




Happy Home Wellness Week 2020

Suggestions for Wellness Activities in the Home



5 Lessons in Life from Dr. Seuss

1. Today you are You, that is truer than true. There is no one alive who is Youer than You.
2. 'Why fit in when you were born to stand out?
3. You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.
4. Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.
5. Today I shall behave, as if this is the day I will be remembered.

facebook.com/GoodwillLibrarian



GAA



Fun activity packs available. If you don't have a printer, don't worry! You can also screen shot the images and colour them in on a computer, phone or tablet.

<https://www.gaa.ie/my-gaa/getting-involved/kids-activities>

A variety of activities available for children of all ages across the primary school.

<https://learning.gaa.ie/primary-school>

Our GAA coach Fachtna O' Connor has a daily GAA skills challenge.

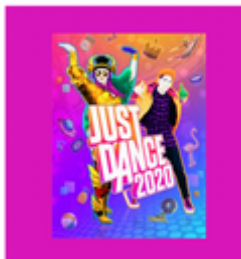
https://twitter.com/GPOBlarn_Btown

Dance



Families can access guided dance videos from home for free.

<https://www.gonoodle.com/>



<https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ>

Yoga/Mindfulness



<https://www.youtube.com/user/CosmicKidsYoga>



<https://www.gonoodle.com/>

Self-regulation & Relaxation Techniques

'Breathe - Self-Regulation and Relaxation Techniques for Children' features a range of calming breathing techniques, written activities and guided visualisations that children can use to bring about a sense of peace and comfort in any situation. The resource is suitable for children of all ages and class levels.



<https://www.pdst.ie/primary/healthwellbeing/relaxationandself-regulationtools>

Fun games

Traditional games that can be played at home with siblings and family members

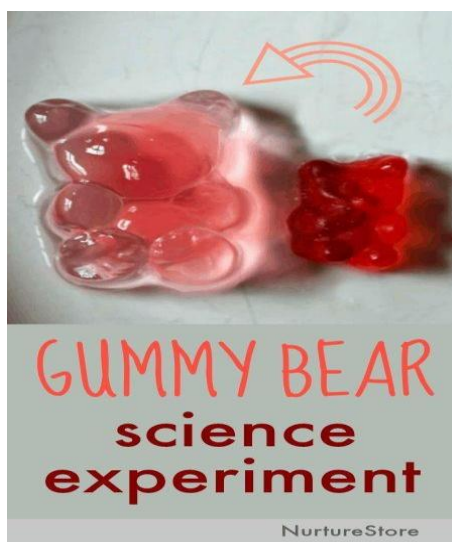
<https://www.safefood.eu/Start/Your-Tools/Pause-For-Play.aspx>

Science

Some Inspiration for Science exploration at home



m&m Rainbow
science experiment



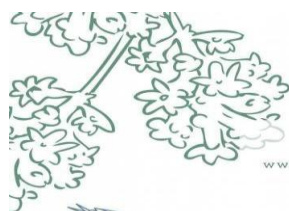
<https://www.playdoughtoplato.com/growing-gummy-bear-science/>

STEM resources:

<https://www.sfi.ie/engagement/discover-primary-science-and-maths/resources/stem-at-home/>



www.shutterstock.com - 244219273



www.bluepebbleworkshops.com
5 DAY DRAWING
CHALLENGE

NATURE

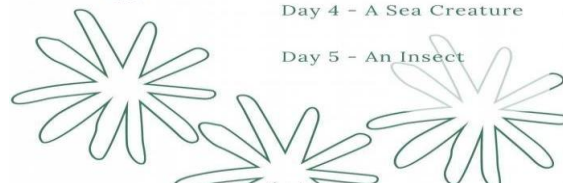
Day 1 - A Pattern

Day 2 - An Animal

Day 3 - A Plant

Day 4 - A Sea Creature

Day 5 - An Insect



30 Day Disney Challenge!

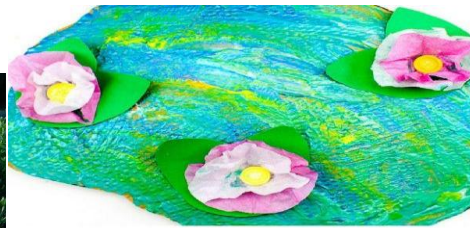
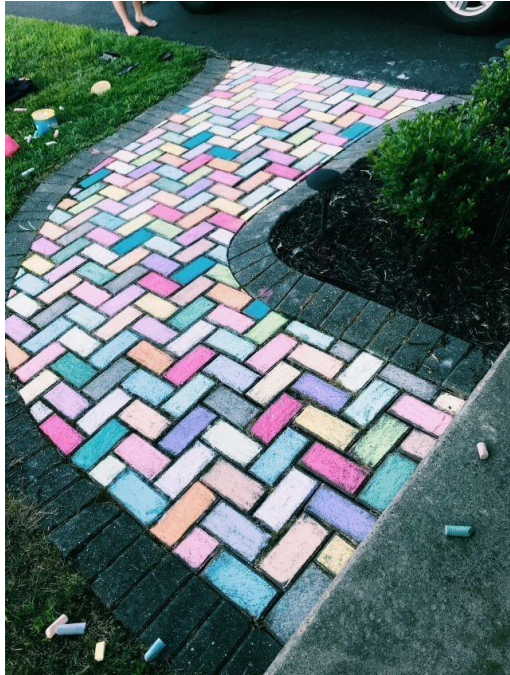
1. Draw your favorite original Disney character (Mickey, Minnie, Donald, Goofy, etc).
2. Draw your favorite Disney Princess.
3. Draw your favorite Disney Prince.
4. Draw your favorite Disney non-Princess.
5. Draw your favorite Disney non Prince.
6. Draw your favorite Disney villain.
7. Draw your favorite Disney villainess.
8. Draw your favorite Disney animal.
9. Draw your favorite Disney Sidekick.
10. Draw your favorite Disney underrated character.
11. Draw your favorite Disney character that dies.
12. Draw your favorite Disney character that you feel has the best hair or costume design.
13. Draw your favorite scene from your favorite Disney movie.
14. Draw a scene from the very first Disney movie you remember seeing.
15. Draw your favorite Disney scene that inspired you.
16. Draw your favorite Disney scene that makes you laugh.
17. Draw a Disney scene that makes you cry.
18. Draw a Disney scene that scared you.
19. Draw the saddest Disney death scene.
20. Draw your favorite Disney love-scene.
21. Draw your favorite Disney kiss.
22. Draw a scene from your favorite Disney song.
23. Draw a scene from your favorite Disney love song.
24. Draw a scene from your favorite Disney villain song.
25. Draw a scene from your favorite Disney sequel.
26. Draw your favorite Disney fighting scene.
27. Draw a scene from your favorite Disney quote.
28. Draw your favorite live-action Disney character in Disney cartoon style.
29. Draw your favorite all-time Disney character in a Halloween costume.
30. Draw your favorite all-time Disney character in a modern casual style that you feel suits them.

kimberly-castillo-devin-art.com



Ideas for art projects at home





MONET INSPIRED
WATER LILIES
kids art project



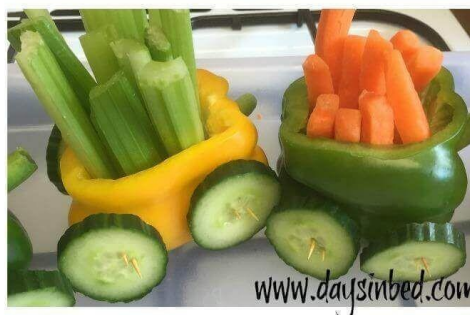
BuggyandBuddy.com

PAINTING WITH YARN



Eat Healthy

Try to create some healthy creatures with fruit & veg





Rocky road cookies

These gorgeous cookies are topped with chunky chocolate and melted marshmallows. The chunky and smooth textures are a perfect combination – yum!

10 mins 11 mins Makes 14

Ingredients

- 125g (4oz) butter, softened
- 125g (4oz) soft brown sugar
- 1 medium egg, beaten
- 1 tbsp milk
- 50g (2oz) milk chocolate, chopped
- 125g (4oz) plain flour
- 1 tbsp cocoa powder
- ½ tsp baking powder
- 50g (2oz) white chocolate, chopped
- 25g (1oz) mini marshmallows

Equipment

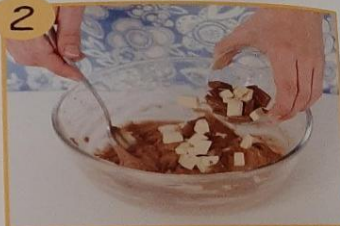
- 2 baking sheets
- baking paper
- large mixing bowl
- electric or hand whisk
- metal spoon
- dessert spoon
- oven gloves
- palette knife
- cooling rack

1



Preheat the oven to 180°C (375°F/ Gas 4). Line 2 baking sheets with baking paper. Use an electric or hand whisk to cream the butter and sugar together in a mixing bowl.

2



Beat in the egg and milk. Then stir in the flour, cocoa powder, baking powder, and half the chunks of milk and white chocolate using a metal spoon.

3



Place dessert spoons of the mixture onto the prepared baking sheets, spacing them well apart. Flatten slightly and bake for 5 minutes, until the edges are starting to get firm.

4



Remove the cookies from the oven. Immediately sprinkle them with the marshmallows and remaining chocolate chunks, pressing them down into the cookies.

230



Return the cookies to the oven for a further 5–6 minutes or until slightly soft to the touch. Allow them to cool for 5 minutes, then transfer them to a cooling rack.

Variation

Experiment with different flavoured chocolate chunks. Or try heart-shaped marshmallows for a Valentine's Day treat!





Tip

Keep your eye on the crisps as they cook and remove them from the oven when they turn golden. Cool on a wire rack.

Potato and carrot crisps

Use potatoes and carrots to make delicious oven-baked crisps. Once you've made these, experiment with other vegetables like parsnips and beetroot.



1 Preheat the oven to 180°C (350°F/ Gas 4). For the potato crisps, slice the potatoes using a peeler. Mix them with the oil, salt, pepper, and paprika, if using.



2 Line a baking tray with greaseproof paper and arrange the potato slices in a single layer. Cook for 10 minutes, turn them over, and cook for a further 10 minutes.



3 For the carrot crisps, use a vegetable peeler to thinly slice the carrots. Mix them with the oil, honey, salt, and pepper.



4 Line a baking tray with greaseproof paper. Arrange the carrots in a single layer and cook for 10 minutes. Turn the crisps over and cook for a further 7–10 minutes.

20 mins
 40 mins

Ingredients for the potato crisps

- 2 medium potatoes
- 2 tsp sunflower oil
- salt and pepper
- 1–2 tsp paprika (optional)

For the carrot crisps

- 2 medium carrots
- 2 tsp sunflower oil
- 2 tsp clear honey
- salt and pepper

Equipment

- vegetable peeler
- mixing bowl
- baking tray
- greaseproof paper
- cooling rack

CREATIVE CALL FOR KIDS



Lord Mayor of Cork, Councillor John Sheehan wants you to show us how you feel about Covid19 through creativity. Here's what you do:

- create a work of art, music, dance, writing, performance, whatever you want.
- Email your work to creativecall@corkcity.ie from Friday May 8th to Friday May 29th 2020.
- Get an adult to help - tell them to go to artsforall.ie to find out all the details about emailing in your work.

All of the artistic creations will be made into a digital gallery on www.artsforall.ie for Cruinniú na nÓg on 13 June 2020

To find out more please visit www.artsforall.ie

