

Creative Ideas for your Mind & Body (Art, Music, Mindfulness & P.E.)

5th Class: Ms. O'Neill, Ms. Maloney and Mr. McEvoy

March and April 2020



Remember!

The most important thing is to **stay happy** and
to **only do what you can** :)

These ideas are to keep you **interested and creative!**
Pick and choose from each section what appeals to
you and fit your schoolwork around other things that
you enjoy doing!



Get Moving! (P.E. Ideas!)

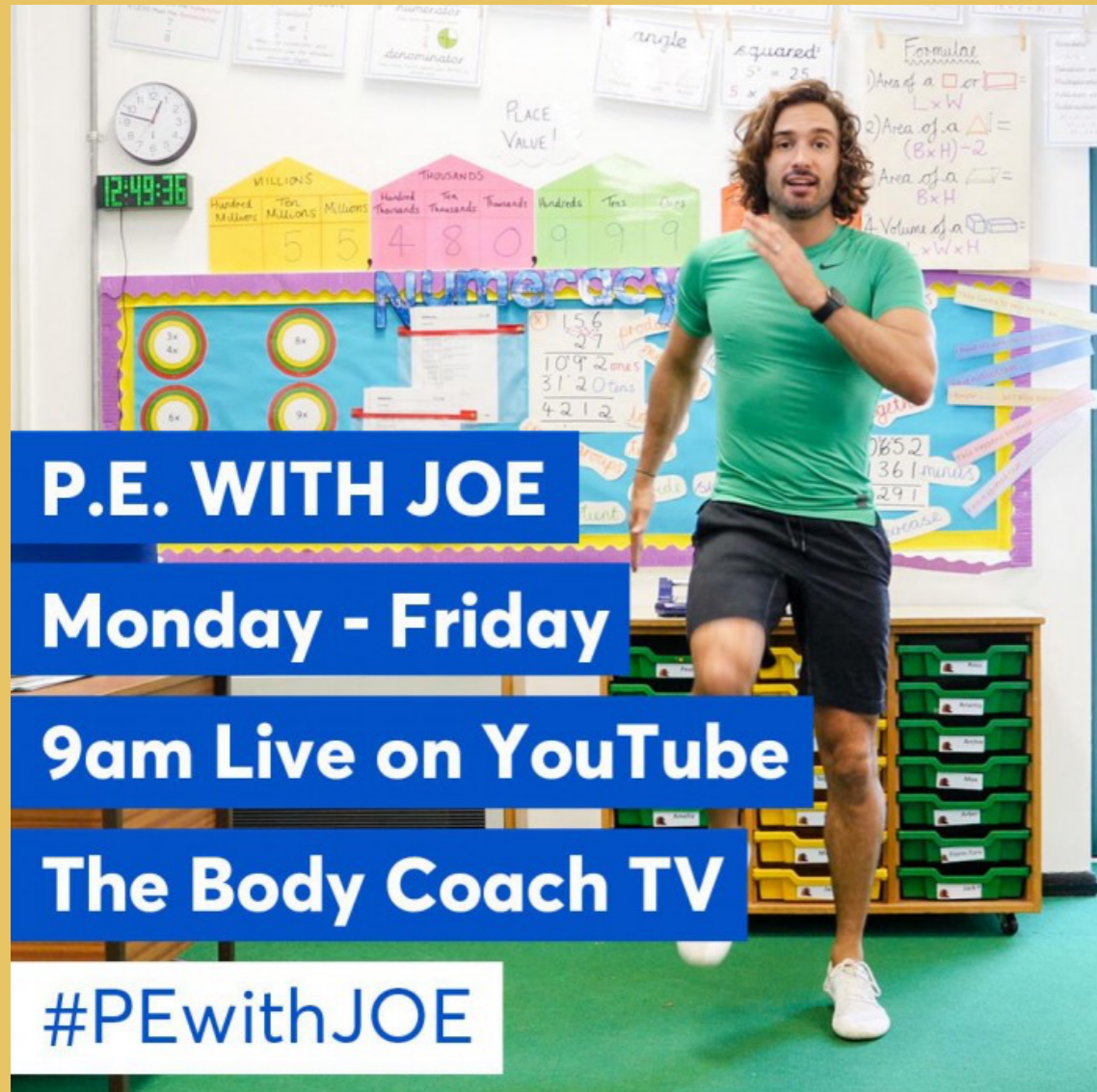
Starting Monday 23rd March
Joe Wicks (The Body Coach) is
going to be hosting a free workout
aimed at kids LIVE on his YouTube
channel.

With the schools closed and with us all
spending more time at home,
it's more important than ever that we
keep moving and stay healthy and
positive.

Exercise is an amazing tool to help us
feel happier, more energised, and more
optimistic.

The workouts will be fun and suitable
for all ages and even adults can get
involved.

You don't need any equipment, just tune
in to my YouTube channel at 9am each
morning for a 30-minute, fun workout.



P.E. WITH JOE

Monday - Friday

9am Live on YouTube

The Body Coach TV

#PEwithJOE

(Yoga as Gaeilge!)



Get stretching while practising some of your Gaeilge using Twigín Yoga!

<https://rtejr.rte.ie/category/rtejr-blog/yoga/>

You could create your own yoga sequence or routine to practise each day and to stretch out those muscles!

(Dances / Stretches and Yoga)



Create a free Go Noodle Account and pick dances/ yoga exercises and stretches to enjoy at home!

<https://www.gonoodle.com>

(10 at 10)



Get active while having fun for 10 minutes, every day. See how a little exercise every day can make a big difference! All exercises that can be done at home so it doesn't matter what the weather's like outside. Follow the online tutorials or make your own 10 at 10 routines!

<https://rtejr.rte.ie/10at10/>

Get Happy!

(Mindfulness Ideas!)



(Gratitude Journals!)



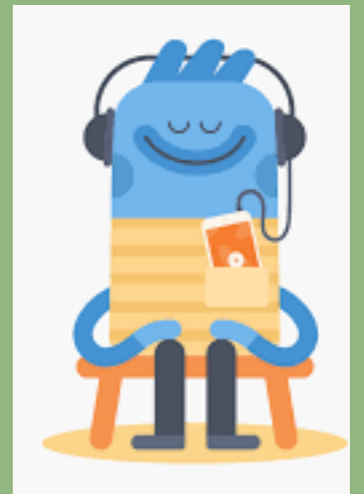
Try to keep up your “Attitude of Gratitude” by keeping a Gratitude Journal each day, or by expressing what you are thankful for with your family as often as you can! Your positivity will help you *and* your family!

(Headspace!)

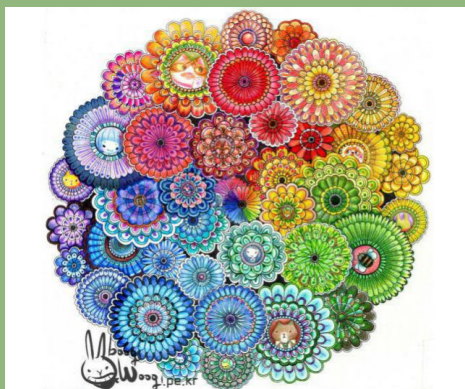
Try the Headspace App for free for 2 weeks!

<https://www.headspace.com/meditation/kids>

Enjoy some nice meditations and breathing exercises to bring calm and balance into your day!



(Walk in my Shoes!)



Print out some Mindful Colouring, listen to some Mindfulness Audio clips and podcasts!

<https://www.walkinmyshoes.ie/young-people/resources>

(Go Noodle!)



Use your free Go Noodle Account to try some meditations and mindfulness exercises!



Most importantly,
DO MORE OF WHAT MAKES YOU HAPPY!!!
Spend time playing board games, card games,
creating art, doodling, reading, writing, exercising
or whatever it is that brings you happiness! :)

Get Creative! (The Arts Ideas!)



(Virtual Museum Visits)

12 Famous Museums And Galleries You Can Visit Virtually From Your Home

<https://www.boredpanda.com/famous-museums-offering-virtual-tours/>

[fbclid=IwAR3PKbHISxkVo0QPl6HpYqYX8XkIU4PWZbwbkoL6lhKG8CyywzBGW6fwyM&utm_source=facebook&utm_medium=social&utm_campaign=organic](https://www.boredpanda.com/famous-museums-offering-virtual-tours/?fbclid=IwAR3PKbHISxkVo0QPl6HpYqYX8XkIU4PWZbwbkoL6lhKG8CyywzBGW6fwyM&utm_source=facebook&utm_medium=social&utm_campaign=organic)



(World Music Composer!)

Explore the instruments and music from around the world and have a go at creating your own compositions characteristic of that region!

<https://www.nms.ac.uk/explore-our-collections/games/world-music-composer>



(Daily Art Challenge!)

Take inspiration from a Daily Art Challenge like this one! Or create your own 14 Day Drawing Challenge for the next fortnight!

Keep all your sketches and drawings together so that you can see your progression and choose your best pieces at the end of the fortnight!
Have fun creating and use your imagination!





(Create Don't Contaminate)

Get creative and involved with RTE's Create Don't Contaminate Campaign!

A new initiative called "create don't contaminate" has been launched to encourage people to get creative from inside their homes during the nationwide period of social distancing. Launched by RTE, the new campaign encourages people to take part in daily challenges alongside their favourite influencers.



(Art for Kids Hub)

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

Draw some of your favourite characters, animals and cartoon creatures following these simple tutorials!



(Create for those we love!)

Since lots of us can't be with our loved ones for a while it might be a nice idea to write/ create art for them to show we are thinking of them!

Consider making cards, writing letters or availing of An Post's great postcard initiative!

<https://www.anpost.com/Media-Centre/News/Send-Love-to-someone-special-with-free-An-Post-Pos>

(Book of Kells Creative Competition)



Create a drawing, painting or sketch inspired by colours in the Book of Kells in a modern and innovative way and submit your entry for a chance to win.

<https://www.tcd.ie/visitors/competition/>
Closing date 30th October 2020

(Comórtas Dathúcháin / Colouring Competition)



Comórtas Dathúcháin/Colouring Competition for Seachtain na Gaeilge: Design a GAA jersey and be in with a chance to win 30 O'Neills tops for your class or club. Just download a template, design, take a photo of your complete work and send it to snag@cnag.ie

<https://snag.ie/comortas-dathuchain/>

Closing Date 1st May 2020

(Creative Time!)



Sometimes it's just fun to take down your art supplies and let your imagination lead the way!





Enjoy following your
passions and being
creative!