

10 Smaoineamh don Luan / 10 Ideas for Monday

1	Déan uachtar reoite Make your own ice-cream.
2	Déán próca lonraigh arachais / Make a mindfulness glitter jar Mindfulness activities.pdf
3	Déan ealáin le scáthanna / Shadow art https://kidsactivitiesblog.com/137133/how-to-make-shadow-art-with-kids/
4	Déan Céilí sa Chistin Join in in the Céilí in the Kitchen Music with Thomas Johnston - Week 1 - 4 https://www.youtube.com/channel/UCIIBF45JYmrIAfBDbkQWiiQ
5	Liosta Buicéid Samhraidh 2020 Make a Summer Bucket List for 2020. Include at least ten activities. Write your ideas in a summer themed picture. e.g. inside a bucket and spade, inside a sandcastle, use your imagination. See how many you can cross off by the end of this summer.
6	Déán pluais / Make your own summer den, either from sheets and chairs or for something more adventurous, build a shelter in the garden or in a wood.
7	Téigh go dtí an trá/ Go to a beach Concentrate on the sand between your toes, the colour of the water, the sound of the sea and the smell of the seaside. Awaken your senses. Try to describe how it feels.
8	Cum Cuardach Focal/ Create a summer themed word search. Make sure to include at least 12 words. Share with someone.
9	Aimsigh an difríocht/ Spot the difference in these famous art pieces. https://www.tate.org.uk/kids/games-quizzes/spot-difference
10	Déan Frisbee! Make a frisbee using paper plates. E.g. Get 2 paper plates and cut out the centres. Decorate the bottom of both plates and then place them together to make a 'UFO' shape. Staple/Stick around the edges and get playing!

10 Smaoineamh don Mháirt / 10 Ideas for Tuesday

1	Lá na stíl Gruaige Craiceáilte! Crazy Hair Day!
2	Déan teidí as leamhacháin Make a marshmallow teddy bear using different sized marshmallows and cocktail sticks.
3	Léigh scéal le do thuismitheoirí Read a story with your parents.
4	Déan puipéid as seanstocaí Make puppets using old socks.
5	Déan borróga cuiríní agus maisigh iad. Make fairy cakes and decorate them. Be creative!
6	Féach ar scannán le teidí nó breagáin Watch any film you can think of, with toys or teddy bears in it.
7	Déan Céilí sa Chistin Join in in the Céilí in the Kitchen Dancing with Edwina Guckian - Week 1 - 4 https://www.youtube.com/channel/UCIIBF45JYmrIAfBDbkQWiiQ
8	Íoga don Mháirt Tuesday Yoga: Naíonáin-Rang a 2: https://www.youtube.com/watch?v=1ae7Tj8blkc Rang a 3-Rang a 6: https://www.youtube.com/watch?v=P8uHMMmWMHQ
9	Déan masc ainmhí Make an animal mask using a paper plate and any other materials you may have.
10	Teidí Bheo Imagine your Teddy Bear comes alive at night while you're asleep. What does he get up to? Does he do nice things like clean your room, or naughty things like scribble on your books? Get an adult to record you telling what he gets up to.

10 Smaoineamh don Chéadaoin/ 10 Ideas for Wednesday

1	Déan aclaíocht Run around your garden twice without stopping Sprint a short distance and time it, try to do it faster each time Throw a ball as far as you can, once with an overarm throw, once with an underarm throw Throw a football as far as you can, once using a chest push and once an overhead throw Try a long jump three times and try to get further each time Throw a ball at a tree trunk and try to increase the distance each time, see how far away you can get
2	Péinteáil le do mhéaranna /Finger paint feelings: 1. Explain to your child that all feelings are OK and that everyone can feel lots of different feelings every day. 2. Ask your child to name some feelings they know? 3. Now ask your child to match a feeling with a colour E.G. they might say Happy = Light Blue, Angry = Red, Sad = Yellow. Allow them to come up with these themselves as it is their interpretation that is key. 4. Encourage them to finger paint those colours onto the paper (in whatever form they wish) and help them label what feelings they have shown in their picture. 5. Ask your child how they are feeling today?
3	Déan Céilí sa Chistin Join in in the Céilí in the Kitchen Singing with Cathy Jordan - Week 1 - 4 https://www.youtube.com/channel/UCIIBF45JYmrIAfBDbkQWiiQ
4	Féach tríd sean pictiúirí clainne le chéile Look at old family pictures together
5	Obair tí Complete one cleaning job in the house every day
6	Suaimhneas Treoirithe /Guided relaxation: Naíonáin-Rang a 2: https://www.youtube.com/watch?v=ZBnPlqQFPKs Rang a 3-Rang a 6: https://www.youtube.com/watch?v=DWOHcGF1Tmc&t=206s

7

Siúlóid Dúlra

Go out and take some pictures of trees and flowers, bring them home and identify them. Create a piece of art using natural material

8

Glaigh ar nó scríonh chuig duine nach raibh tú i dteagmháil le le tamall

Call or write to someone you haven't heard from in a while

9

Téigh ar Safari/ Go on a safari

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower. Notice the bugs and the birds. Touch the earth. Walk mindfully and in silence paying close attention to all the little details

10

Make your own lego creation.

10 Smaoineamh don Déardaoin / 10 Ideas for Thursday

1	<p>Cluiche 'Cé mise?', le lipéad ar do cheann. Chun a fháil amach cé thú, caithfidh tú ceisteanna a chur ar na daoine eile. -You are assigned a character/person and a note is placed on your head. You must ask questions to find out your identity!</p>
2	<p>Déan roth bioráin Make a pinwheel makeapinwheel.pdf</p>
3	<p>Ioslódáil an app 'Happy Color' agus bí ag dathú Download the 'happy color' app and enjoy colouring mindfully</p>
4	<p>Déan Céilí sa Chistin Join in in the Céilí in the Kitchen Storytelling with Mikel Murfi - Week 1 - 4 https://www.youtube.com/channel/UCIIBF45JYmrIAfBDbkQWiiQ</p>
5	<p>Déan Míreanna Mearaí Do a Jigsaw</p>
6	<p>Tóg caisleán gainimh Build a sandcastle</p>
7	<p>Tai chi: Naíonáin - Rang a 2: https://www.youtube.com/watch?v=alCP5R3EFxA Rang a 3- Rang a 6: https://www.youtube.com/watch?v=cEOS2zoyQw4</p>
8	<p>Léigh faoi chrann Read Under a Tree</p>
9	<p>Zentangle! Welcome to the wonderful world of Zentangle creativity! The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. https://zentangle.com/pages/get-started</p>
10	<p>Cruthaigh cúinne arachais sa teach Create a mindfulness space in your house</p>

10 Smaoineamh don Aoine / 10 Ideas for Friday

1	Lá na nÉadaí Compordach! Comfy Clothes Day
2	Céilí sa Chistin! With your family create a playlist of your favourite music. Take out your musical instruments. Get your party piece ready and have a Céilí in the Kitchen
3	Déan lón nó dinneár don chlann Prepare a meal for your family
4	Déan iontas! Surprise someone
5	Léigh agus Dathaigh Read and Colour Muireann agus an Dianghlasáil/ Molly and the Lockdown molly-and-the-shutdown-english_free-download.pdf molly-and-the-shutdown-irish_free-download(1).pdf
6	Déan gardín do na Síoga Design and Create a fairy garden
7	Réalta Orga/ Golden Stars Every family member writes down a complimentary word or sentence about you. Eg: I give you a gold star because you make me laugh
8	Léirsmoineamh/ Guided Meditation https://youtu.be/XAqUMTexJVs?list=PL8snGkhBF7njO0QvtE97AJFL3xZYQS Gh5
9	Imir cluiche boird le do chlann Play a board game with your family
10	Dushlán Chineáltas Aoine /Friday Kindness Challenge Do a random act of kindness gníomhaíochtaí cineáltas.jpg