



CANADIAN ARTISTS

Canadian Hero

Douglas Copeland



TERRY FOX



Grades 3 - 8

TERRY FOX - Canadian Hero

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Learning Standards

Learning Standards describe what students should know, be able to do, and understand by the end of each grade. Learning standards frame the important competencies/expectations and big ideas for each grade. Lessons in this bundle address the following standards:

VISUAL ARTS

- Apply the creative process to produce works of art using the elements, principles and techniques of visual arts to communicate feelings, ideas, and understandings.
- Use the critical analysis process to describe, interpret and respond to works of art.

LANGUAGE ARTS

- Listen to understand and respond appropriately.
- Use speaking skills and strategies appropriately to communicate.
- Read and demonstrate an understanding of texts.
- Write for an intended purpose.

SOCIAL STUDIES

- Develop an understanding of cultural and national identities and how they contribute to Canadian heritage.
- Develop a sense of personal identity.

MATHEMATICS

- Use spatial reasoning to construct shapes and objects

Looking at Art



Have students use SEEK™ to help organize their thinking and build their observational skills. Guide them to support their ideas with evidence they see in the artwork.

SEE – Look closely at the image for about a minute. What do you see?

EVIDENCE – What do you see that makes you say that?

EXPLAIN – What choices did the artist make? How did those choices help communicate the message?

KNOW – What do you know about the artist's intent? What else do you want to know?

Why is Terry Fox a hero?

Terry Fox was a remarkable young man. He is beloved by people all over the world and a true Canadian hero. He showed by his actions that one person really can make a difference. Terry showed courage when he decided to run across Canada even after losing a leg to cancer. Running with a prosthetic leg meant he was in pain every minute of every run, but he didn't let that stop him. He was determined to make a difference.

Terry was thinking of others, not himself. When he got cancer there was so much to learn about treating the disease. He knew that research costs millions of dollars. He wanted to raise money for research so that doctors could find better ways to treat and cure cancer. He cared about helping others, especially the little kids he had befriended in the hospital. Terry was only a teenager himself, yet he knew he could do something.

Even though Terry couldn't finish his run, his determination and kindness inspired people all over the world. Because of him, people have raised millions of dollars for cancer research. He taught us to be better.

Terry Fox is remembered as a hero because of his courage, kindness, and the lasting impact he made on the world. His Marathon of Hope continues to inspire people to help others and never give up.

TERRY FOX - Canadian Hero



Learn more about Terry Fox at the following links:

[Terry Fox and Me Read Aloud](#)

[Terry Fox Remembered](#)

[Terry Fox: The Power of One](#)

[Terry Fox - Canadian Encyclopedia](#)

[Terry Fox's legacy will live on - CBC](#)

[The Terry Fox Foundation](#)

Terry Fox was a young man from Port Coquitlan, British Columbia, Canada who did something very brave to help others. When Terry was 18, he found out he had bone cancer. Doctors had to remove one of his legs. While in the hospital he saw lots of kids with cancer. This made him very sad

Terry decided to do something. He would run across Canada to raise money for cancer research. It would be a **Marathon of Hope**.

Running with a prosthetic leg was very painful, but Terry didn't care. He was determined to run **46 km** every day. He wanted to get \$1.00 from every Canadian and use that money to find a cure for cancer! He ran rain or shine.

Terry started his run in St. John's, Newfoundland on the east coast of Canada. He ran **5,373 km** (about 3,339 miles)! Sadly, after **143 days** of running, Terry got too sick to continue and had to stop near Thunder Bay, Ontario. He raised 24 million dollars!

His incredible determination and bravery inspired millions of people. Today, every fall people all over the world participate in the Terry Fox Run. They raise money for cancer research and keep Terry's dream of finding a cure alive. Over 850 million dollars has been raised since that first marathon!

Terry Fox is so famous in Canada that there are schools, streets, and even mountains named after him! He is remembered for his determination and kindness. A true hero!

TERRY FOX - Canadian Hero

Fill in the missing information.

1. Terry Fox was from _____
2. When he was 18 Terry Fox got _____
3. Doctors had to _____
4. In hospital Terry Fox met lots of _____ who had _____
5. He decided to do something _____
6. He ran a _____ every day for _____ days.
7. Terry Fox started his run in _____
8. Terry Fox only stopped running because he got _____
9. He ran a total of _____ kilometers.
10. Terry Fox is remembered for _____

kids	sick again	143	never giving up
remove his leg	cancer	Port Coquitlan, British Columbia	
marathon	bone cancer	brave	a marathon
5,373 km	St. John's, Newfoundland		

Name: _____ Date: _____



DOUGLAS COPELAND

ARTIST, WRITER

Have you ever noticed how some people love to tell stories? Especially when they get together with friends and start remembering important events they have shared? Did you know that artists like to tell stories too? Their artworks get us wondering about the story they are telling.

Douglas Coupland is a famous Canadian artist and writer. His parents were in the military and he was born in Germany on December 30, 1961 while they were on duty there. He grew up in Vancouver, British Columbia and became famous for creating interesting art and writing books that make people think about the world in new ways.

One of his most famous artworks is the **Terry Fox Memorial** in Vancouver. Coupland wanted to tell the story of Terry Fox's 'Marathon of Hope', a run he started even though he had lost a leg to cancer. Coupland really wanted the memorial to help people remember Terry Fox's bravery and determination. He wanted people to be able to interact with the work in some way. Terry Fox ran to raise money and awareness for cancer research, and he inspired millions of people. Coupland wanted to tell that story in his art, and he wanted to be sure people could easily understand the story because of the symbols that he used.

The Terry Fox Memorial is a set of four, bronze statues that show Terry Fox running. These statues are located in Vancouver, Canada. Each statue shows Terry in a different pose as he shifts from one leg to the other. Coupland wanted to show Terry Fox's unique running style. The double step, or hop, on his good leg, and then the skip motion needed to give time for the prosthesis to swing through. By creating 4 distinct poses it looks as if Terry is moving. The statues get gradually larger. The first one at the back of the line is life size, the last one, at the front of the line, is twice as big. View the memorial and see what other symbols Coupland used to tell the Terry Fox story.

Learn more about Douglas Coupland at the following links:

[Smarthistory - Coupland/ Terry Fox Memorial](#)

[Global News - Terry Fox Memorial](#)

[CBC - New Terry Fox Memorial Unveiled](#)

Image: Douglas Coupland, CC BY-SA 3.0 <<https://creativecommons.org/licenses/by-sa/3.0/>>, via Wikimedia Commons

Douglas Coupland, *TERRY FOX MEMORIAL*, 2011



By Rlread52 - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=47555279>

Douglas Coupland, *TERRY FOX MEMORIAL*, 2011



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The Terry Fox Memorial

Work with a partner to view the Terry Fox Memorial by Douglas Coupland. Answer the following questions:

1. What do you notice? Describe the details you notice that keep you looking at the whole thing.

2. One of Coupland's artistic choices was to include 4 different poses of Terry Fox placed in sequence. What do you think he was trying to say by making this choice? How does it contribute to the overall message of the Terry Fox story?

3. Memorials are created to honour and remember important people and events. They challenge the viewer to remember the story about what happened and why it is important. What qualities does Coupland highlight in his telling of the Terry Fox story? What do you see that makes you say that?

4. Terry Fox's legacy lives on through the annual Terry Fox Run and other cancer research initiatives. How does the memorial help keep his story alive for future generations?

5. If a memorial was being designed to honour you what qualities would you want it to highlight? What symbols could be used to get the message across?

6. What did you learn about Terry Fox by analysing the memorial?

7. How has the story about Terry Fox and the memorial inspired you?

Name: _____ Date: _____

Sculptures Honouring Terry Fox



Terry Fox is one of those larger than life kind of people. Did you know that he is considered a national hero for his 'Marathon of Hope'? Imagine running a marathon EVERY DAY despite having lost your leg to cancer! His determination to raise awareness and money for cancer research touched the hearts of millions of Canadians.

Throughout history statues have been used to honour influential leaders, heroes, or notable individuals who have made significant contributions to society. No wonder there are statues of Terry Fox all across Canada. His statues represent a collective desire to remember, honour, and promote the values that Terry embodied – courage, perseverance, compassion, and hope for a better future.



CREATE a sculpture of Terry Fox that will remind you of Terry Fox's story, the values he stood for, and the history of his Marathon of Hope. Reflect on what you can do to promote his values.



PRESENT your sculpture by working collaboratively with your peers to organize a display of all the works. Take turns presenting your sculptures. Practice effective presentation skills by speaking in a clear voice, looking at your audience while speaking, pointing to areas in the artwork, providing accurate information and answering questions in a direct, concise way.



RESPOND to your classmate's sculptures. Describe one thing that stands out in your mind about Terry Fox and how your peer's sculpture connects with that idea. Ask about their creative process and share what you find interesting about their work. Comment on how the sculpture can stand alone, and also contribute to the group display as a whole.



CONNECT something that stands out in your mind about Terry Fox with something you have experienced. What happened to you that makes you think about Terry and how he dealt with his challenge? How does his example inspire you to deal with your own challenges? How can your sculpture help you remember to persevere when things are really challenging?



Terry Fox Statue at Mile 0, St. John's Newfoundland. (Photo: Gordon Leggett / Wikimedia Commons)



Terry Fox, Ottawa, Ontario (Jeangagnon, CC BY-SA 4.0 <<https://creativecommons.org/licenses/by-sa/4.0/>>, via Wikimedia Commons)



Terry Fox Sculpture, Victoria, British Columbia (MVict, CC BY-SA 4.0 <<https://creativecommons.org/licenses/by-sa/4.0/>>, via Wikimedia Commons)

Sculptures Honouring Terry Fox

View the sculptures of Terry Fox . These are just 3 of many Terry Fox sculptures across Canada. The sculptor in each case chose an aspect of Terry's story to focus on. If you didn't know anything about Terry Fox, what can you learn from the sculptures?

Think about what the pose tells you about his feelings, actions, or story. Try striking the poses you see in the sculptures and share what you feel as you hold the pose. Imagine what Terry might be thinking, feeling, or doing based on the pose. Reflect on Terry's story. What part do you want to highlight in your sculpture? Why? How will you pose your figure so the viewer will understand your message?

You will need:

- Crayola Model Magic
- Aluminum Foil
- Toothpicks
- Rock or other object for a base
- Hot Glue Gun & Glue

1



1. An **armature** is like a skeleton for a sculpture. It is a wire or other solid structure around which a sculpture is molded to support the sculpture if it is made of a medium that can not stand on its own.
2. Use aluminum foil to create an armature for your sculpture.
3. Use a piece of foil about 30 cm x 30 cm.
4. Make a tear in the middle of the foil that runs about halfway up the square.

2



1. Squeeze the foil to form legs a body and a head.

Sculptures Honouring Terry Fox

3



1. Press Model Magic onto the armature to mold your figure.
2. Mix small amounts of primary colours to make the colours you need for the details. If you are working with white Model Magic you can colour it by poking it with Crayola Markers and kneading the colour into the modelling material.
3. Do not add water to the Model Magic. You can smooth it with your fingers.
5. Add lots of details. The Model Magic sticks to itself and is soft and heavy until it dries. This is why it needs an armature.
6. Once it is complete prop it up in the pose you want it to hold.
5. Allow it to dry for 24 hours.

4



1. Find a rock or other object for a base.
2. Use a hot glue gun to glue the sculpture in place.
3. Use the form to write an artist statement about your work and process.

Terry Fox Run Posters

Did you know that the first Terry Fox Run was held on September 13, 1981, just a few months after his death? It was organized to continue Terry's mission of raising funds for cancer research and to keep his memory and message alive. Over 300,000 Canadians participated in that first run, raising \$3.5 million for cancer research.

The main goal of the Terry Fox Run is to raise money for cancer research. The Terry Fox Run is held in countries worldwide spreading Terry's message of hope and determination across borders. Since its inception, the Terry Fox Run has raised over \$850 million (CAD) for cancer research.



CREATE a poster to remind people about the Terry Fox Run. Use Construction paper, cut out letters and modern calligraphy to make a bold design.



PRESENT your poster to a small group of your peers. Describe what you like best about your work and why. Share how you decided on the text. Explain your process and how you feel it worked out. Describe one thing you would want to improve upon and why.



RESPOND to your classmate's poster. Describe what you think is especially well done and explain why. Talk about the technical skills demonstrated, such as the uniformity of the letters and attention to details. Respond to the text. How does it encourage you to participate in the Terry Fox Run? Share any suggestions you may have.



CONNECT how strong contrast and simple shapes in a design are used in merchandise you have seen or own. What makes these elements so powerful? How does digital media use these ideas to capture your attention? Find one example of a powerful design in the marketplace and compare it with your own design. How are they similar? How are they different?

Terry Fox Run Posters

You will need:

- Crayola Construction Paper
- Crayola Washable Glue Sticks
- Crayola Sketchbooks
- Crayola Broad Tip Markers
- Crayola Scissors
- Rulers & Pencils

1



1. Make a plan drawing in your sketchbook.
2. Block out spaces for all the letters.

2



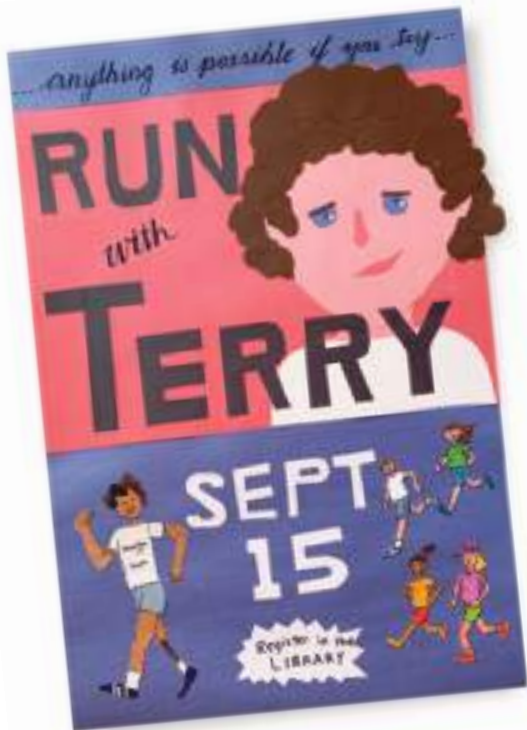
1. Choose the colours you want to work with.
2. Cut out rectangles of paper for each of the main shapes.
3. Arrange the rectangles on the background paper to make sure they all fit.

3



1. Follow the instructions to cut out all the letters.
2. Use symmetrical shapes to cut out the animal and details.
2. Arrange the shapes to be sure they all fit.
3. Choose contrasting colours for the details.
4. Glue the pieces in place.

Terry Fox Run Posters



The main goal of the Terry Fox Run is to raise money for cancer research. The Terry Fox Run is a non-competitive, family-friendly event. Participants can walk, run, bike, or even rollerblade. There is no specific distance required so people of all ages and fitness levels can take part.

The event is unique because there are no entry fees. Participants are encouraged to raise funds through sponsorships or donations from friends and family.

The run is more than just a fundraising event. It has become a symbol of unity, compassion, and the collective effort to fight cancer. Terry Fox's story continues to inspire people to believe in their ability to make a difference, one step at a time.

INCLUDE THESE KEY ELEMENTS IN YOUR TERRY FOX RUN POSTER

VISUAL ELEMENTS – Include bright and engaging visuals that appeal to young students.

LETTERING – Use symmetrical, cut out Letters and modern calligraphy.

CALL TO ACTION – Encourage students to participate, raise funds, or support the cause

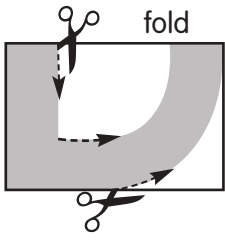
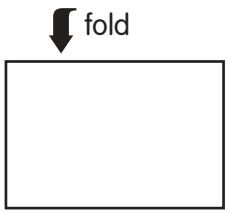
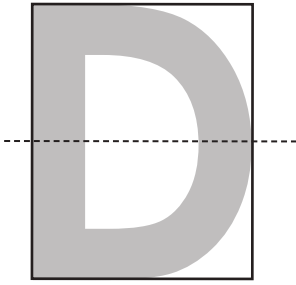
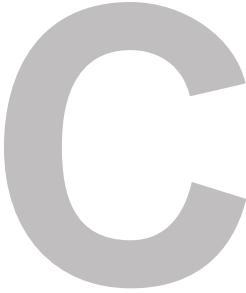
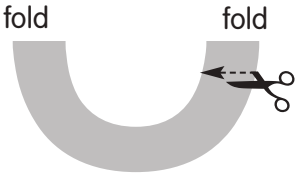
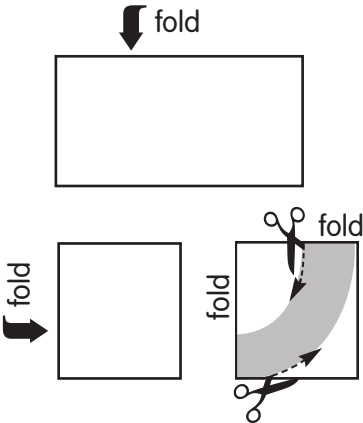
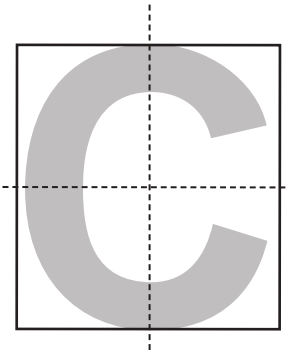
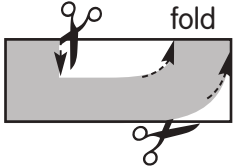
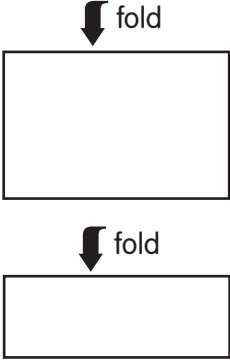
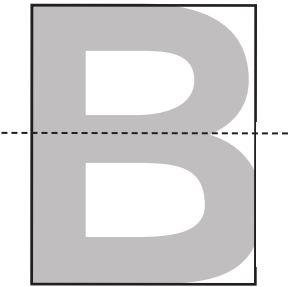
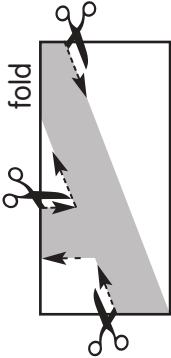
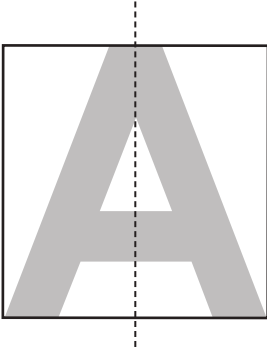
FUN AND ENGAGING DESIGN – Use bright colors, bold fonts, and simple text that is easy to read.

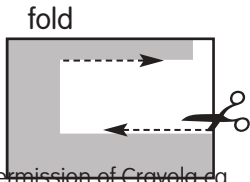
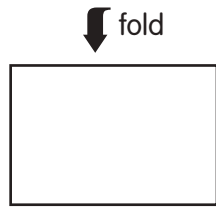
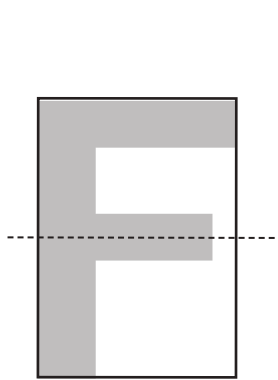
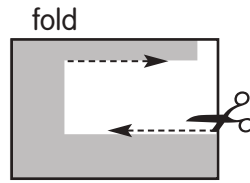
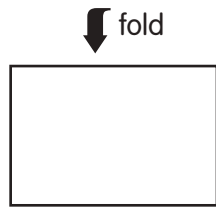
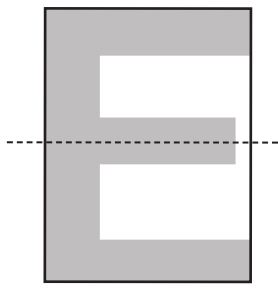
TITLE AND DATE – Boldly display the title that includes the word RUN. Include the date.

SLOGAN OR INSPIRING QUOTE – Use an inspiring quote from Terry Fox to motivate students.

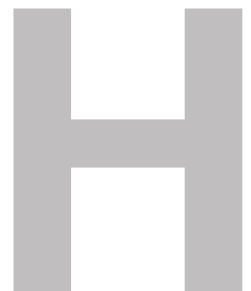
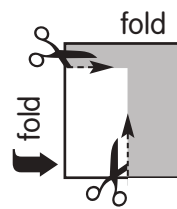
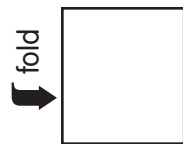
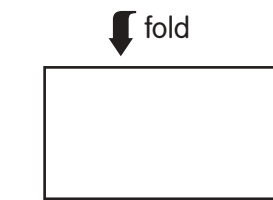
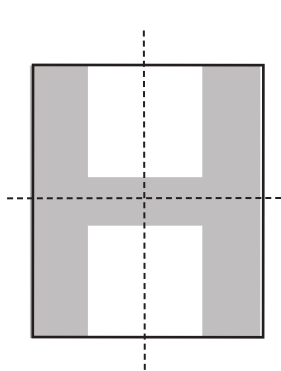
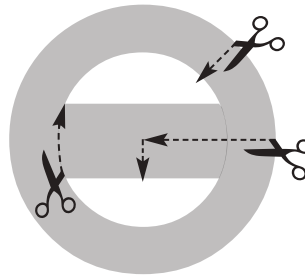
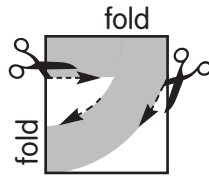
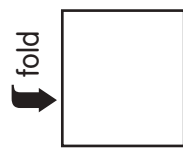
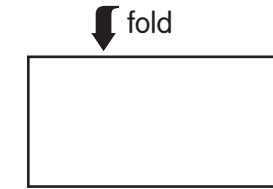
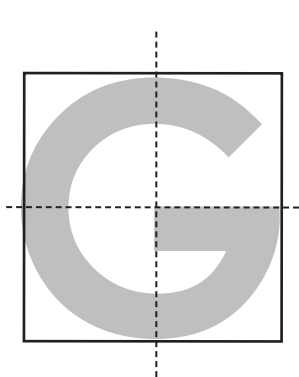
REGISTRATION INFORMATION – Include where students can sign up and learn more about the run and its purpose.

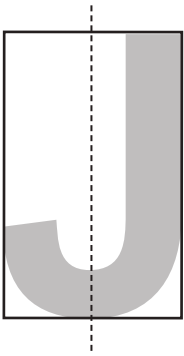
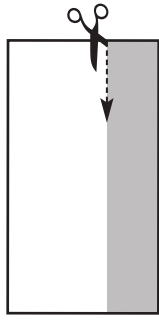
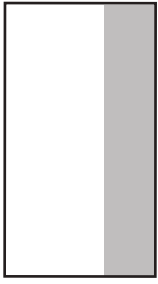
CUTTING OUT LETTERS – Working With Symmetry





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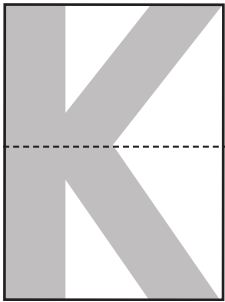
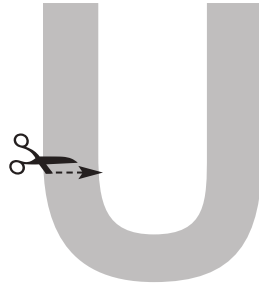




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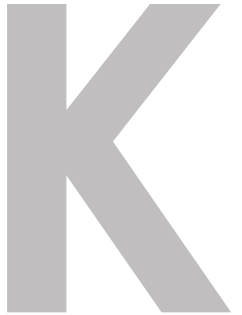
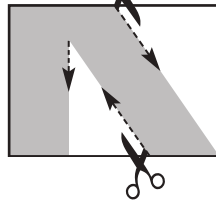
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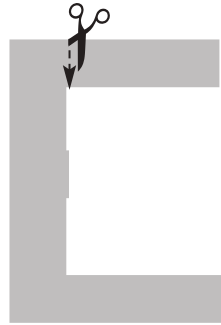
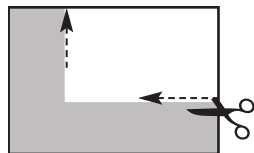
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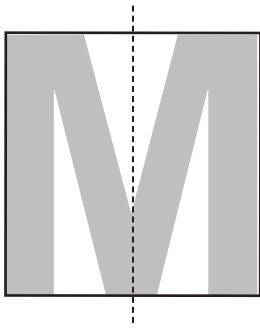


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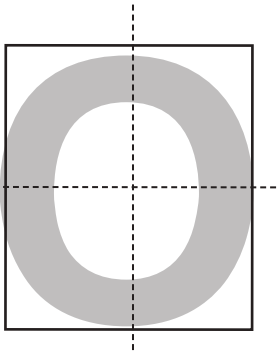
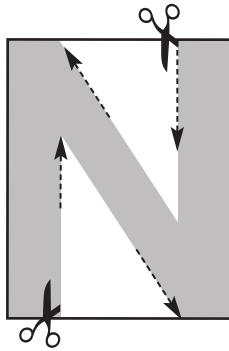
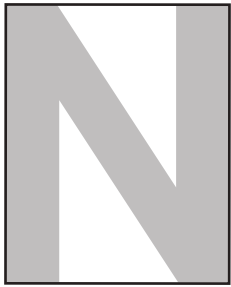
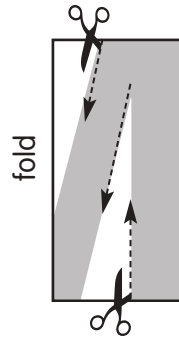
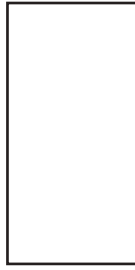


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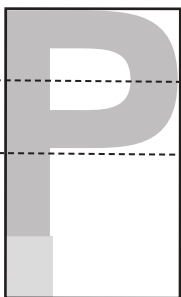
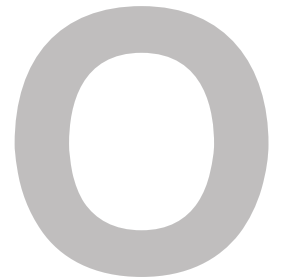
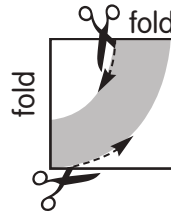
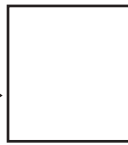
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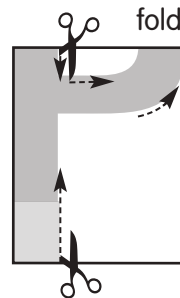
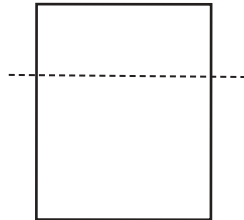
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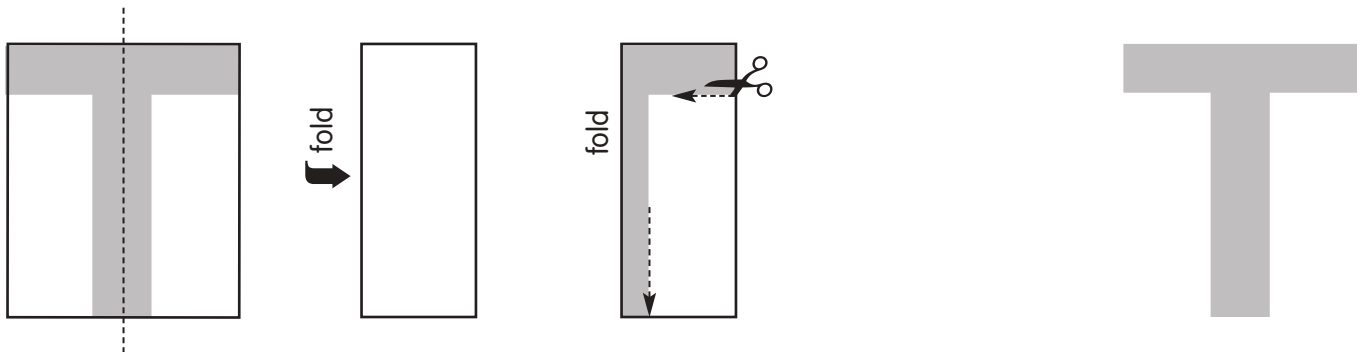
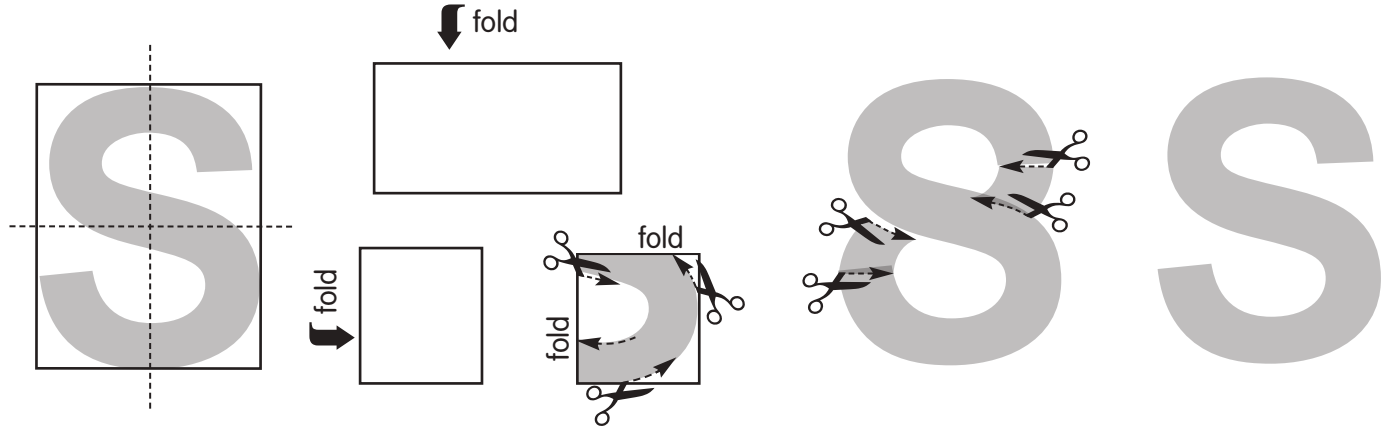
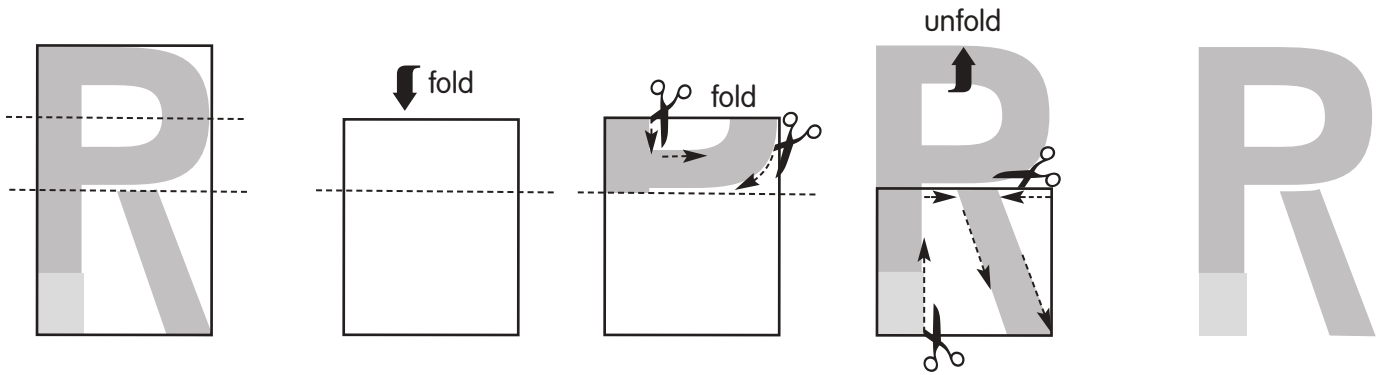
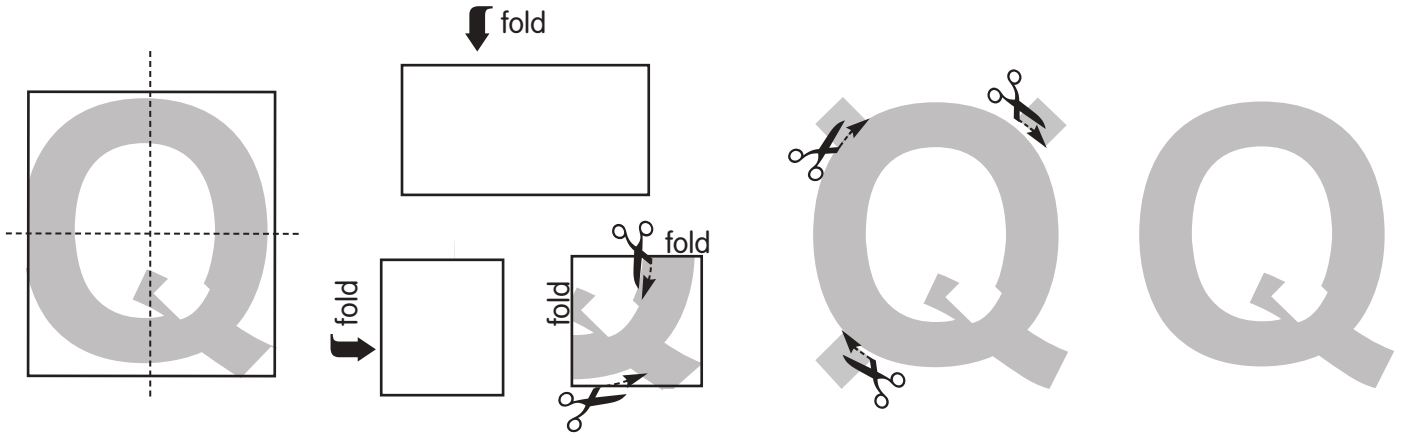


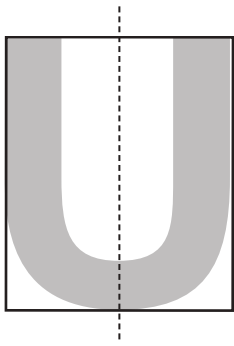
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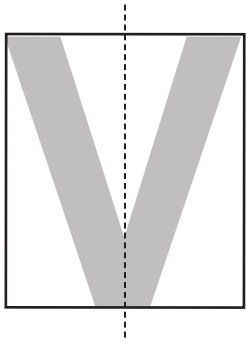
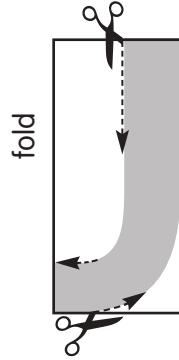
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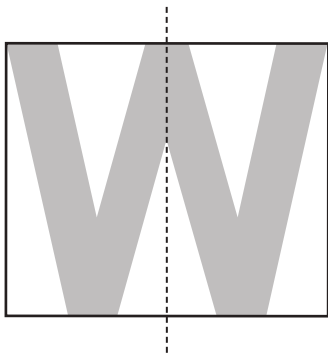
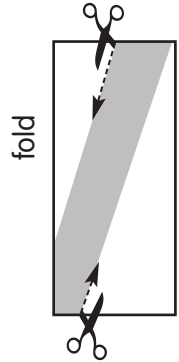




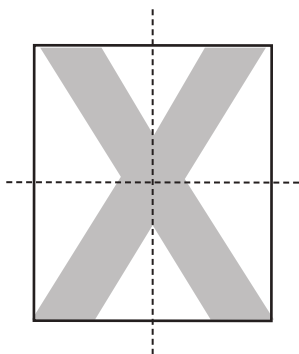
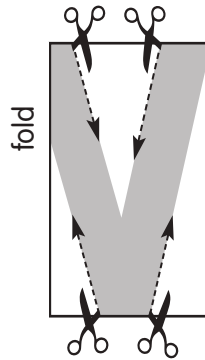
fold



fold



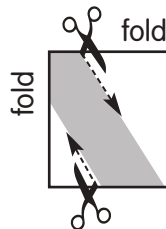
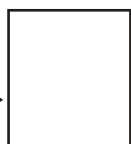
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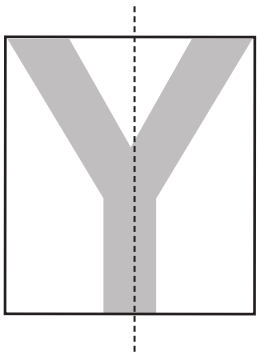


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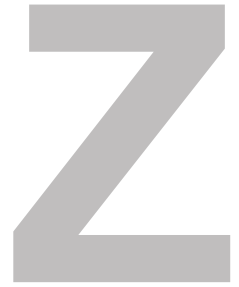
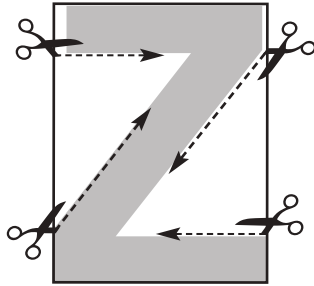
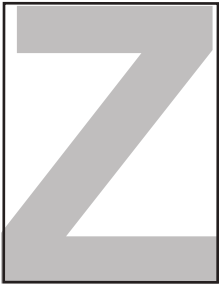
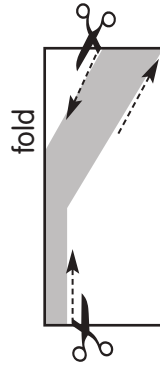


fold





fold



Modern Calligraphy



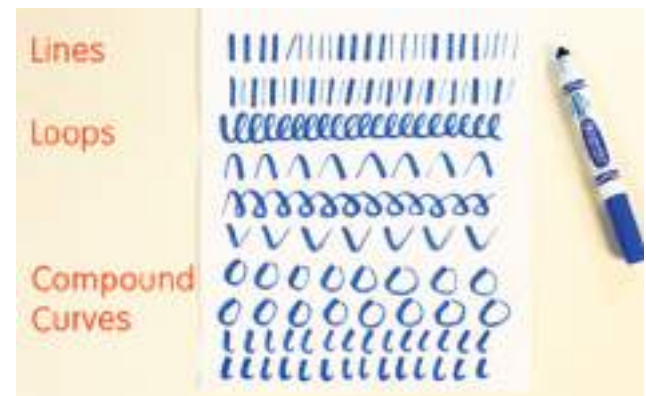
Calligraphy is beautiful writing. Modern calligraphy is easy to learn and fun to do. All it takes is a marker and lots of practice. Beautiful writing makes your written words feel special and important.



1. Downstrokes are always **thick**.
Practise making downstrokes.
 - hold the marker at a 45° angle to the paper
 - apply pressure on the downstroke as you pull the marker towards you
 - use the **flat** side of the marker



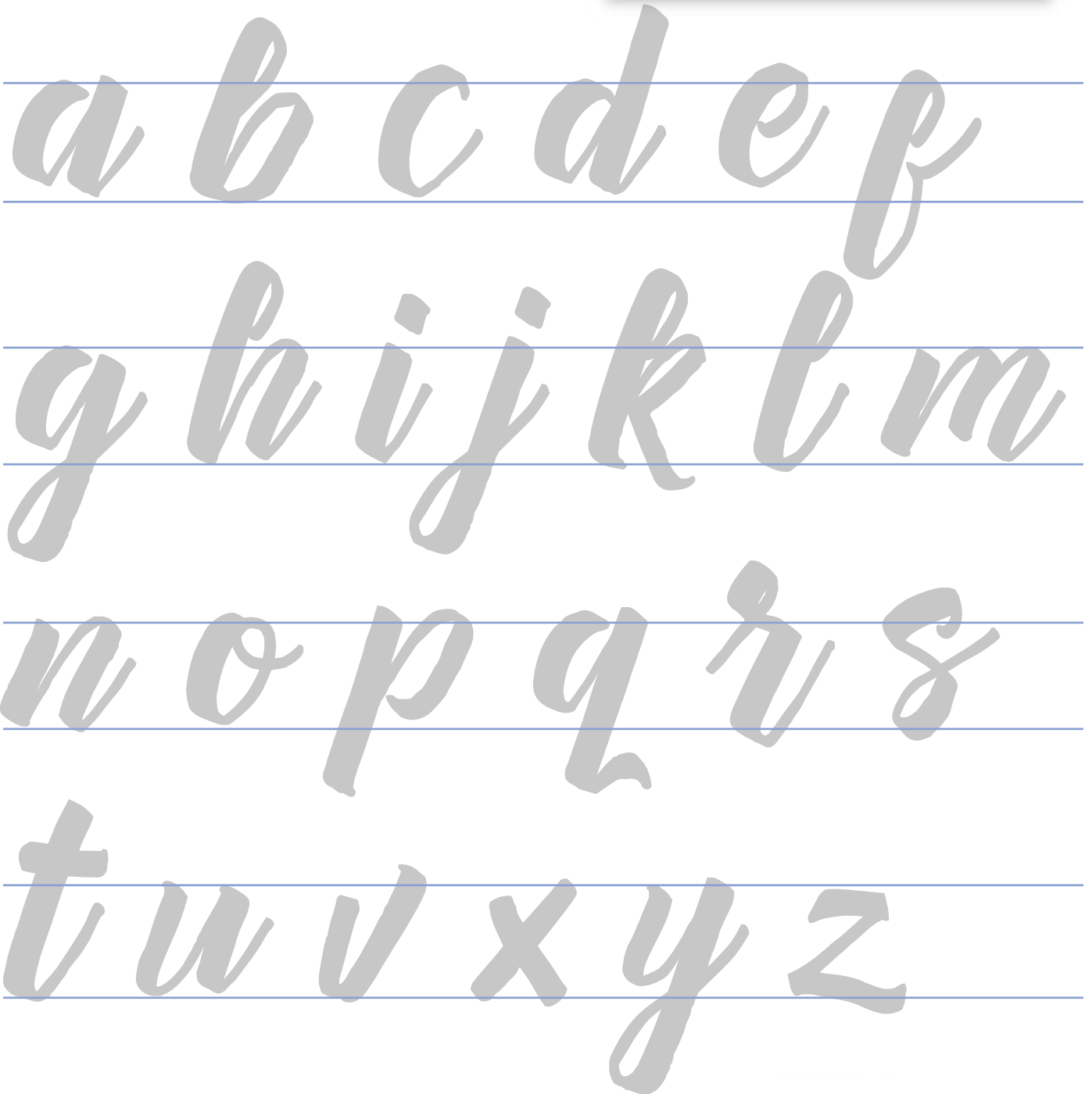
2. Upstrokes are always **thin**.
Practise making upstrokes.
 - you may want to rotate the marker so you are holding it in a vertical position
 - press lightly on the upstroke as you push the marker away from you
 - use the tip of the marker



3. Practise making thick and thin strokes.
Fill a page with:
 - combinations of thick and thin lines.
 - thick straight lines
 - thin straight lines
 - loops
 - ovals



4. Practise making letters. The more you practise, the better your letters will be.



Terry Fox Pop-Up Scene



Have you ever run a long race? Imagine running 42 km every day! With only ONE leg! That's what Terry set out to do with his Marathon of Hope. Think about what that must have been like for him. It was very hard and painful. His prosthetic wasn't made for running, so it hurt him a lot. At first, not many people knew about Terry's run. He often felt lonely. And can you believe that some people were mean to him, splashing him with water or honking their horns? That changed as his run progressed as people learned about him and were inspired by his bravery. Terry Fox's story teaches us about courage, hope, and helping others. He is a true hero!



CREATE a pop-up scene to show some aspect of Terry Fox's run. Use construction paper to set the scene. Add details that show where Terry is in your scene, and what is happening.



PRESENT all the artworks in a group show. Arrange the pop-ups in an order that tells a bigger story than each individual scene.



RESPOND to the artworks by doing a Gallery Walk. View and reflect on each piece. Share your reaction to the show as a whole. How does seeing so many scenes of the Terry Fox Marathon of Hope help to convey the magnitude of his achievement? Choose one scene to speak about in more detail. Describe the feelings communicated by the artwork and what you see that makes you say that. Comment on how the detail in the work helps to communicate the story. Say what you like best about the work. Offer any suggestions you may have.



CONNECT the viewer's comments about your artwork with what you intended to communicate. Did their comments reveal any new ideas? How did creating your Terry Fox scene make you feel about him? What did you learn about yourself as you created this artwork?

Terry Fox Pop-Up Scene

You will need:

- Crayola Construction Paper
- Crayola Scissors
- Crayola Washable Glue Sticks
- Crayola Markers



1



1. Choose two different colours of construction paper.
2. Place one on top of the other.
3. Fold them both in half, short end to short end.

2



1. Place the paper that will be the outside of your card aside.
2. Place the measuring strip on the folded paper that will be the inside of your card.
3. Place the bottom of the measuring strip along the fold.
4. Draw a line across the construction paper from one end to the other parallel to the fold.

3



1. Make 4 cuts starting at the fold.
2. Cut at right angles to the fold.
3. Stop at the line.
4. Leave about 4cm between each cut.

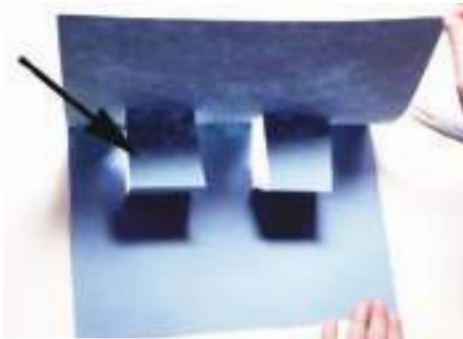
Terry Fox Pop-Up Scene

4



1. Fold the cut strips back and forth.
 - up towards the open edge of the paper
 - back in the opposite direction
2. Make firm, crisp folds, then fold them forward again so they are back in their original position before you made any cuts.

5



1. Open the paper.
2. Push the strips through to the other side.
3. Close the paper.
4. Press firmly along the folded edges.
5. When you open the paper the tabs should pop up.

6



1. Cut a wavy border around the open edges of the paper.
2. Do NOT cut on the folded side.
3. Put lots of glue all over the back of the paper.
4. Do NOT put glue on the 2 tabs.
5. Glue it to the inside of the paper you put aside.

7



1. Cut organic shapes out of construction paper to create the scene.
2. Add details to the background to set the scene and show part of the Terry Fox story.
3. Cut out two figures or objects that will pop up.
4. Glue your shapes to the front side of the pop-up strips.
5. Write a brief story at the front of the scene.
6. When you open the card your pictures will pop up.

Mapping His Journey - Book in a Box

Terry Fox planned to raise money for cancer research by running from coast to coast across Canada. On April 12, 1980 he dipped his artificial leg in the Atlantic Ocean to start his Marathon of Hope. He began his journey full of hope that he could raise 1 million dollars. When Terry arrived in Port aux Basques, Newfoundland, he received a donation of \$10,000 from the people of the town! This represented \$1.00 from each person. This was when he decided to try to get **every** Canadian to donate \$1.00 and raise 27 million dollars! The more attention Terry received from the news media, the more people started to get excited about his goal. By the time he got to Toronto, Ontario he was greeted by over 10,000 people. People across Canada were following his journey closely. Imagine how sad Canadians were when Terry announced that the cancer had returned. On September 1, 1980 near Thunder Bay, Ontario Terry had to stop his run. Even though he couldn't finish, he inspired millions of people.



CREATE a mini Book in a Box that tells the story of Terry Fox's journey across Canada. Use some or all of the dates and locations provided to write and illustrate his story.



PRESENT your book to a peer. Ask them to read the story and view the images. Explain what dates you decided to focus on and why.



RESPOND to the your peer's book. Begin by saying something positive about the artwork. Focus on what you like, such as the colours, shapes, details, or the creativity in the piece. Ask questions to help you understand their ideas. Share what stands out to you or catches your eye. Offer any advice or suggestions you may have.



CONNECT how Terry ran to help others by raising money for cancer with a time when you helped someone. How did it make you feel when you helped others? Terry sometimes felt lonely but kept going because he believed he could make a difference. Have you ever felt alone when trying to help? What helped you keep trying?

Mapping His Journey - Book in a Box

You will need:

- Crayola Fine Line Markers
- Crayola Scissors
- Crayola Washable Glue Sticks
- Crayola Coloured Pencils
- Cardstock Paper - 14 cm x 21.6 cm - 1 per student
- Pencils, Rulers & Erasers
- Cardstock Paper - 13.3 cm x 20.9 cm - 1 per student
- Copy Paper - 10.5 cm x 36 cm - 3 strips per student

1



1. Follow **steps 1 - 3** of the instructions to fold the paper for the TOP of your box.
2. Open up all the folds and place the paper on your desk with the 'X' facing down.
3. The folds have created lots of rectangles.
 - the 4 outside corners will not show once the box is made
 - the top of the box will be the large rectangle in the middle of the paper
 - the sides of the box will be the outside, middle rectangles

2



1. Make 4 thumbnail sketches of possible designs for your cover.
2. Choose the design you like best.
3. Draw and colour your design.
4. Follow **steps 4 - 6** of the instructions to finish making the box.
5. Repeat the process to make the bottom of the box using the smaller piece of cardstock paper.
 - do not decorate the bottom of the box

3



1. Cut 3 pieces of paper into 10.5 cm x 36 cm strips.
2. Glue the strips together short end to short end to make one long strip of paper.
3. Each page of your book will be about a date in Terry's run.
4. Fold one end of the long strip of paper in 6.25 cm (2.6").
5. Continue making uniform accordion folds until the entire strip is folded into the number of pages you need for your story.

Mapping His Journey - Book in a Box

4



1. Use the folded paper to record your story.
2. Add pictures and details.

5



1. Use markers or coloured pencils to colour the pictures.
2. Complete all the written work before gluing the book together.

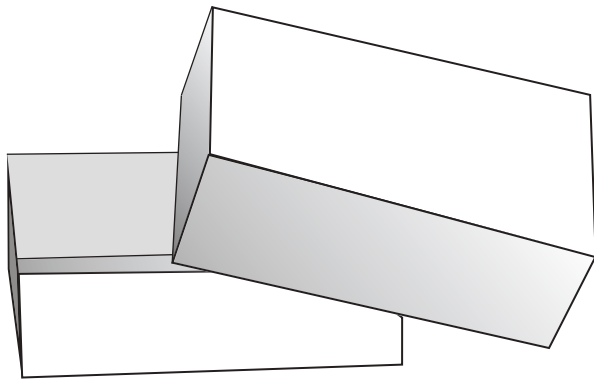
6



1. When you are satisfied with your work glue the paper into the box.
 - Glue one end of the accordion-folded paper into the box top.
2. Glue the other end of the accordion-folded paper into the box bottom.
3. Fold all the pages together and close the box.

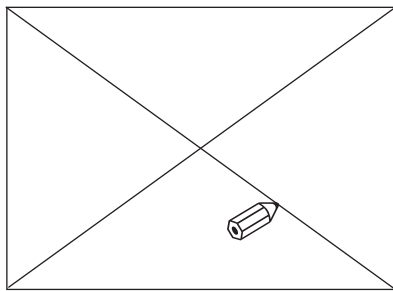


SMALL BOX WITH A LID

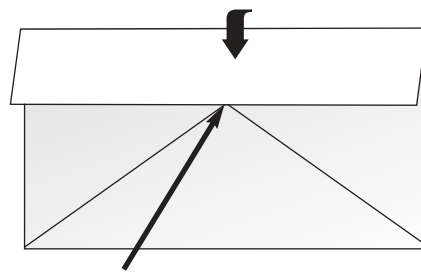


MATERIALS

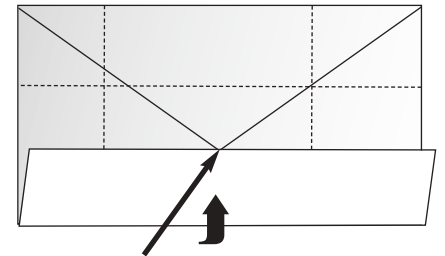
- 1 Piece of Cardstock Paper for Box TOP
14 cm x 21.6 cm (5.5" x 8.5")
- 1 Piece of Cardstock Paper for Box BOTTOM
13.3 cm x 20.9 cm (5.25" x 8.25")
- Pencil
- Ruler
- Crayola® Washable Glue Stick
- Crayola Scissors



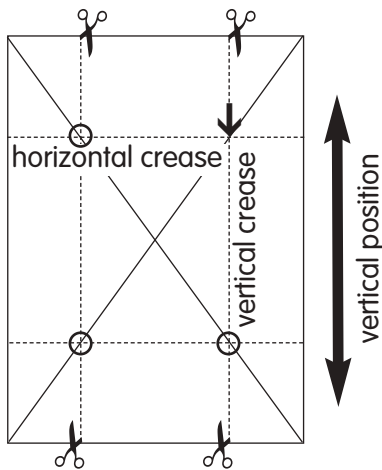
1. Draw an X from one corner to the other on the back of the paper.



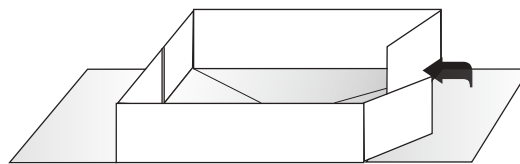
2. Fold 1 side of the paper into the centre so that it lines up with the centre of the X. Make the fold flat and crisp.



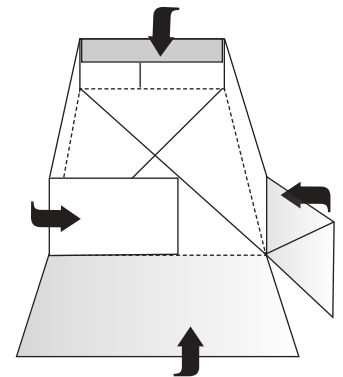
3. Unfold the paper and repeat for the other side and the 2 ends of the paper. You should have made 4 folds.



4. Hold the paper in the VERTICAL position. Cut along the vertical crease in an outside corner and stop at the intersection of the horizontal crease. Repeat in all 4 corners.



5. Place the paper on the desk. Fold the long sides of the paper up along the creases and at right angles to the desk. Fold the ends in and at right angles to the sides. Glue them to each other to form the end of the box.



6. Apply lots of glue to the middle rectangle at the end of the paper. Fold that rectangle up and at a right angle to the desk. Fold the top edge down over the end flaps. Glue it into place.

Mapping His Journey - Timeline

Did you know that if you stretch the total distance of 5,373 kilometres that Terry ran into a straight line that his route reaches from easternmost Newfoundland all the way past Vancouver Island's west coast?



St. John's, Newfoundland

Terry dips his foot into the ocean and his Marathon of Hope begins. It is freezing but he insists on wearing shorts as he runs so people can clearly see his artificial leg.

Gambo, Newfoundland

People line up and press money into Fox's hands as he passes. He realizes that the run has unlimited potential.



Channel-Port aux Basques, Newfoundland

Every person in the town donated \$1.00 and Terry is presented with a cheque for with \$10,000. This represented \$1.00 for every person in the town. Terry changes his goal from \$1,000,000 to \$27,000,000 - \$1.00 for every Canadian.



Dartmouth, Nova Scotia

Terry stops at a local vocational school. It's a small school with only about 50 students. They present him with \$3000. They have worked hard to raise money for his cause.



Charlottetown, Prince Edward Island

Terry runs through freezing temperatures and fights off dizziness. He is energized as he enters the city and people rush to greet him and cheer him on.



Saint John, New Brunswick

There has been no publicity in New Brunswick so people in St John don't know anything about Terry's run. Just in the nick of time, the mayor talks about it on a local radio station. The local paper prints an encouraging story and people come out to cheer Terry on as he arrives in their city.



Near Montmagny, Quebec

Terry realizes that people do not seem to know about his run. Drivers keep honking at him and some almost drive him off the road. He's so frustrated!



Quebec City, Quebec

Terry arrives in Quebec City and sees that he is already on the front page of Le Soleil, the French newspaper. Finally his story is being told in this province.



Montreal, Quebec

Isadore Sharp the founder of Four Seasons Hotel is moved by Terry's quest. He understands about cancer because his own son has just died from the disease. He pledges \$2.00 a mile and inspires about 1000 other corporations to do the same.



Hawkesbury, Ontario-Quebec border

Terry is surprised to meet thousands of people, a marching band and balloons as he crosses the Ottawa River. He is grateful to learn that the Provincial police will be providing him with an escort to keep him safe.



Ottawa, Ontario

Terry is cheered as 16,000 people watch him use his good leg to kick the opening ball for a CFL exhibition game between Ottawa and Saskatchewan. It gives him lots of publicity. He is relieved that he is able to actually make a reasonable kick.



Gravenhurst, Ontario

2000 people gather in the town's civic centre to honour Terry and celebrate his birthday. He is thrilled to receive a new prosthesis along with a cheque for \$14,000.



Parry Sound, Ontario

Terry meets one of his favourite athletes, the great hockey superstar Bobby Orr. It is the highlight of his journey. Bobby Orr presents Terry with a cheque for \$25,000 and his father gives Bobby's 1979 Team Canada sweater to Terry. Terry loves that sweater!



Montreal River, Ontario

The 3 km long Montreal River Hill halfway between Sault Ste. Marie and Wawa is one of the most brutal runs so far. Terry is exhausted but determined to keep going.



Thunder Bay, Ontario

Terry struggles to keep running after a painful coughing fit. Just outside of Thunder Bay he realizes that he just cannot keep going. Terry asks to be taken to a hospital. At a press conference the next day he announces that the cancer has returned and he has to go home. The run is over.



Colour

A wavelength of light seen by the eye when it bounces off a surface

hue The variety given by colors to a mix, well from the lightness and darkness of color.

intensity The brightness and darkness of color.

saturation The color given by the color wheel, the most saturated of the primary colors.

secondary Formed by mixing primary and secondary colors.

tertiary Formed by mixing secondary and tertiary colors.

complementary colors

analogous colors

split complementary colors

triadic colors

quaternary colors

monochromatic colors

neutral colors

black The absence of color.

white The presence of all colors.

grey A mixture of black and white.

brown A mixture of red, yellow, and black.

blue A mixture of blue and black.

green A mixture of green and black.

red A mixture of red and black.

orange A mixture of orange and black.

yellow A mixture of yellow and black.

purple A mixture of purple and black.

pink A mixture of pink and black.

lavender A mixture of lavender and black.

teal A mixture of teal and black.

cyan A mixture of cyan and black.

magenta A mixture of magenta and black.

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Value

Lightness or darkness in colour or an artwork

hue The color of an object.

saturation The intensity of a color.

value The lightness or darkness of a color.

black The absence of color.

white The presence of all colors.

grey A mixture of black and white.

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Shape

A 2-dimensional figure or object

circle A closed curve where every point on the curve is the same distance from the center.

square A quadrilateral with four equal sides and four right angles.

triangle A polygon with three sides and three angles.

rectangle A quadrilateral with four right angles.

pentagon A polygon with five sides and five angles.

hexagon A polygon with six sides and six angles.

heptagon A polygon with seven sides and seven angles.

octagon A polygon with eight sides and eight angles.

nonagon A polygon with nine sides and nine angles.

decagon A polygon with ten sides and ten angles.

hendecagon A polygon with eleven sides and eleven angles.

dodecagon A polygon with twelve sides and twelve angles.

trapezoid A quadrilateral with one pair of parallel sides.

parallelogram A quadrilateral with two pairs of parallel sides.

rhombus A quadrilateral with four equal sides.

square A quadrilateral with four equal sides and four right angles.

rectangle A quadrilateral with four right angles.

trapezoid A quadrilateral with one pair of parallel sides.

parallelogram A quadrilateral with two pairs of parallel sides.

rhombus A quadrilateral with four equal sides.

square A quadrilateral with four equal sides and four right angles.

Form

A 3-dimensional figure or object

cube A three-dimensional solid object bounded by six square faces, with three meeting at each vertex.

cylinder A three-dimensional solid object consisting of two parallel circular bases connected by a curved surface.

cone A three-dimensional solid object with a circular base and a single vertex.

sphere A three-dimensional solid object that is perfectly round, like a ball.

pyramid A three-dimensional solid object with a polygonal base and triangular faces that meet at a single vertex.

prism A three-dimensional solid object with two parallel polygonal bases and rectangular faces.

trapezoidal prism A three-dimensional solid object with two parallel trapezoidal bases and rectangular faces.

rectangular prism A three-dimensional solid object with six rectangular faces.

triangular prism A three-dimensional solid object with two triangular bases and three rectangular faces.

square prism A three-dimensional solid object with two square bases and four rectangular faces.

pentagonal prism A three-dimensional solid object with two pentagonal bases and five rectangular faces.

hexagonal prism A three-dimensional solid object with two hexagonal bases and six rectangular faces.

heptagonal prism A three-dimensional solid object with two heptagonal bases and seven rectangular faces.

octagonal prism A three-dimensional solid object with two octagonal bases and eight rectangular faces.

nonagonal prism A three-dimensional solid object with two nonagonal bases and nine rectangular faces.

decagonal prism A three-dimensional solid object with two decagonal bases and ten rectangular faces.

hendecagonal prism A three-dimensional solid object with two hendecagonal bases and eleven rectangular faces.

dodecagonal prism A three-dimensional solid object with two dodecagonal bases and twelve rectangular faces.

Texture

The way a surface feels, or looks or is made

smooth Having a surface that is free from bumps or irregularities.

rough Having a surface that is uneven or irregular.

soft Having a surface that is pliable and easy to compress.

hard Having a surface that is rigid and difficult to compress.

flexible Having a surface that can be bent or deformed without breaking.

brittle Having a surface that is hard but breaks easily.

pliable Having a surface that is soft and can be shaped.

stiff Having a surface that is rigid and does not bend easily.

elastic Having a surface that can stretch and return to its original shape.

inelastic Having a surface that does not stretch.

porous Having a surface with many small holes or spaces.

non-porous Having a surface without holes or spaces.

absorbent Having a surface that can take in liquid.

non-absorbent Having a surface that cannot take in liquid.

opaque Having a surface that does not allow light to pass through.

transparent Having a surface that allows light to pass through.

translucent Having a surface that allows some light to pass through.

reflective Having a surface that reflects light.

non-reflective Having a surface that does not reflect light.

shiny Having a surface that reflects light in a mirror-like way.

dull Having a surface that reflects light in a diffuse way.

matte Having a surface that is not shiny.

glossy Having a surface that is shiny.

matte Having a surface that is not shiny.

shiny Having a surface that reflects light in a mirror-like way.

dull Having a surface that reflects light in a diffuse way.

matte Having a surface that is not shiny.

glossy Having a surface that is shiny.

Space

The area around, inside or between objects or forms

positive space The area occupied by an object or form.

negative space The area around or between objects or forms.

white space The area around or between text or images.

color space The area around or between colors.

depth space The area around or between objects in a three-dimensional space.

height space The vertical distance between two points.

width space The horizontal distance between two points.

depth space The vertical distance between two points.

height space The vertical distance between two points.

width space The horizontal distance between two points.

depth space The vertical distance between two points.

height space The vertical distance between two points.

width space The horizontal distance between two points.

depth space The vertical distance between two points.

height space The vertical distance between two points.

width space The horizontal distance between two points.

Elements of Art Booklet

Trim the paper along the lines at the outer edges. This will ensure the pages of the booklet line up properly.



1. Fold the paper in half and in half again, short end to short end. Open it up and fold it in half long end to long end. Open the paper. There should be 8 boxes.



3. Hold the edges. Cut from the FOLD side along the horizontal crease. Stop at the intersection of the vertical crease. Open the paper.



5. Flatten the paper.



2. Fold the paper in half short end to short end.



4. Fold the paper in half long end to long end. Hold the edges of the paper and push towards the centre until you see a box formed. Keep pushing until all the pages line up.



6. Fold it in half to create the booklet. Design a cover for your booklet.

CONTRAST

The juxtaposition of related and significantly different elements.

- LINE:** thick vs. thin
- SHAPE:** geometric vs. organic
- TEXTURE:** rough vs. smooth

PROPORTION

The spatial relationship of one object to another or to the whole.

- EXAGGERATED/INVERTED PROPORTION:** intentionally changing proportions to communicate a specific message

REPETITION

The repeated use of similar elements.

- LIMITED:** 1 or 2 repeated elements, such as a visual echo
- NOTE:** a distinctive unit in a series, such as a specific shape
- PATTERN:** recurring motifs, predictable way

MOVEMENT

The arrangement of elements so that they lead the eye throughout an artwork.

- DIRECTIONAL:** lines move the eye through movement
- SHAPE:** dominant shapes are objects to another
- EDGES:** fuzzy edges are blurry, sharp edges are in motion

RHYTHM

The repeated use of similar elements, but with variations, to create a sense of movement.

- RANDOM:** repetition of motif in no obvious order
- ALTERNATING:** placement of motif in a predictable way
- PROGRESSIVE:** motif has gradual change over time

VARIETY

The use of similar and different elements in an artwork.

- OPPOSITION:** juxtaposition of objects of size, point of view, angle is strong contrast
- CHANGE:** objects of size, point of view, angle is altered
- ELABORATION:** intricate details with simplicity

EMPHASIS

Highlighting part of an artwork to draw attention to it.

- CONVERGENCE:** elements pointing to the focal point
- LOCATION:** elements close to the focal point
- ISOLATION:** element placed off center to create a focal point

BALANCE

The arrangement of elements so that they seem equal in weight or importance.

- SYMMETRY:** one side is the mirror image of the other
- ASYMMETRY:** two sides are not equal, but arranged so their weight is equal
- RADIAL:** elements are evenly spaced around a central point

UNITY

The arrangement of elements in such a way as to highlight their similarities.

- REpetition:** similar elements are repeated
- PROXIMITY:** elements placed close together, limiting the negative space
- CONTINUATION:** elements that flow without a break in line or edge

HARMONY

The arrangement of elements so they work together as a whole.

- TOPE:** limited colour palette, elements work together
- SHAPES:** shapes work together to tell a story
- LINE:** helps create a relationship between elements

PRINCIPLES OF DESIGN