

# A Warm Welcome!

## Activity Newsletter (April 2020)

***“Always believe that something wonderful is about to happen”***

This newsletter is created by Dr. Sabrina Jafralie, Quebec high school teacher, McGill University lecturer, and co-founder of the Centre for Civic Religious Literacy. It is an activity newsletter that she shares with her high school students during COVID-19. We hope that it can help you support your students too.

**Quiet Corner:** Take one minute every day and try to sit in the quietness.  
Try a quick guided body scan meditation.  
[https://www.youtube.com/watch?v=ihwcv\\_ofuME](https://www.youtube.com/watch?v=ihwcv_ofuME)

### Gr 7-8/Sec I-II Activities

#### 1) Create a new emoji:

Why not create an emoji? You can add it to the growing emoji family. We would love to see your new emoji. Draw it or create it!



#### 2) Write a poem or rap (3 lines):

Using one of the following words, “hope”, “inspiring”, and/or “together” write a short poem or rap.

### Gr 10/ SEC IV Activities

#### 1) Make a positive meme:

Given the unchartered time we find ourselves in, it can help to find the positive. Using Piktochart, create a positive meme. <https://piktochart.com>

#### 2) Visually represent the future of humanity:

It can help to express our feelings in a visual way. Why not draw or find an old magazines to create a representation of the future.

### Gr 8/9–Sec II-III Activities

#### 1) Take a virtual tour:

There are many places you can go even indoors. Go to <http://www.3dmekanlar.com/en/3d-religious.html> and visit three religious sites anywhere in the world!

#### 2) Write a poem or rap (5 lines)

Using all of the following words: “hope, inspiring and together” to write a short poem or rap.

### GR 11/12- SEC V Activities

#### 1) Short reflection:

We know that we are living in a challenging time, a time where there are many uncertainties. Yet we also know where there is rain, there are also rainbows. So, what could be some of the positive impacts during this time?

#### 2) Future self:

Write a letter or make an Instagram post to yourself. This letter could be opened up in a year to see how much you and your life have changed!

### Creative Corner

A heart map is a visual reminder of who we love and cares about. Draw a heart and write about the people in your life who loves and cares for you.



### Reflective Moment

Use this time to write down 3 words, 3 thoughts or 3 questions



**Ramadan Kareem!**

