



## Learn from Home: Day 4

Below you will find some activities that students can complete at home. Feel free to mix and match and choose the activities that work best for you and your family.

Children learn in different ways. Students may require supports like modelling, scribing or other ways to demonstrate their learning, like a voice recording or drawing. Children also benefit from movement breaks in between activities. Simple movement breaks include, but are not limited to, walking up and down stairs 3 times, running around the exterior of a building, or a circuit of jumping jacks, lunges or other stretches.

### Grades 7-8

Focus	Offline	Online
<p><b>Faith</b></p> <p>Good for every day: Subscribe to Loyola Press website and receive a 3-minute retreat/ meditation daily: <a href="#">Living Lent Daily</a></p>	<p>English Prayer: Pray for those that are sick, or those that are experiencing extra health challenges. Below are some words/ideas that you might use in your prayer: -name specific people or groups of people -physical healing -grant them wellness -loving God -have mercy on us -strength -Trust in God -courage -thank God</p> <p>If you are eating together, have your child lead “Grace before meals”</p> <p>French Prayer:  Lead a prayer in French as you begin or end your day together as a family or lead the Rosary.</p> <p>Activity: Our Father Activity</p>	<p>English Prayer: Today we want to pray for those that are sick, or are experiencing extra health challenges. Before praying, read this helpful article about <a href="#">How to Pray for the Sick</a> After learning about how to pray for the sick, compose your own prayer using some of these ideas.</p> <p>French Prayer: Learn to say common prayers in French as a family.  <a href="#">Learn to say the Notre Père</a></p> <p>Activity: Below is link to some activities that will help you better understand the Our Father. Watch the video at the bottom of this page: <a href="#">Understanding the Our Father</a></p> <p>After learning about the Our Father, connect with a friend or a sibling and complete the Our Father Activity found at the beginning of the above linked page: “A Fun Our Father Activity”</p>

Write down the words to the "Our Father".  
 For every line, come up with hand or body motions that correspond with the ideas and the words of the prayer. (i.e.: you might point to heaven to symbolize the line "who art in heaven")  
 When you are finished creating motions, practice and then teach it to someone in your home.

Video tape yourselves and share it with some other friends.  
 Challenge them to complete the activity as well.

**Numeracy**

Try this yohaku puzzle. Fill in the blank cells with prime numbers only to get the products shown in each row and each column.

			50
			18
			28
30	70	12	X

Use prime numbers only.

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More puzzles like this can be found at [the Yohaku Website.](#)

**Daily Physical Activity**

**Today's Challenge:** Find a light, durable ball (utility ball, soccer ball, volleyball, etc..) or a round balloon. On your own or with a sibling or caregiver try to keep the ball up in the air with your hands, without holding it. Also, try to do the same with your feet only.  
 Can you keep the ball in the air for more than 20 seconds?

**Today's Challenge:** Try at least 2 of the activities  
 Please write down the **GAME ON** activity numbers #9, #14, #26, #30, before using the link below:  
[GAME ON! Pick at least 2](#)

<p><b>Literacy</b></p>	<p>Write an email or a letter to a healthcare worker thanking him/her for their hard work and dedication during this time. If you know someone who works in healthcare, you can send the email or letter to that person!</p> <p><b>FRENCH:</b></p> <p>Write a letter to yourself to open in 1, 5,10, or even 20 years from now. Describe how you are feeling at this moment. Share what you are doing to keep active and keep learning. Don't forget to include your hopes for the world and others. When you are finished, address it to yourself and place it in a safe spot for the future.</p>	<p><b>FRENCH:</b></p> <p>Go to <a href="#">Free Rice and choose</a> the “French” category. Now, increase your vocabulary as you support a worthy cause. For each word that you learn that is new to you, use it in a sentence with someone in your house.</p>
<p><b>Experiential Learning</b></p>	<p><b><u>Neighbourhood Window Walk</u></b> This is an opportunity to engage everyone with a fun community window scavenger hunt. Create a new window activity each day!</p> <p>Day 4: Flowers</p> <p><b>Experiential Learning Reflective Questions</b></p> <ol style="list-style-type: none"> <li>1.What do you think?</li> <li>2.Why do you think that?</li> <li>3.How do you know this?</li> <li>4.Can you tell me more?</li> <li>5.What questions do you still have?</li> </ol>	<p><b>Calendar of Virtual Field Trips for Families March, April, May 2020</b> <a href="#">Calendar of Virtual Field Trips for Families</a></p> <p>Participate: What? Students are immersed in an experience</p> <p>Reflect: So What? Students think about their experience guided by reflective questions (see the box on the left).</p> <p>Apply: Now What? Students describe how their learning stimulates further inquiry</p>

For more ideas for learning at home, please go to: [Keep Learning at Durham Catholic](#)