (Page 6)



Moose Bag Mix-up (Page 7)

Mason, C.J., Elias, Parker, Brad
Jaret, Axel, Dominic, Tyrel, Ashton

Jersey Number Jumble (Page 8)

Keep Striving to be your best. Practice Makes Progress!



PROJECT 11