The WCR
Westcoast Reader

Teachers' Notes

The exercises in these Teachers' Notes provide learning activities for a wide range of learners. They focus on helping learners develop reading strategies; increase their vocabulary; and improve their grammar, spelling, and pronunciation. Resources are included for extension activities and a discussion is included to help improve speaking and listening.

Gail Hanney & Jade Chan, Co-editors

Answers

Fill in the blanks (TN3)

1. do 2. don't
3. don't 4. do
5. do 6. don't
7. do 8. don't

Words (TN4)

1. made 2. meet
3. threw 4. board
5. allowed 6. threw

Find the meaning (TN4)

1. c 2. g
3. a 4. f
5. b 6. e 7. d

Adjectives
1. Keep your room **dark** and **cool**.
2. Five prizes will be awarded by a **random** draw.
3. Literacy is **important** to everyone.
4. Sleep on a **comfortable** bed.
5. Some people don't have enough money to pay for **basic** needs.
6. Drink a cup of **warm** milk before bed.
7. B.C. landmarks will light up in **purple** at night on September 8.
8. There was a **major** network outage in July.

Resources & Discussion

Red pandas KWL (WCR3)

A K-W-L (Know- Want to Learn-Learned) chart can help learners sort information from an article or video.

Here is a video about red pandas: https://www.youtube.com/watch?v=13Kaw0mbCM0

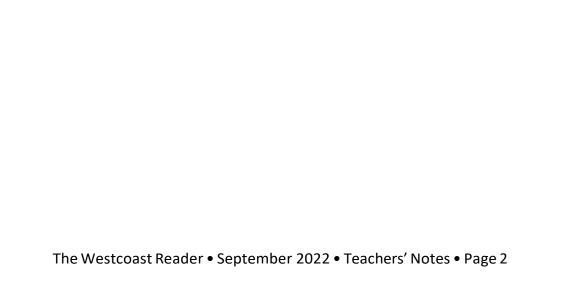Before watching, ask learners what they know about red pandas and fill out the **K** column.

Let learners read the title of the video or read it to them, then have them think of questions to write under the **W** column.

After watching the video, have learners fill out the **L** column. Learners can put a check mark next to any questions they had answered from the video in the W column.

Sleep discussion (WCR4)

Split the class into groups A and B. Give learners list A and list B of discussion topics accordingly. Give learners time to think individually about their answers first. Then pair learners up from group A and B to share their answers. Finally, ask if any would like to share something interesting with the class.

Here is the list of discussion topics on sleep: https://esldiscussions.com/s/sleep.html

Do's and Don'ts

Read "How to sleep better" in *The Westcoast Reader*. Write **do** or **don't** next to each sentence.

_____	1. Keep your bedroom dark and cool.
_____	2. Drink alcohol before bedtime.
_____	3. Use your computer, phone or tablet when you are in bed.
_____	4. Create a relaxing bedtime routine.
_____	5. Drink a cup of warm milk before bed.
_____	6. Eat a big meal before bedtime.
_____	7. Listen to relaxing music or read a book before bed.
_____	8. Go to bed and wake up at a different time every day.

Sleeping habits

What do you do to relax before bedtime? Share three tips below.

1. _____

   _____

2. _____

   _____

3. _____

   _____

Words

Some words sound the same. Choose the correct word to complete each sentence.

1. The Pope _____ stops in Edmonton, Quebec City and Iqaluit. (made/maid)

2. He will _____ with Indigenous leaders and residential school survivors. (meat/meet)

3. People with disabilities _____ to buy medicine, mobility aids or counselling. (knead/need)

4. Paprika is a red panda. She is _____ years old. (fore/four)

5. Paprika gave birth to a cub. The cub is a _____. (male/mail)

6. The International Day of _____ is on September 21. (Piece/Peace)

Find the meaning

Part 1. Match the word with its meaning.

Word	Meaning
1. approve	a. not having enough money for basic needs
2. caffeine	b. say you are sorry
3. poverty	c. formally agree to a plan or idea and say that it can happen
4. impact	d. an anniversary celebrating 25 or 50 years
5. apologize	e. a period when a service is not available
6. outage	f. have a strong effect on someone or something
7. jubilee	g. a chemical found in coffee, tea, and cocoa. It makes you more active

Adjectives

Adjectives are used to describe nouns (people, places or things).

Choose the correct adjective(s) to complete the sentence.

1. Keep your room _____ and _____.

2. Five prizes will be awarded by a _____ draw.

3. Literacy is _____ to everyone.

4. Sleep on a _____ bed.

5. Some people don't have enough money to pay for _____ needs.

6. Drink a cup of _____ milk before bed.

7. B.C. landmarks will light up in _____ at night on September 8.

8. There was a _____ network outage in July.

cool	important	random
comfortable	dark	warm
major	purple	basic

Write four sentences that describe something. Use adjectives in each sentence.

1. _____

2. _____

3. _____

4. _____