**Home Economics:** CAKE IN A MUG:

35g plainflour

3 tbsp cocoa powder

¼ tsp baking powder

2 tbsp sugar

60ml milk

2 tbsp vegetable oil

1 tbsp Nutella or mini choc chips

1.Mix dry ingredients in the biggest mug you have

2.Mix in wet ingredients till there are no lumps

3. Drop the Nutella/choc chips on top

4. Put in microwave on high for 70secs

**P.E**

* Run 5km in your garden/space. 1km per day
* Follow Joe Wicks for a HIIT Workout on Youtube**.**
* Design your own work-out lasting 20mins. Remember warm up & Cool down.
* Fill out a food diary for 5 days
* At the end of each day, write down how you feel-this can link with well-being activity.

**Literacy:**

* English Portfolio Book: P.72 Poetry
* Ireland’s National Emblem p.56 & P.57
* Assessment: P.58
* Narrative Kidnapped p.59, 60, 61…

The Boy at the Back of the Class

* **Chapter 16-20**

1. Why did the afternoon feel like the longest afternoon any of the characters had ever had?
2. Do you think they have devised a good plan? Discuss the positives and negatives.

Explore the Language Used: Dictionary Work:

Reassuringly, anxiously, frantically, chauffeuring.

Gaeilge: Téama-Éadaí:

* Watch Cúla 4 ar Scoil 10am TG4
* Draw yourself and label do Éadaí.
* Duolingo-Continue

To next level

Wellbeing Activity:

Task: Keep a wellbeing journal. Explore your thoughts and document it to help you learn more about yourself.

Information about task:

* Journaling helps to make sense of your thoughts & feelings.
* It should be a daily activity, at a time that suits you.
* It is personal to you-there is no right or wrong way to do it.
* You can choose to use sentence starters such as
* 3 things I am grateful for
* Today I enjoyed…
* Tomorrow I am looking forward to…
* This week’s highlights were…
* This week’s challenges were…
* Questions

Make time to reflect on what you have written/drawn. Set yourself personal goals.

Mental Maths:

* Continue from Week 31/32-Complete 1 per day and a problem per day.
* Table Book continue

Hi Rang a Sé, Week 27th April-May2020

This week is my granny’s 90th Birthday and she is raising funds for The Red Cross & Age Action by dancing in her garden for 90mins. So this week have a look out for her on the news on the 1st May and maybe have a dance along with her!!

Keep Smiling & dancing.

Ms. O’Reilly x

**Sixth Class**