

3rd & 4th Classes

13th - 17th April 2020

Learning Opportunities & Daily Routine

The layout and content are suggestions. It is not compulsory to follow or complete.

	Monday	Tuesday	Wednesday	Thursday	Friday
Before 9.00am	Wake Up - Eat breakfast, make your bed, get dressed, brush your teeth, etc.				
9.00 - 9.30	Work Out - Joe Wicks (Body Coach) - Daily Gym session - Click Here				
9.30-10.30	Project: This week I would like you to choose somebody you admire and do a project on that person. It could be a <i>singer (or a group), an actor, a sportsperson, an author</i> or any other <i>person who brings joy or positivity to your life</i> . Begin by researching their childhood: <ul style="list-style-type: none"> Where was this person born? Where did they grow up? Who were his/her parents? Did they have any siblings? Where did they go to school? Did they enjoy school? Did they have a 	Project: Continue with your project on 'A Person I Admire' Today you could research his/her journey to success at what they do: <ul style="list-style-type: none"> When (at what age) did he/she discover his/her talent or passion for what they do? How did they develop that talent? Was there somebody who influenced them in a positive way? (e.g. a coach, a teacher, a parent etc.) Where did they train/practise? Did they attend 	Project: Continue with your project on 'A Person I Admire' Today you could research his/her achievements: <ul style="list-style-type: none"> What successes has he/she had in their career so far? What have they become most famous for? Has he/she won any awards or honours for their work? Have they used their success to help others in any 	Project: Today you can put all the pieces of your research over the last few days together into your final presentation. You could include some photographs or drawings of your chosen person. I would love to see your project so you could ask your Mum or Dad to email me a photograph of the finished product.	SPHE: Write a letter to the person who has inspired you. <ul style="list-style-type: none"> Tell them all about yourself (e.g. name, age, where you live, family, interests etc.) Tell them how they have inspired you or how they have brought happiness to your life. Describe why you think they are a good role model. Ask them

	<p>particular talent from a young age?</p> <ul style="list-style-type: none"> Are there any special memories or stories from their childhood? 	<p>special classes/training to improve or develop their talent?</p> <ul style="list-style-type: none"> Did they have any disappointment or failures along the way? Did they have a 'lucky break' or a moment when their career took off? e.g. Did they audition for a role? Were they spotted by a talent scout? etc. 	<p>way? E.g. Do they promote/help a particular charity?</p> <ul style="list-style-type: none"> Do they offer advice or support to young people who would like to follow in their footsteps? Do they give back to their local community in any way? 		<p>something you would like to know about them.</p>
10.30-11.30	<p><i>Digital Time Capsule-Week 1 FACTFILE</i></p> <p><i>Answers to the questions to be typed or handwritten and submitted via email (when completed in full) by Wednesday 15th April.</i></p> <p><i>Please submit a photograph of your child also (in portrait format)</i></p>				
11.30-11.45	Snack				
11.45 - 12.15	Chore Time – As decided at home. (Examples: wiping surfaces, doing dishes, cleaning their room, tidying toys, etc.)				
12.15-12.45	<p>Quiet Time – Reading</p> <p>David Walliams is releasing an audiobook every morning at 11am (for 20 mins approx.) Check out https://www.worldofdavidwalliams.com/</p> <p>Epic reading App</p> <p>A collection of stories can also be streamed for free at Audible.com https://stories.audible.com/start-listen</p>				
12.45- 1.15	Lunch				
1.15 - 2.00					
2.00-2.15	<p><i>Mindfulness activity of the day (for parents too)</i></p>				
	Complete a Cosmic Yoga activity (YouTube)	<p>Listen to some relaxing music</p> <p>https://video.search.yahoo.co</p>	Download the 'Super Stretch Yoga' app on your tablet or phone. Have a go at all the	Build a jigsaw	Go on a sensory walk- think about and name 5 things you can see, 5 things you can hear, all

		m/search/video?fr=mcafee&p=disney+piano+collection-+relaxing+music#id=1&vid=de68a8e025bc7c3bf15d89031faa5e0a&action=click	animal poses.		the things you can smell and as feel as many different textures as possible.
2.15 - 4.00	Outdoor Activities – (go on a spring walk/ hunt, write with chalk, ride their bike, hunt for mini beasts) Messy Play – (playing with water, sand, pasta, shaving foam, play- doh, slime, finger painting, printing with paint)				

3rd & 4th Class (Ms West & Ms Maguire's Class)

6th - 10th April 2020

Learning Opportunities & Daily Routine

The layout and content are suggestions. It is not compulsory to follow or complete.

	Monday	Tuesday	Wednesday	Thursday	Friday
Before 9.00am	Wake Up - Eat breakfast, get dressed, brush your teeth, etc.				
9.00-9.30	Work Out - Joe Wicks (Body Coach) - Daily Gym session. Follow him on social media to access workout.				
9.30-10.00	Academics - follow mainstream timetable. Complete half of the activities before taking a sensory break.	Academics - follow mainstream timetable. Complete half of the activities before taking a sensory break.	Academics - follow mainstream timetable. Complete half of the activities before taking a sensory break.	Academics - follow mainstream timetable. Complete half of the activities before taking a sensory break.	Academics - follow mainstream timetable. Complete half of the activities before taking a sensory break.
10.00-10.30	Sensory break - see table below. Choose 2 activities from each box.				
10.30-11.00	Academics - complete the remainder of activities.	Academics - complete the remainder of activities.	Academics - complete the remainder of activities.	Academics - complete the remainder of activities.	Academics - complete the remainder of activities.
11.00-11.30	Fine motor activity - see table below. Choose an activity each day. Feel free to choose more than 1 per day.				
11.30-11.45	Snack Time - Encourage child to help with the preparing and tidying up of lunch as much as possible.				
11.45-12.45	Digital Time Capsule Activity				

12.45-1.15	Chore Time – <i>As decided at home. (Examples: wiping surfaces, doing dishes, cleaning their room, tidying toys, etc.)</i>				
1.15-1.45	Lunch Time- <i>Encourage child to help with the preparing and tidying up of lunch as much as possible.</i>				
1.45-2.00	<p>Quiet Time – <i>Reading, Puzzles, etc.</i></p> <p>David Walliams is releasing an audiobook every morning at 11am (for 20 mins approx.) Check out https://www.worldofdavidwalliams.com/</p> <p>Epic reading App</p> <p>A collection of stories can also be streamed for free at Audible.com https://stories.audible.com/start-listen</p> <p>Read a book you may have at home</p>				
2.00-2.30	Gross motor activities to practice				
	Practice throwing and catching the ball- to make this harder try doing it while bouncing on an exercise ball, trampoline, bed or couch.	Egg: Have your child lie on his/her back with their chin tucked in against their chest and legs raised off the floor at 90 degrees and hands crossed across chest. Encourage your child to hold this position. Gradually increase to 30 – 40 seconds.	Jumping Jacks: Stand with feet together, knees slightly bent, and arms to sides. Jump while raising arms and separating legs to sides. Land on forefoot with legs apart and arms overhead. Jump again until arms and legs are together.	Hang your head upside down: this can be completed on a therapy ball or simply hanging upside down on the couch whilst watching TV or encourage them to pick up items from the ground in this position. Max for a few minutes do not overdo it or your child might become too stimulated.	Jumping with 2 feet- this can be done on and off the edge of something such as an upside-down box that isn't too high, a footpath (where it is safe) or even on the stairs. Hold your child's hand and encourage them to jump off, landing their two feet together.
	Mindfulness activity of the day (for parents too)				

2.30-2.45	Build a jigsaw	Do some mindfulness colouring- https://www.twinkl.ie/resources/t-1-5028-new-mindfulness-quotes-colouring-sheets	Listen to relaxing music	Download the ‘Super Stretch Yoga’ app on your tablet or phone. Have a go at all the animal poses.	Go on a sensory walk- think about and name 5 things you can see, 5 things you can hear, all the things you can smell and as feel as many different textures as possible.
2.45 - 3.00	Sensory break- see table below. Choose 1 activity from each box.				
3.00-4.00	Outdoor Activities – (go on a spring walk/ hunt, write with chalk, ride their bike, hunt for mini beasts) Messy Play – (playing with water, sand, pasta, shaving foam, play- doh, slime, finger painting, printing with paint)				

Fine Motor Skill Activities				
Monday: Playdough	Tuesday: Cutting	Wednesday: Squeeze/pinch	Thursday: Art	Friday: Miscellaneous
Hide and seek: Place small beads, toys, counters, marbles, etc. into dough and roll dough into ball: Child has to use finger skills to pull pieces out of dough and remove all dough from the pieces.	Magazine cutting: Give child old magazines and catalogues to cut out pictures, around people.	Cheerio stack: place dry spaghetti pieces upright into a lump of playdough. Child to place as many cheerios onto the spaghetti piece without breaking it.	Cotton bud painting: place paint tray and cotton buds on table. Give child a shape pattern sheet (attached) and model how to dot around the lines with paint, applying pressure as needed.	Stacking: give child stackable objects; jenga, sugar cubs, blocks, to practice building towers.
Dough and cutters: roll dough into ball and flatten with the palm of their hand. Use cutters to apply pressure to make dough shapes.	Straws: give children straws to cut up into small sections for lacing activities.	Lid twists: using jam jars and bottles practise twisting the lids on and off.	Printing: gather lego blocks, lids, toy cars and pasta shapes and dip them into shallow trays of paint and print onto paper to create your own pictures.	Balloon bounce: blow up balloons (oral motor) and practise keeping the balloons up in the air, using your index finger.
Rolling dough: Give child a piece of dough and a rolling pin. Practise using pressure to roll out dough	Spaghetti: cook spaghetti and drizzle with a little oil to store in a box. Encourage child to hold	Pulling washi/masking tape: Stick tape to the tables and push down to secure it. Model how to pull tape up	Number dot/trace: Write numbers 1 – 10 in large print onto a sheet of paper. Give child	Stirring: Fill clear plastic cups with water and add a drop of paint to each. Give child spoons to stir

into a flat shape and use cutters to cut out shapes.	spaghetti and cut it up into pieces.	using pinching fingers. Encourage child to pull up the tape and then place it back down, pushing firmly on it to secure it.	paint and cotton buds to dot or trace over the numbers.	the mixture to make coloured water. Model how to hold cup with one hand to stabilise and mix with the other. Store in bottles for later use.
Hedgehog: Give child a piece of dough and model how to roll into a ball using 2 palms. Press ball onto the table to give it a flat bottom and pinch one side of it to make a nose. Use google eyes and match sticks to decorate.	Waves: Draw waves onto a piece of paper and have child follow the lines using their scissors (can be done using straight lines also).	Syringes: fill pots with water and food dye or a drop of paint to colour the water. Model how to pull back handle to suck it up and then push into bottle lids/bowls/containers. Count how many syringe-fulls you need to fill the containers.	Finger painting: encourage child to dip their fingers into the paint and drag fingers or dot fingers to paint on paper	Buttons: give child clothing (cardigan, shirt, t-shirt) with buttons and have them practice opening and closing the buttons. To extend this have the child wear the piece of clothing and button it while wearing it. (Also try similar activity on items with zips)
Dough cutlery: Ask child to made dough balls and dough sausages. Give them a knife and fork (plastic) to practise stabilising one with the fork and cutting into small pieces with the knife.	Squares/rectangles/triangles: Draw different shapes onto a page and have children cut them out. Model how to turn the page and make continuous scissor snips.	Bottle squirting: using washing up liquid and sports top bottles and fill with coloured water (food dye), Children practise squeezing to empty bottles into sink or basins.	Sculptures: Collect toilet roll tubes and punch holes into them: lace through ribbons/wool/straws, etc to make a standing Art sculpture.	Threading: Punch holes in a piece of card and have child thread the lace through the card. Alternatively, use objects such as buttons, cheerios or any object with a hole.

Sensory Break Ideas

*Choose 1-3 activities from each section. It is important to follow the activities in the order given: **awakening**, **organising**, **calming**.*

Sensory Awakening Activities	Sensory Organising Activities	Sensory Calming Activities
<ul style="list-style-type: none">• Jump on a trampoline• Running and jumping games• Play in a sand pit with wet sand• Bounce on a pogo stick• Jump up and down on the spot• Star jumps• Run• Step ups• Walk up and down the stairs	<ul style="list-style-type: none">• Crab walk• Press ups• Roll on tummy on exercise ball• Wheelbarrow walk• Play catch with a heavy ball• Wear a heavy backpack and walk for a few minutes• Ride a bike• Go on a scooter	<ul style="list-style-type: none">• Squeeze a stress ball• Roll tightly into a blanket• Bear hug• Sit with pillow/weighted blanket etc. on lap• Play with fidget toy• Go on a swing• Ball squash- child lies on stomach and a ball is rolled up and down by the adult• Play in sand• Listen to music