

Learn from Home: Day 5

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 the house, or a circuit of jumping jacks, lunges or other stretches.

Grades 7-8

Focus	Offline	Online
<p>Faith</p> <p>Good for every day: Subscribe to Loyola Press website and receive a 3-minute retreat/ meditation daily: Living Lent Daily</p>	<p>English Prayer: Pray for yourself: Let my every sacrifice be understood with gratitude and humility, by giving something up, may I discover anew all I have taken for granted. In each small effort, may I recognize my need for your strength and grace. Make me mindful of those for whom scarcity is an everyday reality. As I abstain from negativity, self-righteousness, and arrogance, replenish me with kindness, understanding and good humour. Be with me through these uncertain times and turn my spirit towards you.</p> <p>French Prayer: Lead a prayer in French as you begin/ end your day together as a family or lead the Rosary</p> <p>Activity: Offer up a bit of time normally used to watch Television or something you really like to do and use it to pray for or provide assistance to someone who is suffering or in need of healing.</p>	<p>English Prayer: Pray for yourself: Let my every sacrifice be understood with gratitude and humility, by giving something up, may I discover anew all I have taken for granted. In each small effort, may I recognize my need for your strength and grace. Make me mindful of those for whom scarcity is an everyday reality. As I abstain from negativity, self-righteousness, and arrogance, replenish me with kindness, understanding and good humour. Be with me through these uncertain times and turn my spirit towards you.</p> <p>French Prayer: Learn to say common prayers in French as a family. Gloire au Père</p> <p>Activity: Create a prayer for someone who may be suffering or in need of healing. Share this post on a social media platform. Promote people to share the prayer in honour of the individual of need.</p>

Numeracy

Play this dice game called Reach 5:

REACH 5

Materials: Two dice, score cards

Instructions: The object of this game is to create five numbers with a total as close to 5 as possible. For each of the five rounds, players take turns to roll the dice and decide which two columns (ones, tenths or hundredths) to put the numbers into. A zero must be placed into the other column for that round. Repeat for the remaining four rounds to create five numbers. Add these numbers. The person with the total closest to 5 wins.

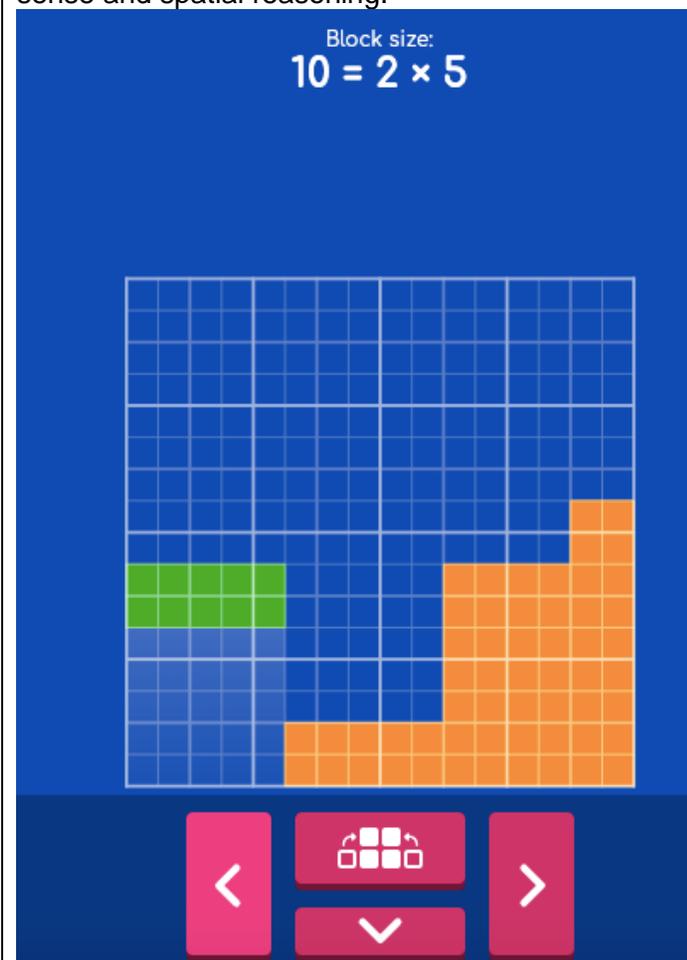
Player A

Round	Ones	Tenths	Hundredths	Running Total
1		.		
2		.		
3		.		
4		.		
5		.		

Player B

Round	Ones	Tenths	Hundredths	Running Total
1		.		
2		.		
3		.		
4		.		
5		.		

Try this game called [Factris](#) It is a fun test of your number sense and spatial reasoning.



<p>Daily Physical Activity</p>	<p>Cardio Challenge: With your caregiver’s permission, go for a twelve minute jog in your neighbourhood. Shout out words of hope and encouragement. “We’ll get through this!” “Stay Canada Strong!” “Great to see you! Stay Healthy” or simply a smiling “Hello” as you see others coming out for some fresh air and exercise. Note - Dress for the weather and adhere to physical distancing.</p>	<p>Cardio Challenge: Please take a break to get up and get active. Copy down the GAME ON activity numbers #4, #11, #12, #18, #19. Please pick at least 3 of these activities. Heart pumping activities! #DCDSB Moves! Try all five...if you can! If possible, have online friend, a sibling or parent join you. Staying healthy and active is important, especially at this time.</p>
<p>Literacy</p>	<p>Choose a text that you have at home and pick 5-10 vocabulary words. Create a visual dictionary for the words that includes a definition and a picture that represents each word.</p> <p>FRENCH: Listen to two popular songs in French and write down the words you recognize. What are the songs about? If you can, listen to the songs again to improve your understanding. Share the songs with a friend and give your opinion about which is your favourite and why.</p>	<p>Visit News for Kids. Choose a news story that is of interest to you. Briefly summarize the article using the 5Ws and H (who, what, where, when, why, how).</p> <p>FRENCH: Canadian Parents for French invites K-12 students across Canada to record and post 1-3 minute videos sharing how they are spending their time while away from school and events are cancelled. A minimum of one minute of the video must be in French. More information about this contest can be found here: https://bit.ly/2WHH1z7</p>
<p>Experiential Learning</p>	<p><u>Neighbourhood Window Walk</u> This is an opportunity to engage everyone with a fun community window scavenger hunt. Create a new window activity each day!</p> <p>Day 5: Palm Trees for Palm Sunday!</p> <p>Experiential Learning Reflective Questions</p> <ol style="list-style-type: none"> 1.What do you think? 2.Why do you think that? 3.How do you know this? 4.Can you tell me more? 5.What questions do you still have? <p>Talk with your family or friends about the worries or concerns you may have about what is happening around you.</p>	<p>Go to Free Rice and choose a category that interests you.</p> <p>Participate: see how many grains of rice you can donate Reflect: Why would a site like this exist? How might an organization like this pay for the food it provides? Apply: What things can you do locally, in your own community, to help people who need food?</p>