

Date:	Monday 15 <sup>th</sup> June	Tuesday 16 <sup>th</sup> June	Wednesday 17 <sup>th</sup> June	Thursday 18 <sup>th</sup> June	Friday 19 <sup>th</sup> June.
<b>Daily activities:</b> <b>(tick each of these off when you have completed them EACH day,)</b>	<ul style="list-style-type: none"> <li>○ 15 minutes reading.</li> <li>○ 15 minutes housework/tidying.</li> <li>○ 15 minutes of exercise</li> <li>○ 5 minutes of Duolingo practice.</li> </ul>	<ul style="list-style-type: none"> <li>○ 15 minutes reading.</li> <li>○ 15 minutes housework/tidying.</li> <li>○ 15 minutes of exercise</li> <li>○ 5 minutes of Duolingo practice.</li> </ul>	<ul style="list-style-type: none"> <li>○ 15 minutes reading.</li> <li>○ 15 minutes housework/tidying.</li> <li>○ 15 minutes of exercise</li> <li>○ 5 minutes of Duolingo practice.</li> </ul>	<ul style="list-style-type: none"> <li>○ 15 minutes reading.</li> <li>○ 15 minutes housework/tidying.</li> <li>○ 15 minutes of exercise</li> <li>○ 5 minutes of Duolingo practice.</li> </ul>	<ul style="list-style-type: none"> <li>○ 15 minutes reading.</li> <li>○ 15 minutes housework/tidying.</li> <li>○ 15 minutes of exercise</li> <li>○ 5 minutes of Duolingo practice.</li> </ul>
<b>Life skills practice:</b>	<p><b><u>Laundry:</u></b>            Today you need to do/help with one load of washing:</p> <p>Find out about: mixing colours/whites?            What detergent to use?            What setting to use?            Where do you put the clothes to dry?</p>	<p><b><u>Nature Walk:</u></b>            Nature walk: today go for a nature walk or cycle:</p> <p>Along the walk see if you can find 4 different varieties of tree (use their leaves to identify them) and 3 different flowers.</p> <p><b><u>First aid &amp; CPR:</u></b>            Watch the first aid videos on seesaw today.</p>	<p><b><u>Checklist:</u></b>            Check that you can do these items by yourself, if not use today/this week to learn how to:</p> <ul style="list-style-type: none"> <li>○ Tie your shoe laces,</li> <li>○ Know your address &amp; Eircode,</li> <li>○ Know your parents phone number off by heart,</li> <li>○ Know what to do in an emergency; who do you phone? What do you say?</li> <li>○ Cook something simple &amp; healthy to eat.</li> </ul>	<p><b><u>Pocket money challenge:</u></b>            Speak to your parents about a suitable job &amp; agree on a suitable amount of money to be paid. Complete the job today to earn your money. Make sure you're happy with your effort before you say you're finished.</p>	<p><b><u>Outside tidy up:</u></b>            Choose an outside area today to tidy up, it could be your pets cage/kennel, the garden shed, your trampoline or just the garden in general. Spend some time tidying the outside area today.</p>

<b>Growing up &amp; moving on activities:</b>	<b>Rewarding yourself:</b> Choose 5 rewards for (which are NOT food or drinks) that you would like to give yourself at the end of a great years work in 4 <sup>th</sup> class? Send me your choices on seesaw. (it might be a bath bomb or nice book or new art supplies or sports things).	<b>How do you recharge:</b> Think about & write down things that you do to 're-charge', what helps you when you are feeling stressed or worried or too busy? Talk with your family about what helps each of you? What are the same/different for everyone in the family?	<b>Board games:</b> Play a board game with a family member or friend this week, it could be on facetime or zoom. Think of all the draughts & chess you've leant in school.	<b>Things I am proud of:</b> Make a list of things which you have achieved/are thankful for/or have improved at during this year, it has to be just since September. Writing these down makes us mindful & aware of what we have achieved. You can send me your list on seesaw.	<b>Find a joke today:</b> Look up some fun jokes online today or ask your family. Share them with your family, friends or me on seesaw.
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