



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

Art

Look at a few pieces of famous art on the internet. How could the mood of the art change by using different colours? Create your own version of your favourite piece.

Draw a tree frog. Use colour and shading to make the eyes of your frog pop! Free hand your drawing or use this drawing tutorial on YouTube by Art for Kids Hub [How To Draw A Tree Frog](#).

Create a mask of your choice (favourite animal, super hero) using a paper plate or recycled cardboard. Cut holes for your eyes and use an elastic band or yarn to wear your mask.

Catholic Faith

Growing in Faith/Growing in Christ is a great resource. Find your grade.

Log in at: www.pearsoncanada.ca/growinginfaith/student-home

Username: GIFGIC_student99 Password: Student99

Be the reason someone smiles this week. Write a few sentences of Hope and give it to someone in your family.

Draw and colour a picture of what Hope means to you. Read and show your work to your family. Post it where it can be seen by many people.

Physical Education

Pushup challenge: See how many push-ups you can do (Standard style or knee push-ups). Challenge a friend to match your number or beat it!

For a good little workout, go to:

<https://app.gonoodle.com/activities/performance-training?s=Discover&t=Wo5/5/20-FP-4A-Featured%20on%20GoNoodle%20TUESDAY&sid=1765&x=2&y=1&mft=simple%20row>

If you have a frisbee, toss that around with someone from your household. See how many times in a row you can catch it.

Week of May 11 - 15, 2020