



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

Art

Draw or paint a new landscape of your yard or neighbourhood park. Use line, colour, shape and size to balance the items on your page.

Make a music video for your favourite song. Act, dance and lip sync as you perform live or record your video on a device.

Decorate a recycled jar or box to make a family time capsule. Fill it with your thoughts, hopes and dreams. Bury it in the backyard or store it in a closet.

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. Do something nice without being asked each day for the entire week.

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

Physical Education

Have you been doing the exercises over the last 3 weeks? Make sure to take a short break in between each exercise and exhale when you are doing every repetition.

Follow this link for some lateral movement training:

<https://family.gonoodle.com/activities/lateral-movements>

Rock/Paper/Scissors Game: You and others from your house choose an exercise. All of you do a round of rock/paper/scissors. The winner gets a break and watches the others do his/her exercise.

Week of May 4 - 8, 2020