



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

Art

Make a card for someone you love. Include messages of hope (e.g., hope makes everything possible, love thy neighbour, hope is the best medicine).

Imagine you are the main character of your very own story. Use materials around the house to dress up and act out your character.

Make a homemade wind chime. Use a coat hanger or branch to hang objects (recycled cans, shells, beads) using twine, yarn or string.

Catholic Faith

Listen to the story of the Lion and the Mouse. How can you have a brave heart?

<https://youtu.be/jsihQliHe0k>

Be the reason someone smiles today. Say something nice to everyone in your home each day of the week.

Draw and colour a rainbow picture with a nice message in the middle (Stay Strong, Stay Healthy, Thank You!...). Post where it can be seen by many people.

Physical Education

Follow the link for a little stretching session with Maximo:

<https://family.gonoodle.com/activities/empire-state>

Using a piece of paper, make two columns and list a number of exercises. Then, flip a coin. If it lands on "heads" do an exercise from the left column. If it is "tails" do one from the right column.

Rock/Paper/Scissors: Choose 5 animals. Move around the house like the first animal and graduate to moving like the next animal everytime you win a match. You win if you get to the 5th animal.

Week of May 4 to 8, 2020