



Northeastern Catholic District School Board

Learn At Home Activities

Intermediate Students (Grades 7 & 8)

Art

Make a salt painting to depict a cool or warm summer's night. Mix 2tbsp. salt, a bit of water and food colouring together to make paint. Apply the paint using a paintbrush, old toothbrush, or Q-tip.

Tape one piece of paper to your back and have a family member draw on it as you replicate the same drawing on your own paper then switch.

Choose something to sketch outdoors (e.g., flower, tree, building). Take your time and capture the beauty of the object by adding great detail, shading and colour.

Catholic Faith

Watch - Easy Rock Painting for Kindness Rocks

<https://modpodgerocksblog.com/rock-painting-ideas/>

Find 6 rocks. Clean, paint and decorate the rocks. Write 6 quotes to put on the rocks.

Put the rocks in different places inside or outside so that people can find them. Take some time to think about how this makes you feel and write it down.

Physical Education

Two-footed long jump: Stand with your feet slightly apart, jump forward and mark your landing spot (heel of your foot). Make sure to use your arms and body to transfer your weight.

Rainy day card game: Challenge someone to a card game (any game will do) and discuss what exercise the other person will have to do if you win. Now play!

Find yourself a soccer ball (or any ball you can find). Play pass with the inside of your foot. Find a target and safely kick the ball towards it.

Week of June 8 to 12, 2020