|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Recipes** | Easy Pizza    Ingredients  Pizza pastry base (Jus-Rol)  Passata  Grated cheese  Ham, pineapple, pepperoni, onion, pesto or any toppings you like  Method  Lightly grease a baking tray;  Roll out pastry onto baking tray;  Spoon passata onto pastry spreading it out with the back of a spoon;  Add cheese and all your yummy toppings.  Enjoy! |  | Healthy Chocolate Shake  Ingredients  500ml/2 cups of milk  100g/ 1/2 cup plain greek yogurt  1 banana  1 tbsp cocoa powder (unsweetened)  1 tbsp chia seeds  1 tbsp honey  ½ tsp vanilla extract  Method  Blend all ingredients with a hand blender or smoothie maker |  |  |
| **Activity** |  | Alphabet Scavenger Hunt  Find something in your house for every letter of the alphabet – it’s harder than it sounds! Time yourself or try to beat your brother/sister/  Mammy or Daddy. |  | Obstacle Course  Make your own obstacle course. For an indoor course, use furniture, pillows and blankets to create areas to crawl on, under or through.  Outdoors, you can use things like hoops to jump in and out of, jumping jacks, belly crawling, bear walking and other creative movements. |  |
| **Activity** | Make a lava lamp  You will need :  oil, water, food colouring and a tablet of Alka Selzer.  Fill the bottle about a quarter with water.  Pour the vegetable oil in until bottle is almost full.  Add a few drops of food colouring.  Break fizzy tablet in half and drop into bottle.  Watch it fizz and bubble to the top |  | Colour under the table!  Tape paper under the table and lie on your back on a cushion. Try to draw or colour a picture in this way.  This is a really good activity for shoulder and core strength which is really important for fine motor skills. |  | Make your own puzzle  Cut the front off a box of cereal. Draw lines on the back and then cut out the pieces. Have fun putting them back together like a puzzle |
| **Activity** |  | Make your own wormery  Use an empty bottle (with small air holes) and layer with soil/gravel/sand. Top up with compost items to feed your worms. |  | Egg Safety Container  Design a container to protect an egg! See can you drop it from a height without breaking it. Check with a grown up before dropping it from a height. | DIY Toy Parachute  A paper napkin and some string is all you need . Construct a parachute for a Lego man.  How could you make the napkin stronger but still quite floaty? Tip: use sellotape at the holes for string to stop them ripping |
| **Activity** | Spend some time with your parents at bed time and think of 3 things you are grateful for tonight.  Maybe try it every night and see how much we have to be grateful for. |  |  |  | Write down what you are thankful for or start a gratitude journal |

**NOTE: These are not mandatory activities to do, they are mere suggestions from the SEN team should you wish to choose to do them. You can substitute one of your class teacher’s learning activities per day with the above suggestions if preferred. You as parents of children attending SEN may use your discretion when deciding on work to do with your child and only do the work that is suitable for them.**

A Message to Everyone,

We know you are all getting tired of schoolwork at this stage so this week we have included fun activities to keep you busy. I have included some easy recipes as I believe great baking has been going on in Rochfortbridge. I have been baking too and I love recipes that don’t need a lot of preparation or mess!!!

If you do any of these activities and found them to be good fun why not send a picture to us by email or check out the Scoil Chroí Naofa Twitter page. We love seeing how you all are getting on.

Just remember that every day we are apart is a day closer to us all being together again. With that thought I wish you a lovely week and remember to keep being kind and keep smiling!

Mrs Colleary, Mrs Molloy, Miss Maher & Mrs Culkin

Email Addresses:

[mrsmolloy9@gmail.com](mailto:mrsmolloy9@gmail.com)

[mculkinscnrb@gmail.com](mailto:mculkinscnrb@gmail.com)

[msmaherscnrb@gmail.com](mailto:msmaherscnrb@gmail.com)

[mrscolleary@gmail.com](mailto:mrscolleary@gmail.com)