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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **SPHE/SOCIAL STORY OF THE WEEK** | Visit: worldofdavidwalliams.com/elevenses  **FREE AUDIO STORY** each day  Or visit:  [www.storynory.com](http://www.storynory.com)  Classic Authors: Choose from:  1.The Secret Garden  2. Alice in Wonderland  3. The Elephant’s Child |  | Recap on the story you listened to on Monday or any story that you have read in the past few days.  Share your favourite part of the story and why: draw a picture of your favourite part(**optional**) |  |  |
| **FINE MOTOR SKILLS** |  | Younger children:  Practise placing clothes pegs on a line/string and taking them off: try help to hang some clothes out on the line!  Older children:  Practise threading a needle and some simple stitching(supervised!) |  |  | **Mindfulness Colouring:**  Choose a picture from a colouring book or print one from the internet and take your time colouring it in while listening to relaxing music.  Use lots of different colours. |
| **GROSS MOTOR SKILLS** |  |  | **KIDS 7 MINUTE HIIT WORKOUT FOR SELF REGULATION**:  Set a timer and complete each animal movement for 45sec, 15sec rest:  Frog Jumps/Bear Walk/Gorilla Shuffle/Starfish Jumps/Cheetah Run(on the spot)/Crab Crawl/Elephant Stomps | **KIDS 7 MINUTE HIIT WORKOUT FOR SELF REGULATION**:  Set a timer and complete each animal movement for 45sec, 15sec rest:  Frog Jumps/Bear Walk/Gorilla Shuffle/Starfish Jumps/Cheetah Run(on the spot)/Crab Crawl/Elephant Stomps |  |
| **SOCIAL SKILLS ACTIVITY** |  | **Feelings Game:**  Write out 6 feelings on paper, randomly choose one: name the feeling and talk about a time you felt that way |  | **Board game with family members**: monopoly/snakes & ladders/guess who/charades/jigsaws etc  -Focus on turn taking and listening |  |
| **ACTIVITY** | Make **Bubble Mix** from washing up liquid and water: make your own wand to blow the bubbles: pipe cleaner/old wire hanger etc..  See how big you can make the bubbles!  PS: do this activity outside! |  |  |  | **Youtube: Mindfulness Meditation for Kids: 12mins**  Breathing Exercise:Guided Meditation for Children: Monkey on the page  -Make yourself nice & comfortable,lie down  (there are shorter /longer meditation pieces available on youtube also) |
| **WEBSITE OF THE WEEK** | Let’s get regulated! Pack developed by NCSE Occupational Therapy Team  **ncse.ie** | Let’s get regulated! Pack developed by NCSE Occupational Therapy Team  **ncse.ie** | Let’s get regulated! Pack developed by NCSE Occupational Therapy Team  **ncse.ie** | Let’s get regulated! Pack developed by NCSE Occupational Therapy Team  **ncse.ie** | Let’s get regulated! Pack developed by NCSE Occupational Therapy Team  **ncse.ie** |

**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

Hello everybody, we hope you are all keeping well and safe and that you got on okay with your work last week. It’s always a bit harder to get back into the swing of things after a school holiday, teachers included!. We know that you are all trying your very best and will continue to do so. Hopefully you will enjoy a few of the above suggested activities, again there is no pressure to complete them. Have a good week children and parents. Here’s hoping we will all see each other soon in the near future.

Ms.Maher, Mrs.Molloy, Mrs.Culkin, Mrs. Colleary

**Useful Websites:**

1. **The Great Isolation Activity Book:**

<https://drive.google.com/file/d/1gasHX74OYHHH4hrrP5Y823FarA_Tgnul/view>

1. **Free e book library:**

[**www.oxfordowl.co.uk**](http://www.oxfordowl.co.uk)

1. **Let’s get moving!**

[**www.gonoodle.com**](http://www.gonoodle.com)

1. **Free stories and eBooks for the Beginning Reader**

[**www.clarkness.com**](http://www.clarkness.com)

1. **Dyslexia Academy**

[**www.dyslexia-academy.learnworlds.com**](http://www.dyslexia-academy.learnworlds.com)

1. **Teach your Monster to read**

[**www.teachyourmonstertoread.com**](http://www.teachyourmonstertoread.com)

1. **Free stories and poems for children**

[**www.storyberries.com**](http://www.storyberries.com)

1. **Math Playground**

[**www.mathplayground.com**](http://www.mathplayground.com)

1. **Free online Maths Resources**

[**www.coolmath.com**](http://www.coolmath.com)

1. **Free online Maths Games**

[**www.mathsframe.co.uk**](http://www.mathsframe.co.uk)

1. **Yoga for kids**

**Cosmic Kids Yoga (youtube)**

1. **Dance for kids**

[**www.justdance.com**](http://www.justdance.com)

1. **Joe Wick’s Workouts**

**‘Body Coach’ youtube:** [**https://www.youtube.com/user/the**](https://www.youtube.com/user/the) **bodycoach1/featured**

1. **Jolly Phonics App: download the app on your phone**