

Week 25th May Please note: These are just suggestions and do not have to be completed. Encourage your child(ren) to keep reading and just complete daily tasks around the house / garden.

If you are unsure about anything or would like any guidance, please don't hesitate to contact me (msbrooksballindaggin@gmail.com). Even if the kids want to email me themselves, I would love to hear from them.

English – Do these Daily

Word Study – Get an adult in the house to test you on the high frequency words (used very often) below. Score yourself out of 16. Try to complete some of the activities included below and/or do some rainbow / pyramid writing and put them into sentences

out	pretty	please	ride
saw	say	she	soon
that	they	there	this
under	was	want	well

Read for at least 10 minutes.

- While you read every day – see can you complete some activities from Ms. Brooks' reading challenge. I will include a new one below.
- Can you find some of the high frequency words in your book? There should be loads because that's where they got the name high frequency from!

Reading Comprehension I have included a reading comprehension The Messy Magpie which can be read and one set of activities completed on 3 days day. Read it every day that you are completing a task to develop fluency with a familiar text.

Keep a Diary or encourage your child to **Free write** for approx. 15 minutes twice a week. It doesn't matter what they write as long as they are writing eg. Lists of favourite games, make up a poem or song etc.

Maths – Do these Daily

Make sums with these answers We had done this in class before closure. Get your child to make as many + -(x ÷) sums as they can, but they have to have the answer for that day. On Monday all your sums have to have the answer 12. Eg. 4+8=12, 6+6=12, 18-6=12, 24-12=12 (6x2=12, 4x3=12, 5x2+2=12, 24÷2=12) etc. (brackets for 3rd class)

Monday	Answer = 24
Tuesday	Answer = 21
Wednesday	Answer = 25
Thursday	Answer = 23
Friday	Answer = 22

Solvemoji maths tasks on <https://www.solvemoji.com/> or download the app to your device. Start on junior 1 and progress onto junior 2, 3 (junior 4 has multiplication) and also Standard – Easy and progress etc. as your child solves the problems.

Revision of Time: Complete Tasks below in relation to Time. 1 page per day according to class.

Gaeilge

Begin with Comhrá: Inniu An Inné An Amárach An Tá an aimsir (we do this every morning in class) Try to fill in the 'An Nuacht' sheet below on one of the days.

Litriú Spellings - using the same format as word study in English get your child to practice the following colours (only 4) in Irish: corcra, liath, donn, dúghorm (purple, grey, brown & navy)

Play Deir O'Gradaigh (Simon Says as Gaeilge) they children have a bank of vocabulary for this learned off by heart and will explain to you how to play it. (Bí ag Deir O'Gradaigh bí ag)

Revise Bia & Play 'Ag an Bialann': Revise words for food in Irish and play at the restaurant – could be fun at mealtimes. Worksheet included below to revise some of the words. Create a menu (Biachlár). Play 'Ag an Bialann' (at the restaurant) Cad ba mhaith leat? (What would you like?) Ba mhaith liom (I would like ...) or Tá uaim. (I want ...) Seo duit do (Here is your) scian = knife, forc = fork, spúnóg = spoon , gloine = glass & pláta = plate.

SESE - Over the 4 weeks of May, we will learn all the counties of Ireland, one province per week. I have included a poem which dictates the order of provinces.

This week = Ulster. Over the week - Learn the verse of the poem, - Use the map of Ulster to help you learn where each county is & use the empty one to test yourself, - Colour the Ulster flag using the correct colours, - Complete the Ulster counties wordsearch & crossword - Find and learn 3 facts about each county (Flag colours, Car registration letters and county town eg. Donegal = Green and Gold, DL, Lifford). You can use this scoilnet link to access Ireland's Provinces and counties - <http://www.ireland.com/en-gb/about-ireland/discover-ireland/ireland-counties-and-provinces/>

Art - Can you draw from observation this week? Look at something and draw it. Here are some ideas = your favourite shoe, a tree, a flower, the mountains, your pet. (People can be very hard to get right – but try if you would like!) Try to copy it exactly and then colour it in.

PE - do the HIIT workout below everyday

RTE - Everyday watch today's programme.

- | | | | | | | | |
|--------|----------|-----|-------|-------|--------|-------|-------|
| out | 1 pretty | saw | 2 she | that | 3 they | under | 4 was |
| please | ride | say | soon | there | this | want | well |

Word List

- A Write the missing letters.
- | | | | |
|-----------------|--------------|---------------|-----------------|
| 1. ou _ _ | 5. _ _ w _ | 9. th _ _ | 13. _ _ _ der |
| 2. pl _ _ se | 6. s _ _ _ | 10. _ _ _ ere | 14. w _ _ nt |
| 3. _ _ _ et _ _ | 7. sh _ _ | 11. th _ _ _ | 15. _ _ as |
| 4. r _ _ d _ _ | 8. s _ _ _ n | 12. _ _ _ is | 16. w _ _ e _ _ |

B Unscramble these words. Write them in the wordsearch.

- ttah
- nured
- llew
- awtn
- oons
- trepy
- eesalp
- eerht
- deir
- uto



s t g u n d e r t i p
r o p l e a s e h w
i l o y g u o e a e
d w c n a z h r t l
e n p w a n t b l l
v o q u t i l x e m p
u s n a o l y k s o
b d j p x f g i n u
s p r e l t y q m t
l m t h e r e r g a

C Write 10 words from the word list using these letters.

You can use a letter more than once.



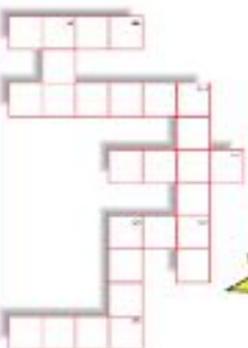
- _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
- Make 2 small words from each word below. You can mix up the letters.
- was
 - there
 - soon
 - this
 - ride

Crossword.

- Across
- "Say _____!"
 - I _____ to go home.
 - Opposite of in.

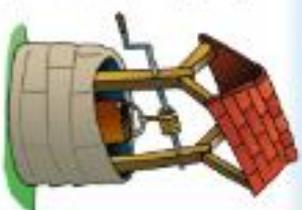
Down

- I don't feel _____.
- Opposite of ugly
- Tom _____ the alien.
- It will be over _____.
- I wish _____ I could visit the moon!



X the 8 incorrect spellings. Write them correctly.

- ovrt 9. vaz
- thay 10. saw
- there 11. say
- wel 12. please
- that 13. ride
- wunt 14. this
- under 15. pritty
- she 16. soone



E Write the missing words. Use the word list.

- It was raining so I couldn't go _____ to play.
- I could see _____ my dog was tired.
- The kittens climbed up the tree but _____ couldn't get down.
- My friends _____ to go to the zoo.
- Pat _____ in Galway for the weekend.
- The mouse was _____ the table.
- The horse is over _____ in the field.
- My friend said she wasn't feeling _____.
- Tom _____ a fox in the field.
- The cowboy tried to _____ the wild horse.



Ms. Brooks' Reading Challenge

While school is closed, why not see how many of these reading challenges you can complete. Colour in the rectangle when you have completed the activity. You can complete the challenges in any order that you like! Have fun!

I finished a story.	I read a story to my pet.	I read a set of instructions for a game.	I found out details about an author.	I read a bus or train timetable.	I read something interesting online.
I read a book and told someone 3 things I remembered from the story.	I read an interview of someone famous.	I read under my duvet with a torch.	I designed a new book cover for a book that I have read.	I read outside sitting on the grass in the sunshine.	I designed a word search on a topic I read about.
I read a recipe.	I read a newspaper article.	I read a weather report.	I wrote a book review.	I read the back of a cereal box.	I made a bookmark.

The Messy Magpie

It's often been noted as years have gone by
That magpies collect all the things that they spy.

They love all things colourful, shiny and bold,
No matter how tiny, no matter how old.

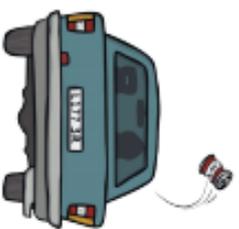
Morris the Magpie's the same, it would seem,
As he loves to pick up any objects that gleam.

He takes them all home to his nest in a tree
To make it look special for others to see.



Now one day, young Morris was struck by surprise
When a gift was thrown down right in front of his eyes.

As it flew from a car, Morris said, "Could it be
That this human has given a present to me?"



He swooped down to pick up the beautiful gift,
Which was hard to manoeuvre and heavy to lift.

He carried it home, though it took him all day,
Then he cleaned up his present to put on display.

He wanted to decorate all that he could
So the next day, he went to the edge of the wood.

He flew to the place where the gift had been dropped,
Where he saw that a family of humans had stopped.

He hopped down to search for his gift on the floor
But he noticed that this time they'd left many more.

The Messy Magpie

Shimmering treasures amongst all the green,
These gifts were the finest that Morris had seen.

Each day, he returned and he couldn't believe
All the wonderful gifts that were left to retrieve.

His tree was soon bursting, with no space for more,
So he started to spread them all out on the floor.



The more of these gifts that his human friends threw,
The more his collection expanded and grew!

Then one day, as Morris was sat in his tree,
Admiring the beauty of all he could see,



He noticed that things were now changing below,
That the plants were all dying and struggling to grow.

The grass was not green like it had been before,
The flowers were wilting, not bright anymore.

His animal friends watched in fear and distress
As their homes and their food were soon lost to the mess.

He turned to the stream, which no longer looked blue
But instead, had a horrible muddy-like hue.



The water was flowing more slowly that day
As the big piles of rubbish were blocking its way.

"Oh no!" Morris cried, as he gasped with alarm,
"I never intended to cause all this harm.

The forest is damaged; the humans weren't kind.
All these gifts were just rubbish that got left behind."



The pride Morris felt for his lovely display
Was soon turning to sadness, regret and dismay.

He adored the collection he'd lovingly built
But his joy had now turned to a feeling of guilt.

He vowed to himself he would put it all right
So he leapt off his branch and then quickly took flight.



He soared high and low looking out for a clue
That would show him the safest and best thing to do.

He noticed a truck driving past on the road,
Which was filled with a very familiar load.

He followed the truck to see where it would go,
Feeling hopeful he'd find what he needed to know.

Morris arrived at a bustling place,
Which had giant containers and masses of space.

Each bin had a sign marking what it was for
And the rubbish piled up, with each car adding more.

"But where does it go?" whispered Morris, confused.
To his shock, a voice said, "It gets crushed and reused."



A seagull appeared and then said with a sigh,
"It's amazing what humans can do when they try."

"That's it!" Morris said and he knew what to do.
"If I bring it all here, they can make something new.

I might need some help but I must make amends."
So he called on a couple of very good friends.

They fetched and they carried for most of the night
And they worked as a team till they'd put it all right.

When the rubbish was gone, Morris looked all around,
At the stream and the flowers, the trees and the ground.

He desperately hoped that he'd made enough room
For the beauty of nature to once again bloom.

He planted...



and watered...



and nurtured away...



Till the forest was thriving and growing each day.

Then Morris knew nothing would make his heart sing
Like the colourful beauty that nature could bring.

He no longer needed the shiniest nest
And he realised that having a green home was best.



Questions

1. What is the name of the magpie in the story? Tick one.
 - Martin
 - Morris
 - Mason
2. Where did Morris get his first 'gift' from the humans? Tick one.
 - he found it in the park
 - it was in a bin
 - it was thrown from a car
3. What did Morris do with the shiny 'gifts' he found? Tick one.
 - he used them to decorate his home
 - he threw them away
 - he gave them to his friends
4. What started to happen as Morris' collection grew bigger? Tick one.
 - Morris' friends became happy
 - the plants were dying
 - Morris couldn't find his nest
5. What did Morris do with all of his 'gifts' once he realised they were rubbish? Tick one.
 - he made them into gifts for his friends
 - he left them in the woods
 - he recycled them

Questions

1. What type of bird is Morris? Tick one.
 - a blackbird
 - a magpie
 - a crow
2. What object was thrown from the car? Tick one.
 - a crisp packet
 - a water bottle
 - a fizzy drinks can
3. What does Morris notice when he returns to the place where his gift was dropped?

4. Draw a line to match up the boxes to complete the sentences.

His tree was soon	like it had been before.
Shimmering treasures amongst	all the green.
The grass was not green	bursting.
5. Complete this sentence.

All these gifts were just _____ that got left behind.

presents people rubbish

Questions

1. What does Morris love? Tick one.
- messy things
 - shiny things
 - small things

2. Why had the family of humans stopped in the woods?

3. Find three adjectives used to describe the gifts/rubbish.

1. _____
2. _____
3. _____

4. Draw a line to match the word to its meaning.

manoeuvre	a careful movement
expanded	in pain or feeling worried
distress	increased in size

5. What does the seagull say happens at the recycling centre?

6. Do you think it's a good idea to recycle? Why?



2nd Class Maths - Time



A Listen to your teacher.

9:00	12:00	4:30	00:00
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B Write when you do these activities in digital time.

Remember: Read the word!

:	:	:	:	:	:
---	---	---	---	---	---

C Write the times that are 2 hours after these times.

1. 6:30 → 8:30	2. 4:00 → :	3. 3:30 → :
4. 7:00 → :	5. 11:30 → :	6. 4:30 → :
7. 9:30 → :	8. 12:00 → :	9. 6:00 → :
10. 9:00 → :	11. 1:00 → :	12. 10:00 → :

D Write the times using the digital clock.

1. half past 5	5:30	2. 1 o'clock	:
3. half past 9	:	4. half past 2	:
5. half past 10	:	6. 4 o'clock	:
7. 11 o'clock	:	8. half past 6	:

E Draw clock hands to show the time.

1. 5:00	2. 3:30	3. 7:00	4. 10:00	5. 12:30
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Objective: Read times in digital and analogue form.

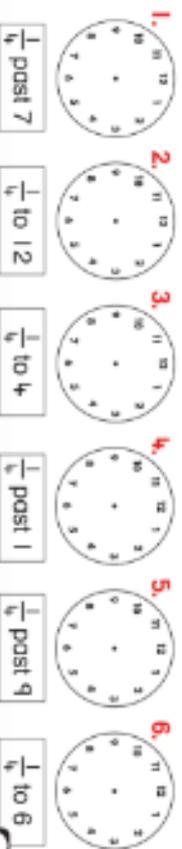
Standard: Year 2

A Fill in the missing numbers.

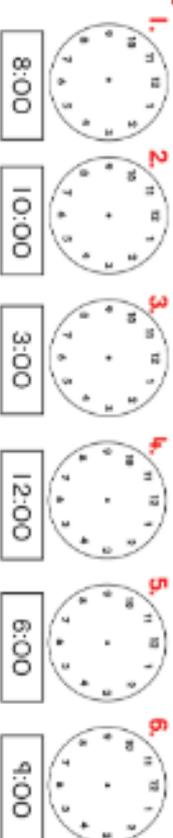
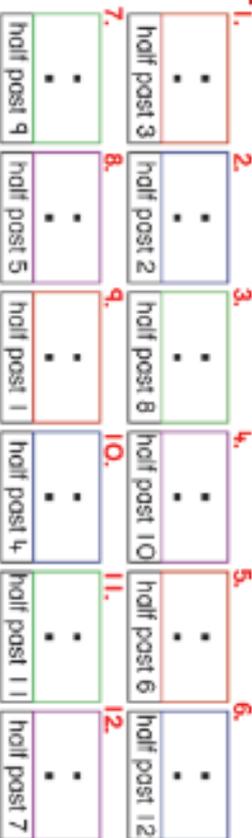
- There are minutes in an hour.
- There are minutes in $\frac{1}{4}$ of an hour.
- There are minutes in $\frac{1}{2}$ an hour.
- There are minutes in $\frac{3}{4}$ of an hour.
- The big hand (minute hand) points to to show 0'clock.
- The big hand (minute hand) points to to show $\frac{1}{4}$ past.
- The big hand (minute hand) points to to show $\frac{1}{2}$ past.
- The big hand (minute hand) points to to show $\frac{3}{4}$ past.

**B** Write the digital time.**C** Fill in the clock hands.

Remember the big hand shows the minutes and the short hand shows the hours.

D Draw clock hands to show the time.**A** Colour and match. Colour the time to match the sentence.

- | | | | | | |
|------|------|------|------|------|-------|
| 5:30 | 7:00 | 1:30 | 4:00 | 9:00 | 12:00 |
|------|------|------|------|------|-------|
- Colour 12 o'clock.
 - Colour 4 o'clock.
 - Colour 9 o'clock.
 - Colour half past 1.
 - Colour 7 o'clock.
 - Colour half past five.

**B** Draw hands on the clock to show the time.**C** Write the time on the digital clock.**D** Write the digital time under each clock.

I will learn about digital time



Read time in hours, half-hours and quarter-hours on 12-hour analogue clock.

Measure

Time



Read time in hours and half-hours on digital clock.

Measure

Time



A Write the digital time.

- 2 hours before 11 o'clock.
- An hour before $\frac{1}{2}$ past 5.
- An hour before 1 o'clock.
- $\frac{1}{2}$ on hour before 9 o'clock.
- $\frac{1}{2}$ on hour before 6 o'clock.

**B How many?**

- How many hours in a day?
- How many days in a week?
- How many days in 5 weeks?
- How many weeks in 63 days?
- How many months in a year?
- How many months in half a year?

**C Write the dates when these events happen.**

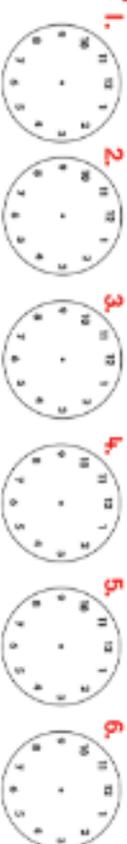
- Christmas Day
- St Valentine's Day
- April Fool's Day
- New Year's Day
- St Patrick's Day
- Christmas Eve

**D Write the digital time.**

- Jim gets up at $\frac{1}{4}$ to 8.
- He starts school at $\frac{1}{2}$ past 9.
- He eats his lunch at 1 o'clock.
- Jim does his homework at $\frac{1}{2}$ past 4.
- He goes to bed at $\frac{1}{4}$ past 8.

**E In your copy, draw 5 things you find at home or in school that tell the time.****A Match the sentence to the correct picture.**

- This clock wakes me up in the morning.
- I would wear this on my wrist to tell the time.
- This clock shows digital time.
- Shadows show the time on this clock.
- A long time ago people only used this to tell the time.

**B Draw hands on the clock to show the time.**

I get up	school starts	lunchtime	school finishes	I have dinner	I go to bed
----------	---------------	-----------	-----------------	---------------	-------------

C Unscramble these words for lengths of time.

- sdnecc
- rouh
- eekw
- eyr
- etumni
- yda
- htmmo

D Circle the unit of time you would use to measure the following.

- How long you are in school today years days hours
- How long it will take you to eat your lunch seconds days minutes
- How long until your next birthday months seconds days
- How long until the end of the month year days weeks
- How long until the end of the year seconds weeks days
- How long until dinner time months minutes hours



My goal is to learn
about lengths of time.



- A Warm-up. Listen to your teacher. Just in time.**
Who will make it to the end first?
You will need a copy of the board game, two counters and one dice.



Digital time: am and pm

'am' means before noon. It is the 12 hours from midnight to midday.
'pm' means after noon. It is the 12 hours from midday to midnight.

B Write am or pm for each of the following.

(a) School finishes



(b) Eat breakfast



(c) Go to sleep



(d) Eat dinner



(e) Do homework



(f) Postman arrives



(g) Wake up



(h) Lunch time



daily routine.

Write the time that you usually do the following activities. Then write **am** or **pm** to tell whether the activities are done before midday or after midday.

Every day I get up at ___ : ___ am / pm.

My breakfast time is usually at ___ : ___ am / pm.

At ___ : ___ am / pm, I have to be ready for school.

I have my lunch at school at ___ : ___ am / pm.

I love being with my friends. My playtime is usually at ___ : ___ am / pm.

At ___ : ___ am / pm, I have to be at home to eat my dinner.

At ___ : ___ am / pm, I am not allowed to watch TV because it's my bedtime.



A Look at the clock and fill in the answers.

- There are ___ minutes in an hour.
- There are ___ minutes in $\frac{1}{2}$ hour.
- There are ___ minutes in $\frac{1}{4}$ hour.



Converting hours to minutes 1hr 30mins = 60mins + 30mins = 90mins

B Write each of the following as minutes.

- 1hr 5mins = ___ mins
- 1hr 30mins = ___ mins
- 1hr 25mins = ___ mins
- 1hr 40mins = ___ mins
- 1hr 55mins = ___ mins
- 1hr 20mins = ___ mins
- 2hr 10mins = ___ mins
- 2hr 20mins = ___ mins
- $1\frac{1}{2}$ hours = ___ mins
- $1\frac{1}{4}$ hours = ___ mins



Converting minutes to hours and minutes

80 minutes = 60mins + 20mins = 1hr 20mins



C Write each of the following as hours and minutes.

- 70mins = ___ hours ___ mins
- 90mins = ___ hours ___ mins
- 100mins = ___ hours ___ mins
- 95mins = ___ hours ___ mins
- 85mins = ___ hours ___ mins
- 110mins = ___ hours ___ mins
- 120mins = ___ hours ___ mins
- 125mins = ___ hours ___ mins
- 145mins = ___ hours ___ mins
- 150mins = ___ hours ___ mins

D Complete the following units of time.

- 5 ___ d
- m l ___ e
- h ___
- d ___
- w ___
- m ___
- y ___



E Use the words from Question D to measure the following:

- How long it takes you to eat your breakfast.
- How long you have been in school today.
- How long it will take you to eat your lunch.
- How long until your next birthday.
- How long until the end of the month.



A							DECEMBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 County Bazaar Sale 10am	2	3	4 Book Fair 2:30 - 3:30	5 Book Fair 2:00 - 3:30	6 Book Fair 2:30 - 3:30	7	8 3rd Coat Tie 5:30pm - 10:30pm	9	10
11 Concert practice	12	13	14 Christmas Carols 7:30pm	15	16 Santa out	17	18	19 Carol Service 11:00	20 3rd coat Tie for Sports Centre	21	22 Last day of school / 20th break	23	24 Christmas Eve
25 Christmas Day	26	27	28	29	30	31 New Year's Eve							

Look at the calendar.

- If it is the 1st of December, how many days are there until Christmas Day?
- How many days are in December?
- How many Mondays are in December?
- What day of the week is December 6th?
- What day of the week is the 1st of January?
- What day of the week is the 30th of November?
- How many days before the Christmas Concert is the practice?
- How long will the 3rd class trip be on the 8th of December?
- The carol service lasts 1 hour, 30 minutes. What time will it end?
- School begins at 9am each day. How many hours of school will there be on the 22nd?



- If next year is not a leap year, on what day will Christmas Day fall?
- If next year is a leap year, on what day will Christmas Day fall?

Get ready, draw from collections, and enjoy weeks at home and face versa.

Stand: **Assessment**
Strand: **Unit 3** Time



A			
TV guide		Mon 16 May	
Kids TV		Children's TV	
12:30 Kids			
Toon Hour	4:00	Horrid Hilda	3:30
Fred and Josh	5:00	Henry and Friends	3:50
The Simsiens	5:25	The Gunge Show	4:20
News Today	5:55	Payback	4:55
Film: Zog's World	6:10 R	Kim's Adventures	5:30
Strongest Link	7:30	Mud4Sport	6:30
Sing Factor	8:00	Webmania	7:00

■ Page up ■ Page down ■ + 24 hrs ■ - 24 hrs
 Press **SELECT** to choose a programme or **R** to record.

Look at the TV guide.

- What was the shortest programme and how long did it last?
- What was the longest programme and how long did it last?
- What does the 'R' symbol stand for beside the film, Zog's World?
- What do you think Jane watched instead of the film, Zog's World?
- How long was Payback on for?
- Why do you think Toon Hour is called Toon Hour?
- What time is *The Simsiens* over air?
- Jane watched *The Gunge Show* and then *Payback* straight afterwards. How long did the two programmes last?
- Sing Factor is twice as long as *Strongest Link*. How long is *Sing Factor*?
- On Tuesday, *Strongest Link* is on an hour earlier. What time will it be on?



B Wait a minute!

- Can you tell how long a minute lasts? Raise your hand when you think 1 minute is up!
- Estimate how many skips or hops you can do in 1 minute.



Activity	Estimate	Actual amount
Skips		
Hops		



Get ready, draw and complete practical tasks and problems involving time and date.

Stand: **Assessment**
Strand: **Unit 3** Time



A Explain it!

Little Johnny has lost his memory. Explain to him what time is.



B Do it!

1. I eat my breakfast at ___ am / pm.
2. The 45 mins = ___ mins.
3. I do my homework at ___ am / pm.
4. 85 minutes = ___ hr ___ mins.
5. I go to bed at ___ am / pm.
6. 145 minutes = ___ hrs ___ mins.
7. Schools starts at ___ am / pm.
8. There are ___ minutes in an hour.
9. The 25mins = ___ mins.
10. There are 7 ___ in a ___.

C Solve it!

1. How many months are there in a year?
2. Mary was $\frac{1}{4}$ of an hour early for school. If school starts at 9:15, what time did Mary arrive?
3. It is 10 past 10. The movie starts at 11 o'clock. How many minutes until the movie starts?
4. The programme, Jess and Kim begins at $\frac{1}{4}$ past 3 and ends at 4 o'clock. How long does it last?
5. The 5th of April is a Wednesday. What day is the 1st of May?



D Say it!

1. There are 60 _____ in a minute.
2. We use a _____ to tell the time.
3. There are 24 _____ in a day.
4. There are _____ months in a year.
5. A year with 366 days is called a _____ year.
6. A _____ tells you what day it is.
7. Afternoon is known as _____. Morning is known as _____.



E Spore it!

In a group, write a **time story**. Make up some questions on your time story to give to another group.

Example

Timmy gets up at 7:45. He brushes his teeth for 2 minutes and then washes his face. By 8:00 he is dressed and ready for breakfast. It takes him 10 minutes to make and eat his toast.

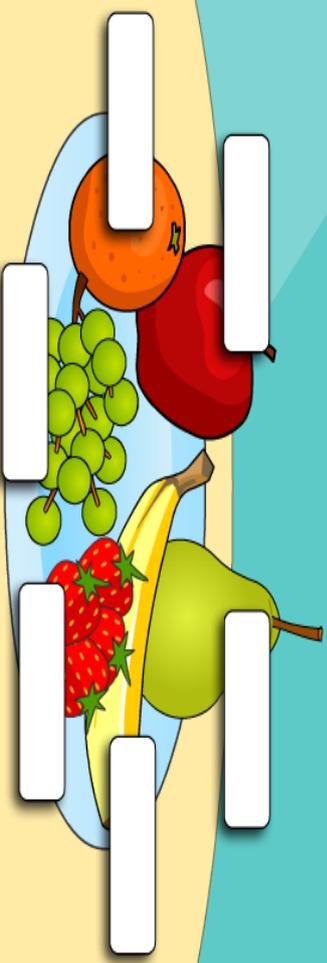


An Dinnéar

Ar dtús d'ith na páistí _____, _____ agus _____.
 Ansin d'ith siad _____, _____ agus _____.
 D'ól siad _____.
 Ar deireadh d'ith siad _____ agus _____.
 Bhí siad lán go _____.

salléad torthaí	béal	uisce	anraith
feoil	prátaí	glasraí	uachtar reoite

Foclóir



fionchaora	úll	banana
oraíste	sú talún	piorra

Counties of Ireland Poem



We are Munster's counties fair,

Cork, Kerry, Limerick, Clare,

Waterford, Tipperary here we are,

Welcoming you from near and far.

Leinster is beyond compare,

Dublin, Wicklow, Carlow, Kildare,

Wexford, Offaly, Laois, Kilkenny, Longford and Louth are as
good as any.

Meath, Westmeath and that is all,

Over now to province that is small.

Connacht is the smallest oh,

Galway, Leitrim and Mayo,

Roscommon, Sligo that's the lot,

Just one more verse for you we've got.



We are Ulster's counties nine,

Let's forget the dividing line,

Donegal, Derry, Antrim, Down, all our counties of renown.

Armagh, Monaghan and Tyrone, Cavan, Fermanagh
now all are known.



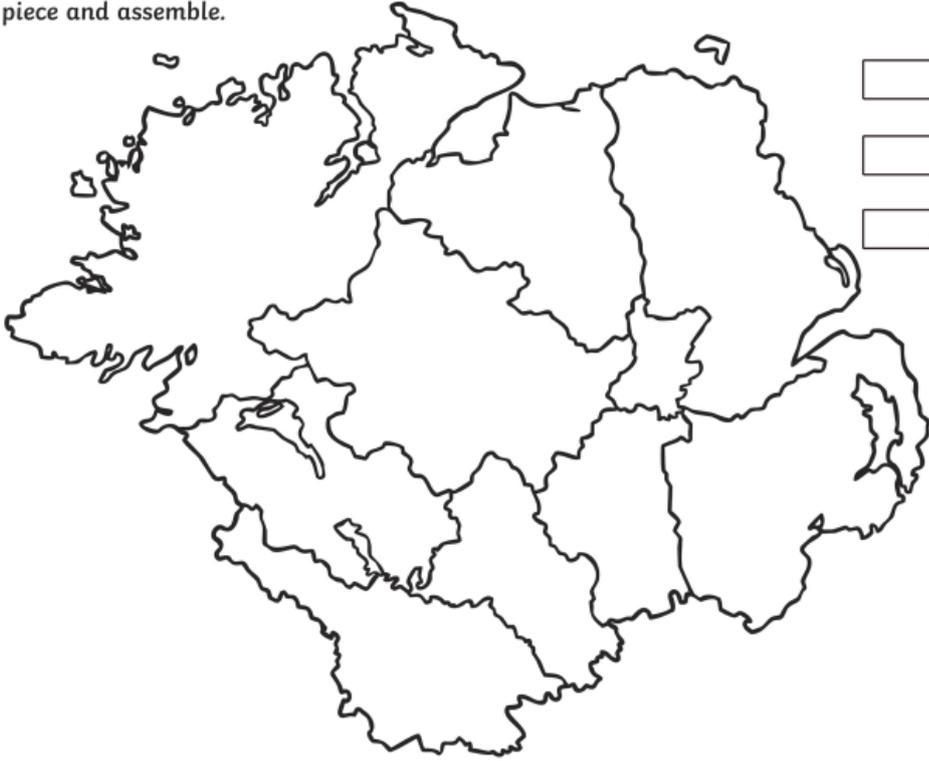
Ulster - Answers



Ulster

Cut out each county piece and assemble.

- Donegal
- Cavan
- Monaghan
- Fermanagh
- Tyrone
- Derry



- Antrim
- Down
- Armagh

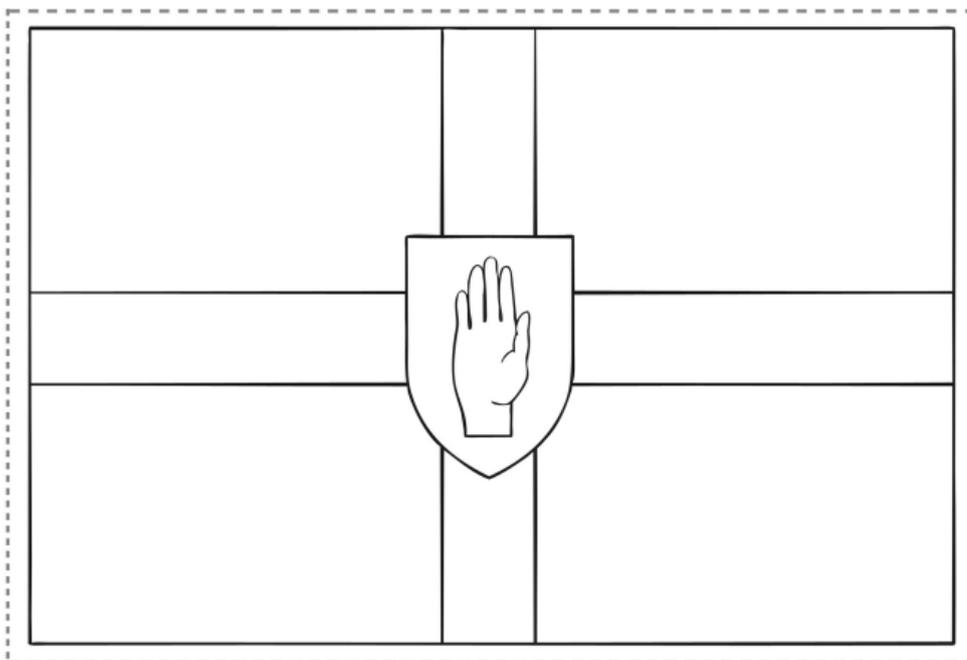
Counties Of Ulster

x r k e t h x q w v j r
 y d o n e g a l x u f l i
 m p o p o a x b c f l t
 c p f e r m a n a g h l
 i e r c u r b c v n a n x
 m i r t n a t b q y n a j
 n w o d h v c y r u h d
 a d d j c a w g r i g p
 v f t q u s z d d e o a p
 a g g v t c u l d u n p
 c u v y c b d d b u o e
 c v z f v p d q u z m k

- | | | |
|----------|--------|-----------|
| Monaghan | Antrim | Armagh |
| Cavan | Down | Fermanagh |
| Donegal | Tyrone | Derry |

Ulster Flag Activity Sheet

Colour and cut along the dotted line to make your Ulster flag.



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7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK & 15 SEC OF REST



FROG JUMP

Hop, hop, hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



GORILLA SHUFFLE

In a low squat, use your hands to balance and shuffle around the room



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can