

Thursday 2nd 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. **Maths**

Match the Shapes:

https://cdn.oxfordowl.co.uk/2016/05/10/08/28/28/967/20163_content/startpage.html?activity=Match_the_Shape.html

The Shapes Song

<https://safeyoutube.net/w/MqDe>

Game: What's missing?

Put a range of objects on a tray about 10 objects. E.g. spoon, pasta, pen, toy car, clothes peg etc. The children examine the tray and then close their eyes, remove an object.

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. **DabbleDoo**

Unique Access link for Esker Parents

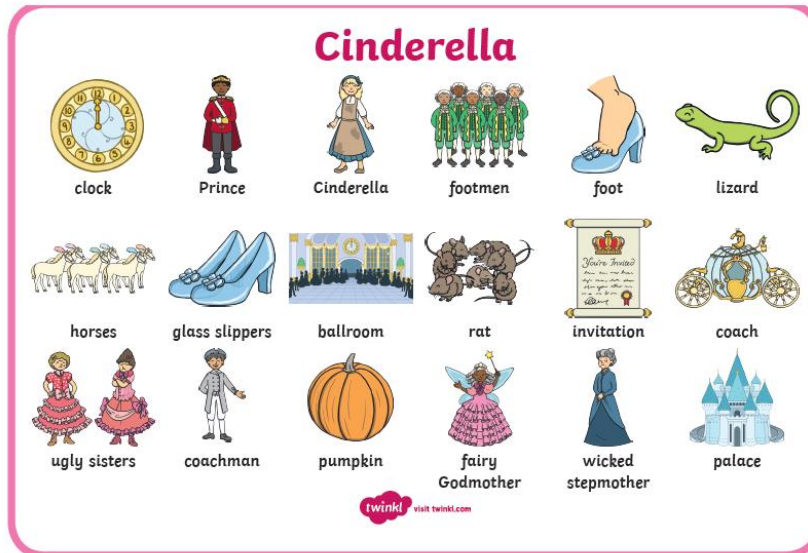
https://dabledoomusic.com/p/parents-subscription-full-access/?product_id=1122889&coupon_code=20274C

Go to Folk Songs

Click Hill and Gully Rider.

<https://dabledoomusic.com/courses/295773/lectures/4551005>

5.



Word Mat

Children can copy the words and draw some of the pictures
Will send this as an attachment.

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.

Story Time:

<https://safeyoutube.net/w/VKo3>

Cosmic Kids Yoga -Frozen