

LIST OF ACTIVITIES FOR GRADES 6-8-

Please note the ideas are interchangeable along the grades i.e. MYP 1 (grade 6) can also take an activity from grade 8 and vice versa. This is an idea bank. Student can choose either from these options or get a reference and plan their own activities. Some of the activities given below can also extend into the projects depending on the duration for grades 8.

ACTIVITIES THAT CAN BE DONE ONLINE-

GRADE 6	GRADE 7	GRADE 8
Work with senior citizens “then and now” books to raise awareness about the changes in our environment and society. - <i>Dignity foundation</i> through regular conversation over phone/video.	Translate awareness campaign which you connect with in local languages and spread awareness about your cause – Women health and hygiene.	Create need to know kits for new students.
Becoming Pen/ email pals to senior citizens - <i>Dignity Foundation</i>	Volunteer to help senior citizens develop mobile skills and making a short handbook - <i>Dignity Foundation</i>	Volunteer to help senior citizens develop basic computer skills by online teaching and making a small handbook. {can be converted into a project, if long term}- <i>Dignity Foundation</i>
<p>Awareness campaign online on Malnutrition, health and hygiene and related topics</p> <p>Make a video log of the home workouts and share it within your community, social media to create awareness about healthy living and importance of physical exercise for physical and mental wellbeing.</p> <p>Host live lessons for peers whether it is yoga, mindfulness, etc. Keeping an updated blog that shares nutritional plan, recipe ideas, exercise routine.</p> <p>Make video/presentation/shorts for students online to help with setting breaks, stretches,</p>	<p>Awareness campaign online on Malnutrition, health and hygiene and related topics</p> <p>Make a video log of the home workouts and share it within your community, social media to create awareness about healthy living and importance of physical exercise for physical and mental wellbeing.</p> <p>Host live lessons for peers whether it is yoga, mindfulness, etc. Keeping an updated blog that shares nutritional plan, recipe ideas, exercise routine.</p> <p>Make video/presentation/shorts for students online to help with setting breaks, stretches, postures, etc. that are short and</p>	<p>Awareness campaign online on Malnutrition, health and hygiene and related topics</p> <p>Make a video log of the home workouts and share it within your community, social media to create awareness about healthy living and importance of physical exercise for physical and mental wellbeing.</p> <p>Host live lessons for peers whether it is yoga, mindfulness, etc. Keeping an updated blog that shares nutritional plan, recipe ideas, exercise routine.</p> <p>Make video/presentation/shorts for students online to help with setting breaks, stretches, postures, etc. that are short and will help restore some balance to the body during these heavy</p>

postures, etc. that are short and will help restore some balance to the body during these heavy 'online' times Create an inspiring message to share to foster a global community- https://www.ivolunteer.in/govirtua	will help restore some balance to the body during these heavy 'online' times Create an inspiring message to share to foster a global community- https://www.ivolunteer.in/govirtua	'online' times Create an inspiring message to share to foster a global community.- https://www.ivolunteer.in/govirtua
Awareness campaign online on conservation of natural resources like the forests, rivers	Translate Children's books from English to local language for rural younger kids. https://www.ivolunteer.in/govirtua	Organizing an online musical night for senior citizens- Dignity Foundation <i>(can be extended into a project)</i>
Awareness campaign Action aid, India - you can choose any one option based on your interest. <u>Non-social media related volunteering-</u> 1. essay writing 2. poster making/ painting 3. Speaking on video 4. Leading a team 5. DIY crafts <u>Social media related volunteering-</u> 1. Visibility: To talk about the work of ActionAid on social media and make more people aware about it. 2. Awareness - To raise awareness about COVID-19 and related issues.	Awareness campaign Action aid, India - - you can choose any one option based on your interest. <u>Non-social media related volunteering-</u> 1. essay writing 2. poster making/ painting 3. Speaking on video 4. Leading a team 5. DIY crafts <u>Social media related volunteering-</u> 1. Visibility: To talk about the work of ActionAid on social media and make more people aware about it. 2. Awareness - To raise awareness about COVID-19 and related issues.	Awareness campaign Action aid, India - you can choose any one option based on your interest. <u>Non-social media related volunteering-</u> 1. essay writing 2. poster making/ painting 3. Speaking on video 4. Leading a team 5. DIY crafts <u>Social media related volunteering-</u> 1. Visibility: To talk about the work of ActionAid on social media and make more people aware about it. 2. Awareness - To raise awareness about COVID-19 and related issues.
Create awareness social issues like clean India – Take the challenge and post your activity in - https://swachhbharat.mygov.in/	Awareness and online campaigning with suggested practical solutions on air pollution	Awareness campaign online on conservation of natural resources like the forests, rivers, illegal mining or destruction of forest/ agricultural land cover
Planting 100 trees in your neighborhood - Take the challenge and post your activity in -	Capture the new normal through photograph and raise awareness about the precautions and the change in	

https://swachhbharat.mygov.in	society and a follow up with picture collage to highlight the precautions to be taken. (can be shared in school magazine and other various platforms)	
Fund raising for a social cause/ natural disaster	Awareness about the importance of recycling products and reducing plastic use https://www.ivolunteer.in/21-homevolunteering-ideas	Advocacy on Fair trade
Cloth and toy drive for poor before a festival	Direct service: A grocery bag a day, keeps the elders away - from corona: Make a few bags of rice and dal and leave it with the vendor on your street, your milkman/newspaper man to give it in their communities. Going shopping online or on ground - order some extra & share in your neighborhood. Take a pic and share with your school community, social media to inspire others	Online volunteering to teach poor children who cannot afford tuitions. <i>(Can be converted into a project if long term with proper lesson plans and test taken.)</i>
Know your plastic intake-survey and then raise awareness in your community/school and locality through blogs and other platforms. Suggest valid alternatives. Know your plastic footprint- https://www.omnicalculator.com/ecology/plastic-footprint	Advocacy on Fair trade - On cotton trade - Climate change	Read and record 21 short stories for visually impaired children. Stories from the panchatantra, Jatka tales, Aesop's fables...anything at all. Lets get started - https://www.ivolunteer.in/21-homevolunteering-ideas send us the audio files and we will share with those that work with visually challenged children. Get creative and engage your family and kids for role-plays <i>(can be extended into a project)</i>
Capture the new normal through photograph and raise awareness about the precautions and the change in society and a follow up with	Collaboration across continents when it comes to creating a photo essay-based book where they share their experience during this new	Online campaign and awareness building for a particular rare disease/ health condition

picture collage to highlight the precautions to be taken. (can be shared in school magazine and other various platforms)	normal and the precautions taken to raise awareness http://www.inourvillage.org/IOGV/How can we participate.html	
Advocacy on Fair trade 1. Cotton trade 2. Climate change	Advocacy on Fair trade 1. Cotton trade 2. Climate change	Awareness campaign on the plight of farmers/ acid attack victims
		Read and record 21 short stories for visually impaired children. Stories from the panchatantra, Jatka tales, Aesop's fables...anything at all. Lets get started - https://www.ivolunteer.in/21-homevolunteering-ideas send us the audio files and we will share with those that work with visually challenged children. Get creative and engage your family and kids for role-plays <i>(can be extended into a project)</i>
		Social media Junkie? Spread awareness for a worthy cause: Create 21 pieces of right content for your favourite cause - a simple poster, an emotional post, an interesting data point ...anything about the cause that you feel strongly about. Post it and <u>tag us</u> - ivolunteer.in we will share with our partner NGOs working on that cause. Interest, (It can be a project or an activity depending on whether you choose to focus on one cause and one outcome or many <i>(can be extended into a project)</i>
		Collaboration across continents when it comes to creating a photo essay-based book where they share their experience during this new normal and the precautions taken to raise awareness

		<a href="http://www.inourvillage.org/IOGV/How_c
an_we_participate.html">http://www.inourvillage.org/IOGV/How_c an_we_participate.html
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ACTIVITIES THAT CAN BE DONE FACE TO FACE BY MAINTAINING SOCIAL DISTANCING ARE-

GRADE 6	GRADE 7	GRADE 8
Volunteer in community Kitchen	Volunteer in community Kitchen	Volunteer in community Kitchen
	Street clean up drive	Street clean up drive
Volunteering in animal shelter	Volunteering in animal shelter	Teaching house help English / computer skills/any relevant skill- <i>(Can be converted into a project if long term with proper lesson plans and test taken.)</i>
Direct service: A grocery bag a day, keeps the elders away - from corona: Make a few bags of rice and dal and leave it with the vendor on your street, your milkman/newspaper man to give it in their communities. Going shopping online or on ground - order some extra & share in your neighborhood. Take a pic and share with your school community, social media to inspire others	Direct service: A grocery bag a day, keeps the elders away - from corona: Make a few bags of rice and dal and leave it with the vendor on your street, your milkman/newspaper man to give it in their communities. Going shopping online or on ground - order some extra & share in your neighborhood. Take a pic and share with your school community, social media to inspire others	Volunteering in animal shelter
		Direct service: 'A grocery bag a day, keeps the elders away - from corona': Make a few bags of rice and dal and leave it with the vendor on your street, your milkman/newspaper man to give it in their communities. Going shopping online or on ground - order some extra & share in your neighborhood. Take a pic and share with your school community, social media to inspire others