 Ranganna 3 & 4 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>

* My Rainbow Moments lch 6 & 7

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)

* Pióg Banoffee 13
* Gailearaí Náisiúnta na hÉireann: Turas shamhlata/virtual tour

<https://www.nationalgallery.ie/virtual-tour>

* Gnáthamh rince/Dance Routine. 
* KIDZ Bop Kids – New Rules Dance Tutorial

<https://youtu.be/ISCGmp9QqqI>

* Ealaín/Scríobh 

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

* Taisceadán Todhchaí Time Capsule (Lch 17) ar lean

Teicnící Chun Do Scíth a Ligean/Ways to Relax. 

* Mindfulness and Art <https://www.nationalgallery.ie/art-and-artists/highlights-collection/mindfulness-and-art>
* Aireachas: le Ciarán <https://youtu.be/Tutmd6HhcTk>

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