

Jacinta / Fiona & Daire's 1st class - 20th -24th April 2020

20-24th April	Monday	Tuesday	Wednesday	Thursday	Friday
English	Imagine a giant wooden box arrives at your doorstep with your name on it. How exciting! Tell me what is in the box?  (5 sentences minimum)	<b>Jolly Grammar</b> pg. 56 - Jacinta's (Daire 's -continue on 1 page)	Practise your handwriting:  Today is Wednesday, 22nd of April.  Write 5 sentences of news.	<b>Jolly Grammar</b> pg. 57 - Jacinta's (Daire 's -continue on 1 page)	Read out loud to someone at home for 10 minutes
Irish ( <a href="http://folenonline.ie">folenonline.ie</a> resources)		Chapter 1: Is Feidir Liom  Play Pléasc an Balún			Chapter 2: An Zú  Play Pléasc an Balún
Maths ( <b>Mental Maths</b> )	MM pg. 56 - Jacinta's (Daire 's -continue on a day)	MM pg. 56 - Jacinta's (Daire 's -continue on a day)	MM pg. 57 - Jacinta's (Daire 's -continue on a day)	MM pg. 57 - Jacinta's (Daire 's -continue on a day)	MM pg. 57 - Jacinta's (Daire 's -continue on a day)
Meditation	I am loved.		There is no better person to be than me.		I am perfect just the way I am.

Meditation Guidelines:

1. Find a comfy place to sit. (You could create a relaxation corner with soft cushions, teddies, a blanket, stick up a few happy pictures or photos.)
2. Put your hands on your tummy and take 3 slow breaths filling your tummy with air each time.
3. Notice how you are feeling. Can you name the feeling? Ask yourself why might you feel this way? 'REMEMBER our feelings are like the weather, they are always changing. It cannot be sunny all of the time'.
4. Gratitude: Think of 3 things you are thankful for and say 'Thank you for...' and name each one eg the sunny day, pancakes I had for breakfast, my brother.
5. Positive Affirmation: Put your hands on your heart and say your kind message to yourself 3 times eg. **I am loved**. You can make up your own if you wish! You can write it down, decorate it and stick it up somewhere to remind you to say it during the day. The more you say it, the more you will believe it

Folensonline.ie - search for Abair Liom 1st class and click on resources, not ebook. Under Lessons (middle button) choose the number of the chapter stated and pick Pléasc an Balún.

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