



HARCOURT TERRACE
EDUCATE TOGETHER
NATIONAL SCHOOL

Homework Choice Board

Obair Bhaile Folláine

Complete AS MANY ACTIVITIES AS you
Like!
Bain Taitneamh As!



1. Wonderful Writing



- Reflect on your summer.
- Write down or draw three things you most enjoyed about your summer break.

2. Spend time outdoors!



- Observe and make a list of any wildlife or plants that you see around you this season.
- Draw it, research it, and then share your insights with your class.

3. Move your body!



- Get a dice (*an online dice works too!*).
- Assign each digit on the dice with a different exercise (*you should have six exercises in total!*).
- Here are some examples: Jump jacks, strides, plank, squats, pushups, shoulder taps.
- Roll the dice and do the exercise according to the number on the dice for 30 seconds.

4. Help at home.



- Offer to help at home with the laundry.
- Maybe start by gathering all the dirty clothes for washing in a laundry basket.
- Play 'match up' with the socks when they are clean and dry.
- Fold some towels.

5. Season Selects



- Follow this link and learn about some tasty foods that are in season right now! These will help to energise and fuel your bodies for lots of new learning this year.
<https://www.bordbia.ie/what-s-in-season/best-in-season/calendar/september>

6. Breath & Be...



- Check out this breathing exercise to help you feel calm and present:
- <https://www.youtube.com/watch?v=zybEHbHYZml>

7. Random Act of Kindness



- Create a Random Acts of Kindness Bingo card with nine items and do them whenever you feel like it.
- Follow this link to create 30 bingo cards for free online:
<https://myfreebingocards.com/>

8. Sing it!



- Create a Positivity Playlist of your ten favourite feel good songs at the moment.

9. Laughter is one of the best medicines!



- Create a joke book with a collection of your favourite jokes.

10. Cool Co-operation



- This month's Learn Together Core Value is Co-operation.
- Practice your co-operation skills through playing a boardgame of your friends' choice.
- Learn the rules of the game, practice taking turns and most importantly, cheer for your opponent!

11. Let's meditate!



- To link in with our breathing exercise, try this butterfly meditation:
<https://www.creative-mindfulness.com/meditations>

12. My Best Selfie!



- Draw a self-portrait called 'My Best Self' and write some interesting facts about you around it.