 Ranganna Naíonáin 06/05/2020- 12/05/2020

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>

* Rainbow Moments- Talk to a grown up and draw a picture (lch 6 )

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

* Fiadhúlra an Domhain/Wildlife from around the world

Cbeebies BBb Capuchin Monkeys; Black Bears; Emperor Penguins; Flamingos

<https://global.cbeebies.com/activities/andys-wild-adventures-watch-emperor-penguins>

* 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)

* Ceibeabanna Torthaí/ Fruit Kebabs (12)
* Gnáthamh rince/Dance Routine. 

Family Go Noodle dance and sing along activities

 <https://family.gonoodle.com/activities/unicorn-noodles>

Teicnící Chun Do Scíth a Ligean/Ways to Relax. 

* Aireachas: le Ciarán <https://youtu.be/Tutmd6HhcTk>
* Guided Meditation: Share your Smile <https://youtu.be/Zw4ioxbukYM>

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