



Northeastern Catholic District School Board
Learn At Home Activities
Junior Students (Grades 4 - 6)

Art

Use the link provided to make a thread painting. [Beautiful Thread Painting For Kids](#)

Use a can from the kitchen to trace and overlap circles to cover an entire page. Use a variety of colour and shading to give definition of one space over another.

Use a paper plate or recycled cardboard to make a dreamcatcher. Cut out a large ring and punch holes one centimeter apart. Use yarn to create a web in a criss cross fashion adding a few choice objects (e.g., shells, beads). Hang three feathers from the bottom of the ring.

Catholic Faith

Watch - David's Harp 1 Samuel 16:14-23

<https://www.youtube.com/watch?v=qsojJ-7liC8>

How can you be thankful for what you have and trust God for what you need? List three things.

Make a popsicle stick and rubber band harp.

<https://www.pinterest.ca/pin/488640628296599715/>

Physical Education

Two-footed long jump: Stand with your feet slightly apart, jump forward and mark your landing spot (heel of your foot) with a stick. Measure if possible and try to beat your record.

Music and Move: Choose 3 exercises. Choose a lyric from a song. Play the song and every time you hear the lyric, do one of your exercises (alternating them each time).

If you end up watching TV or playing a video game, do an exercise every 5-10 minutes or when a commercial comes on.

Week of June 8 to 12, 2020