

## At-Home Activities...advice from John Burns

COVID-19 has changed the routine of our lives in so many ways. Our school is closed until Monday March 30<sup>th</sup> in accordance with Department directions. This new routine has left many of our parents wondering how best to keep their children engaged and fill up the days that used to be previously filled by school subjects, related activities and extra-curricular activities. It is trying times for our parents. I hope the following items of information will assist:

### Worksheets:

Each teacher has been requested to distribute worksheets to their pupils. These worksheets are to be completed on a daily basis, as advised, and not all at the same time.

### Daily Schedule/Routine

It is important for parents to create a daily schedule that will allow children to have a balanced day. Setting up expectations in the same way teachers do can be beneficial to children. Many parents across the world are sharing their schedules. I now list some examples / samples from which you might get some ideas. You can then create your own schedule in accordance with your own family routine.

#### Sample 1:

## COVID-19 DAILY SCHEDULE

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|               |                     |   |
|---------------|---------------------|---|
| Before 9:00am | Wake up             | Eat breakfast, make your bed, get dressed, put PJ's in laundry  |
| 9:00-10:00    | Morning walk        | Family walk with the dog<br>Yoga if it's raining  |
| 10:00-11:00   | Academic time       | NO ELECTRONICS<br>Sudoku books, flash cards, study guide, Journal   |
| 11:00-12:00   | Creative time       | Legos, magnetiles, drawing, crafting, play music, cook or bake, etc   |
| 12:00         | Lunch               |   |
| 12:30PM       | Chore time          | A- wipe all kitchen table and chairs.<br>B - wipe all door handles, light switches, and desk tops.<br>C - Wipe both bathrooms - sinks and toilets |
| 1:00-2:30     | Quiet time          | Reading, puzzles, nap   |
| 2:30-4:00     | Academic time       | ELECTRONICS OK<br>Ipad games, Prodigy, Educational show   |
| 4:00-5:00     | Afternoon fresh air | Bikes, Walk the dog, play outside   |
| 5:00-6:00     | Dinner              |   |
| 6:00-8:00     | Free TV time        | Kid showers x3  |
| 8:00          | Bedtime             | All kids  |
| 9:00PM        | Bedtime             | All kids who follow the daily schedule & don't fight  |

Reference: <https://www.facebook.com/NESCApc/posts/10156739574837536>

## Sample 2:

Khan Academy has excellent examples of daily schedules for different age groups which can be accessed at:

<https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAIJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh-P-WmksHAzbsrk9d/pub>

## Sample 3:

Other examples of schedules are:

### Home Activities for older children! Colour in all the ones you get done!

@magicmuinteoir

|   |  |   |  |  |  |   |
|---|--|---|--|--|--|---|
| Make up a wordsearch  | Make up a quiz   | Paint something                             | Pair your socks                                    | Build a tower of cards                                 | Keep a diary                                   | Take a Go Noodle break (gonoodle.com)                                 |
| Take part in the #wewilldraw challenge on Twitter (@WillSlincy) | Go colouring! (Lots of mindfulness colouring on Twinkl.ie) | Make a marble run out of recyclable objects | Compose a letter to a famous person you admire.    | Make a Lego maze                                       | Help to make lunch or dinner                   | Make a paper airplane   |
| Build a fort!   | Do a mini project on your favourite animal/ country        | Write a new ending for your favourite story | Listen to the "Peace Out" podcast                  | Put on your favourite song and dance!                  | Make your bed every day                        | Keep a wellness journal (printable from walkinmyshoes.ie)             |
| Spend some time outside every day                               | Play a board game  | Play 20 questions                           | Design a new cover for your favourite book         | Build a bridge using only newspaper                    | Cook/ Bake something you've never tried before | Check out the #creativebursts activities on Twitter (@sarahwebbisher) |
| Do a jigsaw   | Watch something on Cúla4/ TG4                              | Try some sudoku                             | Fold and put away your clothes                     | Take part in The Daily Mile (run/jog for 15mins a day) | Read a story to your sibling/ pet              | Tidy your bedroom   |
| Play shop with real money                                       | Make a crossword   | Read for at least 15 mins every day         | Hide something and make a treasure map to find it. | Take a line for a walk                                 | Make some paper chains                         | Make a collage out of leaflets/ magazines/ newspapers                 |

Reference: <https://twitter.com/magicmuinteoir/status/1238573014003978241>

## Sample 4:

### Home Activities for Younger Children

| Home Activities!<br>Colour in all the ones you get done! |  |   |  |  |  |  |
|--|--|---|--|--|--|--|
| Bake a cake  | Play I Spy                                 | Sort your toys by size                                  | Make up a quiz   | Paint something  | Pair your socks                                    | Blow some bubbles                                  |
| Sing the alphabet song                                   | Make up a new game. Use your imagination.  | Keep a diary  | Take a GoNoodle break (gonoodle.com)   | Practise counting groups of objects (Juniors – up to 10, Seniors – up to 20) | Roll 2 dice. Add the numbers together              | Investigate! Do your toys float or sink?           |
| Do a jigsaw  | Watch something on Cúla4/ TG4              | Play Snap or another card game                          | Go on a shape hunt!<br>Find circles, squares, rectangles, triangles                      | Help to make lunch or dinner   | Make some patterns                                 | Spend some time outside every day                  |
| Build something!   | Design a new cover for your favourite book | Write a shopping list                                   | Play Snakes and Ladders (or another game)  | Sort your toys by colour   | Read something every day                           | Hide something and make a treasure map to find it. |
| Draw your favourite animal                               | Make some junk art                         | Find something longer/ shorter than you/ your arm/      | Play with water. How many cups does it take to fill the pot? Which one holds more/ less? | Go colouring!  | Talk about which months your family have birthdays | Clean your bedroom                                 |
| Play with some playdough                                 | Make your bed                              | Plant some seeds  | Make your own book   | Play shop with money (up to 5c for Juniors, up to 10/20c for Seniors)        | Do some rainbow writing of words that you know     | Pick up ten toys and put them away                 |
| Play in the garden                                       | Fold your clothes                          | Practise writing the names of the people in your family | Practise tying your laces  | Cut something out  | Read a story to your sibling/ pet                  | Build a fort!                                      |

Reference: <https://twitter.com/magicmuinteoir/status/1238165864765153280>

Some excellent websites:

Some excellent educational websites have already been listed on:

<https://www.barefieldns.com/2020/03/16/rang-iii-home-activities/>

Other excellent general websites are:

<https://projects.raspberrypi.org/en/codeclub>

<https://www.librariesireland.ie/join-your-library>

<https://www.scoilnet.ie/scoilnet-services/world-book/>

<https://www.oxfordowl.co.uk/>

<https://www.nessy.com/free-trial/signup>

<https://keepingkidsinmotion.com/>

<http://www.amazingeducationalresources.com/>

<https://www schooldays.ie/articles/Learning-Resources-for-primary-and-post-primary-level>

A very interesting article, entitled ‘*Crowded House: Keeping kids entertained at home during coronavirus lockdown*’ written by a former parent of our school, Arlene Harris, Journalist, and published in the Irish Times is well worth a read. The link is:

<https://www.irishtimes.com/life-and-style/health-family/parenting/crowded-house-keeping-kids-entertained-at-home-during-coronavirus-lockdown-1.4202320>

## 77 Simple STEM Activities for Families



### 77 (MORE) Simple STEM Activities for Families



|  |  |   |
|--|--|---|
|  <input checked="" type="checkbox"/> Create a treasure hunt with a map & clues<br> <input type="checkbox"/> Learn to identify trees by their leaves<br> <input type="checkbox"/> Read a book with a STEM theme<br> <input type="checkbox"/> Make the alphabet from sticks or other natural items<br> <input type="checkbox"/> Make your name or words out of recycled materials<br> <input type="checkbox"/> Interview a relative using <a href="http://storycorps.org">storycorps.org</a><br> <input type="checkbox"/> Take your bike apart and put it back together it<br> <input type="checkbox"/> Make something from old puzzle pieces<br> <input type="checkbox"/> Watch <i>Hidden Figures</i><br> <input type="checkbox"/> Make a LEGO maze<br> <input type="checkbox"/> Test objects in your house to see if they float or sink<br> <input type="checkbox"/> Write instructions to make a sandwich & let someone follow them exactly<br> <input type="checkbox"/> Use the cards A-10 & play <i>War</i> , but see who can add, subtract, or multiply fastest<br> <input type="checkbox"/> Play Battleship<br> <input type="checkbox"/> Build a paper airplane launcher<br> <input type="checkbox"/> Build a fort using couch cushions & blankets<br> <input type="checkbox"/> Plant some flowers<br> <input type="checkbox"/> Make something useful from duct tape<br> <input type="checkbox"/> Invent something to solve a problem in your home<br> <input type="checkbox"/> Make "rubber stamps" out of cardboard & pasta<br> <input type="checkbox"/> Learn to solve a Rubik's Cube<br> <input type="checkbox"/> Write your own book, including drawings & cover<br> <input type="checkbox"/> Rearrange furniture in a room to improve function & movement in the room<br> <input type="checkbox"/> Track & graph your high score in a game<br> <input type="checkbox"/> Make ice cubes from various liquids & see how long each takes to freeze |  <input type="checkbox"/> Make dinner for your family<br> <input type="checkbox"/> Determine how much waste there is from cooking a meal<br> <input type="checkbox"/> Invent your own musical instrument<br> <input type="checkbox"/> Try making gears using the website <a href="http://gearsket.ch">gearsket.ch</a><br> <input type="checkbox"/> Create a secret code using a shift or "Caesar" cipher<br> <input type="checkbox"/> Pick a word & see how many other words you can make from the letters<br> <input type="checkbox"/> Measure & graph temperature or rain totals<br> <input type="checkbox"/> Draw your own comic book<br> <input type="checkbox"/> Make a time capsule to open in 10 years<br> <input type="checkbox"/> Make artwork using shaving cream, food coloring, & a toothpick<br> <input type="checkbox"/> Plant a butterfly garden<br> <input type="checkbox"/> Invent a toy for your pet<br> <input type="checkbox"/> Watch <i>Cloudy with a Chance of Meatballs</i><br> <input type="checkbox"/> Freeze a small toy or coin in water & make a time-lapse video of it melting<br> <input type="checkbox"/> Put different amounts of water in class containers & tap gently to make music<br> <input type="checkbox"/> Make paper airplanes using <a href="http://foldnfly.com">foldnfly.com</a><br> <input type="checkbox"/> Try sprouting a carrot top, dried bean, or fruit seed<br> <input type="checkbox"/> Put some dirty pennies in vinegar<br> <input type="checkbox"/> Put celery or flowers in water that contains food coloring<br> <input type="checkbox"/> Learn bird calls<br> <input type="checkbox"/> Build the tallest tower with 1 piece of paper & tape<br> <input type="checkbox"/> Turn an old book into a secret hiding place<br> <input type="checkbox"/> Learn to cook a new recipe or invent your own<br> <input type="checkbox"/> Observe the moon each night & take pictures to make a time-lapse video |  <input type="checkbox"/> Measure things with a tape measure<br> <input type="checkbox"/> Build a model city with items in your house<br> <input type="checkbox"/> Make a bird feeder using a pinecone, suet, & birdseed<br> <input type="checkbox"/> Count how many & what type of birds come to your birdfeeder<br> <input type="checkbox"/> Make a mini-golf course<br> <input type="checkbox"/> Read a book & make a "book trailer"<br> <input type="checkbox"/> Paint rocks with encouraging words<br> <input type="checkbox"/> Weave a bracelet<br> <input type="checkbox"/> Learn about a STEM career<br> <input type="checkbox"/> Write a story, act it out with your family, & record it<br> <input type="checkbox"/> Make a sundial<br> <input type="checkbox"/> Invent a board game using bottle caps or other small items as pieces<br> <input type="checkbox"/> Draw something with isometric dot paper<br> <input type="checkbox"/> Make a slow-motion video of something in nature<br> <input type="checkbox"/> Learn to fold cloth napkins<br> <input type="checkbox"/> Make bread using yeast<br> <input type="checkbox"/> Draw 20 circles & turn each into something (pizza, planets, wheels, etc)<br> <input type="checkbox"/> Build something using toothpicks or straws<br> <input type="checkbox"/> Practice coding using <a href="http://Scratch">Scratch</a> or <a href="http://code.org">code.org</a><br> <input type="checkbox"/> Learn to crochet or knit<br> <input type="checkbox"/> Make your own tangrams<br> <input type="checkbox"/> Learn how cellphones work<br> <input type="checkbox"/> Draw a detailed map of a room in your home<br> <input type="checkbox"/> Learn to sew<br> <input type="checkbox"/> Make something from an empty toothpaste tube<br> <input type="checkbox"/> Look at the clouds<br> <input type="checkbox"/> Learn about the history of technology in your area<br> <input type="checkbox"/> Make cardboard automata (movable sculpture) |
|--|--|---|

            

**Chris Woods @dailySTEM**  
[dailystem.com/resources](http://dailystem.com/resources)

# 50 FUN INDOOR ACTIVITIES FOR KIDS



1. Make Paper Aeroplanes
2. Do some Leaf Rubbings
3. Indoor Treasure Hunt
4. Hold a Sock Chase
5. Start A Family Orchestra
6. Play Board Games
7. Sing some Songs
8. Make a Home Cinema
9. Make Bird Treats
10. Crack Some Jokes
11. Play Cards
12. Bake Cookies
13. Create a Play
14. Make a Card or Write a Letter
15. Have Fun Colouring
16. Make a Magazine
17. Try out new Apps
18. Have Story Time
19. Have a Clear Out
20. Get Knitting
21. Have a Micro Treasure Hunt
22. Play Animal, Vegetable, Mineral
23. Play Fortunately, Unfortunately
24. Hold an Indoor Scavenger Hunt
25. Make a new Photo Album
26. Look at old Photo Albums
27. Play the Yes/No Game
28. Play Alphabet Chat
29. Make Homemade Pizza
30. Make Invisible Ink
31. Write in an Ancient Alphabet
32. Get Crafty
33. Go Camping Indoors
34. Have a Jigsaw afternoon
35. Set up a Racing Track
36. Make a Scarecrow
37. Do Pipe Cleaner Creations
38. Listen to a Podcast
39. Make Play Dough
40. Make a Volcano
41. Create a Favourite Song Playlist
42. Make a Collage
43. Have fun Painting
44. Make a Time Capsule
45. Play Ride 'Em Cowboy
46. Have an Indoor Picnic
47. Make a Letter Book
48. Go Paddling in the Kitchen
49. Play Grocery Shopping
50. Build a Den or Fort



### **Other Words of Advice**

It is a good idea to try and keep to the school schedule/timetable, if you are not working. Children need breaks. Make sure to factor in down time, and outdoor play.

This is an unprecedented situation. It is a new journey for most parents. Do your best. Make this time fun for your family. It may be difficult but endeavour not to transfer any anxiety you may have about this virus to your children. Make sure you talk to your children about what is going on. Listen to their concerns. A good link to explain this virus to your children has been posted to our school website at: <https://www.barefieldns.com/2020/03/15/social-story-re-covid-19/> . Social distancing has also been explained on our school website and social media platforms.

In conclusion, I wish to thank staff members for sharing relevant websites with me. Positivity will help get us all through these worrying times.

Enjoy being with your family and loved ones.

Stay safe!

*John Burns*  
(Principal)