

Here is a **menu** of ideas. Do what works for you and what will not cause more stress.

- Teach your child to cook a basic meal- from toast for small children, to scrambled egg, pasta bake, vegetable soup.
- Use premixed packs to make a very simple brown bread, cake.
- Play board games
- Go for family walks.
- Take photos of plants/flowers/trees. Look these up when you get home.
- Do some art / craft projects.
- Build a street using empty cardboard boxes. Decorate them at the front and at the back create inside the shop/house.
- Pick a letter. Get your child to do a project beginning with that letter. Keep it simple. Small children can be helped by older siblings.
- Learn 3 new things this week.
- Teach them to sew in a button, peel vegetables, make a cup of coffee- these are valuable life skills.
- Do some skipping.
- Learn a new word each day in English and Irish. Try to use it as often as possible. Watch TG4.
- Label places in the house using both languages.
- Learn a song a week.
- Meditation or Yoga
- Write letters to your grandparents.
- Keep a diary of what you do every day and how this time is different for your family.
- READ READ READ. Your child cannot read too much.
- Read to the younger children. Get older siblings to read to smaller brothers and sisters.
- Get the older children to create their own timetable each day. It gives them control in a time that they have very little.
- Maths can be done through really practical ideas - baking, measure lengths of rooms, water play in the bath with different containers. How many jugs fill the pot? How many cups fill the pot? Guess first.
- Play cards.
- Learn a game from a relative via FaceTime.
- Make sure to do PE. Use YouTube for guided lessons.
- Use websites like www.topmarks.co.uk for practicing tables and number games.
- Children don't mind the computer telling them they are wrong !!!!!

Wishing you well
Michael Feeney