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Moltaí ón bhFoireann Tacaíocht Foghlama na Scoile (F.Nixon, C.Ní Dhurcáin, M.Ní Loinn, T.Bairéad, B.Ní Chathaláin) Go n-eirí libh a pháistí agus fanaigí slán agus sábháilte !

Nodanna (Helpful Hints)

- Tóg go réidh é! De réir a chéile a thogtar na caisleáin! Táimid go léir ag dul i dtaithí ar an saol nua seo.
Remember the old saying that said Rome wasn't built in a day. We are all learning to adjust and cope with this new way of life.
- Structúr éigin a bheith sa lá
Try to keep some sort of structure to the day
- Déan clár ama simplí a oireann daoibh.
Make a simple timetable that works in your situation
- Tá sosanna chéadfacha an-thábhachtach do na páistí (páistí le riachtanaisí speisialta ach go háirithe) agus tá am uathu nuair nach bhfuil said ar an teicneolaíocht/ ríomhairí nó iPadanna.
It's important for children (especially those with SEN) to have sensory breaks in their day. It's also important that they have time away from their technology devices/iPADS etc.
- Má tá buairt ar pháistí nó má tá deacrachtaí acu coiméad suas le foghlaim strúctúrtha tá scileanna eile le foghlaim sa abhaile freisin. **Ní gá iad ar fad a dhéanamh. Roghnaigh cinn a chabhraíonn le do pháiste.**
*If your child is anxious/worried or they have difficulties with formal learning there are other skills that they can learn at home. **Below are some ideas. Remember you don't have to do them all ...choose those that suit you and your child!***
- Tacaíonn na háiseanna seo leis an bPlean Oideachas Aonair
These ideas can be linked with your child's individual support plan.
- Ealaín/ceirdeanna
(Art and Craftwork)
- BÁCÁIL/cócaireacht (Mata practiciúil i gceist anseo freisin)
Baking/cooking (Practical maths used)
 - www.safefood.eu (Some healthy snack ideas)
- Ceol- ag éisteacht le nó ag seinm uirlis
Listening to music/playing musical instrument
 - m.sh. Ceol clasaiceach (classical music) nó ceoil eile www.dabbledoomusic.com
- Corp Oideachas- Gníomhachtaí leasmuigh m.sh. sa gháirdín nó sa timpeallacht nuair is féidir (treoireacha an rialtais á leanúint gan amhras)
Physical Education - Outside activities e.g. in the garden or in the environment where possible (following the government guidelines)
 - www.gonoodle.com (sosanna chéadfacha)
 - www.sworkit.com (sosanna chéadfacha ar fáil... short sensory movement breaks)

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- www.safefood.eu Roinnt cluichí (Plan for Play section)
- Súgradh: Cluichí, cluichí boird, Lego srl.
Playtime: games, board games, Lego, skipping etc.
- Léitheoireacht nó ag éisteacht le scéalta
Reading/Listening to stories
- www.oxfordowl.co.uk
- www.readingeggs.com (Reading and Maths)
- www.stories.audible.com
- <https://www.readingrockets.org/audience/parents>
- Comhráití le daoine eile m.sh. seantuistí ar an bhfón/facetime.
Talking to others e.g. grandparents on the phone/facetime
- Litir/cárta a scríobh/ a dhearradh agus é sheoladh chuig seantuismitheoir/cara srl.
Design/write a letter/card and post to a grandparent/friend etc.
- Ag cabhrú le liosta siopadóireachta a scríobh
Helping to write a shopping list
- Ag coiméad dialann.. (ag clarú mothúcháin/gníomhaíochtaí le abairtí /pictiúir) Seans an scríbhneoireacht & peannaireacht a chleachtadh
Keeping a journal .. recording feelings as well as activities with words/pictures. This is an opportunity to practise writing & handwriting skills)
- Ag cabhrú le obair tí
Helping with housework
- Ag tabhairt aire do pheata
Caring for a pet
- Aireachas m.sh ar líne (*Mindfulness activities*)
 - www.sanctuary.ie
 - www.PositivePsychology.com (18 Mindfulness Activities) + Talking to Children & Young People about COVID 19
 - www.blogcalm.com
- Sláinte Mheabhrach (Mental Health) & Ag Riaradh Mothúcháin (Managing emotions such as anger /anxiety)
 - www.2hse.ie
 - CosmicKidsYoga (YouTube)
 - www.copingskillsforkids.com Straitéisí chun deighleáil le m.sh. fearg, buairt
(Very helpful strategies/hints for managing emotions e.g. anger, anxiety etc)
- Sabháilteacht ar an idirlíon / Clóscríobh
 - Clóscríobh (typing skills) Má tá tú ar an gclár ttrsonline.com lean leis le do thoil (*If you are on the typing programme ttrsonline.com, please continue with it*)
Cleachtadh a dhéanann an máistreacht!
 - www.webwise.ie - chun cúrsaí a phlé maidir le sábháilteacht ar an idirlíon
(Helpful to discuss online safety)
- Suíomhanna eile:
 - www.ncse.ie Tá moltaí maithe anseo le haghaidh OT agus le haghaidh Speech and Language. Click on resources for parents ..Top Tips, OT & Speech and Language Resources..very helpful tips)
 - www.twinkl.ie www.scoilnet.ie

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