



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

### **Art**

Make a Japanese Fan. Use a variety of shapes, lines, and colour to fill an entire piece of paper. Fold the page like an accordion and fasten on one end with a staple or elastic.

As a family, write a short play including a beginning, middle and end.

Go for a walk and look for shapes in rocks that remind you of ladybugs, snakes and lizards. Paint your rocks and use them to decorate your backyard or garden.

### **Catholic Faith**

Re-watch and sing along daily. HOPE | Kids Worship Song

[https://www.youtube.com/watch?v=r\\_t5xitQjlc](https://www.youtube.com/watch?v=r_t5xitQjlc)

Practice your made up moves for the song and get other family members to move with you.

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!

Have you been feeling overwhelmed or frustrated? Watch this video for some calming advice:

<https://app.gonoodle.com/activities/manage-frustration?s=category&t=Practice%20Self-Control&sid=23>

Using some chalk, draw and play a game of 4-Square (or modify the game to 2-Square). If you need instructions, go to: <https://www.youtube.com/watch?v=3snA-57CiX8>

**Week of May 18-22, 2020**