

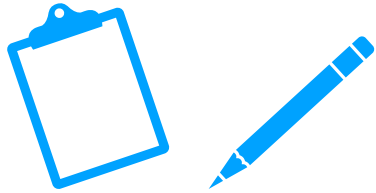
# Friday 12th March 2021



## ONLINE LESSON

In this lesson we will:

- Today we will take time to share and celebrate our learning from this week, so please let me know if you'd like to share and discuss your learning. This can include things you've been doing to relax too.
  - I will remind you of some mindfulness strategies today.
  - I have been trying to write humorous poetry in the form of **limericks**. We will have some fun with limericks today. Do you know any limericks?
  - We will finish off with a game of 'Play Your Cards Right'.
- (\*See below for an extra fun challenge and ideas for the weekend :-)



Sound switched "ON"



Your brain, as well as your 'Dhoon High 5' and 'Values'.



Follow up challenges/ suggested learning can be found below:

## Friday 12th March - Follow up challenges/ suggested learning:

(Remember that these can be attempted and revisited at any time throughout lockdown. :-)

- Discover and analyse limericks: Search out and share examples of limericks. Which are your favourites and why? I look forward to hearing some of these next week. There are some examples in the document I have posted on the website, 'How to write a limerick'.
- Write your own limericks: There are some examples and guidelines on the website. I based my limericks on Manx and African locations. You could try this or link them to any location around the World. In fact it will be great if we have a truly global collection of limericks!

### Taking time to relax and do things that you enjoy over the weekend:

What other things are you getting up to which are helping you to relax and stay positive during lockdown? I'd love to hear about them and if you want to share photographs, please send them in to me. I have been writing poetry and music, as well as being active (and eating well :-).

- At home we have been enjoying **playing games**, including cards. What **card games** do you know? We could share some ideas for card games in our live lessons. Have you played 'Play Your Cards Right' at home?
- Perfect time to enjoy a good book too.
- We always enjoy a game of 'Countdown' in class. Here is the link if you want to play at home:

<https://incoherency.co.uk/countdown/practice/#numbers>

- Feeling artistic? -<https://www.tate.org.uk/kids> or <http://www.robbidulph.com/draw-with-rob>

Also, this app has come highly recommended: **ibis Paint X** (free download)

- **Making music** - Great time to **play instruments** at the moment or how about '**Garage Band**' (free download). My son really enjoys creating music using Garage Band. (We used this in our fitness class.)

**Bye for now and have a great weekend with your families.**

