 Plean don tseachtain do Ranganna 3 & 4 13/05/2020 - 19/05/2020

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>

* Kind Mind lch 8
* Kind Mind selfie lch 9

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

* Oideas nua/New Recipe: Roghnaigh **ceann amháin** de na ceardlanna thíos. 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)

* Bruschetta Trátaí/Tomato Bruschetta (1)
* Cácaí Sí/Fairy Cakes (4)
* Aclaíocht/ Exercise and skills 

- Gníomhaíocht (A) ag caitheamh <https://vimeo.com/402213090>

- Gníomhaíocht B Ag caitheamh <https://vimeo.com/402233503>

- Gníomhaíocht C Ag caitheamh <https://vimeo.com/403344817>

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>
* Weaving Well-Being Guided Meditation

Téigh go dtí ’Weaving Well-Being Homepage- Outside the Box Learning Resources’ agus ansin téigh síos go dtí ‘Mindfulness script and Guided Meditations’.

Lesson 1 In and Out Lesson 2 Body scan on the Floor