Plean do na ranganna Naíonáin 10/06/2020 -16/06/2020

Dialann ‘Well-Being’ lch 13 (Pleigh é seo le duine fásta/ Discuss this with a grown-up.)

* Dealing with Worries

<https://www.otb.ie/wp-content/uploads/2020/04/At-Home-with-Weaving-Well-being-A-Mental-Health-Journal-for-Kids.pdf>

Dealing with

Teicnící Chun Do Scíth a Ligean/Ways to Relax. 

* Gratitude with Paula

<https://drive.google.com/file/d/1-F2-TB5_4195jI0c8fu-Fh_6C5i3N7Nv/view?usp=sharing>

Peace out Guided Relaxation for Kids

<https://youtu.be/ZBnPlqQFPKs>