

Friday 3rd April

Don't forget our virtual assembly today! You might see some familiar faces!!

1. **Exercise:**

Before any home learning gets done, it's a good idea to get in some exercise. There are plenty of options for this depending on family circumstances:

- Walk the dog for 30 minutes (if you don't have a dog, just walk without one!)
- Do a go noodle/ cosmic kids yoga/ RTÉ 10@10 video
- Every morning at 9am, Joe Wicks, the Body Coach is doing a live workout for kids on his YouTube Channel
- Continue to practise independent tasks such as tying laces, zipping coats, opening packets, fruits.

2. **English:**

Tricky Words

Tricky Word practice: Click on the magician's hat to reveal a tricky word! <https://www.online-stopwatch.com/random-name-pickers/magic-hat-name-picker/?r=oN8wXocChb>

Work on words:

Show your child pictures of these objects the children can then write the words themselves. Will be sent as an attachment







3. **Break Time:**

It's important to take a break. Make sure to have a snack and to try and get outside for some fresh air.

4. **Maths**

Shapes Song:

<https://safeyoutube.net/w/oVo3>.

Play the fill my cup game again. Follow on activity

Who has more?

6.	<p><u>Lunch Time:</u> It's important to eat their lunch. They should try and get outside if they can too. <i>Get some fresh air.</i></p>
7.	<p><u>Kindness Calendar-Kindness School Foundation</u></p> <p>Kind to others Make someone's day by calling an older relative. Ask them how they are, telling them a story or share your best joke!</p> <p>Create an 'I'm bored jar' with your family. Fill the jar with ideas of things you can do such as 'Read a book' 'Build something from lego' 'play with my baby sister'..</p> <p>You can sign up to the Kindness School where they will release the kindness calendar each Wednesday</p>