

Friday 3rd April

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.

