

Dear parents/guardians,

It's hard to believe that May is almost over and we are sad that we are not back to school until September. We hope that you are all doing well and keeping safe. We can't reiterate how much we miss all of the children and wish that we were back in school teaching them.

We understand how difficult a time it is for you all and hope that the work we are sending home is helpful and not stressful. As we have said previously, there is no pressure to complete all of the work listed and we hope that you are making time for fun with family. We understand from talking to parents that children are missing friends so maybe ring a friend or contact a friend via whatsapp/face time. From next week, the social distancing between members of other households is changing so this might be an opportunity to catch up with friends safely. (Look at the guidelines as outlined by the HSE).

If there is one thing that we would like you to continue doing everyday it's to read and to keep Maths alive. We have added a new website for reading below in Section 4. *****We are making contact with families between 10.30am and 2.30pm by phone to have a chat with the children as they are missing school. Please be**

aware that we will be ringing on a private number. Please continue to send on photos of your work and short videos as we really love receiving them.

At the end of this document, we have added in some Mindfulness techniques that you can practise with your child. They can help with feelings of anxiety.

Take care and keep safe,

Ms. Coughlan and Ms. Needham

PS: Here is a reminder of our email addresses if you have any queries or wish to send on pictures of the children and/or their work

msneedham@parteenschool.ie

mscoughlan@parteenschool.ie

Week 1: Monday 18th of May - Friday 22nd of May

"RTE Home School Hub" on RTE 2 from 11am - 12pm.

1. **Morning exercises:** Live PE with Joe Wicks 9am-9.30am YouTube. Take a picture of yourself and/or your family and send to msbarry@parteenschool.ie for the school twitter page.

2. **Spellbound:** Unit 30 /Theme -'The Seaside'

Words to learn for the week - boat, sand, sea, waves, spade, bucket, shell, sun, beach, fish, crab, net, pool, rocks, picnic, towel.

Monday	Tuesday	Wednesday	Thursday	Friday
A+B	C+D	E + F	G + H	Test (if you feel necessary)



Check out the daily active spelling challenge at the end of these pages!

3. **PAT Week 26:** PAT programme completed now.

Write 5 sentences per day using words you have created each day.

Monday	Tuesday	Wednesday	Thursday	Friday
-all sentences	-ash sentences	-ill sentences	-end sentences	-en sentences

4. **Reading:**



Daily challenge:

Pick a book/any suitable reading material. Read 5 - 10 pages silently or aloud with parents or older sibling. If you like you could record reading on audio or visual and send via email (no pressure)!

Revise class readers and stories from Two Little Frogs.

See website- www.readon.myon.co.uk (A huge variety of books available here if you've limited reading material) and Oxford Owl.

Check out this new website: <https://www.storylineonline.net/>

Story online has books on video and lessons aimed at strengthening comprehension and verbal and written skills for English language learners. Free to access.

5. Handwriting: Practise your cursive handwriting- Continue with your **Go with the Flow** pgs: 54 onwards (2 pages per week)

If you've finished your book, practise your handwriting when you do your writing exercises.

6. Let's get writing: Choose from one of the following (vary this Mon - Fri)

Select from the next writing section in Two Little Frogs	Diary entry- Write about something exciting you did. Pick the day!
Revision: Write a procedure -see science experiment for ideas-' Tornado in a bottle ' You could re-write the experiment using the format that follows. ***Remember the correct format of writing a procedure: 1. Title 2. List Materials/Ingredients used 3. Numbered Steps/Method 4. Conclusion	Revision: Recount Create a recount of your choice. Follow the format outlined below. It could be a Trip to the Seaside using the spelling words from this week.

<p>Fact file-Create a fact file about yourself including: your name, age, address, siblings, interests, favourite TV programme. ...</p> <p>Draw a self-portrait to accompany the Fact file.</p>	<p>Love one another (GIL)</p> <p>Write down a list of 5-10 ways you can be kind to another person.</p> <p style="text-align: center;">Or</p> <p>Write a little story of one time you were kind to another person.</p> <p>Decorate or draw a picture</p>

Recount Writing- Use the format below to help you structure your recount properly.

Format for writing a Recount

1. Write the Title- ' _____ '
2. Orientation: - Introduction - Setting the scene.
A Personal Comment is optional. Gives details of: - Who - What - When - Where- Why
3. What happened - in chronological order.
 - First...
 - Next...
 - Soon...
 - During...
 - After...
 - Later...
 - Eventually...
 - Finally...
4. Conclusion: Personal Comment (Optional)
What did you think, feel or decide about the events that.

Use Paragraphs for each section. Please remember your punctuation-capital letters, full stops etc.

7. Mental Maths: Week 35+36

Monday	Tuesday	Wednesday	Thursday	Friday
+Monday's PS	Tuesday's PS	+Wednesday's PS	+Thursday's PS	Fri Review

- Revise addition tables
- Explore **subtraction tables 6** - (Use tables books)

8. Maths Fractions

-Collect a variety of objects that you can half into 2 equal parts. Items need to be symmetrical so they can be divided equally. For e.g. : Fruit for demonstration (apple, pear, orange, kiwi..), bread, plastic knives, a selection of 2D shapes, **2 bowls counters/beads/raisins (These will be needed to demonstrate how to half a number below).**

-Important vocabulary to be used when exploring the concept of Fractions with your child:

Fraction, half, whole, part of, same, 2 equal parts, double, 2D shapes, rectangle, square, circle, semi-circle, triangle.

- **Fraction lesson:** Give your child 2 pieces of paper. On one piece they should write the word 'whole'. They should fold the other piece of paper in half and write 'half' on one side and the symbol for half ($1/2$) on the other side. Colour each half in a different colour. Explore other ways of creating halves with the paper. Further work can include halving paper in different shapes and sizes, e.g. triangles, squares, etc.)

-Make a delicious Fruit bowl for the family

Encourage your child with your help to cut fruit into halves (using plastic knives with adult supervision).

You can create a delicious fruit salad by continually halving pieces of fruit. The parent can start by simply halving each piece of fruit. Then, when your

child has the idea, the parent can ask his /her child to demonstrate how to cut each piece into more halves.

- Draw lots of 2D shapes. Cut them out carefully-ask your parents for help. All the shapes must be symmetrical. When all the shapes are cut out get your child to fold then into halves. Colour each half in a different colour.

*** Doubles and Halving Numbers

-Revise doubles e.g.: $1+1=2$, $2+2=4$, $3+3=6$, $4+4=8$, $5+5=10$, $6+6=12$up to $12+12=24$

-Explore half of numbers (If you know your doubles above it should be easy to half them)

However, if your child is finding this concept difficult get some beads/counters/raisins (anything you have at home to count with) and 2 bowls.

For example: If you want to get half of 14, put 14 beads on the table between the 2 bowls. Put one bead into each bowl and continue doing this until all the beads are gone. There should be 7 beads in each bowl. Continue this format for each sum until the concept is understood.

Half of 2=1

Half of 4=2

Half of 6=3

Half of 8=4

Half of 10=5

Half of 12=6

Half of 14=7

Half of 16=8

Half of 18=9

Half of 20=10

Half of 22=11

Half of 24=12

3. Revise practising tens and units addition/subtraction on a page without renaming. Create as many as you want to keep practising.

e.g. T U T U T U T U

8	1	6	4	8	8	4	8
+ 1	2	+ 2	1	- 6	2	- 3	2

6. **Counting forwards and backwards:** Practise counting forwards and backwards in 2s, 5s, 10s. ***Try 3s this week too!

9. Gaeilge:

Abair Liom online: folensonline.ie **Abair Liom C**

Click on: Resources, arrow down

Aonad 24: Ag Péinteáil

Póstaer: Lots of interactive activities; Amhrán (song), Dán (poem), Foclóir (vocabulary), scéal (story), ceisteanna (questions), pléasc an balún etc

Foclóir nua (new vocabulary) Learn how to say the words during the week!

an seomra codlata- the bedroom	an seomra suite- the sitting room	an seomra folctha- the bathroom
an chistin- the kitchen	an halla-the hall	an t-áiléar-the attic
thuas staighre-upstairs	thíos staighre-downstairs	
balla-wall	síleáil- ceiling	dréimire- ladder
leithreas-toilet	leaba-bed	tolg-couch
teilifís-television	bord-table	cuisneoir-fridge
bosca-box	péint-paint	Scuab-brush

Abairtí/frásaí (Sentences/phrases)

*** Frása Nua (new phrases to learn)

***Cá bhfuil an ____? Where is the_____?

***Tá ____sa _____. The ____is in the _____.

Mar Shampla/For example:

1. Cá bhfuil an **leaba**? Where is the bed?

Tá **leaba** sa **seomra codlata**. The bed is in the bedroom.

2. Cá bhfuil an bosca? Where is the box.

Tá bosca san áiléar. The box is in the attic.

Learn the above phrases and change the underlined words with words from the new vocabulary above. The words are colour coded to help you create new sentences.

Write out your new sentences in a copy or on a page and draw a picture.

Léitheoireacht (Reading)

Léigh na habairtí seo a leanas: (Read the following sentences)

1. Tá bord sa chistin.
2. Tá leaba sa seomra codlata.
3. Tá tolg sa seomra suite.
4. Tá leithreas sa seomra folctha.
5. Tá bosca san áiléar.
6. Tá dréimire sa ghairdín.

Amhrán- Song to learn 'Bí ag Péinteáil'

Bí ag péinteáil, (Order..Invite to paint)

Bí ag péinteáil, (Order..Invite to paint)

Bí ag péinteáil an tí. (Order....Paint the house)

Cé na dathanna is fearr liom? What are the colours you prefer?

Bán, gorm, glas nó buí? White, blue green or yellow

Dán: Poem to learn 'Sa Bhaile' (At home)

Thuas staighre, thíos staighre,(Upstairs, downstairs)

Cá bhfuil na páistí? (Where are the children?)

An bhfuil siad sa seomra folctha, (Are they in the bathroom)
 Nó sa seomra suí? (Or the sitting room)
 Tá Mamaí sa seomra codlata. (Mammy is in the bedroom)
 Tá Daidí san áiléar. (Daddy is in the attic)
 Tá na páistí sa ghairdín, (The children are in the garden)
 Ag súgradh san aer. (Playing in the air)

10. Grow in Love:

Grow in love online: trial@growinlove.ie

password: growinlove.

Theme: 10 Lesson 1: Living in Love

Song: Love one another

Videos:

- Love one another lullaby
- Love one another video

Activities

- Write down 5-10 ways of how you can show love
- Draw a flower. Draw 5 petals on the flower. In each petal, write down one way that you can be kind. Decorate your flower

11. Art: Here are some examples of things to do.

Create a seaside/beach scene using items that you find outside e.g. grass, sticks, stones ... Maybe the grass could be the sea and the stones could make the sand? If you have paint, you could paint some stones blue like the sea. Take a picture!

Draw or paint a picture of your favourite beach/seaside to go along with your recount writing about a trip to the beach/seaside

12. Music: Songs

Bí ag péinteáil (Abair Liom)

Love one another (GIL)

Why not make a musical instrument?

Get three empty plastic bottles of any size. Fill one with pebbles, one with grass and another with dirt. Can you get them to "make music"? Which is the loudest? Shake or bang with a stick

Science: Tornado in a bottle

You can create your own tornado in a bottle. All you need is two bottles, a tube to connect the bottles, and some water.

When you whirl the liquid in the top bottle, it creates a vortex as it drains into the bottom bottle. That's because as the water flows down, air must flow up, creating a spiralling tornado.

You can even add glitter, food dye, or lamp oil to the bottle to make the tornado even cooler.

14. History: Trips to the seaside

Ask your parents/grandparents about the seaside that they used to visit when they were younger. Was it the same beach as you? Did they have waves and sand? Did they get there by car? Did they build sandcastles? Was there a pier? Did this beach have sand dunes?

Ms. Needham used to visit Achill island and Ms. Coughlan used to visit Salthill.

15. Geography: The seaside

Colour the boxes of things you find at the seaside in Ireland

Sand	Marram grass
Ice-cream	Waves
Snakes	Towels
Crabs	Sharks
Dunnes Stores	Rock pools
Cows	Shells

Active Spelling Challenge

Spell out one of your spelling words for this week and do the actions for each letter! You get to pick the word. Try a different word every day.

E.g. bear- b (5 forwards bear crawls), e (run fast for 20 seconds), a (5 jumping jacks) and r (jump side to side for 15 seconds)

Have fun!

A 5 jumping jacks	B 5 bear crawls forwards	C 5 bear crawls backwards	D 10 high knees	E Run fast for 20 seconds
F Move like a worm for 10secs	G 6 hops on your right leg	H 6 hops on your left leg	I 10 arm circles	J Twirl around 3 times
K Walk on your tippy toes for 12 seconds	L 10 jumps with a touch on the ground in between	M Run to the nearest door and back	N Touch your toes 8 times without bending your knees	O Move sideways like a crab for 10 seconds
P March like a toy soldier	Q Pretend to cycle a bike	R Jump from side to side	S Walk on hands and feet with	T

for 12 seconds	with your hands	for 15 seconds	your tummy in the air	Pick up a ball without your hands
U Do a pencil roll	V Walk backwards for 10 seconds	W 10 star jumps	X Lie on your back, roll up and touch your toes 5 times	Y 8 frog jumps
Z Skip forwards for 20 seconds				

Week 2: Monday 25th of May - Friday 29th of May

"RTE Home School Hub" on RTE 2 from 11am - 12pm.

1. Morning exercises: Live PE with Joe Wicks 9am-9.30am YouTube. Take a picture of yourself and/or your family and send to msbarry@parteenschool.ie for the school twitter page.

2. Spellbound: Unit 31 /Phonics- 'ir' and 'or'

Words to learn for the week -sir, bird, girl, stir, dirt, first, shirt, third, horse, fork, for, sort, torn, born, corn, horn.

Monday	Tuesday	Wednesday	Thursday	Friday
A+B	C+D	E + F	G + H	Test (if you feel necessary) 

Check out the daily active spelling challenge at the end of these pages!

3.PAT Week 26: Write 5 sentences per day using PAT words.

Monday	Tuesday	Wednesday	Thursday	Friday
-ell Sentences	-atch sentences	-ink Sentences	-ank sentences	-op sentences 

4. Reading:

Daily challenge:

Pick a book/any suitable reading material. Read 5 - 10 pages silently or aloud with parents or older sibling. If you like you could record reading on audio or visual and send via email (no pressure)!

Revise class readers and stories from Two Little Frogs.

See website- www.readon.myon.co.uk (A huge variety of books available here if you've limited reading material).

Another useful reading site is 'Oxford Owl'

Check out this new website: www.Story online

Story online has books on video and lessons aimed at strengthening comprehension and verbal and written skills for English language learners. Free to access

5. Handwriting: Practise your cursive handwriting- Continue with your **Go with the Flow** pgs: 56 onwards (2 pages per week)

If you've finished your book, practise your handwriting when you do your writing exercises.

6. Let's get writing: Choose from one of the following (vary this Mon - Fri)

Select from the next writing section in Two Little Frogs	Diary entry- Write about something exciting you did this week. Pick the day!
Revision: Write a procedure -see science experiment below for ideas-' Design and test a parachute ' You could re-write in your own words the experiment using the format that follows. ***Remember the correct format of writing a procedure: 1. Title 2. List Materials/Ingredients used	Summer Acrostic poem Write a Summer acrostic poem e.g. S unshine shining high in the sky, U nder the tree I like the read, -Draw a lovely Summer picture

3. Numbered Steps/Method

4. Conclusion

Write **silly sentences** using your spelling words and draw a silly picture

e.g. Look sir, the horse came first in the race because he had a bird on his shirt!



Fill in the blanks with your spellings

1. Please use the _____ and knife at the table!
2. Are you first or _____ in the line?
3. He was _____ on the same day and in the same year as me!
4. She fell in the mud and her face was covered in _____.

Recount Writing- Use the format below and examples from last week to help you structure your recount properly. (If you want to write another recount, here's the format for you)

Format for writing a Recount

1. Write the Title- ' _____ '

2. Orientation: - Introduction - Setting the scene.

A Personal Comment is optional. Gives details of: - Who - What - When - Where- Why

3. What happened - in chronological order.

- First...
- Next...
- Soon...
- During...
- After...
- Later...
- Eventually...
- Finally...

4. Conclusion: Personal Comment (Optional)

What did you think, feel or decide about the events that.

Use Paragraphs for each section. Please remember your punctuation-capital letters, full stops etc.

7. Mental Maths: Week 37+38

Monday	Tuesday	Wednesday	Thursday	Friday
+Monday's PS	Tuesday's PS	+Wednesday's PS	+Thursday's PS	Fri Review

- Revise addition tables
- Explore **subtraction tables 7 -** (Use tables books)

8. Maths Capacity

Capacity is the measure of a liquid and it's measured in L (litres) and ml (millilitres)

Questions:

- Can you find a drink in your fridge that is marked L or ml?
- Is the milk in your fridge 1L or 2L?
- Do you have other liquids in your house e.g. fairy liquid, how many litres and millilitres do you see?
- What's your favourite liquid to drink? E.g. orange juice, water

Activity 1: Find 4 items and write if it is L or ml

Soy sauce	ml	
Milk	L	

Activity 2:

Name 3 things that hold less than 1 L	Name 3 things that hold more than 1L	Name 3 things that are the same as 1L

Activity 3: Get a spoon, a cup, an empty yogurt carton and a bowl. Find out how spoons, cups and yogurt cartons of water it will take to fill a bowl. Have a guess first!

How many spoons of water fill a bowl?

How many cups of water fill the bowl?

How many yogurt cartons fill the bowl?

Activity 4: Tick which holds more- A or B

<p>1. A</p> 	<p>2. A</p> 	<p>3. A</p> 	<p>4. A</p> 
<p>B</p> 	<p>B</p> 	<p>B</p> 	<p>B</p> 

. Revise practising tens and units addition/subtraction on a page without renaming.

Create as many as you want to keep practising.

e.g.

T	U	T	U	T	U	T	U
7	4	6	8	6	3	6	7
+ 2	3	+ 2	1	- 5	1	- 4	4

. Time-Keep revising this concept every week

Revise telling the time.

- $\frac{1}{2}$ past

Explore these: They are tricky but practise makes perfect!

<ul style="list-style-type: none"> • O'clock 	<ul style="list-style-type: none"> • $\frac{1}{4}$ past (long hand at 3) • $\frac{1}{4}$ to (long hand at 9)
<p>Time:</p> <ul style="list-style-type: none"> • What time do you get up? E.g. 8 o'clock or $\frac{1}{2}$ past 8 • What time do you eat your breakfast? E.g. $\frac{1}{4}$ past 9 or $\frac{1}{2}$ past 9 • What time do you go for a walk? • At what time do you watch television? 	
<p>Counting forwards and backwards: Practise counting forwards and backwards in 2s, 5s, 10s etc. ***Try counting in 4s.</p>	

9. Gaeilge:

<p>Abair Liom online: folensonline.ie Abair Liom C</p> <p>Click on: Resources, arrow down</p> <p>Aonad 25: Ag Pacáil (Packing)</p> <p>Póstaer: Lots of interactive activities; Amhrán (song), Dán (poem), Foclóir (vocabulary), scéal (story), ceisteanna (questions), pléasc an balún etc</p>		
<p>Foclóir nua (new vocabulary) Learn how to say the words during the week!</p>		
t-léine-t-shirt	bríste gairid- shorts	gúna-dress
sciorta- skirt	culaith shnámha- swimming gear	spéaclaí gréine- sunglasses
hata-hat	pitseámaí- pyjamas	scuab fiacla- toothbrush
taos fiacla-toothpaste	uachtar gréine- suncream	ticéid-tickets

airgead-money	cás-case	scáthán-mirror
ag pacáil-packing		

Abairtí/frásaí (Sentences/phrases)

*** Frása Nua (new phrases to learn)

***Cad atá sa chás? (What is in the case?)

***Tá _____ sa chás. (_____ is in the case)

1.Cad atá sa chás? (What is in the case?)

Tá bríste gairid sa chás. (Shorts are in the case)

2.Cad atá sa chás? (What is in the case?)

Tá gúna sa chás. (The dress is in the case)

3.Cad atá sa chás? (What is in the case?)

Tá culaith shnámha sa chás. (Swimming gear is in the case)

Learn the above phrases and change the underlined words with words from the new vocabulary above. Write out your new sentences in a copy or on a page. Draw a picture if you like to accompany the sentences.

Amhrán- Song to learn

'Tá mo chás lán'(My case is full)

Cuir na headaí go léir isteach sa chás (Put all the clothes into the case)

Na déan dearmad ar na pitseámaí (Don't forget the pyjamas)

Cuir isteach an hata is na spéaclaí (Put in the hat and the glasses)

Béidh an ghrian ag taitneamh sa Spáinn (The sun will be shining in Spain)

Hú ré! - tá mo chás lán. (Hurrah! My case is full)

Dán: Poem to learn

Dán : 'Ag pacáil'(Poem-'Packing')

Cuir na héadaí isteach sa chás (Put the clothes in the case)
Gúna, sciorta, Bualadh bos! (Dress, skirt, Clap!)
Bríste gairid agus t-léine,(Shorts and t-shirt)
Ó, cá bhfuil mo spéaclaí gréine? (Oh, Where are my sunglasses?)

10. Grow in Love:

Grow in love online: trial@growinlove.ie

password: growinlove.

Theme: 10 **Lesson 2:** Following the law of love

Song: Love one another

Videos:

- Following the law of love

Activities

- How do you follow the law of love? Do you help make dinner by chopping vegetables, setting the table, tidying up your bedroom, walking the dog? Draw a picture of how you follow the law of love.
- Write a card to someone in your family of how you follow the law of love by helping with something at home

11. Art: Here are some examples of things to do.

Create the tallest tower you can out of empty yogurt cartons. Take a photo!

Make a picture of helping out at home using recycled materials. Take a photo!

<p>Draw a picture of the parachute you made in the Science experiment!</p>	<p>Design a bottle/can for your favourite drink!</p> 
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12. Science

Design and Test a Parachute

Learn how to make an awesome parachute! Design one that can fall slowly to the ground before putting it modifications/changes as you go.

What you need/Materials:

- A plastic bag or light material
- Scissors
- String
- A small object to act as the weight(a little action figure)

Instructions/Numbered steps:

1. Cut out a large square from your plastic bag or material.
2. Trim the edges so it looks like an octagon (an eight sided shape).
3. Cut a small hole near the edge of each side.(Ask an adult for help)
4. Attach 8 pieces of string of the same length to each of the holes.
5. Tie the pieces of string to the object you are using as a weight.
6. Use a chair or find a high spot to drop your parachute and test how well it worked, remember that you want it to drop as slowly as possible.(This needs to be supervised by an adult)

Conclusion:

Hopefully your parachute will fall down slowly to the ground, giving your weight (action figure) a comfortable landing.

****Cutting a small hole in the middle of the parachute will allow air to slowly pass through it rather than spilling out over one side, this should help the parachute fall straighter!! Give it a go!**

13. Music

- Tá mo chás lán (Gaeilge)
- Love one another (GIL)
- The Lion and the Mouse

14. History

Listen to Aesop's fables on YouTube:

The Lion and the mouse.

A story about how kindness is never wasted

<https://www.youtube.com/watch?v=QpExONype1w> (Song)

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

(story)

15. Geography: Map drawing



Draw a map of the places you visit when you go on your walk. Do you see a horse on your walk? A river? A field of cows? A yellow house? A castle? A black car?

Draw the pictures on the map

Active Spelling Challenge

Spell out one of your spelling words for this week and do the actions for each letter! You get to pick the word. Try a different word every day.

A 5 jumping jacks	B 5 bear crawls forwards	C 5 bear crawls backwards	D 10 high knees	E Run fast for 20 seconds
F Move like a worm for 10secs	G 6 hops on your right leg	H 6 hops on your left leg	I 10 arm circles	J Twirl around 3 times
K Walk on your tippy toes for 12 seconds	L 10 jumps with a touch on the ground in between	M Run to the nearest door and back	N Touch your toes 8 times without bending your knees	O Move sideways like a crab for 10 seconds

P March like a toy soldier for 12 seconds	Q Pretend to cycle a bike with your hands	R Jump from side to side for 15 seconds	S Walk on hands and feet with your tummy in the air	T Pick up a ball without your hands
U Do a pencil roll	V Walk backwards for 10 seconds	W 10 star jumps	X Lie on your back, roll up and touch your toes 5 times	Y 8 frog jumps
Z Skip forwards for 20 seconds				

Mindfulness Techniques

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These are useful techniques for when you're feeling anxious or worried. Spend a couple of days practising a particular technique before you move on to a new technique.

Ocean Breathing Technique

Stand with your feet wide apart, or sit in a comfortable position. Inhale through your mouth or nose. Exhale with your mouth wide open making a long 'haaaaahhh' sound. Imagine the sound of the ocean. Wave your arms up over your head as you inhale and down by your side as you exhale if you like.

Snake Breathing Technique

Sit in a comfortable position. Inhale through your nose and exhale through your mouth, making a long 'ssssss' sound, like a snake. Try to make the exhalation last as long as you can before you inhale again.

Ssssssssss...

Teddy Breathing Technique

Lie down on your back, on the floor. Place a teddy or other soft object on your tummy. Close your eyes if you like. As you inhale and exhale, feel the teddy rise and fall with the rise and fall of your belly. Rock the teddy gently to sleep using this movement. Ask your Parents if you can watch them doing this activity, so that you can see the teddy going up and down.

Rainbow Breathing Technique

Lie down on your back in a comfortable position, making sure you have enough space on either side of you to spread your arms.

Stretch your arms out wide, with the palms of your hands facing up to the sky. Inhale slowly, bringing your hands to meet gently over your head. As they glide up towards each other making a rainbow shape, think about a colour that comes to mind. What is your favourite thing of that colour? Then gently exhale the hands back to the ground. Repeat x7 for each colour of the rainbow.
