



May
2020

The Den.



Our theme this week is-
In the Garden



Dear Parents/Guardians,

We hope you are all well and staying safe. We miss our wonderful Den friends.

May is the first month of Summer, a new season has begun.

This week our theme is In the Garden. So we have included some activities you can try. The weather has been fairly good and that helps to keep us all positive. It's nice to be able to go outside .

It's also Active Week and Ms. Heavey and Ms. Duff have put together some activities for us all to try . Give some of them a go. They will help us to keep our bodies healthy, to develop our gross motor skills and to feel better!

Remember there is no pressure to complete everything. If some things work, that is great. If some things are not possible, that is fine too. The most important thing is the wellbeing and happiness of the children, and yourselves,



If you would like to share any photos of your child's achievements on the school website for the Friday Gallery, you can send them to Gaye, HSCL on Whatsapp 087 7443779 or email hscl@shkillinarden.ie

We would love to see them!

Take care of yourselves and your families,

The Den Team

CONTENTS...



Staying safe at home

Art-Leaf Art

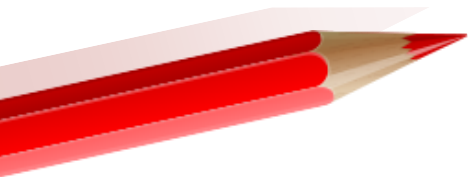
SPHE-Staying Calm

And finally...

S.E.S.E.-
Planting/Sensory
Treasure Hunt

Active Week

Useful links



Den is closed
for now.

We are all staying safe at home
and that is ok.

We can keep learning at home.

There are lots of things we can
do.

What have you been doing at
home or in the garden?



What have we been doing? ...



We have been busy gardening, learning, helping, getting some exercise and relaxing with a story.

How to...Plant

Planting seeds is a fun thing to do in the garden or even inside if it is raining.

- How to plant a sunflower

- You will need: container
compost or clay
seeds
watering can (or bottle).

Step 1-Put some compost in the container

Step 2-Make a hole for the seeds

Step 3-Place the seeds in the hole and cover with compost.

Step 4-Pour on some water

Watch your sunflower grow. See how high it grows.

You can plant different flowers to create lots of colour in the garden.

Enjoy!



FIVE SENSES

GARDEN & NATURE TABLE LABELS



Go on a Sensory Treasure Hunt in the Garden...write down or draw what you can see, hear, touch, smell maybe even taste. Make sure it is SAFE.

What is your favourite ?

How to...Create a Garden Collage

You will need:

Twigs

Leaves

Paint and paintbrush

Sheet of paper

Cardboard (eg cereal box)

What to do:

Paint a leaf(or colour in the veins on the back with marker) the and press it onto the paper. Repeat wit other leaves until all the paper is covered in colourful leaves

Or you can glue on the leaves to make shapes/objects-

If you like you could cut out pictures of birds or other garden creatures and add them too.

Glue your collage to a piece of card. Glue twigs around the edge to make a frame.

Or you can punch holes along the edge of the card and thread through some string or wool to create a frame.

We would love to see all your amazing works of art!



It's Active Week.
Have fun!



SPRING YOGA

10 easy yoga poses for kids



1. Say hello to the sun.



2. Pretend to be a tree.



3. Pretend to be a flying bird.



4. Pretend to be the falling rain.



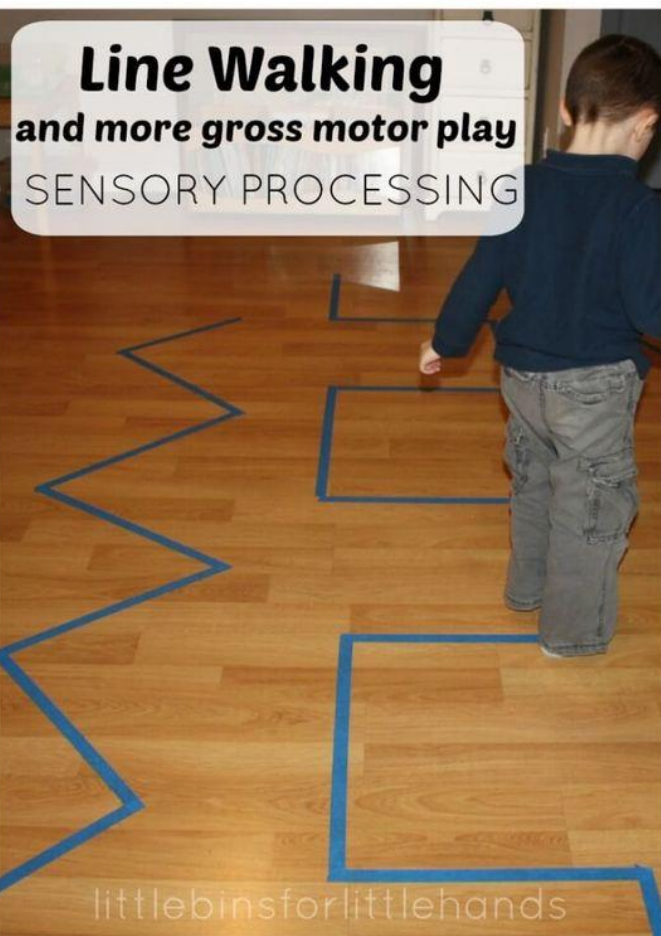
5. Pretend to be planting seeds.

KIDS YOGA

ACTIVE WEEK



More Active Week activities



Have a go !

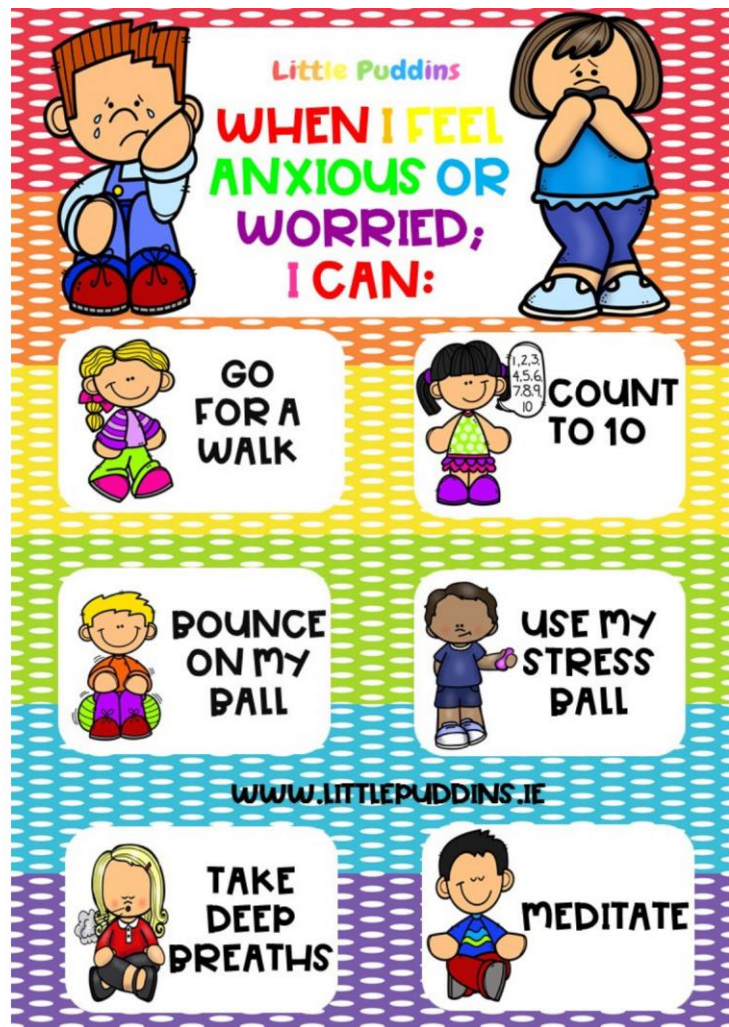


Fit activity for kids what's your name?

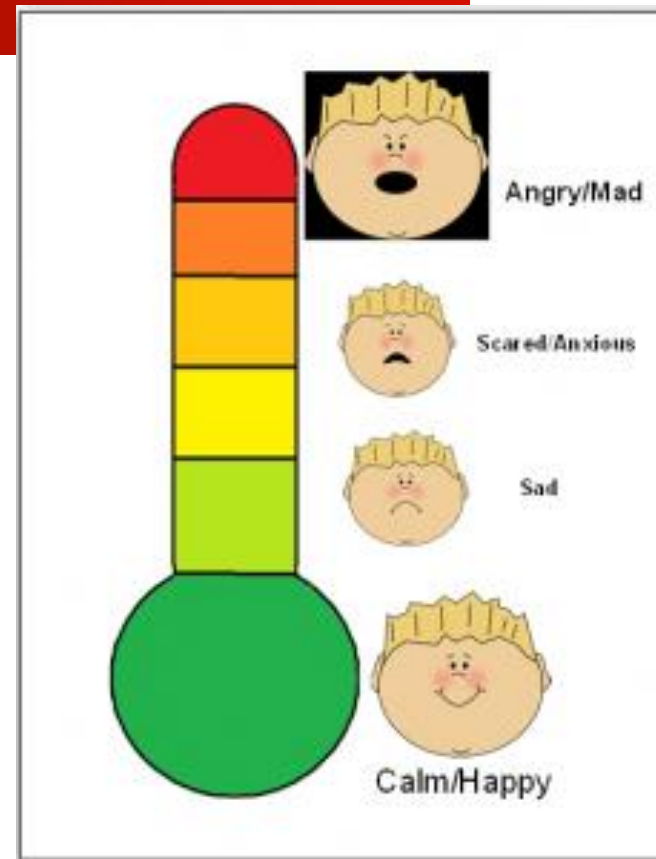
SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM



Staying Calm...here are some things we can try if we feel worried or scared.



A favourite in the Den is Bubble Play



Useful Links



Here are some websites you might find helpful:

- [https://www.education.ie/en/The-Department/Announcements/new-relaxation-techniques.](https://www.education.ie/en/The-Department/Announcements/new-relaxation-techniques)
- <pdfs://www.ncse.ie/theme-of-the-week>
- <https://www.twinkl.ie>

Check out the Active Week powerpoint for some great ideas and activities to try!

- Also there are a few lovely activities to help us stay calm and feel better on the Wellbeing powerpoint. You will find it under Learning at Home/Junior Infants/SPHE Week 1.
- South Dublin Libraries “Tales from the Garden” on their facebook page ties in with our Garden theme! Have a look!



Finally...

Also on the school website, under
Classes- ASD unit, you might like to
check out:

Attention Autism video

Occupational Therapy games

Storytime video

- Keep going Everyone!
 - You are all brilliant!
 - Remember to keep washing your hands and keep safe at home.
 - We are here if you need us for anything. Take care 😊
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