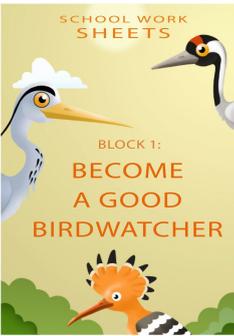


**St. Comán's Wood Primary School**  
**Care and well-being for all. June 22nd SUMMER HOLIDAYS ARE HERE!**

Monday 22nd June	Tuesday 23rd June	Wednesday 24th June	Thursday 25th June	Friday 26th June
<p><u><b>Morning Prayer</b></u>  <i>Oh my God you love me, you are with me night and day  I want to love you always in all I do and say  I'll try to please you father,  Bless my through this day, Amen.</i></p>				
<p><b>Visualisation</b></p>  <p><b>Being Happy</b></p> <p><a href="https://soundcloud.com/user-547419318/being-happy-walk-tall-si-p66-ciara">https://soundcloud.com/user-547419318/being-happy-walk-tall-si-p66-ciara</a></p>	<p><b>Visualisation</b></p>  <p><b>Random Acts of Kindness</b></p> <p><a href="https://soundcloud.com/user-547419318/random-acts-of-kindness-visualisation-guided-by-margaret">https://soundcloud.com/user-547419318/random-acts-of-kindness-visualisation-guided-by-margaret</a></p>	<p><b>Visualisation</b></p>  <p><b>Learning to Deal with Worry</b></p> <p><a href="https://soundcloud.com/user-547419318/dealing-with-worry-walk-tall-4th-class-amy">https://soundcloud.com/user-547419318/dealing-with-worry-walk-tall-4th-class-amy</a></p>	<p><b>Visualisation</b></p>  <p><b>Hot Air Balloon Ride</b></p> <p><a href="https://soundcloud.com/user-547419318/the-hot-air-balloon-deirdre-lavelle-1">https://soundcloud.com/user-547419318/the-hot-air-balloon-deirdre-lavelle-1</a></p>	<p><b>Visualisation</b></p>  <p><b>Listening to the Wind</b></p> <p><a href="https://soundcloud.com/user-547419318/listening-to-the-wind-visualisation-for-children-guided-by-emma">https://soundcloud.com/user-547419318/listening-to-the-wind-visualisation-for-children-guided-by-emma</a></p>
<p><b>Breakfast and Housework</b></p> <p>1. Make your bed and tidy your room 2. Brush your teeth and wash yourself 3. Eat a healthy breakfast 4. Help tidy up at home 4. Do something to help make those around you smile.</p>				
 <p><b>Make a birdfeeder from a toilet roll</b>  <a href="https://climatekids.nasa.gov/extreme-weather-birds/">https://climatekids.nasa.gov/extreme-weather-birds/</a></p>	 <p><b>GARDENING</b></p> <p><b>Press some leaves and flowers</b>  <a href="https://www.schoolearthed.ie/paddys-school-garden/video-jun-press.html">https://www.schoolearthed.ie/paddys-school-garden/video-jun-press.html</a></p>	 <p><b>GREEN-SCHOOLS STAY HOME</b></p> <p><b>Make egg carton bugs</b>  <a href="https://greenschoolsireland.org/stayhome_litterwaste_week7/">https://greenschoolsireland.org/stayhome_litterwaste_week7/</a></p>	 <p><b>SCHOOL WORK SHEETS</b></p> <p><b>BLOCK 1: BECOME A GOOD BIRDWATCHER</b></p> <p><b>Be a birdwatcher</b>  <a href="https://birdwatchireland.ie/app/uploads/2019/02/BW1_Block1.pdf">https://birdwatchireland.ie/app/uploads/2019/02/BW1_Block1.pdf</a></p>	 <p><b>DUBLIN ZOO</b></p> <p><b>Make a water bath for bees</b>  Videos from Dublin Zoo  <a href="https://www.dublinozoo.ie/nature-activity-videos-2/">https://www.dublinozoo.ie/nature-activity-videos-2/</a></p>



<https://www.youtube.com/watch?v=h3Xrtm0IVnY>

**Eat a healthy lunch. If you are old enough, make a sandwich or help make lunch.  
WASH YOUR HANDS FIRST.**

**For Parents: A guide to cookery skills by age**

<https://www.bbcgoodfood.com/howto/guide/guide-cookery-skills-age>

**Prayer before Meals**

***Bless us Oh God as we sit together***

***Bless the food we eat today***

***Bless the hands that made the food***

***Bless us oh God, Amen.***

**Tidy up after lunch**

**Let us Get Ready for School**

**An excellent video to prepare children for school post Covid-19**

<https://www.gov.ie/en/campaigns/1e8a3-lets-get-ready/>



<http://www.iamanartist.ie/>



<https://dabbledoomusic.com/p/parents>



<https://www.youtube.com/channel/UCo4dO9D4okn25M6mvfB02rQ>



<https://www.wizardingworld.com/collections/harry-potter-at-home>



<https://www.pdst.ie/sites/default/files/Playground%20Games%20Participant%27s%20Handout%202019.pdf>



<https://www.drugsandalcohol.ie/28689/1/the-sleep-project.pdf>

**No screens for at least one hour before bed.**

**Night Prayer**

***God our Father I come to say***

***Thank you for your love today***

***Thank you for my family and everything you give to me***

***Guard me in the dark of night***

***And in the morning***

***Send your light***

***Amen.***

**PLANET YOUTH - Bedtime and Screen time guidelines.**

<https://planetyouth.ie/resources/parent-resources/>