 Ranganna 5 & 6 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/ár-mbia-ár-slí/SI0000006050?epguid=IP000065251)

* Ubh Scrofa ar thósta (24)
* Brioscaí Sceallaí Seacláide (25)
* Gnáthamh rince/Dance Routine. 
  + KIDZ Bop Kids ‘Fight Song’ <https://youtu.be/40uEcTuqIvM>

Eagraigh ‘FaceTime Dance off le do Chairde nó le do chlann

* Ealaín. 

Taisceadán Todhchaí/ Time Capsule

The Great Isolation Activity Book lch 17 <https://drive.google.com/file/d/1gasHX74OYHHH4hrrP5Y823FarA_TgnuI/view>

Faigh bosca le claibín agus tosaigh ag cur rudaí suimiúla ón tréimhse dúshlánach seo sa bhosca mar shampla: ailt ó na nuachtáin, grianghraif a ghlac tú, ealaín a rinne tú, cóip de ríomhphost a sheol tú, smaointí a rith leat.

(le déanamh le linn na seachtainí atá amach romhainn/ This can be a work in progress over the next few weeks)

Teicnící Chun Do Scíth a Ligean/Ways to Relax. 

* Guided Meditation ‘Healing Water Lily’

<https://www.youtube.com/watch?v=EMChUsK1hrQ&t=503s>

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