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| MONDAY 30TH MARCH |
| 09.20 | Mindfulness | * Mindfulness colouring activity sheets on twinkl – ‘Plants and growth themed mindfulness activities’ <https://www.twinkl.ie/search>
 |
| 09.30 | Maths | * Mental Maths activity sheet
* Go on a 3D shape hunt – What shapes can you find? (Discuss 3D shapes. Encourage children to name the shapes they have found. *Sphere, cube, cuboid, cone, cylinder.* Can they sort the shapes?)
* Engage in fun maths games on <https://www.turtlediary.com/games/math.html>
 |
| 10.10 | English | * Spelling Workbook: Continue to do two activities each day
* Write instructions on how to play your favourite game: Discuss the rules of the game and talk about how instructions are different to stories (comparing to recipes, etc). Encourage the use of full stops and capital letters to complete each sentence.
 |
| 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!
 |
| 11.30 | Physical activity | * Do the ‘walking song’ with your family <https://www.youtube.com/watch?v=NU1W1HdfavI>
* Get up and get dancing using GoNoodle: [www.gonoodle.com](http://www.gonoodle.com/%22%20%5Ct%20%22_blank)
 |
| 12.00 | Project Work | * Continue with the project on your favourite animal / building / country / artist / inspirational person in history / an event that changed our history. Have you decided on how you will present the information?
 |
| 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!
 |
| 14.00 | Gaeilge | * Play some games on duo lingo: <https://www.duolingo.com/course/ga/en/Learn-Irish>
* Get up and play Deir O’ Ghrádaigh with your family
 |
| 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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| TUESDAY 31ST MARCH |
| 09.20 | Mindfulness | * Mindfulness exercise: <https://www.youtube.com/watch?v=5d66ViTvGNY>
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| 09.30 | Maths | * Mental Maths activity sheet
* Find different packets of food. Which one is the heaviest/ lightest? (Children to find full packets of food and read the weight measurement displayed. Compare the weight using language such as heavier, lighter, less and more.)
 |
| 10.10 | English | * Spelling Workbook: Continue to do two activities each day
* Look out of the window, what can you see? (Encourage the use of positional language e.g. under, above, behind, beside etc. There is a bird **on the** fence. The car is **in front of** the garage.). Draw what you see a write about it using positional language.
 |
| 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!
 |
| 11.30 | Gaeilge | * Play some games on duo lingo: <https://www.duolingo.com/course/ga/en/Learn-Irish>
* Get up and play Deir O’ Ghrádaigh with your family
 |
| 12.00 | Reading time | * 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)
 |
| 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!
 |
| 14.00 | Student’s Choice | * Project work/ play a game / draw a picture of your own choice
 |
| 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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| WEDNESDAY 01ST APRIL |
| 09.20 | Mindfulness | * Choose another mindfulness colouring activity sheet on twinkl – ‘Plants and growth themed mindfulness activities’ <https://www.twinkl.ie/search>
 |
| 09.30 | Maths | * Mental Maths activity sheet
* Find five toys- put them in height order (Encourage children to use language to compare the height, e.g. *taller than, shorter than.* Toys can be ordered from shortest to tallest or tallest to shortest.)
 |
| 10.10 | English | * Read ‘Hello to Spring’ poem from twinkl and complete the activity attached
* Share a memory – ‘I remember when...’ (Take it in turns to talk about a memory. Encourage children to describe their memory. *Think about who was there. Is it a good memory? Why?)*
 |
| 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!
 |
| 11.30 | Science | * Find five things that float and five things that sink (Talk about what **float** and **sink** mean. Before putting them in the water, ask the children to make a prediction about whether it will float or sink.)
 |
| 12.00 | Art | * Get creative! Paint, stick, draw, colour, create a robot using old bottles, egg cartons, boxes etc
 |
| 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!
 |
| 14.00 | Student’s Choice | Option – Make playdough* 2 cups of plain flour
* Half a cup of salt
* 2 tablespoons of cooking oil
* 4 tablespoons of lemon juice/vinegar
* 1 to 1.5 cups hot water
 |
| 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
 |
| THURSDAY 02ND APRIL |
| 09.20 | Mindfulness | * Guided meditation <https://www.youtube.com/watch?v=_mX4JBBIcBk>
 |
| 09.30 | Maths | * Mental Maths activity sheet
* Draw and solve this Math problem:

**Colette baked 5 cookies each day for one week. On the last day Gemma ate 6 of the cookies and Colette ate 3. How many cookies were left?** |
| 10.10 | English | * Make acup of tea and write the procedure. Use the following headings:

> Equipment needed> MethodUse time order words such as First, next, Finally, to structure your writing. |
| 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!
 |
| 11.30 | Science | * Try this orange fizz science experiment!
* <http://www.sciencefun.org/kidszone/experiments/orange-fizz/>
* Write a list of adjectives (describing words) to describe how it feels in your mouth.
 |
| 12.00 | Art | * Use dry pasta and paint to create pasta Easter eggs or any other picture you can create using the pasta! Use your imagination. Here is a link for an example.
* <https://www.thebestideasforkids.com/pasta-easter-eggs/>
* You can email me pictures of your art! I’d love to see your creations.
 |
| 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!
 |
| 14.00 | Student’s Choice | Bake, build, draw, read or colour! It’s up to you! |
| 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 03RD APRIL |
| 09.20 | Mindfulness | * Yoga
* <https://www.youtube.com/watch?v=LhYtcadR9nw>
 |
| 09.30 | Maths | * Mental Maths activity sheet
* Survey: Think of a Q to ask your family, for example, “What is your favourite flavour ice cream?”. Choose 3 options. Record answers using tally marks. Create a pictograph or bar graph to show your results.
 |
| 10.10 | English | * Read this story:
* <https://www.twinkl.ie/resource/the-zoo-vet-ebook-t-or-1115>
* Write about your favourite animal. Give a reason why it is your favourite.
 |
| 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!
 |
| 11.30 | Science | * Go on a mini beast hunt or Spring hunt in your garden. Record your findings by drawing or writing a list of what you find.
 |
| 12.00 | Art | * Art for kids Hub: Spring flowers drawing lesson.
* <https://www.youtube.com/watch?v=2bYgLP47NCw>
 |
| 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!
 |
| 14.00 | Student’s Choice | Option – PE* 20 jumping jacks
* 20 hops (10 each leg)
* 20 frog jumps (make sure to touch the ground)
* Run on the spot for 20 seconds with high knees
* Repeat 3 times!
 |
| 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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