



Northeastern Catholic District School Board

Learn At Home Activities

Intermediate Students (Grades 7 & 8)

Art

A lighthouse functions as a navigation tool. Draw a lighthouse including messages of hope for the lost or confused. Add colour and shading to define the light shining from the lighthouse.

Drama: As a family, take turns telling two truths and one lie about yourself while the others guess your lie. The person who guesses the lie is the next to present.

Google "Fibonacci Spiral in Nature". Take a walk and see if you can find any spirals in nature. Create your own drawing using the Fibonacci scale.

Catholic Faith

Listen to the story of the Wealthy Widow. How can you be generous, humble and thankful?
<https://youtu.be/5L3TTu--wvs?t=1010>

Be the reason someone smiles today. Help out with something around your home (sweep the floor, clean the kitchen etc..)

Cut out different paper hearts to form a rainbow with a nice message in the middle (Stay Strong And Be Healthy, Stay Home And Stay Safe...). Post where it can be seen by many people.

Physical Education

If you have been doing the exercises over the last 3 weeks, add a second set to each exercise (i.e. do 20 pushups, wait 1 minute and do 10 more). Exhale during every repetition.

See how many times you can run to one side of your yard and back within a minute. You can do this with a sibling as well and exchange a stick or baton-like object.

Follow the link for a great yoga session: <https://www.youtube.com/watch?v=GGJzZx4H2K4>

Week of May 4 to 8, 2020