

Sinéad 5<sup>th</sup> Class

GETNS Wellbeing Week 8th-12th June

(Work grid below)

Mindful Monday	Tasty Tuesday	Wellness Wednesday	Thoughtful Thursday	Fun Friday
<p>Gratitude: Think of 3 things you are thankful for. Examples: 'My friends, the sunny weather so I can play outside, pizza, my toys'. Draw a picture, write them down or simply say them out loud.</p> <p>Make a Happiness Jar:</p> <ol style="list-style-type: none"> <li>1. Find a jar or little box with a lid.</li> <li>2. Decorate it any way you choose.</li> <li>3. When something makes you happy write it down and pop it in the jar.</li> <li>4. Have a look at all of the lovely things that have happened to you at the end of the week/summer.</li> </ol>	<p>'Family Bake-Off': Choose a simple recipe to follow and decide who the judge will be! Here are some examples:</p> <ul style="list-style-type: none"> <li>• Cookies</li> <li>• Brownies</li> <li>• Decorated buns</li> </ul> <p>Super Summer Smoothies: Create a refreshing healthy summer smoothie, write out your recipe and share it on class dojo.</p>	<p>Obstacle course: Use objects and equipment from around your house to create an obstacle course.</p> <p>Fitness Challenge: Decide on the challenge and compete against your family or friend. Time yourself doing it to try to beat your own time!</p> <p>Some ideas:</p> <ol style="list-style-type: none"> <li>1. Jumping Jacks</li> <li>2. Keepy-Uppy Toilet Roll Challenge</li> <li>3. Timed distance challenge.</li> <li>4. <b>Carnival:</b> Set up carnival games such as "Knock Down the Milk Cans" (you can use Tupperware).</li> </ol>	<p>Act of kindness:</p> <ul style="list-style-type: none"> <li>• Do a task to help out at home.</li> <li>• Write a letter or send a card to a friend, relation or neighbour.</li> <li>• Draw a picture or do an art craft as a gift.</li> </ul> <p>Kindness begins with yourself! See how many things you can think of to complete the following sentence: 'I am amazing because...' Examples: I am kind. I am great at gymnastics. I always try my best.</p> <p>You could write down your ideas or just say them out loud. Ask your family for ideas too!</p>	<p>Crazy Hair Day: This is a great just for fun celebration for our school! We want you to express your creative and wild and wacky side! We want you to create a really cool hairstyle design! You can use glitter, hair colour and even toys. Have your family join in and help them to create other cool hairstyles with their hair! Send your teacher your pictures on class dojo! We can't wait to see all of your crazy hair!</p> <p>Fun Friday Disco! Now that you're all dolled up with your new crazy hair, make your own home disco (in your garden or your kitchen you decide!) choose some music and dance your day away!</p>

Sineads 5<sup>th</sup> Class Wellbeing Week timetable + Workgrid on Page 2

Sinead's 5 <sup>th</sup> class workgrid 8.6.20	Monday	Tuesday	Wednesday	Thursday	Friday
English	1. Grammar book p.104 2. Make sentences with three spelling words. 3. Gratitude journal for Wellness Week (above)	1. Grammar book P.105 2. Make sentences with three spellings. 3. Write out a recipe of something you will bake / a smoothie for Wellness Week (See above)	1. Grammar book P.106 2. Make sentences with three spellings. 3. Vampires, Elephants and Aliens P130 Q1-3 Read P.131	1. Make sentences with 6 spellings. 2. Complete the Act of Kindness Activities for Wellness Week (see above)	1. Make sentences with last 3 spellings. 2. Vampires, Elephants and Aliens Read P132 and 133 3. Answer Q1-4 P133
Irish	Abair Liom Read P130 "Clann Lir" Children of Lir (Read 1 <sup>st</sup> box only) Answer A. Q1-3	Abair Liom Read P130 (Read 2 <sup>nd</sup> box) Answer A Q.4	Abair Liom Read P130 (Read 3 <sup>rd</sup> box) Answer Q.5 (Read the 4 <sup>th</sup> box) Answer A. Q.6	Abair Liom Read P131 (Read 5 <sup>th</sup> box) Answer A. Q.7 (Read the 6 <sup>th</sup> box ) Answer A. Q.8	Abair Liom P.131 Q.B Try to summarise the story and fill in the missing words from the text.
Maths	Mental Maths Daily (Week 36 approx) Planet Maths: P.181 Chance Q. B and C	Mental Maths Daily (Week 36 approx) Planet Maths: P.182. Q.A	Mental Maths Daily (Week 36 approx) Planet Maths P.182 Q.B Q.1 Q. 2 (a)	Mental Maths Daily (Week 36 approx) Planet Maths P.183 Q.A	Mental Maths Daily (Week 36 approx) Planet Maths P183 Q.B and Q.C