

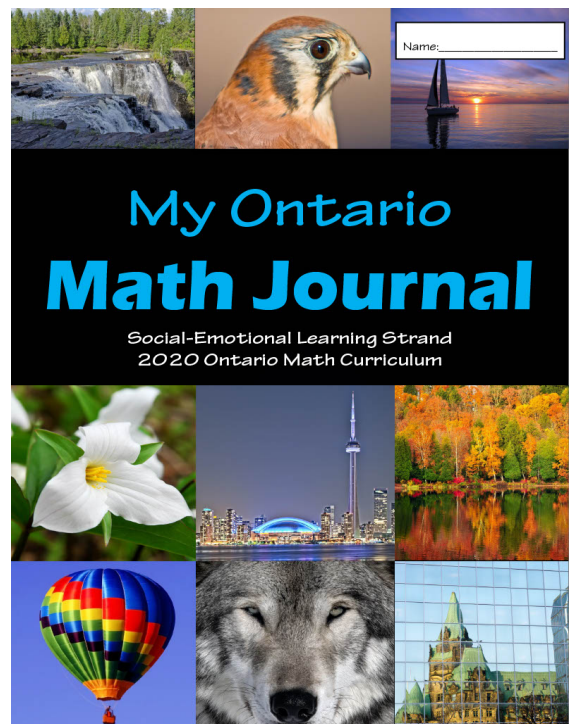
My Ontario

Math Journal

Sample Pages

This PDF file contains random sample pages of our 32 page **My Ontario Math Journal** student resource. Our newest resource was written specifically to align with the new **Social-Emotional Learning** strand in Ontario's 2020 math curriculum.

Note: The Table of Contents in this sample booklet appears in the **My Ontario Math Journal Teacher Guide** (which is included at no charge with your order). The Table of Contents does not appear in the actual student journal.

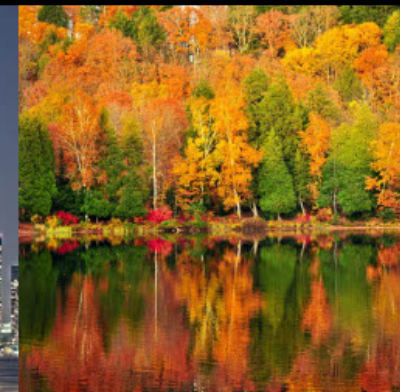


Front Cover



My Ontario Math Journal

Social-Emotional Learning Strand
2020 Ontario Math Curriculum



Math Journal

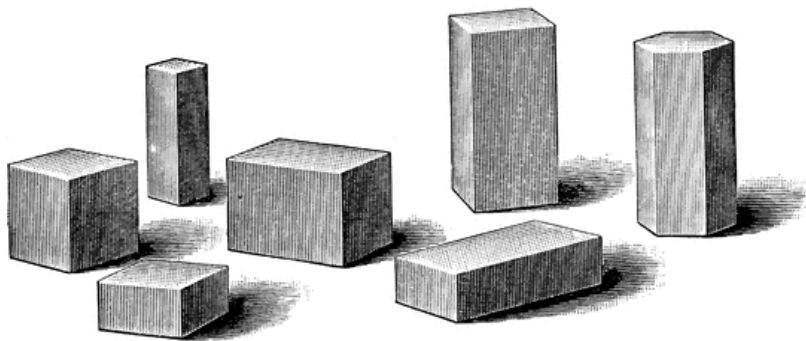
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My Ontario

Math Journal

Social-Emotional Learning (SEL)



Name: _____ Class: _____

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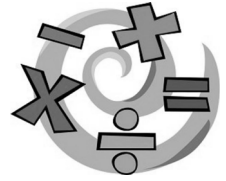
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Social-Emotional Learning Overall Expectations

in Student Friendly Language

1. Apply, to the best of your ability, many social-emotional learning skills to support learning the other five math strands.



Specific Expectations - Key Concepts

in Student Friendly Language

Identify and Manage Emotions

Recognize that learning new math concepts can often be met with a range of emotions from excitement to discomfort.

Stress Management and Coping

New math challenges may lead to a feeling of stress. It is important to try to understand this stress and learn strategies to help cope. Peers, teachers and family can offer important support.

Positive Motivation and Persistence

Many concepts in math may at first appear difficult, but repeated, positive effort can lead to success. It's okay to make mistakes and learning from mistakes is part of the learning process. Keep trying, you can do it!

Healthy Relationship Skills

It is important to be cooperative and collaborative. Helping others learn benefits everyone.

Self-Awareness and Sense of Identity

It is important to know who you are and what your sense of purpose is. It is important to reflect on strengths and accomplishments and sharing these with your math family. Everyone is a math learner.

Critical and Creative Thinking

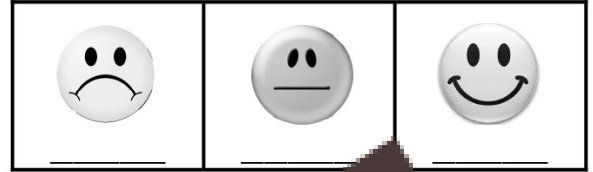
You must be able to question, interpret, predict, analyse, detect bias and distinguish between alternatives. You must set goals, manage time and communicate effectively. You must reflect on decisions and assess strategies.

Starting Points - The Math Journey Begins

Date: _____

At the start of the new school year, answer the following questions.

Check an emoji that best describes how you feel about math in general and add a comment.



Describe a time in math class from a previous year in which you felt really good about yourself. Why did you feel successful?

When it comes to math, is there an area that you find difficult?

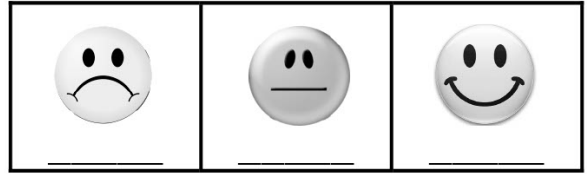
Complete the sentence - When I study for a math test, I....

Report Card Reflection

Date: _____

After you receive your report card, update your thoughts as they relate to math.

How would you rate your current learning attitude towards math? Check an emoji and add a thought.



At this point in the school year, what are your strengths and weaknesses in math?

Did you change your mind about anything related to learning math during this term?

As you start the last term of the year, are there any tips or suggestions you can offer yourself that will lead to even greater success in math?

SAMPLE

Strand: Number

Overall Ontario Math Expectations in Student Friendly Language

1. Demonstrate an understanding of numbers and make connections to the way numbers are used in everyday life.
2. Use knowledge of numbers and operations to solve math problems found in everyday life.

Bright Ideas!

Use this page to write down random notes, examples, reminders, or tips you would like to keep track of as you work through the **Number** strand.

SAMPLE

Real-Life Problem Solving

Problem:

Date: _____

Show your work.....

SAMPLE

Answer:

The most important part of solving this problem was.....

How can this problem be applied to real-life?

Algebra Strand

Activity Reflection

After completing a math activity, write a short reflection about your experience. Be sure to include thoughts that connect to the social-emotional learning expectations and strategies outlined on pages 2 and 3.

Date: _____

Activity: _____

What I did well.....

What I need to work on.....

The most important thing I learned was.....

I could apply what I learned from this activity to real life when I.....

- Identify and Manage Emotions
- Recognize Sources of Stress and Cope with Challenges
- Maintain Positive Motivation and Perseverance
- Build Relationships and Communicate Effectively
- Develop Self-Awareness and Sense of Identity
- Think Critically and Creatively

SAMPLE

Spatial Sense Strand Summary Reflection

Once you finish the Spatial Sense strand complete the following questions.

Date: _____

List four ways you could apply what you learned in this strand to a real-world situation.

1. _____ 2. _____

3. _____ 4. _____

Assess your personal performance for this recently completed strand.

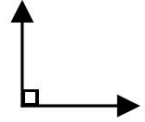
By the end of this strand I was able to.....

The most important thing I learned in this strand was.....

What specific social-emotional strategies did you use in this strand?

Choose one of the social-emotional strategies you have listed and describe specifically the situation it was used in.

End of the Year Reflection



Date: _____

How would you assess your own learning in math this year? Have you grown as a math learner? Did you reach the goals you set out on page 6 at the start of the school year?

Check any of the social-emotional learning strategies you used in the year

Skills	Sample Strategies	Used
Identify & Manage Emotions	<ul style="list-style-type: none"> - using a "feelings" chart - using a "feelings thermometer" 	 ___ ___
Stress Management & Coping	<ul style="list-style-type: none"> - problem solving blocks - remembering a simple problem - pausing to reflect - deep breathing exercise 	 ___ ___ ___ ___
Positive Motivation & Perseverance	<ul style="list-style-type: none"> - consider trying different problem solving strategies - supporting your peers with positive thoughts 	 ___ ___
Healthy Relationship Skills	<ul style="list-style-type: none"> - trying to help others - taking on different roles when working in a group 	 ___ ___
Self-Awareness & Sense of Identity	<ul style="list-style-type: none"> - building your math identity by learning from past challenges - monitoring your progress - reflecting on strengths and accomplishments 	 ___ ___ ___
Critical & Creative Thinking	<ul style="list-style-type: none"> - using graphic organizers to help identify connections - using organizational tools such as planners, trackers and goal-setting exercises 	 ___ ___

Did you have a favourite SEL strategy? Describe how it helped you?

Teacher Feedback

Strand: Spatial Sense

Expectations	1	2	3	4
All writing tasks are complete and on time				
Appropriate mathematical vocabulary has been used				
Suggested SEL vocabulary has been used				
Writing is meaningful and includes detailed SEL content				
Examples and evidence are used to support the writing				
Real-life problem solving is completed using pictures, numbers and words				

Comment: _____

Strand: Financial Literacy

Expectations	1	2	3	4
All writing tasks are complete and on time				
Appropriate mathematical vocabulary has been used				
Suggested SEL vocabulary has been used				
Writing is meaningful and includes detailed SEL content				
Examples and evidence are used to support the writing				
Real-life problem solving is completed using pictures, numbers and words				

Comment: _____

In summary.....

Back Cover

Social-Emotional Learning

Word Wall

Challenge Collaborate Communicate

Connecting Cope

Critical Thinking

Foster Inclusivity Motivation

Perseverance Positive

Problem Solving *Reasoning*

Reflecting Relationship Representing

Resilience Sense of Identity

Strategy **Thrive** Well-being