

Hi Boys and Girls,

This week is Wellness week and the focus is all about keeping our mind and bodies healthy. We have put together a daily plan for you all to try out. Each day we have asked you to continue with your reading and to also keep researching for your Heroes of the Past project. We have received some amazing fact files and information about your dinner guests back and understand that you are enjoying this project. Each day has fun activities to try. While they may not all be your cup of tea, we would encourage you to try them all out. You never know what might interest you until you try it.

We will not be looking for written work off you this week, however we would encourage you to take photos of the art that you are creating and let us know how the PE challenge, yoga sessions and dance routines are coming along.

Important: The thank you sign/card needs to be completed and sent back to the office at office@lusksns.ie by Thursday.

Parents:

This week is all about taking the time and breathing. We are so grateful for all the hard work that you and your children have done so far and will continue to do over the next few weeks. We acknowledge that times are difficult and this week is all about getting all of us to take a breath and to mind our own physical and mental health.

Have an amazing week and we hope you and the children enjoy the fun activities that we have included.

Mr. Hickey, Ms. Duignam, Ms. Gallagher and Mr. O' Donnell.

Mindful Monday: 11th May

- Continue with daily reading- Remember to complete a book review when you have finished a story.
- SESE- Heroes in History project, continue researching your chosen dinner guests.
- Draw with Rob Art class- https://youtu.be/vm6iyqw_v2Q
- PE challenge- lasts 5mins. Aim to improve your fitness by Friday.
- Yoga session- <https://youtu.be/x9X4Y47DBdl> (10min session)
- Weaving with Wellbeing- Happy memory shot sheet
- Dance Video- from dance teacher

Thoughtful Tuesday: 12th May

- Continue with daily reading- Remember to complete a book review when you have finished a story.
- Art- sign for frontline workers.
- Draw with Rob Art class- https://youtu.be/vm6iyqw_v2Q
- PE challenge- lasts 5mins.
- Meditation for teens - https://youtu.be/Ylr5WSxU_r0 (7mins)
- Weaving with Wellbeing- Acrostic poem
- Dance Video- from dance teacher

Wellness Wednesday: 13th May

- Continue with daily reading- Remember to complete a book review when you have finished a story.
- SESE- Heroes in History project, continue researching your chosen dinner guests.
- Draw with Rob Art class- <https://youtu.be/ta5cWmlgHBU>
- PE challenge- lasts 5mins.
- Podcasts- <https://www.walkinmyshoes.ie/schools/primary-school/resources>
Listen to podcasts, six in total (5mins max each)
- Weaving with Wellbeing- Mood Boost and Dealing with worries.
- Dance Video- from dance teacher

Thankful Thursday: 14th May

- Continue with daily reading- Remember to complete a book review when you have finished a story.
- Draw with Rob Art class- <https://youtu.be/oCDta3CQ9Ak>
- PE challenge- lasts 5mins.
- Yoga session- <https://youtu.be/7kgZnJqzNaU> (20mins)
- Weaving with Well Being- Kind Mind Selfie.
- Dance Video- from dance teacher

Fabulous Friday: 15th May

- Continue with daily reading- Remember to complete a book review when you have finished a story.
- SESE- Heroes in History project, continue to research your chosen dinner guests.
- PE challenge- lasts 5mins.
- Yoga session- <https://youtu.be/x9X4Y47DBdl> (10min session)
- Weaving with Wellbeing- Combo Creatures
- Dance Video- from dance teacher
- Science- create your own stress ball.

English:

WALT:

To increase vocabulary skills and further develop comprehension skills. (summarisation, prediction and author's viewpoint)

WILF:

1. Continue to read your own chosen story.
2. If you do not have a book, choose one from <https://www.tumblebooklibrary.com/Default.aspx?ReturnUrl=%2f>
Username: LuskSNS
Password: trial
3. Complete daily 4 lines in a reading journal. Focus on summarising what you have read, predicting what may happen in the future and explain why an author may have added a character or a scene into the book.

SPHE:

WALT:

To reflect and express themselves, gradually building into a highly personal portfolio reflecting unique aspects of their mental well-being. This work is heavily linked in with the FRIENDS programme that your child would have completed in 5th class last year.

WILF:

1. To complete assigned activities daily.
2. To focus on happy memories from the past so that we can look forward to recreating these moments and/or making new memories in the future.
3. To identify good self talk- the power of self talk is incredible, both good and bad. We aim to get the children focusing on the power of good self talk. (like green thoughts in FRIENDS)
4. To highlight what puts us in a good mood- Feeling anxious/worried/sad/upset is part of everyday life. Think about what makes you happy so that you can put yourself into a good mood when it doesn't seem possible.

5. To develop their skills in coping mechanisms. We all deal with things/situations differently. This will help deal with those challenging times. No time like the present to start.

PE:

WALT:

To improve fitness levels over a five day period. (PE fitness challenge)

To improve flexibility through yoga sessions. (3 sessions during the week)

To perform a dance routine. (practice daily)

WILF:

1. To complete all five exercises daily.
2. Time each exercise correctly.
3. Ensure to take the 15second rest (do not take 10mins)
4. Count to see how many you complete within the time on Monday, Wednesday and Friday. (For example, how many high knees, lunges and squats you complete within the 45sec.) This will highlight progress throughout the week.
5. The aim is to beat the previous day's score.

Daily Challenge:

- Running on the spot with high knees for 45 seconds, 15 second rest
- Plank for 45 seconds/15 seconds rest
- Wall sit for 45 seconds/ 15 seconds rest
- Basic lunge with alternating legs for 45 seconds/ 15 rest – Count three seconds when bending down your knee, then 1 second to change over.
- Air Squat/ basic squat for 45 seconds/15 rest. Use the same counting technique – 3 seconds down, 1 coming up.

Do the same activities for 5 days and see do you improve with them. Remember it's only five minutes so try your best! You can use a clock/phone interval timer app/ stopwatch to carry out your intervals.

Some harder exercises if your finding these less challenging:

- Spread your elbows and toes further apart on the plank.
- Do jumping lunges instead
- Instead of an air squat, do a burpee!
- Finally, you could do 50 seconds on, ten seconds rest.

Good luck!

Art:

WALT:

To create a cartoon drawing of an animal or a cartoon version of themselves.

To create a thank you sign for the frontline workers.

WILF:

1. Watch the Draw with Rob videos.
2. Follow instructions given and create a cartoon animal/person of your choice.
3. Design a sign for frontline workers to say thank you for their incredible work. Send back to the office on office@lusksns.ie by Thursday 14th of May.

Science

WALT:

To create a stress ball.

WILF:

Equipment:

Balloons, Flour, An empty plastic bottle (such as a water bottle) A funnel

Instructions:

1. Put the funnel into the plastic bottle and pour flour into it (you will need enough to fill the balloon to your desired size of stress ball).
2. Stretch a balloon around the opening of the bottle.
3. Turn the water bottle upside down and gently squeeze the flour into the balloon. Use pressure when squeezing the flour in, as the air will help the balloon inflate.
4. Once the flour is all in, release the balloon from the bottle (pinch the end first to stop the flour from coming out). Make sure there isn't any extra air in the balloon.
5. Tie the balloon and wipe away any excess flour.