

Dear parents,

You may find some of these websites useful over the coming days and weeks.

- [www.readingeggs.co.uk](http://www.readingeggs.co.uk) offering free trial for 30 days for parents
- [www.starfall.com](http://www.starfall.com) for maths and literacy activities
- [www.twinkl.ie/offer](http://www.twinkl.ie/offer) code: CVDTWINKLHELPS
- [www.gonoodle.com](http://www.gonoodle.com) for dances and active breaks
- [bit.ly/AudioElevenses](http://bit.ly/AudioElevenses) David Walliams is releasing a free audio book every day for 30 days
- [www.scoilnet.ie](http://www.scoilnet.ie) for activities based on the Irish curriculum
- The Body Coach TV channel on [www.youtube.com](http://www.youtube.com) PE lessons every morning with Joe Wicks at 9 am.

The Dept. of Education has asked us to give out this website so that parents can access this important public health message.

[www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partnerresources/covid-19-translated-resources/](http://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partnerresources/covid-19-translated-resources/)

The children may also enjoy completing some of the activities in the grids below.



# HOME LEARNING ACTIVITIES



COLOUR EACH BLOCK WHEN YOU COMPLETE THE ACTIVITY

Offer to help cooking the dinner / setting the table / cleaning up	Go on a short walk and point out 5 signs of nature	Read a short story book to a younger sibling / family member	Make a card for a neighbour or relative
Listen to your favourite song. Do jumping jacks the whole time the chorus plays	Think about 3 things goals you have for this month. Write them down and keep them somewhere safe.	Call / text / write a short note to someone and thank them for something they did to help you this year	Look at the TV guide. Choose a movie or program to watch and write a short review afterwards.
Play outside for 30 minutes!	Play a song and do 10 burpees + 10 sit ups taking 30 second breaks between each round	Think about your favourite memory. Write a short paragraph and draw a picture to accompany it	Design and draw your own adventure centre. Write descriptions and label each room



# HOME LEARNING ACTIVITIES



COLOUR EACH BLOCK WHEN YOU COMPLETE THE ACTIVITY

Draw your favourite animal. Write a short fact file!	Go for a walk. Wave to everyone you pass!	Read a short story book or two chapters of a book.	Make some junk art using recyclable rubbish! (cereal boxes / toilet roll holders)
Design a solution to the remote control going missing	Write a shopping list. Ask someone in your family to help. Estimate how much each item will cost!	Write a letter to a relative or neighbour. Tell them about your day and what you're looking forward to doing tomorrow.	Watch a movie tonight. Tomorrow, call or text your friend and tell them three reasons why they should or shouldn't watch it.
Clean out a drawer or cupboard in your room!	Play a song and do 20 burpees + 20 jumping jacks taking 30 second breaks between each round.	ABC Scavenger Hunt - Write the alphabet. Find things around the house that start with each letter.	Design and draw a treehouse!



# HOME LEARNING ACTIVITIES



COLOUR EACH BLOCK WHEN YOU COMPLETE THE ACTIVITY

Gather three objects and draw a still life picture	Go for a walk. Take pictures of some plants or trees and try to identify them later.	Write a short poem. Every line must start with the letter F	Write a diary entry from the perspective of a pet at home at the minute
Look up a yoga for kids episode on YouTube. Take some time to relax and enjoy some exercise!	Design a spaceship and label each part. Explain how it works.	Research a recipe that you would like to make. Write a shopping list for any ingredients that you don't already have in your kitchen	Build a boat out of tin foil. Count how many coins you can hold in it and try to beat your own score
Create a comic strip showing the beginning, middle and end of a story!	Find an exercise video for kids online! (Go Noodle)	Research a country or animal. Call or text a friend or relative and tell them five facts about your topic!	Go on a shape hunt around your house or garden. Write a list of objects for each shape!