

Wednesday 1st April
Today is April Fool's 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. **Play time: Room Memory Game**

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.

They then get a turn to change something.

Give the children a chance to free play away from screens.

5. **Art Time:**

Here's another idea from The Kindness School Foundation that we can do to help ourselves and others.

Kind to others

Children can create posters to remind family members to wash their hands and put them around the house.

<https://www.pinterest.ie/pin/201536152052497220/>

6. **Lunch Time:** It's important to eat their lunch. They should try and get outside if they can too. Get some fresh air

7. **Practise writing your full name:**

First name and Surname/ or a family member's name! Pick one of these fun ways to practise!

<https://www.familyeducation.com/school-learning/5-fun-ways-kids-learn-write-their-name>