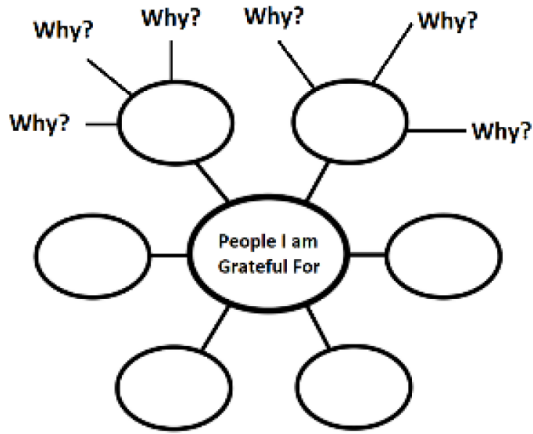


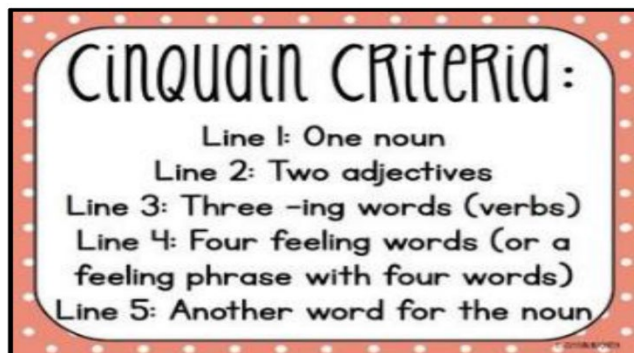
Intermediate Learning Activities



Think about and create a brainstorm web showing a list of people for whom you are grateful. Branch out from the bubble 3 or more reasons why you are grateful for them.

Next, select 2 people from your web and write a paragraph for each person explaining why these individuals are important members of your family and/or community. Be sure to also include what you have learned from them.

Write the name of a person you are grateful for and write a cinquain poem in honour of them. See the rules of a cinquain poem in the image to the right. Next, write a paragraph explaining why you chose this person. Then, write a cinquain poem for YOURSELF!



During a time when we are all practicing social and physical distancing, we need to make sure we think of ways to remain healthy, happy, and hopeful. Create a poster with a message of hope, or a thank you to people in your community (e.g. friends, neighbours, health care and other essential workers). Put your poster up on your door, in your window, or in your neighbourhood. Remember, we are all in this together, and together we can make a difference!



The following are 9 Life Lessons from a University Graduate Valedictorian:

1. You don't have to have a dream but instead passion and dedication to the pursuit of short-term goals. Be ambitious and put your head down and work with pride on whatever is in front of you. Sometimes if you focus too far in front of you, you will not see the shiny thing out in the corner of your eye!
2. Don't seek happiness, if you think about it too much it goes away. Keep busy and aim to find someone else happy and you might find you will get some as a side effect.
3. Remember it is all luck. You are lucky to be here, lucky to be born and incredibly lucky to be brought up by a nice family. If born to a horrible family, you are still lucky that you can make decisions to change your life. You are the one who can make changes.
4. Exercise! Take care of your body as you are going to need it.
5. Be hard on your opinions. Opinions should be constantly and thoroughly examined. We must think critically and not just about the ideas of others. Know yours!
6. Be a teacher. Share your ideas and don't take for granted what you learned. Spread it!
7. Define yourself by what you love.
8. Respect people! Treat everyone equally and with respect regardless of their level of power.
9. Don't rush. You don't need to know exactly what you are going to do with the rest of your life...don't panic.

Choose your top 3 favourite lessons from the list. Explain why you chose those particular lessons. Which lesson do you think is the most important one for all students to hear? Explain why. Is there another lesson you think should be added to this list?

“Wishes for a Better World” – You have been granted three wishes to change the world for the better. What would your three wishes be? Write about each wish, and explain why you have chosen each specific wish. Next, complete the following:

1. Interview five people and record or write down what they think is most beautiful.
2. Using the alphabet, write down something beautiful for each letter of the alphabet.
3. List 10 beautiful things in your world that would be missed the most if taken away.
4. Write a poem/paragraph about your neighborhood. What makes it beautiful?



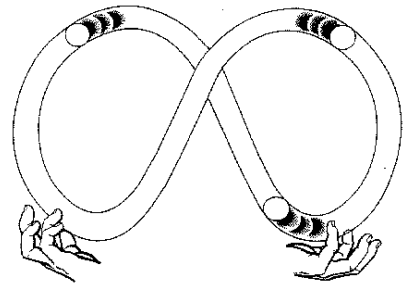


Who Am I?

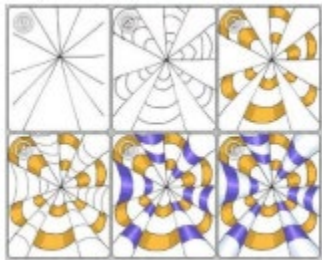
Guess what I am drawing? Tape a piece of paper on someone else's back. Give this person a piece of paper and marker. Stand behind them, no talking! Using a marker, draw a picture on the paper taped to their back.

Use simple lines and shapes; draw one-step at a time. Between each step, give the person time to draw what they feel you drawing on their back. Compare the images when you are finished.

Teach yourself to juggle! Find a small stone or ball that feels good in your hand (the size of a grape often works well). Start by practicing throwing it straight up about 50 cm and catching it with the same hand (no higher than the top of your head). Once every toss up is very straight and even in height then try speeding up. Try with your other hand. Once you have mastered this try tossing between hands with just a slight arc and to just the same height. Find another rock of the same size and try tossing two back and forth. Add a third. This takes LOTS of practice! Check out a great video that will help you!



<https://www.bing.com/videos/search?q=teach+yourself+to+juggle+&&view=detail&mid=7074E0D4337DD3F19B147074E0D4337DD3F19B14&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dteach%2Byourself%2Bto%2Bjuggle%2B%26FORM%3DHDRSC4>



Optical illusion art: Find the centre of the page - draw a dot with a pencil. With your pencil, draw 6 straight lines through the centre. Draw "happy face" curved lines in alternate sections. Colour in the sections alternating one coloured and one blank using a tertiary colour. Use the same colour to shade the edges of the blank sections. Use your pencil again; draw "sad face" curved lines in the leftover sections. Colour in these sections with a different tertiary colour, alternating one coloured, one blank. Use the same colour to shade the edges. Trace over all pencil lines (straight and curved) with a black marker.

Make a line-landscape. Use a pencil and draw a curvy line about halfway up your page. Draw another curvy line halfway between this line and the bottom of your page. Half this distance again to make the foreground. On the top-half of your page, draw a set of 4 mountains. Make sure you have 2 larger mountains, one that is about $\frac{3}{4}$ their size and another that is about $\frac{1}{2}$ their size. Make sure some of them overlap. Finish your landscape by using different colours to draw a variety of different line styles and weights to create expression, visual rhythm and depth of space in your work. Add objects to the foreground, middle ground and background to add interest.



Jump! Let's focus on our leg muscles today. Use a measuring device and a lawn or soft surface to see how far you can jump from standing. From running? How high can you jump reaching up to touch a wall? How many times in a row can you jump with no breaks? Take a rest and try all four again to see if you can best your first tries. Message a classmate and challenge them to try to beat your scores.

