

# Unit 8

## Mission **Extend** Worksheet F.8.6

**1** What are three interesting things you learned about Sarah McNair-Landry?

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**2** **Sarah kite-skied across the Northwest Passage.** Do you want to do something like this? Why or why not? What qualities do you need for a journey like this? What do you need to do to prepare for the trip?

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**3** **This unit's mission is Get Outside!** Do you spend enough time outside? Explain. Why is it important to get outside?

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