

Wednesday 1st April

Today is April Fools Day! Maybe you could tell your family a funny joke

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>

Fly swat/ruler/ wooden spoon challenge:

Write the tricky words on pieces of paper and an adult/older child can call out the word and the child finds it. Make double the amount and play snap!

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.	<p><u>Play time: Room Memory Game</u></p> <p>Children can play a game where they look around the room carefully then they close their eyes. You change something in the room e.g. put a book near the sink, teddy on the TV. Ask them what has changed. They describe the change - encourage full sentences.</p> <p>They then get a turn to change something.</p> <p>Give the children a chance to free play away from screens.</p>
5.	<p><u>Art Time:</u></p> <p>Here's another idea from The Kindness School Foundation that we can do to help ourselves and others.</p> <p>Kind to others</p> <p>Children can create posters to remind family members to wash their hands and put them around the house.</p> <p>https://www.pinterest.ie/pin/201536152052497220/</p>
6.	<p><u>Lunch Time:</u> It's important to eat their lunch. They should try and get outside if they can too. Get some fresh air</p>
7.	<p><u>Practise writing your full name:</u></p> <p>First name and Surname/ or a family member's name! Pick one of these fun ways to practise!</p> <p>https://www.familyeducation.com/school-learning/5-fun-ways-kids-learn-write-their-name</p>