

**Tuesday 31st March**

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:**

**Dictation:**

A parent, older child can help with this;

The parent/older child calls out the words and the child will write them.

Start with them with simple cvc words (consonant vowel consonant words) get the children to stretch the sounds out loud before they begin to write. Ask what sound comes first? next? last?

*Cat, at, sit, pig, in, tin, hen, net, it*

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. **Gaeilge**

1. Go to [FolensOnline.ie](https://www.folensonline.ie) and click register
2. Select Teacher
3. Fill in a username, email and password
4. For Roll Number use the code: **Prim20**

Abair Liom A- Themes we have covered up to unit 23.

Choose 'Póstaer- Ag Féachaint ar an Teilifís'

Click Cuardach and use the picture to ask them- Cad a fheiceann tú? (What do you see?)

They will respond 'Feicim \_\_\_\_ (I see....)

Play the online games -Foclóir 1, 2. Sing the amhrán, Listen to the Comhrá

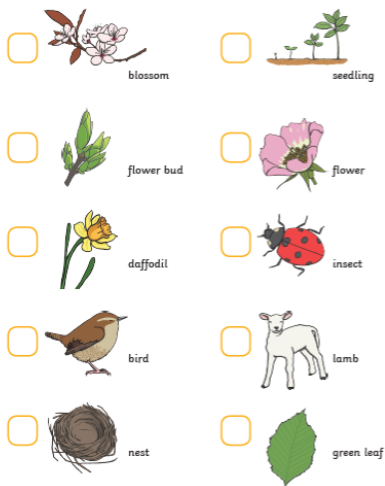
The children should be able to work the web page themselves.

5. **Spring Walk:**

Children can use this checklist to find signs of Spring. Children can draw some of the things they saw on their Spring walk. They can make attempts to write the words.

Will send this as an attachment

### Spring Hunt Checklist



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. **Activity Time:**  
Kindness School Foundation Idea:

Create a Thank You card to send to someone you know who is working hard to keep us all safe. It might be someone stacking shelves in a shop, a doctor, nurse or delivery driver. You can post your letter if you know

their address or mum and dad can take a picture and send it to them or wait and give it to them when it is safe to see people again.