



CULTÚRLANN
MCADAM Ó FIAICH

ÁIS FHOGHLAMA

LEARNING RESOURCE

FÁILTE!

Fáilte romhaibh chuig an acmhainn speisialta seo do theaghlaigh. Tá an acmhainn seo lán le deiseanna idirghníomhacha don teaghlaach ar fad. Tá do shláinte fhisiciúil agus do shláinte mheabhrach ríthábhachtach! Cuidíonn folláine coirp (nuair atá tú gníomhach agus aclaí) le do shláinte mheabhrach a bheith go maith. Lena chois sin, cuidíonn sláinte mhaith mheabhrach le bheith níos aclaí agus cuireann sin le d'fholláine coirp! Leis an acmhainn foghlama seo beidh tú ag déanamh cleachtadh ar mhodhanna le haire a thabhairt do do shláinte fhisiciúil agus do shláinte mheabhrach. Beimid ag díriú ar dhóigheanna sultmhara leis seo a dhéanamh. Beidh an acmhainn seo faisnéiseach agus oideachasúil le gníomhaíochta bunaithe ar Churaclam na Bunscoile ón Bhonchnéim go dtí Eochairchéimeanna 1&2 lena n-áirítear:

NA HEALAÍONA
AN DOMHAIN THART ORAINN
TEANGA & LITRÍOCHT
FORBAIRT PHEARSANTA AGUS COMHTHUISCINT
CORPOIDEACHAS AGUS GLUAISEACHT
SCILEANNA SMAointeoireachta agus Ábaltaí
Pearsanta
CUMARSÁID

COMHTHEÁCS:

Gníomhaíocht 1 :

RÁS NA NAINMHÍ Lch 1

Gníomhaíocht 2 :

LONG AHOY!! Lch 2

Oideas SLÁINTIÚIL :

SUNDAE LE TORTHAÍ Lch 3

Oideas SLÁINTIÚIL :

GREEK KEBABS Lch 4

ceibearb Gréasach :

DIALANN MHACHNAMHACH Lch 5

Gníomhaíocht 4 :

MACHNAMH Lch 6



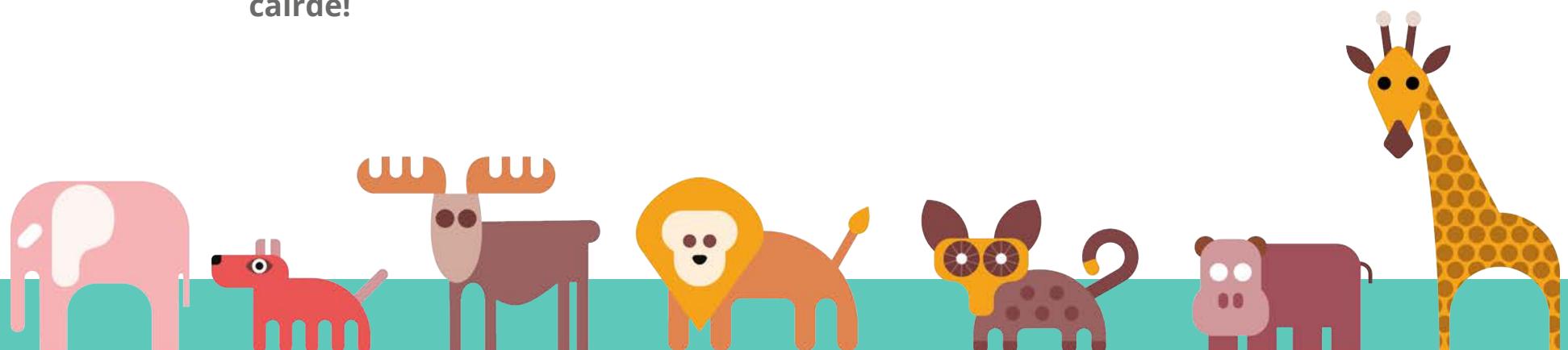
GNÍOMHAÍOCHT 1:

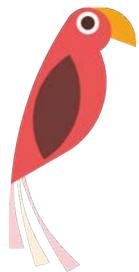
RÁS NA nAINMHITHE

Sprioc : scileanna cruthaitheacha a fhorbairt, scileanna comhordaithe, scileanna cumarsáide, foghlaim faoin domhan thart orainn, cur chun cinn scileanna fisiciúla.

Am : 10 bom+

Is féidir an ghníomhaíocht seo a dhéanamh sa pháirc, sa ghairdín nó taobh istigh má tá an aimsir go holc. Tá an cluiche seo ar dóigh le cairde!





RÁS NA ÁINMHÍTHE

1. Aimsigh áit shábháilte le go leor spáis daoibh agus cuir rud inteacht (thiocfadh leat tuáille nó carbhat a úsáid) ar an urlár. Beidh sé seo mar líne thosaithe. Bain úsáid as rud inteacht eile mar chríochlíné. Beidh duine amháin nach mbeidh ag rith.
2. Beidh ar an duine nach bhfuil ag rith a bheith cruthaitheach anseo! Caithfidh tú ainm ainmhí a scairteadh amach os ard. Beidh ar na rásaithe rith ar nós an ainmhí sin chomh gasta agus is féidir go dtí go mbaineann siad an chríochlíné amach.
3. Mar shampla, má scairtear 'coinín!', beidh ar na rásaithe a bheith ar a ngogaide agus léim an t-am ar fad. Má scairtear 'madadh!', beidh orthu rith go gasta ar a cheithre bhonn!
4. Lig d'achan duine seal a ghlaicadh ag scairt ainm ainmhí agus bígí ag baint sult!





Gníomhaíocht 2: **Long Ahoy!**

Sprioc: scileanna cruthaitheacha a fhorbairt, scileanna comhordaithe a fhorbairt, cur chun cinn scileanna cumarsáide agus gníomhaíocht coirp a chothú.

Am: 5 -10 Bom.

Is féidir an cluiche seo a imirt i seomra ar bith i do theach nó taobh amuigh fosta má aimsíonn tú spás fóirsteanach le bheith ag imirt.

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Aimsigh áit le go leor spáis rith suas is síos. Más seomra i do theach é, samhlaigh gur long mhór an seomra seo.





LONG AHoy!

1. Roghnaigh duine amháin le bheith mar chptaen don chluiche.

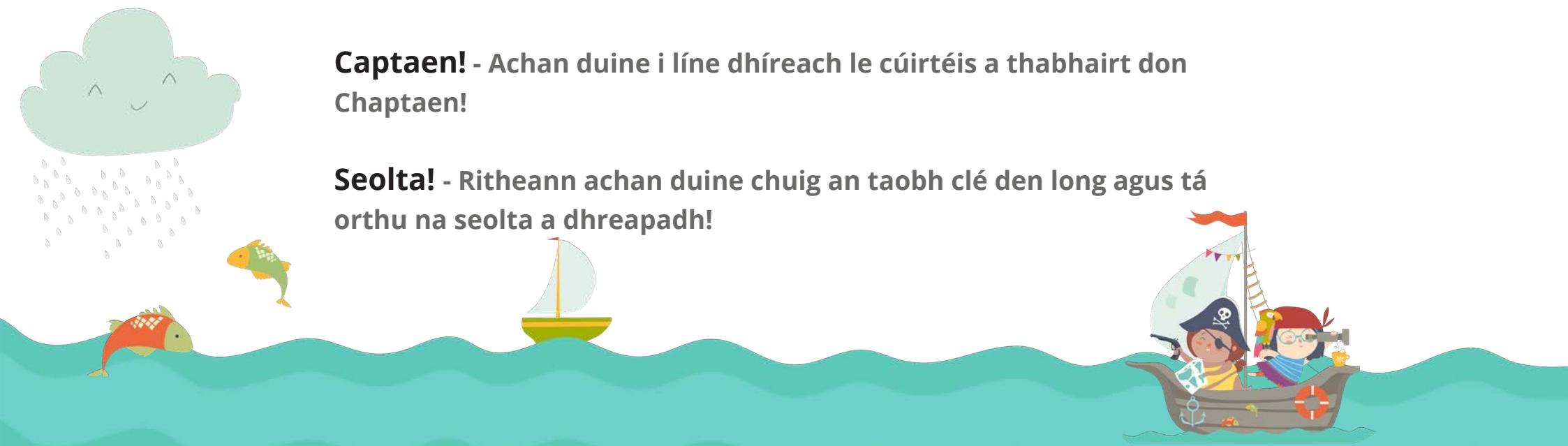
Beidh ar an chptaen fanacht ag barr na loinge le horduithe a thabhairt do na himreoirí eile ar fad (foireann na loinge!).

2. Seasann foireann na loinge i líne ag éisteacht go géar le horduithe an chptaein. Beidh orthu na horduithe a leanstan chomh gasta agus is féidir.

Seo thíos na horduithe:

Captaen! - Achan duine i líne dhíreach le cúirtéis a thabhairt don Chptaen!

Seolta! - Ritheann achan duine chuig an taobh clé den long agus tá orthu na seolta a dhreapadh!





LONG AHoy!

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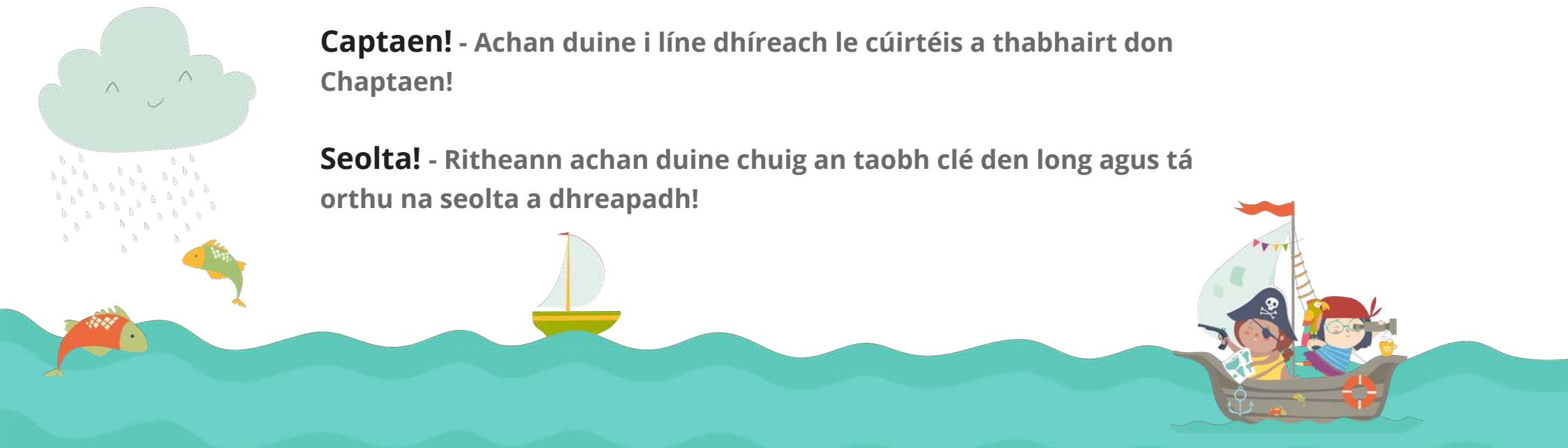
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LONG AHoy!

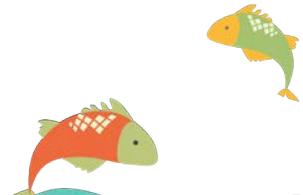
Deasbhord! - Ritheann achan duine chuig an taobh deas den long leis na rámhaí a úsáid!

Boom! - Scaoileadh an long le caor gunna mhóir. Titeann achan duine ar an urlár!

Bogha! - Ritheann achan duine chuig barr na loinge!

Deireadh loinge! - Ritheann achan duine chuig cún na loinge leis an plank a shúil.

3. Anois roghnaigh captaen difriúil agus féach ar na difríochtaí idir na captaein ar fad.





OIDEAS SLÁINTIÚIL:

Sundae Torthaí

Sprioc: foghlaim faoi dhóigh shuimiúil le torthaí agus glasraí a chur inár n-aiste bia, ag cothú ár mbunsileanna cócaireachta, ag forbairt scileanna cruthaitheacha agus neamhspleáchas.

Am: 10 Bom.

Comhábhair:

80ml iógart

25g sú talún

10g caora ilchineálacha

Spúnóg mhór gránóla

Modh:

1. Cuir an t-iógart i mbabhla agus fág ar leataobh é.
2. Brúigh na sútha talún go dtí go bhfuil siad ina leacht.
3. Measc an leacht agus an gránóla.
4. Maisigh an barr leis na caora difriúla ar fad!



OIDEAS SLÁINTIÚIL: **ceibeab GrÉagach**

Beidh tuismitheoir/caomhnóir de dhíth anseo le cuidiú a thabhairt.

Beidh briogúin adhmaid de dhíth don oideas seo.

Sprioc: a bheith sláintiúil ó thaobh aiste bia de, scileanna cócaireachta a fhorbairt, spraoi a bheith agat ag déanamh an cheibeab ar dhóigheanna éagsúla.

Am: 30 Bom.

Comhábhair:

Dhá spúnóg mhóra ola olóige
(agus giota sa bheis don
tráidire)

1 piobar dearg

1 piobar glas

100g cáis halloumi

120g tráta silín

1 cúirséad

15g crobhaing mintais

Piobar dubh, don bhlas



Modh:

1. Cuir na briogúin adhmaid i dtráidire lán le huisce. Cinnteoidh sé seo nach ndófaidh siad.
2. Gearr an cháis halloumi i gciúbanna agus cuir i mbabhla iad. Gearr an dá phiobar i gcearnóga agus cuir sa bhabhla iad. Dean do dhícheall iad a choinneáil mar an gcéanna.
3. Gearr an cúirséad i sliseanna chomh tiubh le 1/2cm agus cuir sa bhabhla iad chomh maith leis na trátaí.
4. Gearr an mintas ar fad go géar agus cuir sa bhabhla é le dhá spúnóg mhóra d'ola olóige agus piobar dubh. Measc an rud ar fad.
5. Cuir an gríoscán ar teas ard agus ullmhaigh tráidire dó le giota ola air.
6. Cuir na glasraí agus an cháis ar na briogúin adhmaid in ord ar bith ar mhaith leat.
7. Cuir sa ghríoscán iad go ceann 10-12 bomaite, agus tionscaigh ó am go ham iad.



Gníomhaíocht 3: DiaLann Mhachnamhach

Sprioc: scileanna cruthaitheacha a fhorbairt, scileanna litríocht & teanga, tuiscint a chothú ar ár smaointe féin, cur chun cinn scileanna cumarsáide.

Am: 10-15 Bom +

Sa ghníomhaíocht seo beidh tú ag scríobh faoi rudaí éagsúla a tharla duit le linn na seachtaine agus ag déanamh do mhachnamh orthu.

DiaLáinn Mhachnamhach



- 1. Faigh peann agus páipéar agus aimsigh áit chiúin. Is féidir áit ar bith ar an domhan is maith leat a roghnú, a fhad agus go bhfuil tú ábalta giota ama a fháil leat féin.**
- 2. Smaoinigh ar dhá rud mhaith a rinne tú le linn na seachtaine. Scríobh an oiread is mó is féidir leat fúthu.**
- 3. Anois smaoinigh ar rud amháin a rinne tú ach ba mhaith leat é a dhéanamh níos fearr ar an tseachtain seo chugainn agus cén fáth. Scríobh faoi seo leis an méid is mó sonraí agus is féidir leat.**
- 4. Smaoinigh ar rud amháin úr a bhfuil tú ag iarraidh triail a bhaint as ar an tseachtain seo chugainn. Rud ar bith ar domhan.**

DiaLann Mhachnamhach

5. Ar deireadh, déan iarracht scríobh faoi na rudaí maithe i do shaol a bhfuil tú buíoch díobh. Bain úsáid as na ceisteanna thíos le cuidiú leat:

An bhfuil scil ar leith agam

- peil, ealaín, ag súil nó eile?

An mbím in ann daoine a dhéanamh sásta?

An bhfuil rud ar bith speisialta i mo shaol agam

- bréagán, seodra, teidí nó eile?

Cé hiad na daoine speisialta i mo shaol

- tuismitheoirí/caomhnóirí, teaghlaigh, cairde?

Ar fhoghlaim mé rud ar bith an tseachtain seo?

Cad iad na rudaí is fearr liom fún féin?



Gníomhaíocht 4: Teach agus BOS

Sprioc: a bheith aireach ar ár matáin agus ár gcorp, ár scíth a ligean i ndiaidh ghníomhaíocht fhisiciúil, ár n-aird a dhíriú ar thasc áirithe

Am: 10 bom+

Tá an ghníomhaíocht seo go hiontach i ndiaidh ghníomhaíocht fhisiciúil a dhéanamh le d'fhuinneamh a leasú.

Teach agus Bog



- 1. Ag toiseacht le do choosa, dírigh d'aird ar na matáin iontu. Déan do mhatáin teann agus coinnigh teann iad ar feadh cúig shoicind. Ansin scaoil an teannas agus déan bog iad.**
- 2. Déan an rud céanna le do cholpa anois. Déan teann iad ar feadh cúig shoicind agus ansin bog arís. Glac nóta ar an dóigh a motháíonn do mhatáin.**
- 3. Déan seo le gach grúpa matán go dtí go mbaineann tú barr do choirp amach.**
- 4. Lig do scíth agus déan do mhachnamh ar an dóigh a motháíonn do chorpa i ndiaidh seo. Glac nóta ar áit ar bith a motháíonn tú iontach bog anois nó áit ar bith a motháíonn tú a bheith teann go fóill. Déan é seo chomh minic agus is féidir le haire a thabhairt do do chorpa agus d'intinn.**

Déan na gníomhaíochtaí seo ar do luas féin le haire a thabhairt do do shláinte fhisiciúil agus do shláinte mheabhrach. Is féidir cuid acu a dhéanamh le teaghlaach nó cairde agus is féidir cuid a dhéanamh leat féin. Bain úsáid as an acmhainn seo ar an dóigh is oiriúnaí duitse. Tá sé seo ann mar uirlis duit don saol mór. Bí ag roinnt na ngníomhaíochtaí le daoine eile le cuidiú leofa chomh maith agus má tá tú ag glacadh páirte, cuir in iúl dúinn le grianghraif, físeáin, nó scéalta suimiúla ar bith ag sinead@culturlann.ie.

Bain sult agus tabhair aire!

WELCOME!

Welcome to this very special learning resource for families. This resource is full of interactive opportunities for the whole family. Your mental and physical health are so important! Having a good relationship with your body and knowing all about your physical health can be a great tool to help with your mental health! And when you feel healthy mentally, it's way easier to be active, and that helps with your physical health! Throughout this learning resource, you'll be practicing methods that will help take care of your physical AND mental health. Throughout this resource we'll be focusing on the fun ways of doing this. This learning resource will be factual and educational with activities based on the Primary School Curriculum from Foundation to Key Stage 1&2 such as:

THE ARTS

THE WORLD AROUND US

LANGUAGE AND LITERATURE

PERSONAL DEVELOPMENT AND MUTUAL UNDERSTANDING

PHYSICAL EDUCATION AND MOBILITY

CRITICAL THINKING SKILLS AND PERSONAL DEVELOPMENT

COMMUNICATION

CONTENTS:

ACTIVITY 1 :

ANIMAL RACE PAGE 1

ACTIVITY 2 :

SHIPS AHOY! PAGE 2

HEALTHY RECIPE :

FRUIT SUNDAE PAGE 3

HEALTHY RECIPE :

GREEK KEBABS PAGE 4

ACTIVITY 3 :

JOURNALING PAGE 5

ACTIVITY 4 :

MEDITATION PAGE 6

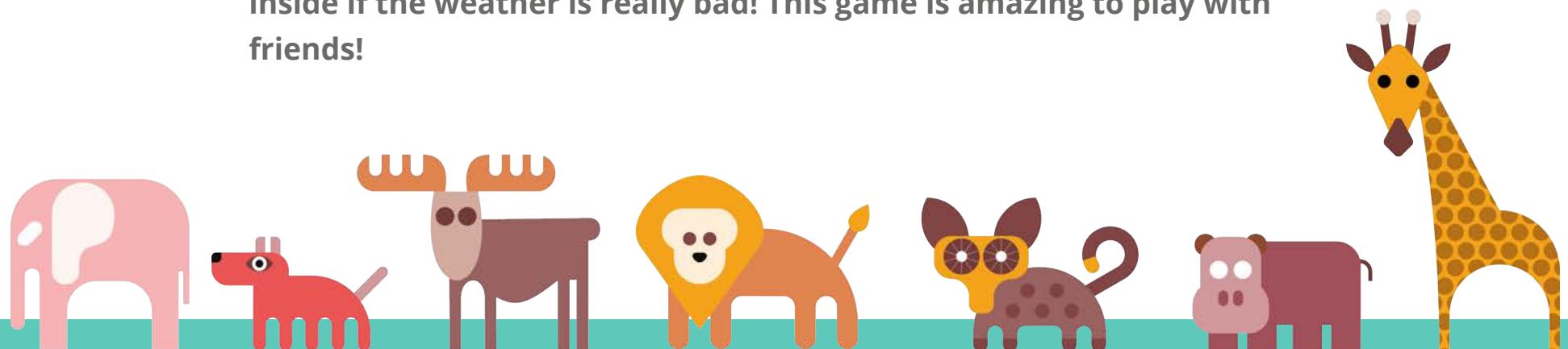


ACTIVITY 1: Animal Race

Aims: Developing your creativity skills, coordination skills, keeping active, communication skills, Learning about the world around us. Having a good relationship with your body and knowing all about your physical health can be a great tool to help with your mental health!

Time: 10 mins +

You can participate in this activity in the park, in the garden, or even inside if the weather is really bad! This game is amazing to play with friends!





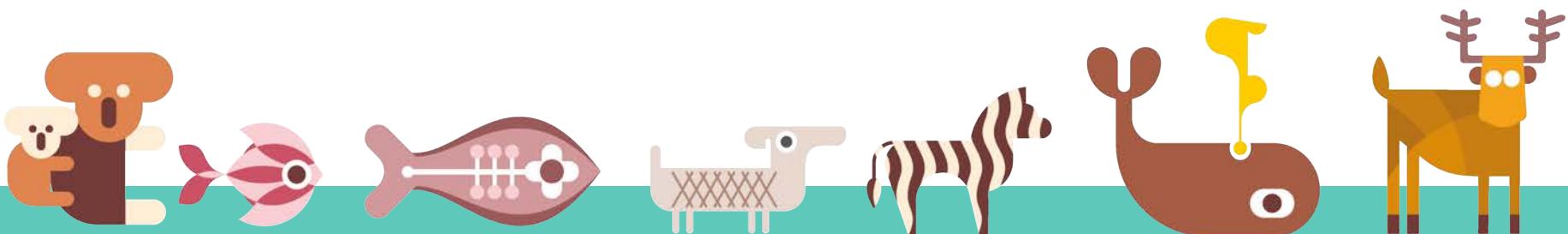
ANIMAL RACE

- 1.** Select a safe space to play, with plenty of room, and place something (you could use a towel, or a tie, here) on the floor. This will be your starting line. Use something similar to act as your finish line. Select one person who won't be running to begin with.

- 2.** Whoever isn't running, will have to be very creative here! You have to call the name of an animal out very loud. The racers will have to run, just like that animal would, as fast as they can, till they reach the finish line!

- 3.** For example, if someone shouted 'Rabbit!', the racers would have to squat down low and jump the whole way to the finish line, if they shouted 'Dog!' They would have to run really fast on all fours!

- 4.** Take turns calling out animal names so everyone can get a chance to be active!





ACTIVITY 2: **Ships Ahoy!**

Aim: Develop creativity, coordination skills, improve mobility and encourage activity, develop communication skills.

Time: 5-10 Minutes.

This game can be played in any room in the house, or outside if you find a suitable place for running around!

Pick a place with plenty of room to run up and down. If it's a room in your house, pretend that the whole entire room is a huge ship!

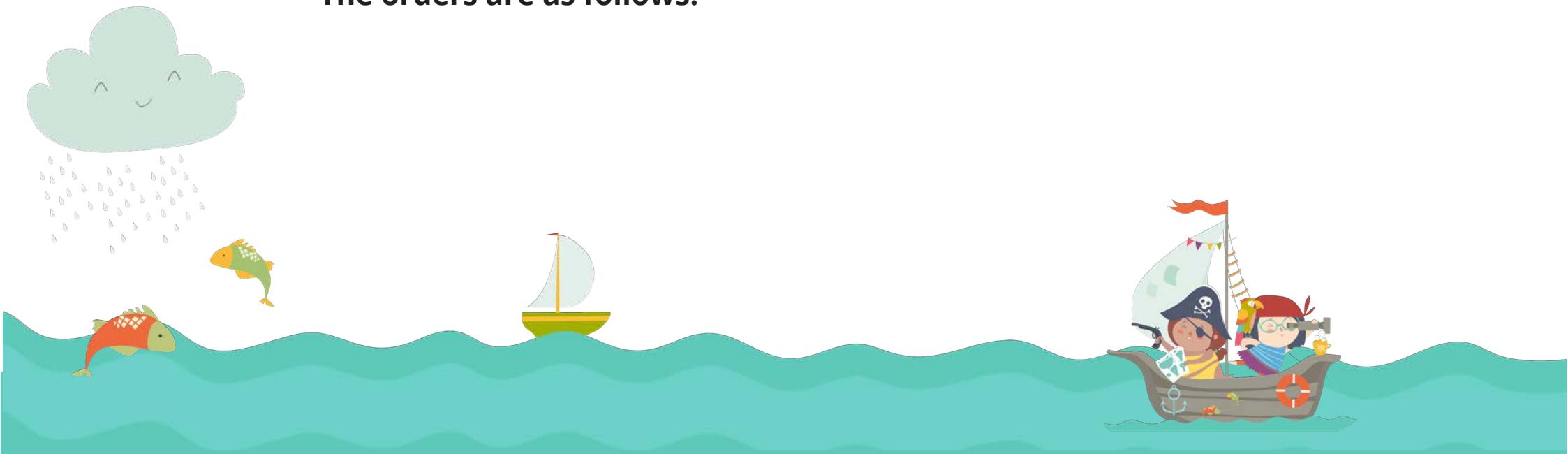




SHIPS AHOY!

1. Pick one person to act as the Captain in this game. The captain will have to stay at the top of the ship and shout orders at the players (The crew on the ship!)
2. The 'Crew Members' stand in a straight line, listening carefully for orders from the Captain. They will have to follow the orders as quickly as possible.

The orders are as follows:





Captain! - Everybody stands in a straight line and salutes the Captain!

Sails! - Everybody runs to the left and climbs the sails!

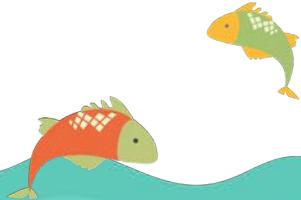
Starboard! - Everybody runs to the right of the ship to use the oars!

Boom! - The ship is struck by a big cannon! Everybody falls to the floor!

Bow! - Everybody runs to the front of the ship!

Keel! - Everybody runs to the back of the ship and walks the plank!

3. Take turns being the captain and notice the difference in how everybody gives orders!





HEALTHY RECIPE:

Fruit Sundae

Aim: Discovering the fun side of fruit and vegetables, Developing our basic cooking skills, developing our creativity and independence!

Time: 10 mins

Ingredients:

80ml Yoghurt

25g Strawberries

10g Berries of your choice

Large spoonful of granola.

METHOD:

- 1. Place yoghurt in a bowl and leave to one side.**

- 2. Mash up your strawberries until they're almost liquid.**

- 3. Mix the strawberry paste with your granola.**

- 4. Place the mixture on top of your yoghurt.**

- 5. Make a fun design on top with your berries and enjoy!**



HEALTHY RECIPE: **Greek Kebab's**

Note: This recipe requires thin wooden sticks for the kebabs. You will need the help of an adult to follow this recipe.

Aim: have a healthy diet, develop cooking skills, have fun making the kebab in different ways.

Time: 30 mins

INGREDIENTS:

Two large spoonfuls of Olive Oil (and an extra spoonful for your baking tray)

1 Red Pepper

1 Green Pepper

100g Halloumi Cheese

120g Cherry Tomatoes

1 Courgette

15g Mint

Black Pepper, to taste.



METHOD:

- 1.** Place the wooden sticks in a bowl of water, this will stop them from burning in the over.

- 2.** Cut the Halloumi and Pepper into little cubes, try to keep them the same size if you can, and place them all in a bowl,

- 3.** Cut your courgette into slices around 1/2cm thick and place them in a bowl with your tomatoes.

- 4.** Chop your mint very finely and add into the bowl alongside two tablespoons of olive oil. Add some black pepper and mix everything together.



ACTIVITY 3: Journaling

Aim: Developing creative skills and literacy and literature skills, promoting an understanding of our own thoughts, developing communication skills.

Time: 10-15 mins +

Throughout this activity you'll be writing about your week and really trying to find out how you felt about it all.

JOURNALING



1. Find a pen and something to write in and a comfortable quite space. It can be anywhere in the world that you enjoy spending time in. As long as you can have a bit of time to be by yourself.

2. Think about two things that you did this week. Write as much as you possibly can about them.

3. Now, think about something that you did this week, that you maybe would like to do better next week and why. Write about this in as much detail as you can.

4. Write about one thing you would like to try next week. Anything in the world.

JOURNALING

5. Once you're almost finished Journaling, try your best to write about things you love in your life and that you're grateful for, here's some questions to give you a hand :

Do I have a special skill?

- Football, Art, Walking, or something else?

Am I able to make people smile?

Do I have any special things I own?

- Shoes, A Necklace, Teddy or something else?

Who are the most important people in my life?

- Parents or Guardians, Family, Friends?

Did I learn anything new this week?

What do I like the most about me?



ACTIVITY 4: **Tight and Soft**

Aim: Becoming mindful of our muscles and our bodies, developing our concentration , becoming aware of our breathing and our heart beat.

Tight and Soft



1. Beginning with your feet, turn your attention to your feet and the muscles that are in them. Make your muscles really tense by squeezing the muscles in your feet. Hold this for five seconds. Now release them and make them soft and relaxed.

2. Repeat the whole process with your calves. Squeezing them to make them tense for five seconds, and then releasing them and relaxing them, noticing how it makes your muscles feel.

3. Move up your body and repeat this with all of your muscles groups until you reach your head.

4. Relax your body and think about how your body feels after this. Take note of how you had control over your body throughout this exercise.

CULTÚRLANN

MCADAM Ó FIAICH



Comhairle Chathair
Bhéal Feirste

