 Plean do na Ranganna Naíonáin 13/05/2020 -19/05/2020

Dialann ‘Well-Being’

* Kind Mind lch 8 (le cabhair ó dhuine fásta)

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

* Oideas nua/New Recipe: Seo oideas gur féidir leat a thriail. 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)

* Ubh Scrofa ar Thósta/ Scrambled Eggs on Toast (uimhir 24)
* Aclaíocht/ Exercise and skills (with help from a grownup) 

Fiseán Tosaigh: <https://vimeo.com/402204109>

Gníomhaiochtaí sa Bhaile(A): ag caitheamh <https://vimeo.com/402213090>

Activity Pack:

<https://www.scoilnet.ie/fileadmin/user_upload/Throwing_HomeActivityPack_links.pdf>

Teicnící Chun Do Scíth a Ligean/Ways to Relax. 

* Mindful Nation Ireland rté jr: Sos <https://www.facebook.com/553027736/posts/10157317655607737/?d=n>

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