

### **Monday: 15/06/20**

#### Creative Day:

- ✓ Make something from Lego or any construction toy.
- ✓ Create something from Play-doh or Marla.
- ✓ Make something from waste or recyclable materials.
- ✓ Bake something.
- ✓ Create something using items found in nature.

### **Tuesday: 16/06/20**

#### Active Day:

- ✓ Let's set ourselves a challenge as a class to walk, jog, run or cycle as many Kilometres as we can over the next two weeks. Log your activity using a phone or fitness tracker or even just ask Mam or Dad to measure it roughly for you. Submit your distance each day on Seesaw under the KM Challenge Activity. I will add them up and let you know what distance we manage to cover!!
- ✓ Create your own obstacle course and get everyone involved. Remember to upload a photo or video to Seesaw!
- ✓ Create a dance to your favourite song. Teach it to your family and get boogeying! Don't forget to share the video or photo!!

### **Wednesday: 17/06/20**

#### Wellness Wednesday:

- ✓ Here are some Mandalas for some mindful colouring. If you can't print them out why not draw one for yourself. Tip: Start from the centre and work your way out. <https://www.twinkl.ie/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack>
- ✓ Why not try out one of these Guided Visualisations:
  - <https://soundcloud.com/user-547419318/seaside-relaxation-visualisation-for-children-guided-by-nuala>
  - <https://soundcloud.com/user-547419318/being-happy-walk-tall-si-p66-ciara>
  - <https://soundcloud.com/user-547419318/the-hot-air-balloon-deirdre-lavelle-1>

- ✓ Try out some of these Brain Break Ideas:  
<https://www.twinkl.ie/resource/us-p-12-mindful-minute-brain-break-cards>
- ✓ Don't forget the KM Challenge!

#### **Thursday: 18/06/20**

##### Active Day:

- ✓ Keep working on the KM Challenge.
- ✓ Try out this 'Treasure hunt around your house'. I've uploaded it as an activity on your Seesaw account. You can fill in the answers on the template. Don't forget to time yourself!
- ✓ Practise a skill that you want to improve. This might be throwing and catching a ball, soloing with a football or hurl and sliotar, shooting/dribbling a basketball, hopping on one foot, skipping or anything else you'd like to work on. Don't forget to use both your dominant and non-dominant side (Right & Left).

#### **Friday: 19/06/20**

##### Art Day:

- ✓ Draw/pencil sketch a still life or portrait.
- ✓ Paint a picture that could be used as a postcard of somewhere nearby.
- ✓ Sculpt a farm animal or zoo animal from play-doh or marla.
- ✓ Make a collage using old newspapers, magazines, old jigsaw pieces, pasta shapes or anything else you can think of. Check with an adult first that it's ok to use! You could use the inside of a cereal box or cardboard box as your background.
- ✓ Keep working on the KM Challenge.