 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>

My Rainbow Moments lch 6 & 7

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

* Gailearaí Náisiúnta na hÉireann: Turas shamhalta/Virtual tour

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

* Gnáthamh rince/Dance Routine. 
  + KIDZ Bop Kids ‘Havana Dance Tutorial’

<https://youtu.be/Kd7ll_ZzfGw>

* Ealaín. 

Taisceadán Todhchaí/ Time Capsule (ar lean)

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

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!