



Northeastern Catholic District School Board

Learn At Home Activities

Intermediate Students (Grades 7 & 8)

Art

Mandalas balance visual elements, symbolizing unity and harmony. Click on the link provided for instructions on how to create your own mandala. [Freehand Mandala Drawing 2 - Nicky Kumar Art.](#)

Imagine you are a mime. Use only your body language to pretend like you are somewhere else (e.g., at the beach, skiing, sliding, watching T.V.).

Browse famous sculptures on the internet. Create your own version of your favourite sculpture using recycled materials. Compare the sculptures similarities and differences.

Catholic Faith

Watch & sing along daily. HILLSONG - Hope Of The World (Lyric Video)

https://www.youtube.com/watch?v=_yP7BxqkFj8

Make up a dance to go with the song. When ready, perform the dance for family members.

Make a 3D flower pop up card and give it to someone with a message of hope.

<https://www.youtube.com/watch?v=870JPSsUmc0>

Physical Education

Plank challenge: How long can you plank for? Challenge a friend to match your time or beat it! If you want to add some variety to your plank, go to: <https://greatist.com/fitness/perfect-plank>

The leads in this dance workout start off by saying “Hey girls...”; but I challenge any girl or boy to attempt to get through this workout! <https://www.youtube.com/watch?v=yN3GgCUmmXw&t=142s>

Using some chalk, draw and do some agility ladder training. If you need ideas, go to:

<https://www.youtube.com/watch?v=iICTuTZCJyM>

Week of May 18 to 22, 2020