

Wellbeing



Some ideas to help you stay happy and healthy!

The focus is on:

- Staying active, exercising and getting fresh air.
- Being creative and developing some of your talents.
- Remaining calm and positive.
- Connecting with your family.
- Taking notice of the world around you and how you are feeling.
- Developing your skills and interests as you keep learning.
- Enjoying whichever activities you pick.



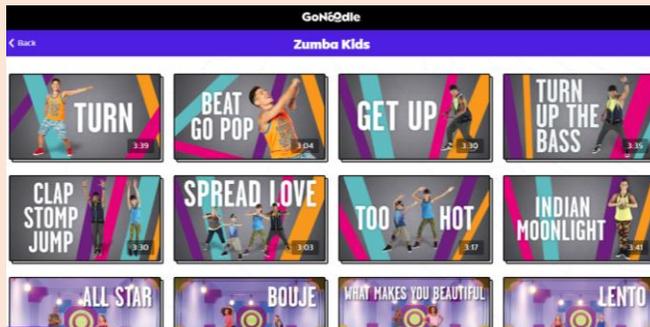
You choose what you'd like to do!

- It's like a menu or choice pack.
- You can do as much or as little as you'd like.
- Click on the pictures as you go along to find out more.



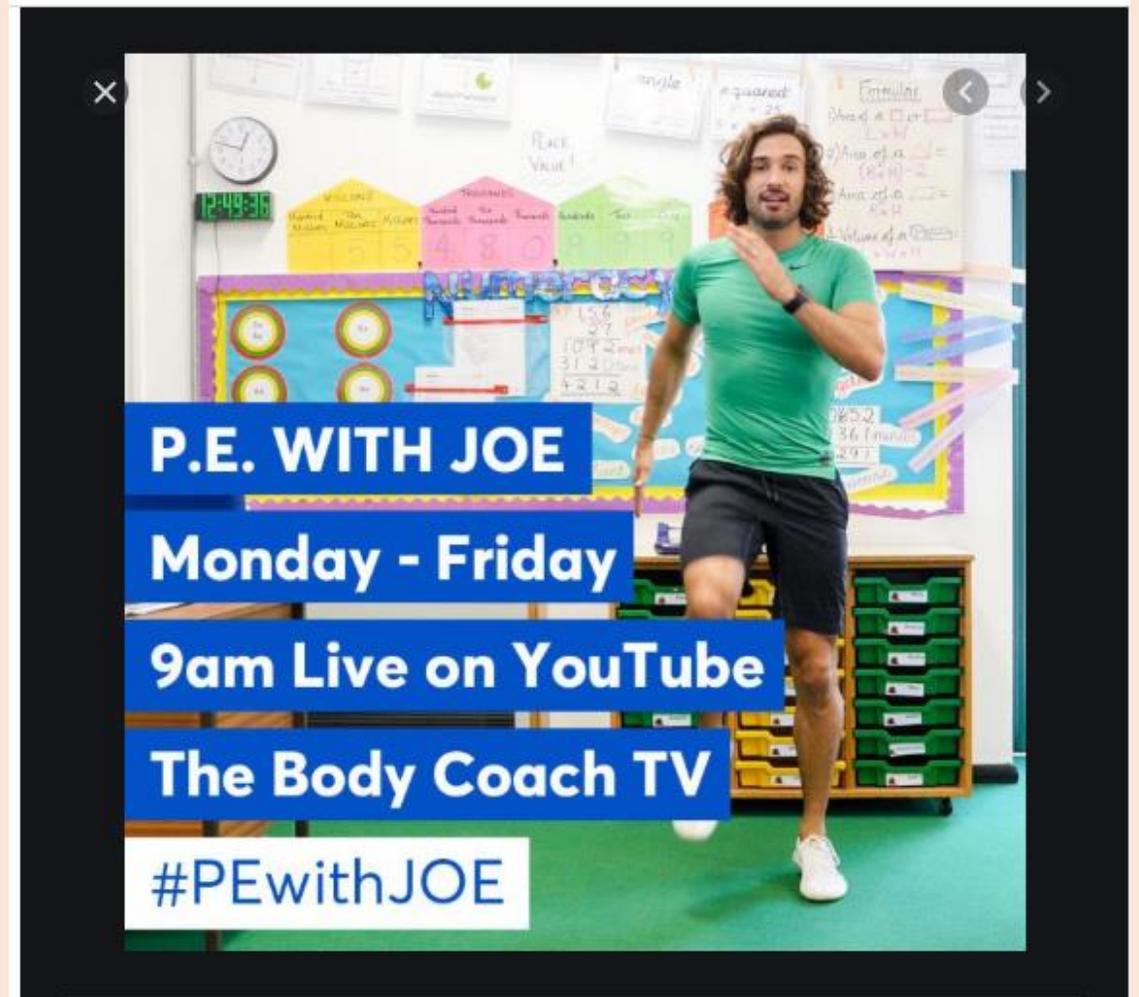
Stay active

Go for a walk or cycle



Zumba

Just dance



Click on a picture to find a workout that suits you. Or be creative and make up your own!

Go on a **Virtual Art Tour** – World renowned art galleries display their work online. You can click into any gallery, pick any picture and find out more.



Self Portrait With Bandaged Ear and Pipe
By Vincent Van Gogh



The Son of man
By Rene Magritte

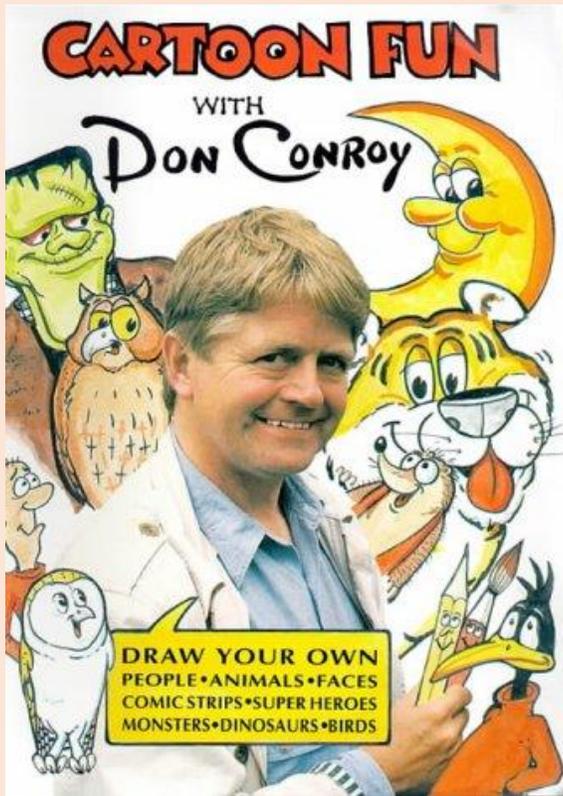
Challenge: Choose an artwork, get dressed up and gather your props. **Recreate the artwork** and photograph it.



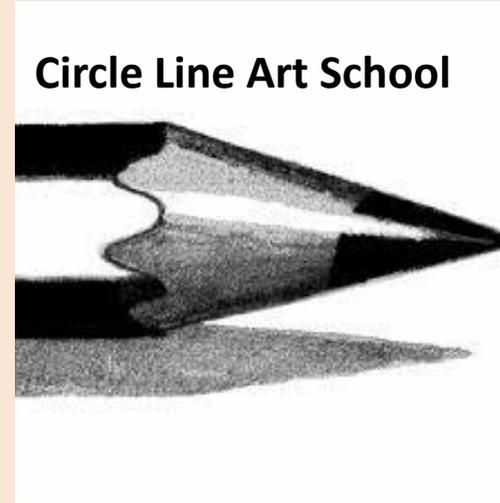
MoMA

MoMA The Museum of Modern Art
New York, United States

Learn about artists, take Art quizzes or create your own artwork. **Tate for kids** has lots of options.

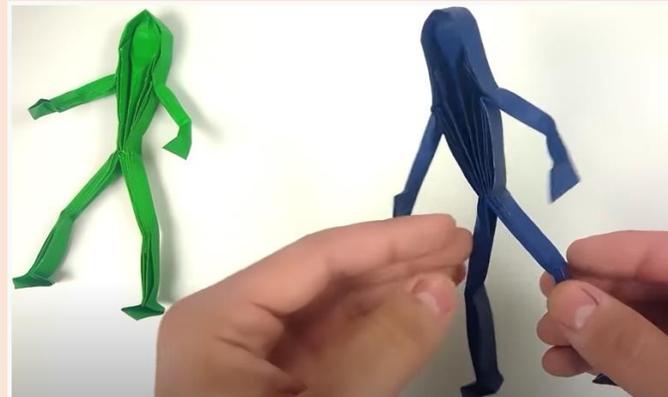


There are plenty of **guided Art videos** here.



This is mostly pencil drawing and it's handy if you don't have many art materials at home.

Origami



That Art Teacher



Get out in
the Garden
or Local Park



The image shows a screenshot of the BirdWatch Ireland website. At the top left is the logo for BirdWatch Ireland, which includes a bird icon and the text 'BirdWatchIreland protecting birds and biodiversity'. To the right of the logo is a navigation menu with links for 'Ireland's Birds', 'Our Work', 'Get Involved', 'Publications', 'Events', 'News', 'About Us', and 'Contact'. In the top right corner, there is a button that says 'Become a member'. The main content area features a large background image of a brown and white bird standing on a dark rock. To the right of the bird, the word 'Publications' is written in a large, white, sans-serif font. Below this, in a smaller white font, is the text 'Discover a wide range of publications from the BirdWatch Ireland archive'. At the bottom right of this section, there is a white button with the text 'PUBLICATIONS ARCHIVE' in all caps.

Bird watch



Green Fingers



Design planters, a mini green house, garden mobiles or a homemade watering can from household items.



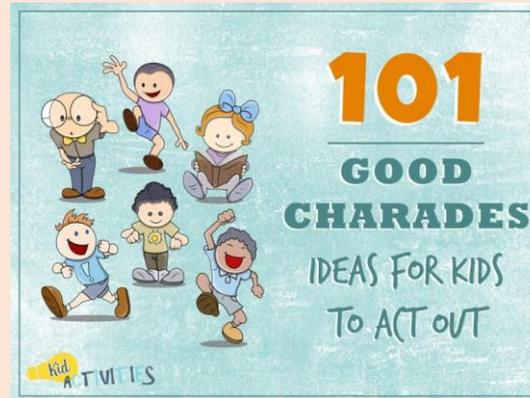
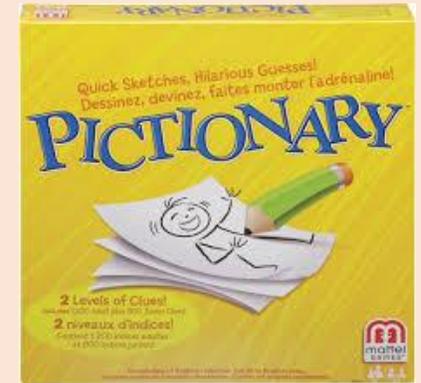
Family time!



Card games for the family



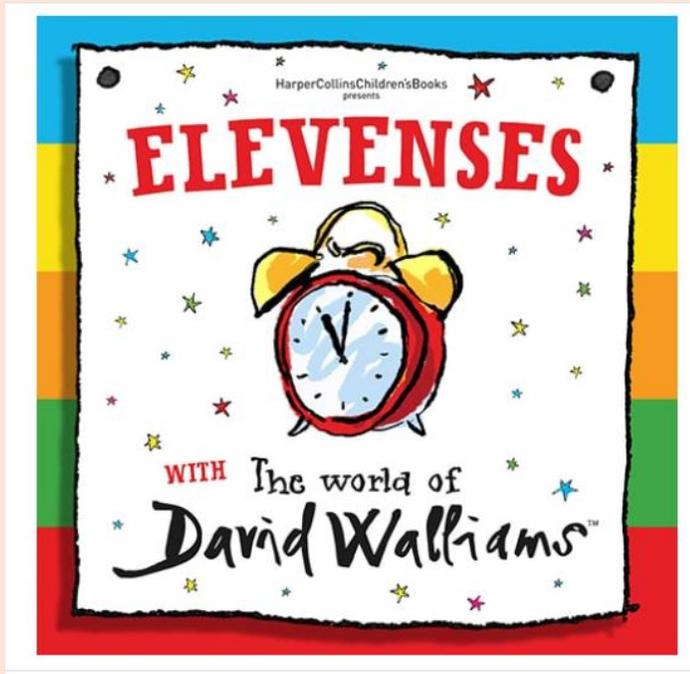
Play 'Pictionary'. Draw a picture that represents your favourite book or movie (without using any words) and ask somebody else to guess what you are drawing.



Charades

Geography quizzes for all!





Escape in a talking book

This is an advertisement for Audible's 'Stories help.' collection. On the left, there is a collage of book covers, including 'Vivaderan', 'Harry Potter and the Philosopher's Stone', and 'The Wolf of a Jewish'. The Audible logo is at the top right, with the text 'an amazon company'. Below the logo, the headline reads 'Stories help.' followed by the sub-headline 'They entertain. They teach. They keep young minds active, alert, and engaged.' A paragraph of text explains that stories are available for streaming on various devices. At the bottom, there is an orange 'Start Listening' button and links for 'Learn How to Use Stories.' and 'Please see here for our Privacy Notice.'

Listen to classical music



Mahler's Symphony No. 5



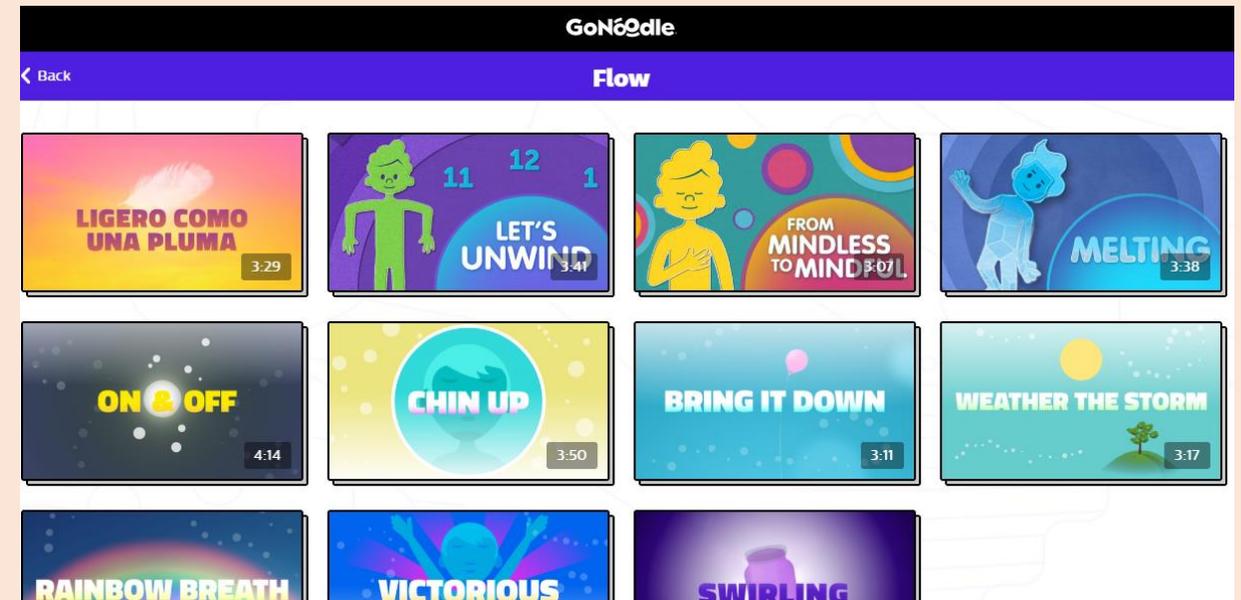
Act I of Wagner's *Die Walküre*



Why not try out something new and find out what suits you!

These links have **audio** and visuals to help you stay calm and relaxed.

There is a **breathing exercise** and **yoga options** on the next slide.

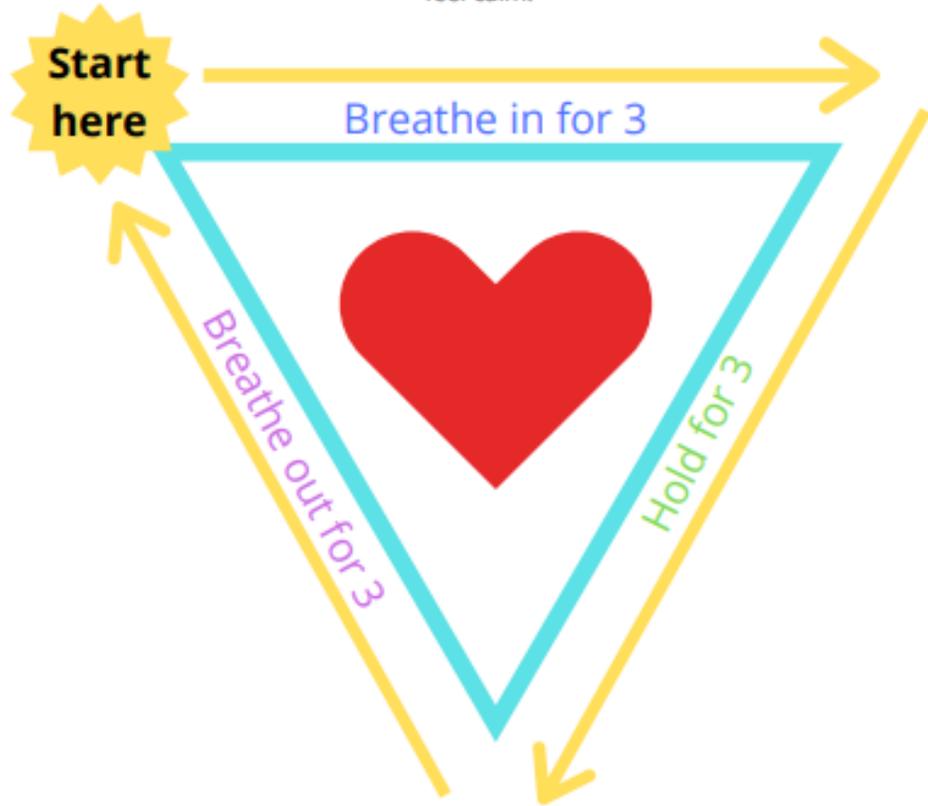




Triangle Breathing

mindfulness

Sometimes when we have a lot of feelings we can feel stressed. Our heart might beat very fast and we might breathe quickly, even when we are at rest. Practicing mindfulness by taking deep breaths and focusing on our breathing can help us to feel more relaxed and happier. Try this breathing exercise to help you relax and feel calm.

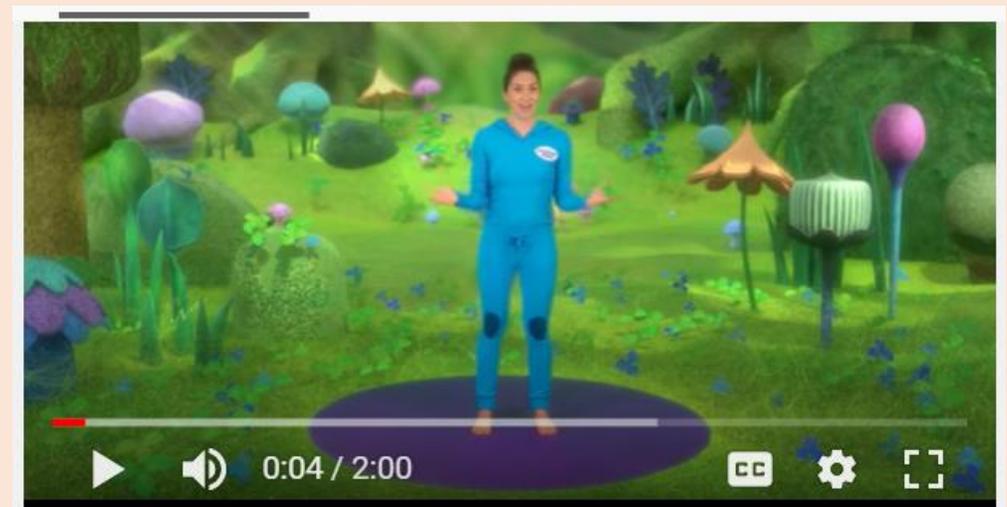


- Place your finger at the top left of the triangle.
- Trace your finger across the line as you breathe in while counting to 3 in your head.
- Then hold this breath for 3 counts as you trace your finger down the line.
- Breathe out for 3 as you trace your finger up the line.
- Repeat until you feel relaxed.



Óga Yóga

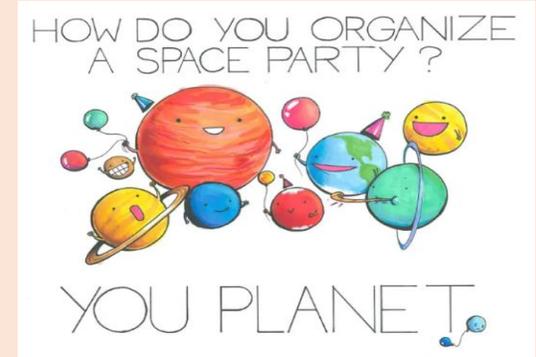
Cosmic Yoga





Start a Journal! It could include...

- Diary entries
- Jokes
- Doodles
- A Self – Portrait
- A Family Tree
- A Gratitude Log – write down three things you are grateful for everyday!
- An Interview with a family member... What memories do they have? What are the key events in their life?
- A Timeline showing the main events in your life, from the day you were born to today.
- An Album of certificates, letters, artwork, special things...
- A Still Life drawing of some of your favourite objects from home.
- A Copycat piece of your favourite painting or piece of art
- A News Report about something that has happened to you recently.
- A Book Review or new cover for your favourite book.
- A Comic Strip that shows what you did yesterday, or what you would love to do tomorrow.



Baking

It's always nice to lend a hand in the kitchen.

Kids' cooking recipes

67 Recipes

Get fussy little eaters into the kitchen and turn them into little chefs with our easy and fun cooking projects. They'll love tasting their handiwork, too!



Kids' baking recipes

66 Recipes

Grab a mini pinny and get baking with the children using our triple-tested recipes for cookies, cakes, puddings and even bread.



It's never too early to learn to bake. Make a treat for someone.

Keep learning about topics you're interested in...



Geography and General Knowledge

| | | |
|--|--|--|
|  <p>Wonka's Whirlwind Tour Can you match these descriptions to the correct rooms in Mr Wonka's chocolate factory?</p> <p>Take the quiz</p> |  <p>How well do you know Mr Wormwood? See if you've got what it takes to make it in the world of second-hand car sales.</p> <p>Take the quiz</p> |  <p>Wonka's Sweet Solutions As well as being delicious, Wonka's sweets can also come in handy! Which would you choose for each sticky situation?</p> <p>Take the quiz</p> |
|--|--|--|

Take a Roald Dahl Quiz or draw with Quentin Blake.



Reading is always a great escape

