 Ranganna Naíonáin 29/04/2020- 05/05/2020

Dialann ‘Well-Being’

<https://www.otb.ie/wp-content/uploads/2020/04/At-Home-with-Weaving-Well-being-A-Mental-Health-Journal-for-Kids.pdf>

* Feeling Positive Emotions (lch 3)

Gníomhaíochtaí Cruthaitheacha agus taitneamhacha/Creative and Fun activities to do.

* Oideas nua/New Recipe: Roghnaigh **ceann amháin** de na ceardlanna thíos agus lean na treoracha. Déan cinnte go bhfuil na comhábhair cearta agat roimhré agus bíodh duine fásta sa chistin leat. *Pick* ***one*** *of the cooking workshops and follow the recipe. Make sure, in advance, that you have all the ingredients and that a grown helps you.*

[*https://www.rte.ie/player/series/ár-mbia-ár-slí/SI0000006050?epguid=IP000065251*](https://www.rte.ie/player/series/%C3%A1r-mbia-%C3%A1r-sl%C3%AD/SI0000006050?epguid=IP000065251)

* Sailéad Cúcmair Agus Leitíse (05)
* Úlla stofa agus Custard (06)
* Caoineog Banana Agus Sútha Talún (07)
* Gnáthamh rince/Dance Routine. 
* Kidz Bop Kids – Dance Monkey <https://www.youtube.com/watch?v=6JPVKD_UT-Q>
* Ealaín. 

The Great Isolation Activity Book (lch 07). <https://drive.google.com/file/d/1gasHX74OYHHH4hrrP5Y823FarA_TgnuI/view>

I Am Grateful for...

Teicnící Chun Do Scíth a Ligean/Ways to Relax. 

* Bee Calm The Buzz on Yoga: <https://www.youtube.com/watch?v=oOYA8Sg4JBk>
* Twigín Yoga: An Tíogar: <https://rtejr.rte.ie/rtejr-blog/yoga/2016/05/twigin-yoga-episode-3-an-tiogar/>

Bain taitneamh as na gníomhaíochtaí a roghnaíonn tú! Enjoy the activities that you choose!