



Northeastern Catholic District School Board

Learn At Home Activities

Junior Students (Grades 4 - 6)

Art	Physical Education
Create a comic strip. Imagine your family and friends as superheros. Use the space wisely to include both pictures and speech bubbles.	Do as many pushups as you can. Hold a plank for as long as you can. Try to do this 3 times this week.
Take turns as a family acting out the facial expressions of familiar characters while the others guess (like charades). Talk about the different messages facial expressions send.	Go for a walk or jog with your family. If you decide to jog, count how many times your right foot touches the ground until you need to walk. Try it again in a couple of days.
Go on a nature walk and gather materials to make a collage. What different textures did you use to give your masterpiece variety?	One person names healthy foods and the other must name what food group they are in. Take turns and do 5 jumping jacks if you cannot name the proper food group. Change roles and continue.

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. Categorize the items into the 3 main food groups (Protéines, Fruits et Légumes, Grains Entiers). Note: most dairy products can be categorized as protein.
View this video with your family. Talk about Jesus' sacrifice to save us. Write a few words to express your feelings about the video. https://www.youtube.com/watch?v=0PSgoPdKQFQ&t=645s	Read the following text and answer the questions. Junior Reading Week 1.pdf
Easter is a symbol of hope, renewal and a new life. Take a walk with your family and take turns pointing out things that show new life.	Learn the Lord's Prayer in French. You can use the following link to assist you. https://www.youtube.com/watch?v=hTDtmLv1glo

Week of April 14 to 17, 2020