



# DOMINICAN COLLEGE MUCKROSS PARK



<b>RESOURCE</b>	
<b>DIARY</b>  <b>This is an unprecedented global event in world history.</b>	<p>Keep a diary – a paper diary. Write in it every day (write for no longer than 30 -45 minutes):</p> <ul style="list-style-type: none"><li>• At the top of the page write the day and date, the time, and possibly where you were when writing that entry</li><li>• Record:<ul style="list-style-type: none"><li>○ What you did during the day?</li><li>○ Who you talked to – friends, family</li><li>○ What was in the news?</li><li>○ Interesting fact for the day</li></ul></li><li>• Add paper cuttings, photographs, etc.</li><li>• Make sketches and drawings</li><li>• Write poems/reflections/joke</li><li>• Choose a quotation or a goal of the day</li><li>• Good deed you did</li><li>• Something for which you are grateful</li><li>• Something positive about the day</li><li>• Etc.</li></ul>
<b>NATURE IS SPEAKING</b> (YouTube)	<ol style="list-style-type: none"><li>1. <a href="#">Forest</a></li><li>2. <a href="#">Sky</a></li><li>3. <a href="#">Mountain</a></li><li>4. <a href="#">Home</a></li><li>5. <a href="#">Ice</a></li><li>6. <a href="#">Mother Nature</a></li><li>7. <a href="#">The Ocean</a></li><li>8. <a href="#">The Soil</a></li></ol>

	<p>9. <a href="#">Water</a></p> <p>10. <a href="#">The Redwood</a></p> <p>11. <a href="#">Coral Reef</a></p> <p>12. <a href="#">Flower</a></p>
<b>ACTION FOR HAPPINESS</b>	<p><a href="#">Coping Calendar</a></p> <p>Start at Day 1 and spend 15 minutes doing/thinking about how you can carry out the action.</p>
<b>CALM CHALLENGE</b> (YouTube – short meditations for mindfulness)	<p><a href="#">Day 1</a></p> <p><a href="#">Day 2</a></p> <p><a href="#">Day 3</a></p> <p><a href="#">Day 4</a></p> <p><a href="#">Day 5</a></p> <p><a href="#">Day 6</a></p> <p><a href="#">Day 7</a></p>
<b>Mandala</b>	Search for a Mandala online, print it and colour carefully.
<b>Craft/Activity</b> (Find a good site that will teach you)	<p>Learn how to:</p> <ul style="list-style-type: none"> <li>• Knit</li> <li>• Crochet</li> <li>• Embroider</li> <li>• Paint</li> <li>• Draw <ul style="list-style-type: none"> <li>○ <a href="https://www.rte.ie/culture/2020/0320/1124085-draw-with-alan-how-to-draw-ollie-the-dog/">https://www.rte.ie/culture/2020/0320/1124085-draw-with-alan-how-to-draw-ollie-the-dog/</a></li> </ul> </li> <li>• Etc.</li> <li>• Etc.</li> </ul> <ul style="list-style-type: none"> <li>• Take a picture and email to Ms. Mee to be posted on Twitter @MuckrossCollege</li> </ul>
<b>Bake/Cook challenge</b>	<ul style="list-style-type: none"> <li>• Bake or cook something, take a picture and email to Ms. Mee to be posted on Twitter @MuckrossCollege</li> <li>• <a href="#">The Wellbeing Recipe Book</a></li> </ul>
<b>PE activity</b>	<p>Google Joe Wicks online PE activities</p> <p>See niccidal22 on Twitter #socialdistancing skills and Instagram for hockey</p>

	skills practice ideas at home
<b>Gratitude</b>	Help someone and record in your diary
<b>Various Resources</b>	<a href="#">Directory of free products during Covid-19</a>
<b>Fun Science Experiments</b>	<a href="#">"50 experiments for 50 days"</a> - Steve Spangler Science team.
<b>'Challenge to All' project</b>	Paint a stone ..... See the challenge
<b>Lenten/Easter Reflections</b>	Read/think about the Lenten and Easter Reflections emailed to you