

Monday 8th June 2020

Dear Parents,

We hope you and your families continue to keep well and that you enjoyed the fabulous weather at the weekend.

This week is Wellbeing Week and below there are many nice ideas to keep the girls busy each day. They can pick and choose what to do and there is no pressure whatsoever to complete all the tasks. In all cases they should be able to work independently.

On the school's website, under the Wellbeing section, there will be activities to choose from. There will also be some reflections for the parents. Feel free to have a browse!

We would ask you to keep encouraging your daughters to read for pleasure and/or for information. This great reading will stand to them going forward into 5th class. The girls should also do the Tables Challenges this week. We are sure by now they are tired of hearing us saying how important tables are...but they will agree next year!

As always, there are exercises and dance included in this week's activities and we would ask you to encourage the girls to take part in some or all of them.

Thank you to all the girls who have been sending us their news and some of their work over the last few weeks. We love hearing from you so keep it up! Don't hesitate to contact us with any queries using the emails below:

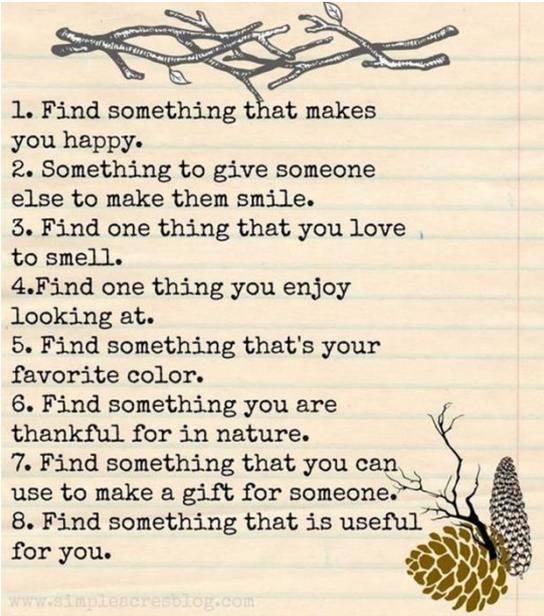
- Orfhlaithoconnor@johnstowngns.ie
- Ciaraduggan@johnstowngns.ie
- Gilliandixon0@gmail.com

Kind regards,

Ciara, Órfhlaith and Gillian

4th Class Room 7 & 8: Wellbeing Week, 8th-12th June

<p>Mindful Monday</p>	<p>Doodle Meditation: Listen to this piece of classical music 'I Giorni' by Ludovico Einaudi https://youtu.be/P2K7D-uMH2g . While you are listening to the calming music, draw whatever pops into your mind. It could be a sunset, beach, forest, friends or family. Let the music guide your doodling.</p> <p>I spy: Mindfulness means being present in the moment. It means being aware of your surroundings and living in the moment, not worrying or thinking about the past or the future. A great way to practice mindfulness is to play a game of 'I spy'. Sit outside your house or look out a window. What do you see? Who passes by? Complete the worksheet attached below, being mindful of what is happening in your neighbourhood.</p> <p>Gratitude List/Journal: What are you grateful for today? The weather? The book you are reading? The BBQ you are having? Compile a list of things you are grateful for today. You could do this on a sheet of paper with the heading 'My Gratitude List' or you could use a copybook or notebook and call it your 'Gratitude Journal'.</p> <p>Dance It Out: Dance along to this song! https://youtu.be/gCzgc_RelBA</p>
<p>Talk It Out Tuesday</p>	<p>Gratitude List/Journal: What are you grateful for today? Continue to add things you are thankful for to your list or your journal.</p> <p>Chalk it out: It makes us feel good and happy when we can share our feelings of wellbeing with others. Can you think of an encouraging or happy message for others? Using chalk, write this message on the pavement outside your house or maybe on your driveway. Anyone who walks by will see your message and it will bring a smile to their face. See examples below.</p> <p>Worry dolls: As part of looking after our wellbeing, it is important to share any worries that we have so that we do not keep them bottled up inside. Worry dolls are small, hand-made dolls that originate from Guatemala in Central America. According to legend, Guatemalan children tell their worries to the Worry Dolls, placing them under their pillow when they go to bed at night. By morning, the dolls have gifted them with the wisdom and knowledge to eliminate their worries. We would like you to create your own worry doll. You can use any materials that you have at home. See some examples below.</p> <ul style="list-style-type: none"> • Material suggestions: • Lollipop sticks, thread, string, scraps of fabric, bubble wrap, old clothes, cardboard from cereal boxes or milk cartons, pegs, wool • If you are struggling to make a worry doll, you can draw a worry doll instead on a piece of paper and back him or her onto a piece of cardboard <p>Dance It Out: Dance along to this song! https://youtu.be/40uEcTuqlvM</p>
<p>Wellbeing Wednesday</p>	<p>Gratitude List/Journal: What are you grateful for today? Continue to add things you are thankful for to your list or your journal.</p>

	<p>Wellbeing rocks: Can you think of any positive messages? Over the past few weeks, people have been painting stones with positive messages and pictures and leaving them on Killiney Beach. Think of a positive message, word or picture and paint it onto a stone. You could place your stone outside your house, while on a walk or on a beach nearby so that you can spread the positivity with others. See examples of well-being rocks painted below.</p> <p>Positive affirmation poster: Positive affirmations are phrases that are repeated often, that help us to think more positively and avoid negative thoughts. They can help our self-esteem and motivate us. Design a poster with a positive affirmation on it. Use lots of colour! Stick your poster somewhere in your bedroom or beside a mirror. Read your positive affirmation aloud every day and believe it! These are some examples of positive affirmations:</p> <ul style="list-style-type: none"> • All of my problems have solutions. • Today I am a leader. • I am capable of so much. • I am proud of myself. • It is enough to do my best. • I have people who love and respect me. <p>Dance It Out: Dance along to this song! https://youtu.be/sNog54ovi8Q</p>
<p>Thankful Thursday</p>	<p>Gratitude List/Journal: What are you grateful for today? Continue to add things you are thankful for to your list or your journal.</p> <p>Gratitude Scavenger Hunt:</p>  <ol style="list-style-type: none"> 1. Find something that makes you happy. 2. Something to give someone else to make them smile. 3. Find one thing that you love to smell. 4. Find one thing you enjoy looking at. 5. Find something that's your favorite color. 6. Find something you are thankful for in nature. 7. Find something that you can use to make a gift for someone. 8. Find something that is useful for you. <p>www.simpleacresblog.com</p> <p>Dance It Out: Dance along to this song! https://youtu.be/MHhYIV1yAfA</p>
<p>Fun Friday</p>	<p>Gratitude List/Journal: What are you grateful for today? Continue to add things you are thankful for to your list or your journal.</p> <p>Create a Calming Glitter Jar: Find a glass or plastic jar or bottle. Fill the container up $\frac{3}{4}$ of the way with water. Add a few drops of food colouring, some</p>

	<p>clear glue and a sprinkling of glitter (you could use glitter glue instead of the clear glue and glitter). If you do not have any sort of clear glue or glitter glue, simply leave it out. The jar should still work with water, food colouring and glitter. Seal the lid and give your jar a shake. The glitter jars are very calming to look at. Take a few deep breaths as you watch the swirling, falling glitter.</p> <p>Dance It Out: Dance along to this song! https://youtu.be/1b6axyuaKcY</p>
Tables challenge	Complete the Ultimate Tables Challenge on the worksheet attached below!
Reading	<p>J.K. Rowling, the author of the Harry Potter series, has written a new book called 'The Ickabog'. You can read this book online by clicking on this link https://www.theickabog.com/read-the-story/. A new chapter is published online every couple of days. So far there are 15 chapters!</p>
P.E.	<p>Complete a daily 30 minute PE session with Joe from 'The Body Coach TV' on YouTube. A new PE session is added to the channel Monday-Friday. https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTI</p> <p>Watch out for Gráinne's new challenges and activities in the Exercise and Sports section.</p> <p>Keep an eye out for new dance routines from Mr. Gleeson.</p>

I- SPY



Sit outside your house or at a window and watch the world go by. It will probably be a lot quieter at the moment! Count how many of the following you can spy!

CARS

DOGS

KIDS

MEN

WOMEN

BIRDS

CATS

VANS

BICYCLES

MOTORBIKES

OTHER

OTHER

Worry Doll Examples:



Glitter Jar Example:



Wellbeing Rocks Examples:



Chalk It Out Examples:

CHALK IT OUT

People around the world have been leaving messages of positivity along the footpaths of their neighbourhood. This is such a great way to show kindness and gratitude! If you don't have chalk, you could use post-it notes or paper and leave them somewhere visible! Here are some of our favourite messages to inspire you....



Ultimate Times Table Challenge

$2 \times 2 =$	$4 \times 2 =$	$8 \times 5 =$	$3 \times 10 =$	$5 \times 6 =$	$12 \times 2 =$
$10 \times 4 =$	$2 \times 8 =$	$12 \times 10 =$	$5 \times 5 =$	$9 \times 2 =$	$3 \times 5 =$
$6 \times 10 =$	$7 \times 2 =$	$8 \times 10 =$	$5 \times 10 =$	$1 \times 2 =$	$9 \times 10 =$
$11 \times 2 =$	$6 \times 2 =$	$5 \times 1 =$	$0 \times 2 =$	$10 \times 2 =$	$11 \times 5 =$
$3 \times 2 =$	$5 \times 0 =$	$2 \times 4 =$	$5 \times 4 =$	$0 \times 10 =$	$7 \times 5 =$
$2 \times 1 =$	$6 \times 5 =$	$10 \times 9 =$	$2 \times 9 =$	$2 \times 7 =$	$5 \times 9 =$
$5 \times 3 =$	$5 \times 2 =$	$10 \times 12 =$	$2 \times 10 =$	$10 \times 11 =$	$4 \times 5 =$
$10 \times 1 =$	$5 \times 8 =$	$5 \times 7 =$	$2 \times 11 =$	$5 \times 11 =$	$8 \times 2 =$
$9 \times 5 =$	$2 \times 6 =$	$1 \times 5 =$	$1 \times 10 =$	$2 \times 3 =$	$2 \times 12 =$
$10 \times 5 =$	$4 \times 10 =$	$10 \times 0 =$	$2 \times 5 =$	$10 \times 7 =$	$12 \times 5 =$
$11 \times 10 =$	$10 \times 6 =$	$5 \times 12 =$	$10 \times 10 =$	$10 \times 3 =$	$10 \times 8 =$
$7 \times 10 =$	$12 \times 10 =$	$2 \times 3 =$	$12 \times 5 =$	$10 \times 12 =$	$4 \times 10 =$
$5 \times 5 =$	$9 \times 2 =$	$3 \times 5 =$	$10 \times 10 =$	$5 \times 0 =$	$10 \times 1 =$
$2 \times 8 =$	$7 \times 2 =$	$5 \times 6 =$	$6 \times 3 =$	$12 \times 10 =$	$1 \times 5 =$