Plean do Rang 3 agus Rang 4 20/05/2020 -26/05/2020

Dialann ‘Well-Being’ lch 20

* Good to be Me Accepting ourselves just as we are is really important for our wellbeing.

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)

* Císte Seacláide/ Choc cake (30) nó Toirtín Úll/ Apple tart (45)
* Aclaíocht/ Exercise and skills  Gluais go Maith, Gluais go Minic



Gníomhaiochtaí sa Bhaile(A): Ag Rith (Réamhaclaíocht; Cleachtadh; Dúshlán sa bhaile) https://vimeo.com/404411732

Gníomhaiochtaí sa Bhaile(B): Ag Rith https://vimeo.com/404410116

Gníomhaiochtaí sa Bhaile(C): Ag Rith https://vimeo.com/404412677

 Teicnící Chun Do Scíth a Ligean/Ways to Relax. 

 Éist le ceol na n-éan 

 <https://www.facebook.com/211490781616/posts/10158625463166617/?d=n>

 Aireachas le Ciarán

 https://www.youtube.com/watch?v=n45vPBaHjio