Northeastern Catholic District School Board
Learn At Home Activities
Intermediate Students (Grades 7 & 8)

Art	Physical Education
Create a personal logo that depicts your personality for your bedroom door. Make good use of colour and shading to make your logo pop.	Do as many pushups as you can. Hold a plank for as long as you can and time it. Try to do this every other day and log your progress.
Retell a story or movie to a family member. Discuss how the characters engaged the audience. What makes a strong versus weak character?	Go for a walk or jog. If you jog, time how long you can last without walking. Try to increase your jogging time by 30 seconds each time.
Go on a nature walk and find materials to create a piece of art that depicts a message (loneliness, peace). What visual metaphors did you use to create this piece? (e.g., a single tree to depict loneliness)	Crank up the music and help out around the house. You can vacuum, organize your room or maybe even shovel/sweep the driveway.

Catholic Faith	French
Pray with your family: Lord, I trust your word found in the Gospel. I believe that You are God who wants to be in a relationship with me, who wants to invite me to be happy. I therefore choose freely to follow your example. Amen.	Prepare the grocery list for your family in French. Discuss with the person who does the shopping in your home how the grocery list has changed from what it was prior to the school closure.
View this video with your family. Write a paragraph to discuss how you feel about Jesus' sacrifice to save us. https://www.youtube.com/watch?v=0PSgoPdKQFQ&t=645s	Read the following text and answer the questions. Intermediate Reading Week 1.pdf
Easter is a symbol of hope, renewal and a new life. Imagine that you are a visitor from another city. Write about the new life that stands out to you on your visit to your hometown.	Learn the Lord's Prayer in French. You may use the following link to assist you. https://www.youtube.com/watch?v=hTDtmLv1glo

Week of April 14 to 17, 2020