

Thursday 2nd April 2020

Mindfulness	Take part in this 'Space Breathing' guided relaxation: https://www.youtube.com/watch?v=m-CYBzxulsM
Maths	<ul style="list-style-type: none"> • Make patterns using crayons, socks, fruit. • Try make a pattern of more than two objects. Now try to complete these patterns: • https://www.topmarks.co.uk/maths-games/hit-the-button • Operation Maths p.37 <i>A only</i>
Art Project – choose 1 option to complete at a time	<p><u>Continue your chosen art project:</u></p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=ZHAqT4hXnMw <p><u>Option 1</u></p> <ul style="list-style-type: none"> • Build your own space rocket or International Space Station using Junk Art (recycled material). Get inspiration here: • https://nurturestore.co.uk/junk-model-space-rocket-theme-preschool <p><u>Option 2</u></p> <ul style="list-style-type: none"> • Cut and stick a creative Earth collage using old magazines, newspapers and cereal boxes. Have a look here for suggested material to use and the procedure: • https://iheartcraftythings.com/earth-day-collage.html
English	<ul style="list-style-type: none"> • Spend 10 minutes reading a story. Before reading, what would you like to know by the end of the story? • Was your question answered? If not, could you guess what the answer would be after reading? • Find the words in wordbox 16. • Practise your spellings! Keep moving up the levels: • http://www.ictgames.com/littleBirdSpelling/ • Play a matching game (Snap/ Turn over and pair) with your tricky word cards. • Continue with your Ready, Steady, Write programme.
Research and Play	<p><u>Project on Space.</u></p> <ul style="list-style-type: none"> • Find out what astronaut eat in space. • If you were to travel out to space for a week, what would you need to bring? • Write a list of things you will need to bring with you. • Try find these items in your house and pack a bag for your space mission.
Gaeilge	<ul style="list-style-type: none"> • Use the folens login details sent in the 'Home Learning Pack' letter.

	<ul style="list-style-type: none"> • Listen to the ‘Scéal: Hansel agus Gretel’ • https://content.folensonline.ie/programmes/AbairLiom/SI/resources/Stories/AL_SI_ACT_Sceal_L24_HanselAgusGrete/build/index.html • Play this vocabulary game, revising words from previous chapters: • https://content.folensonline.ie/programmes/AbairLiom/SI/resources/Vocabulary_games/AL_SI_GAME_Balloon_L20_Revision/build/index.html
Physical activity	y spell your family’s names/ friend’s name and follow the exercises. You could send them a video of you spelling their names!

Spell your name PE!

- A- 5 Jumping Jacks
- B- 5 Jumping Jacks
- C- 10 jumps
- D- hop on your right foot
- E- hop on your left foot
- F- crab walk for 10 seconds
- G- do 5 sit ups
- H- 10 mountain climbers
- I- 5 push ups
- J- 30 second high knees
- K- kick your left foot as high as you can
- L- kick your right foot as high as you can
- M- 5 jumping jacks
- N- 10 jumps
- O- hop on your right foot
- P- hop on your left foot
- Q- do 5 sit ups
- R- do 10 mountain climbers
- S- crab walk for 10 seconds
- T- 5 push ups
- U- kick your right foot as high as you can
- V- kick your left foot as high as you can
- W- Run in place for 30 seconds
- X- run with high knees
- Y- 5 push ups
- Z- 5 sit ups