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| THURSDAY 26TH MARCH |
| 09.20 | Mindfulness | * Follow the steps <https://www.youtube.com/watch?v=vlv6Y1tq1sQ>
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| 09.30 | Maths | * Mental Maths activity sheet
* Find pairs of items in your house e.g. socks/ gloves– (Encourage children to find different pairs of objects. Discuss what the word ‘pair’ means. Children to count the pairs in 2s (2, 4, 6, 8…) to find the total.)
* Engage in fun maths games on <https://www.turtlediary.com/games/math.html>
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| 10.10 | Art | * Pick something fun to draw on <https://www.artforkidshub.com/>
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| 10.50 | Break | * Take a break! Make yourself (and your family) a healthy snack. Get up and do something active!! Go outside for a walk or a cycle…but stick to the guidelines on social distancing. Stay safe!
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| 11.30 | English | * Workbook: Continue to do two activities each day
* Reading -  Quiet time – find a nice place to sit and read – Great books on [http://getepic.com](http://getepic.com/%22%20%5Ct%20%22_blank)
* Draw a picture of your favourite part from the story and write a few sentences.
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| 12.00 | Project Work | * Start a project on your favourite animal / building / country / artist / inspirational person in history / an event that changed our history
* Have the student decide how to present the project – power point, pictures, physical structure, mixture.
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| 13.00 | Lunch | * Take a break! Make yourself (and your family) a healthy meal. Go outside for a walk or a cycle…but stick to the guidelines on social distancing. Stay safe!
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| 14.00 | Physical activity | * Follow the exercises from 10 @ 10: <https://rtejr.rte.ie/10at10/>
* Get up and get dancing using GoNoodle: [www.gonoodle.com](http://www.gonoodle.com/%22%20%5Ct%20%22_blank)
* Count how many star jumps you can do in 30 seconds – Can you beat your record? (Talk about how long 30 seconds is. *Did it feel a long time? Can you count your own jumps? How many more/less jumps did you do?)*
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| 14.30 | ‘Homework’ | * Lucan Library: Join Aoife for live online storytelling at 3 O’ Clock
* Help set the table for dinner / clean up afterwards
* Play a board game with a family member
* Read before bed
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| FRIDAY 27TH MARCH |
| 09.20 | Mindfulness | * Begin your day with yoga from [www.cosmickids.com](http://www.cosmickids.com/%22%20%5Ct%20%22_blank)
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| 09.30 | Maths | * Mental Maths activity sheet
* Go on a number hunt around the house – How many numbers can you find? (Children to explore the house and record the different numbers they can see e.g. on a calendar. Encourage the children to compare, order or sort the different numbers.)
* Complete problem-solving activities on <https://www.mathplayground.com/wordproblems.html>
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| 10.10 | English | * Workbook: Continue to do two activities each day
* Use your toys to tell a story (Once the story has finished, ask questions about the story, or questions that will extend the story. *What happens to (character)? What did they do?)*
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| 10.50 | Break | * Take a break! Make yourself (and your family) a healthy snack. Get up and do something active!! Go outside for a walk or a cycle…but stick to the guidelines on social distancing. Stay safe!
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| 11.30 | Music | * Make a shaker: Using dried pasta, rice and pots, make a shaker. Use this to make music. Children could use it whilst singing familiar songs.
* Sing along to your favourite songs
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| 12.00 | STEM | * Lego – build a bridge using pieces of lego / create a building using blue tack and dried spaghetti
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| 13.00 | Lunch | * Take a break! Make yourself (and your family) a healthy meal. Go outside for a walk or a cycle…but stick to the guidelines on social distancing. Stay safe!
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| 14.00 | Student’s Choice | * Project work/ play a game e.g. hide and seek/ draw a picture of your own choice
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| 14.30 | ‘Homework’ | * None! It’s Friday!! Do something that you enjoy. Bake a cake…Paint…Play a board game with your family….
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