

CODA'S BOOK OF WINTER ACTIVITIES



JOIN OUR CANADIAN
PARALYMPIC TEAM
MASCOT IN SOME INDOOR
AND OUTDOOR ACTIVITIES
THIS HOLIDAY SEASON

2020-21



MEET CODA THE BEAVER

Hi, my name is Coda and I'm a beaver! I am the official mascot of the Canadian Paralympic Team!

As Canada's national animal, I can be found all over the country in our beautiful lakes and rivers. I move slowly on land, but because of my webbed feet I am an excellent swimmer.

Beavers don't always have the best eyesight, but I make up for it with my strong sense of hearing, smell, and touch. I love taking on new challenges, and I always work hard to persevere through any situation so that I can accomplish all of my tasks and goals.

I believe that anything is possible, and I'm proud to share that belief with the amazing athletes who are training to be the best in the world and represent Canada at the Paralympic Games.

I am named after the musical term 'coda', which means 'tail' in Italian. A coda is a segment of music that extends and elaborates themes in a musical piece, giving it a sense of balance and completeness, before bringing it to a conclusion.

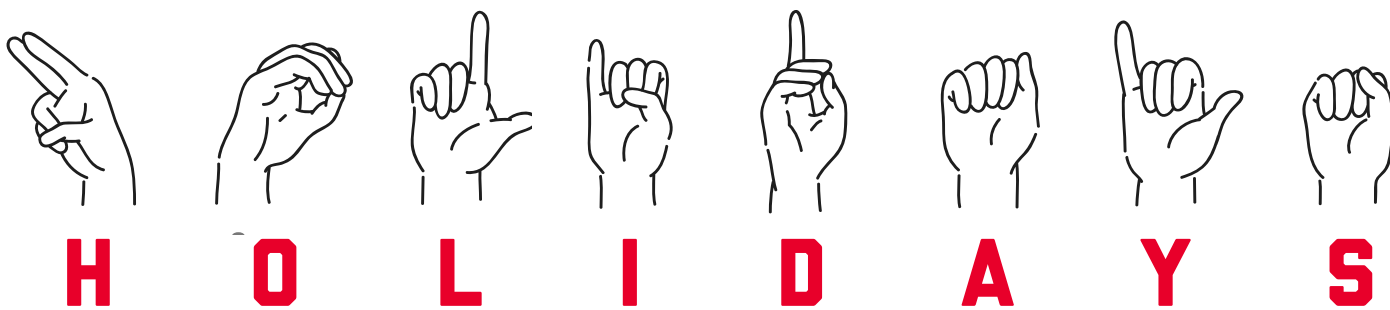
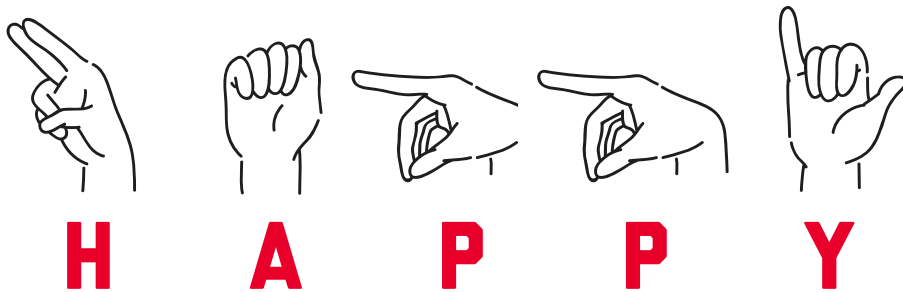
I feel honoured to represent the Canadian Paralympic Team. Our Canadian athletes represent our country with great pride and dedication every day, and witnessing them compete is my favourite activity. I love cheering them on! Will you cheer them on with me?



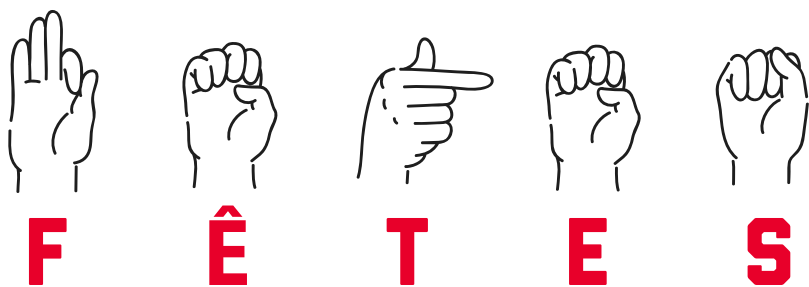
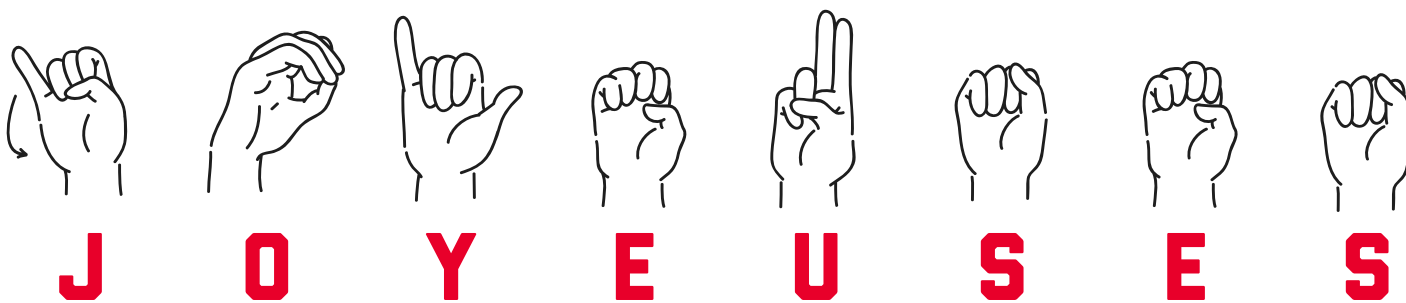
WISH 'HAPPY HOLIDAYS' IN ASL/LSQ

In Canada, we use two different sign languages - American Sign Language (ASL) is used by English communities and Langues de Signes Québécoise (LSQ) is used in French communities. Both languages include fingerspelling, where you can use hand movements to spell out names and phrases. Practice the hand movements below to learn a holiday greeting to use with your friends and family!

Here's how you can fingerspell Happy Holidays:



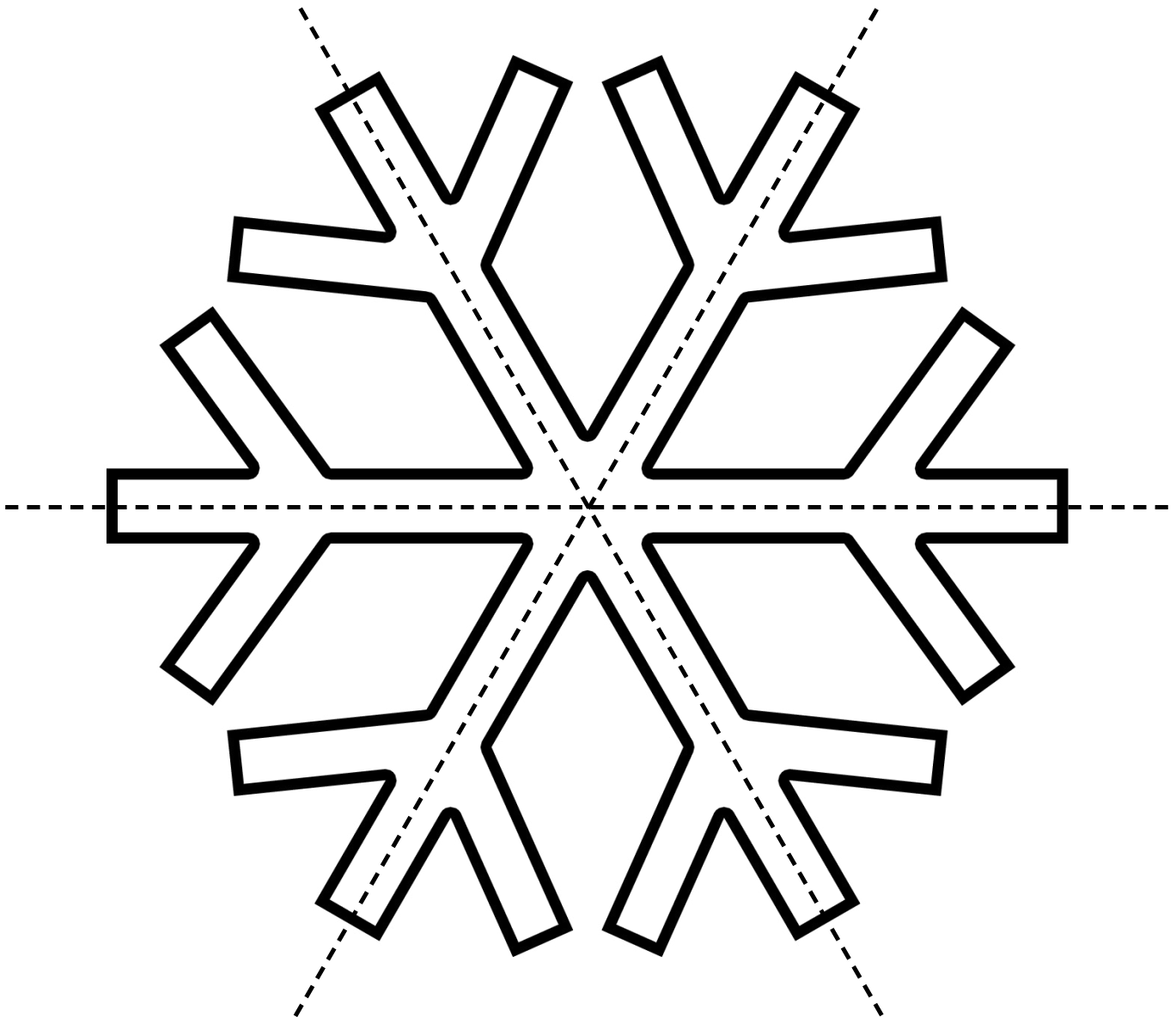
Here's how you can fingerspell Joyeuse fêtes:

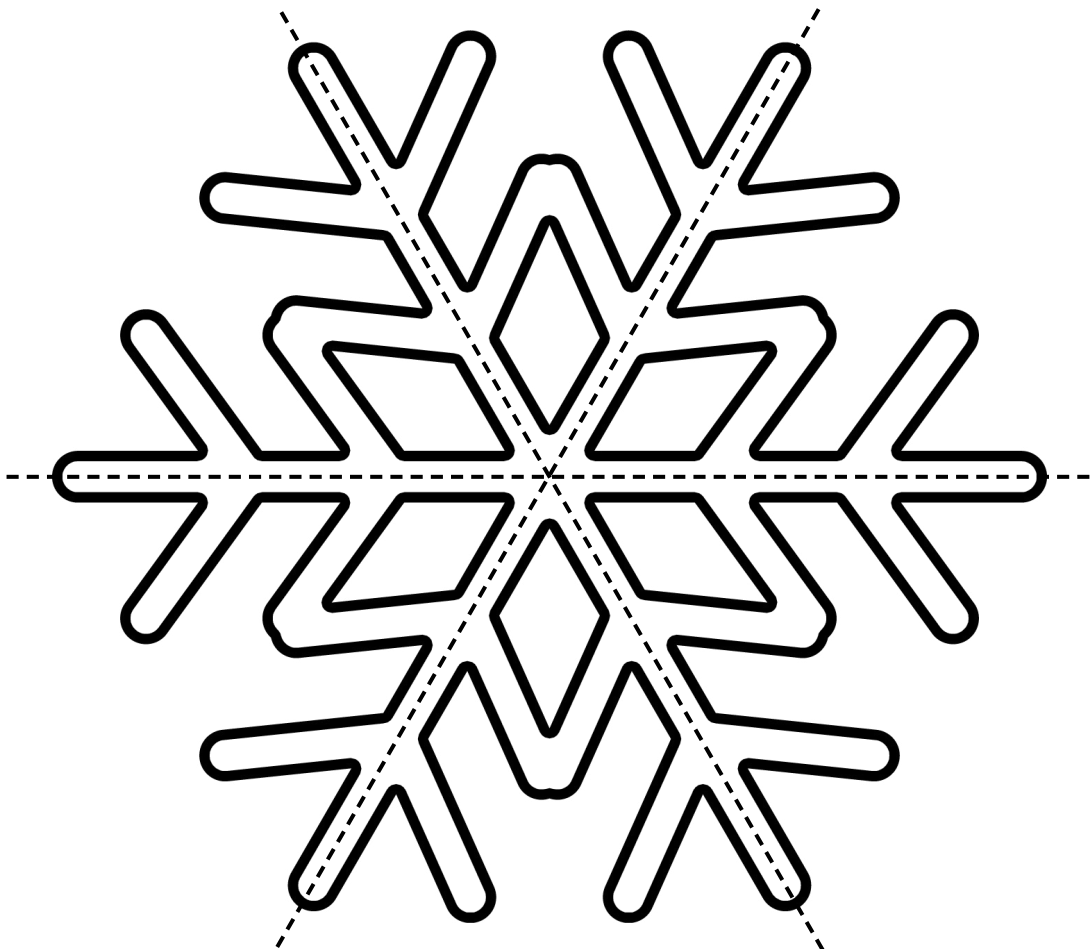
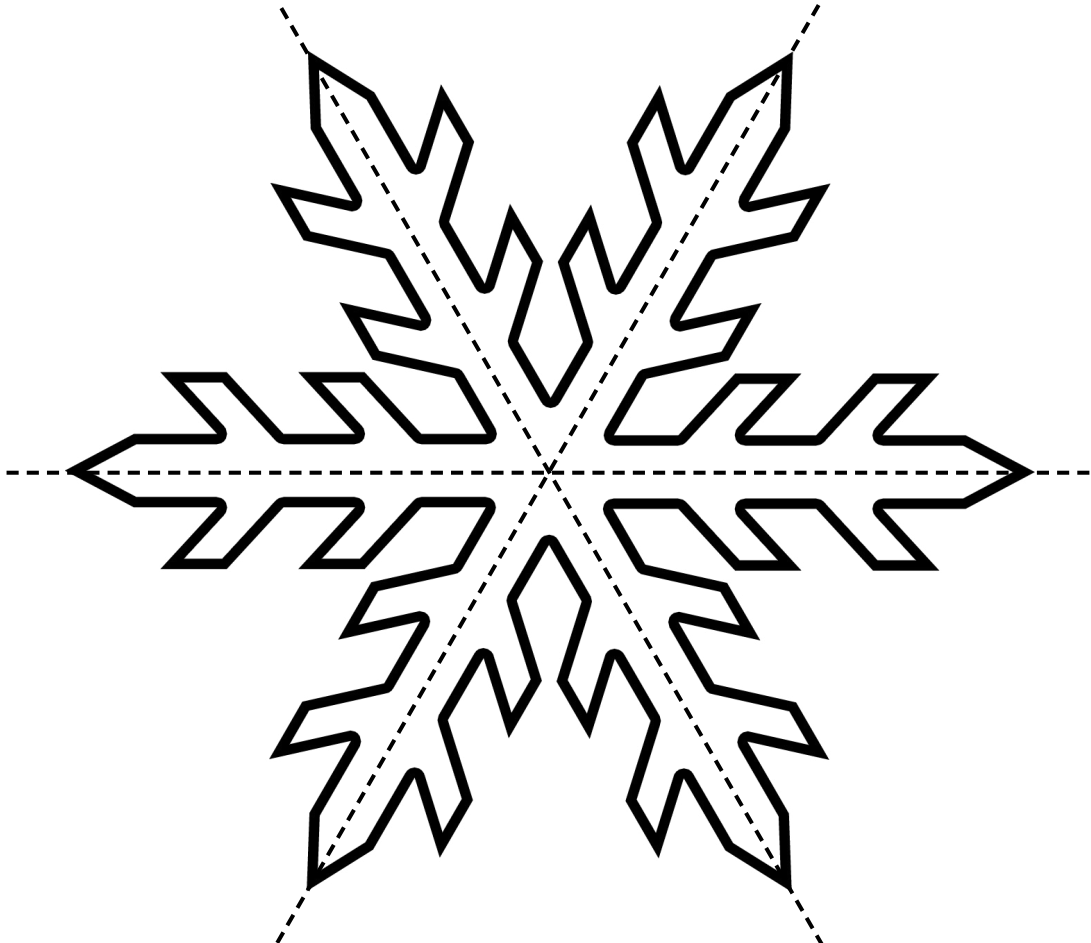


PAPER SNOWFLAKES

Instructions:

1. Cut around each snowflake until you have three circle-shaped pieces of paper with snowflake shapes on them.
2. Pick one, and fold along one of the dotted lines once to fold in half.
3. Fold the two outside triangles into the middle section along the dotted lines, to form one triangle.
4. Use scissors to cut around the black line of the snowflake shape, leaving the folded sides alone to keep the shape.
5. Unfold to reveal the snowflake shape you have created!
6. Ask an adult to help you hang it up on display.





DESIGN CODA'S 'UGLY' HOLIDAY SWEATER

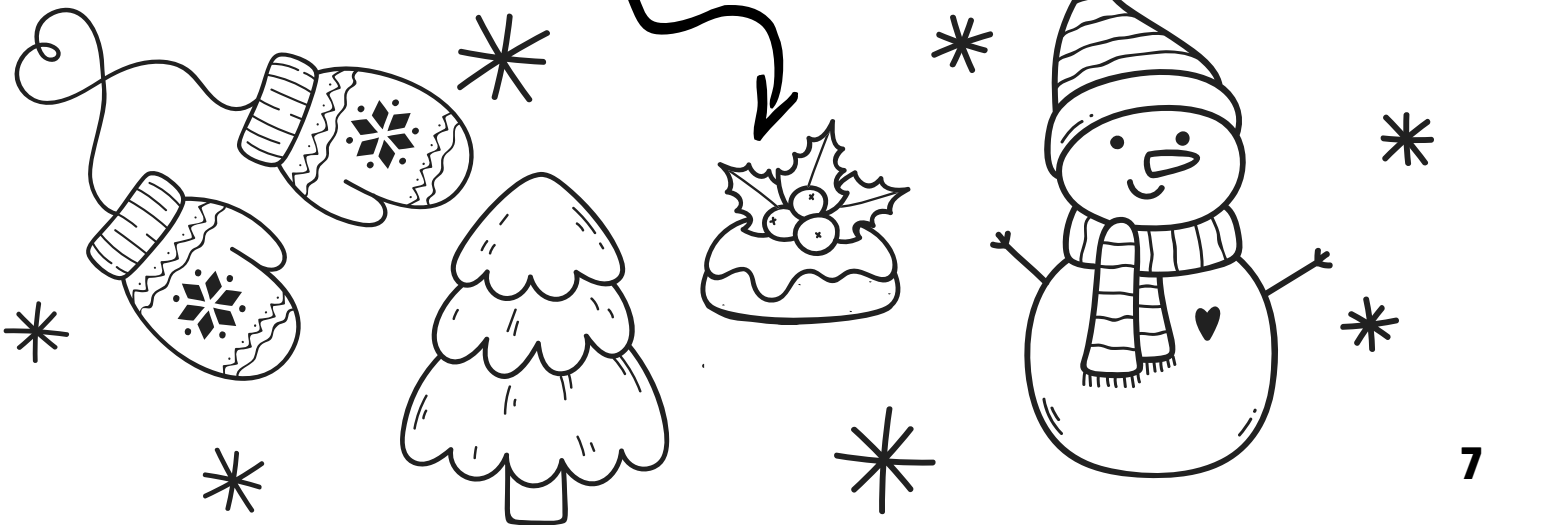
There's no better way to celebrate the winter holiday season than wearing a cozy sweater! But we need your help creating a cool design for Coda's sweater. Get creative and add colours and patterns to create a festive sweater for Coda!



HOW TO HAVE FUN THIS WINTER

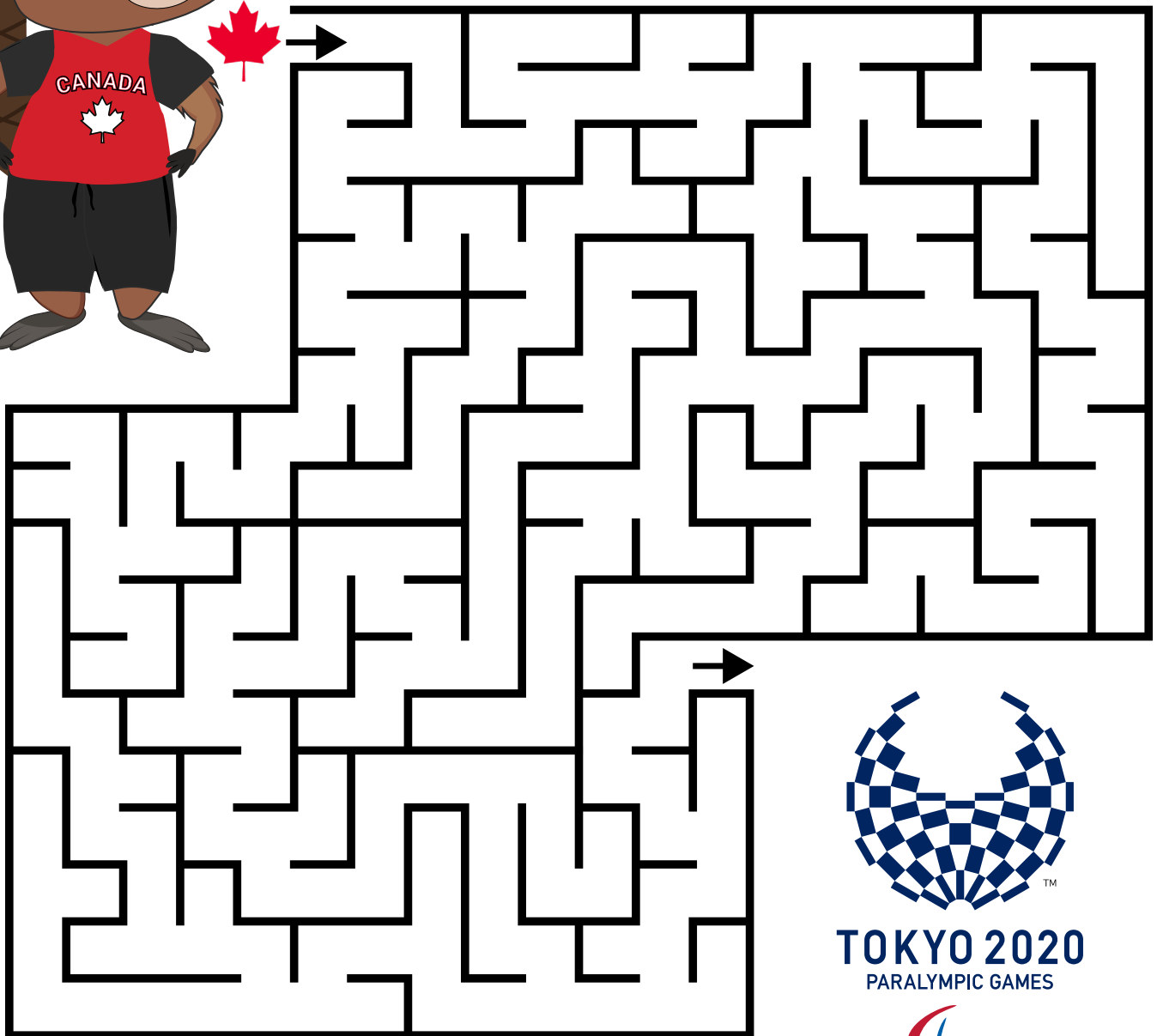
Canadian winters can be long and snowy, but you might as well enjoy the snow while it lasts! Here are 10 ways to embrace winter this year. Try to complete them all, or even add your own!

1. GO TOBOGGANING
2. COLOUR THE PICTURES ON THIS PAGE
3. GO SKATING AT YOUR LOCAL RINK
4. SNOWBOARDING OR SKIING
5. MAKE SNOW ANGELS
6. DRINK HOT CHOCOLATE
7. MAKE PAPER SNOWFLAKES
8. MAKE A SNOW PERSON
9. BUILD A SNOW FORT
10. BAKE COOKIES



HELP CODA GET TO TOKYO

Oh no, Coda got lost on the way to Tokyo for the Paralympic Games!
Can you help Coda get from Canada to Tokyo in time? Answer on Page 12.



WHICH SPORT IS THAT?

Coda needs some help organizing a closet full of Para sport equipment. Draw a line between the picture and the name of the sport to match which piece of equipment goes with which sport! Answer on Page 12.



1 PARA ALPINE SKIING

2 GOALBALL

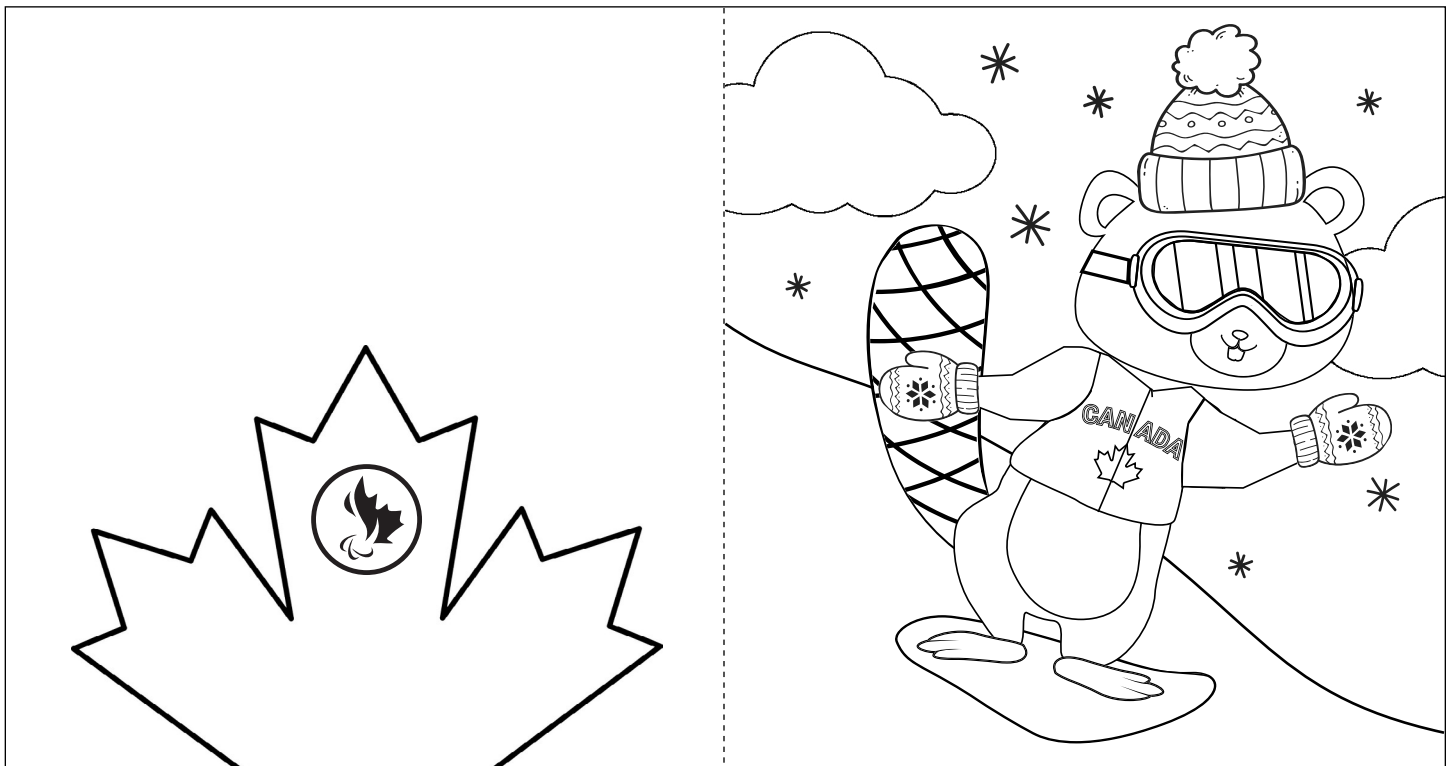
3 PARA ATHLETICS

4 WHEELCHAIR CURLING

5 PARA ICE HOCKEY

COLOUR YOUR OWN HOLIDAY CARDS

Colour in and cut out the holiday cards below to give to your friends and family this year! Once you've coloured the front and back, fold along the dotted line and write a message on the inside.



WHERE'S CODA?

Can you find Coda and friends hidden in this image? Answer on Page 12.

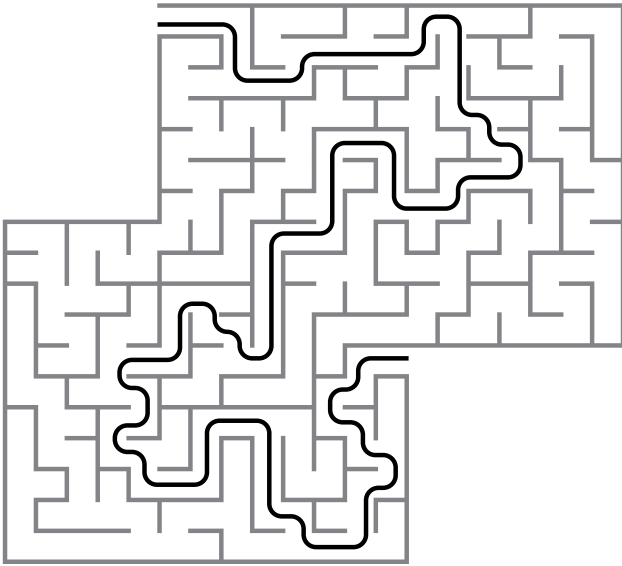


Find and circle
Coda, Arctic Fox,
and Grolar Bear in
the image:



ANSWER KEY

PAGE 8: HELP CODA GET TO TOKYO



PAGE 11: WHERE'S CODA?



PAGE 9: WHICH SPORT IS THAT?

A) 4 - Wheelchair Curling

The equipment pictured is a cue and stone. In wheelchair curling each team is mixed, and is composed of five athletes: a lead, second, vice-skip, skip, and alternate. A game consists of eight ends. In wheelchair curling there is no sweeping, which means each throw must be even more precise. The player's wheelchair must not move during the throw and the stones can be thrown by hand or pushed with a cue.

B) 2 - Goalball

The equipment pictured is a goalball. Goalball is a sport for athletes with visual impairments. Played in a gym court, athletes throw the ball into their opponent's net while the opposing players try to block the ball with their bodies. The 1.25 kilogram ball has noise bells which help orientate the players. Goalball is played on a court with tactile markings so that players know where they are on the court and the direction they are facing. Silence during playtime is critical to allow the players to listen, concentrate, and react.

C) 1 - Para Alpine Skiing

The equipment pictured is a sit-ski. There are six disciplines in Para alpine skiing: downhill, Super-G, slalom, giant slalom, super combined, and team events. Athletes compete in three categories based on their functional ability (standing, sitting, and visually impaired), and results are calculated so that athletes with different impairments compete against each other. Para alpine skiing demands agility, strength, and speed, with racers reaching and exceeding speeds of 100km/hour.

D) 5 - Para Ice Hockey

The equipment pictured is a sledge and helmet. In Para ice hockey all players have a lower body impairment and are strapped to a two-bladed sledge. They propel themselves with sticks spiked at one end and curved blades at the other for shooting. The goaltender may have an additional pick at the base end of their stick and may use an additional stick with a blade or wear a trapper glove.

E) 3 - Para Athletics

The equipment pictured is a racing wheelchair. Events in Para athletics are available for athletes with physical impairments (both seated and standing), athletes with visual impairments, as well as those who are intellectually impaired. There are several different events, including in wheelchair racing, running, throwing, and jumping. The rules of Paralympic track and field are almost identical to those of its Olympic counterparts, with some differences to accommodate certain impairments (for example, visually-impaired runners may compete with guide runners attached to them by a tether at the wrist).

FOLLOW US ON SOCIAL MEDIA!



@CDNPARALYMPICS
@CDNPARALYMPIQUE



TikTok

@CDNPARALYMPICS



© 2020 Canadian Paralympic Committee
Canadian Paralympic Committee, 85 Plymouth Street, Suite 100
Ottawa, ON, K1S 3E2, Canada