**April 20th – 24th**

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Daily Challenge | Pick up and **tidy** 10 things in your bedroom, 9 things in the sitting room and 7 things in the kitchen | Write a note or draw a picture for your Granny, Grandad, neighbour or friend. | Play the game ‘Name 5’  Examples: Name 5 fruits Name 5 things you find in the park Name 5 sports Name 5 sea creatures | Do some mindfulness using this video  <https://www.youtube.com/watch?v=O29e4rRMrV4>  ‘Rainbow Breath’ - GoNoodle. | Play a game with your family e.g. snakes and ladders, simon says, iSpy.  You can make your own snakes and ladders board if you don’t have one! |
| Life Skill (Make your bed, tie your laces) | Sweep the floor | Put on coat, zip it up | Help make lunch | Set the table | Tidy your room |
| Exercise | RTÉjr 10@10 | RTÉjr 10@10 | RTÉjr 10@10 | RTÉjr 10@10 | RTÉjr 10@10 |