



**Northeastern Catholic District School Board**  
**Learn At Home Activities**  
**Primary Students (Grades 1 - 3)**

### **Art**

Draw or paint a picture of your family using the three primary colours. Try mixing two primary colours (red, blue, yellow) to make secondary colours (green, purple, orange).

As a family, act out your favourite scene from a disney movie. Dress up and use items around the house for props.

Make an animal using play dough. Use store bought dough or make your own (1 cup flour, ¼ cup salt, ¾ cup warm water, 1 tbsp. vegetable oil). Use pulling techniques to make the head and legs.

### **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.

It's spring and lilies represent sweetness, happiness and rebirth. Make 1 to 3 handprint lilies and give them to your family.  
<https://www.youtube.com/watch?v=EluVJljMBr4>

### **Physical Education**

If you practiced your push-up form last week, see how many you can do. Challenge someone you know to see if they can match or beat your number.

Take things down a notch and watch this calming mindfulness video:  
<https://app.gonoodle.com/activities/from-mindless-to-mindful?s=category&t=Practice%20Self-Contr&sid=23>

Using some chalk, draw and play a game of Hop-Scotch. If you need instructions, go to:  
<https://www.parents.com/fun/activities/hopscotch/>

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