

Jacinta / Fiona & Daire's 1st class - 5th - 8th May 2020

5th - 8th of May	Monday	Tuesday	Wednesday	Thursday	Friday
English	Bank holiday	Jolly Grammar pg. 60 - Jacinta's (Daire 's -continue on a page)	Practise your handwriting: Today is Wednesday, 6th of May.. Write 5 sentences of news.	Jolly Grammar pg. 61 - Jacinta's (Daire 's -continue on a page)	Write 5 sentences about one of your favourite friends. What do you like to do together? What makes him/her special?
Irish (folenonline.ie resources)		Chapter 5: Bricfeasta sa leaba. Play trath na gCeist			Chapter 7: Suil siar 1. Play trath na gCeist
Maths (Mental Maths)		MM pg. 60 - Jacinta's (Daire 's -continue on a day)	MM pg. 60 - Jacinta's (Daire 's -continue on a day)	MM pg. 61 - Jacinta's (Daire 's -continue on a day)	MM pg. 61- Jacinta's (Daire 's -continue on a day)
Meditation		I am safe		I am at peace	

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

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

Optional reading: oxfordowl.co.uk have levelled reading books. Register for free and select books of your choice of level.