



THE great

Keep

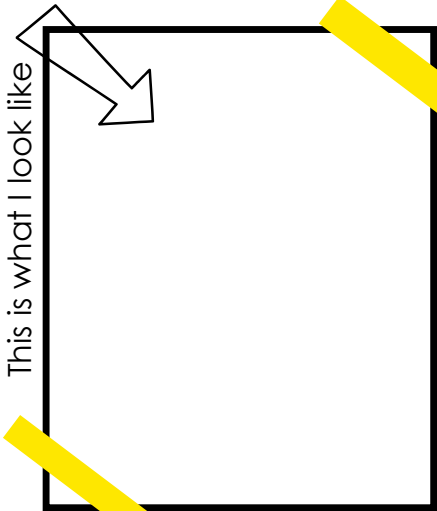
ACTIVE

BOOK

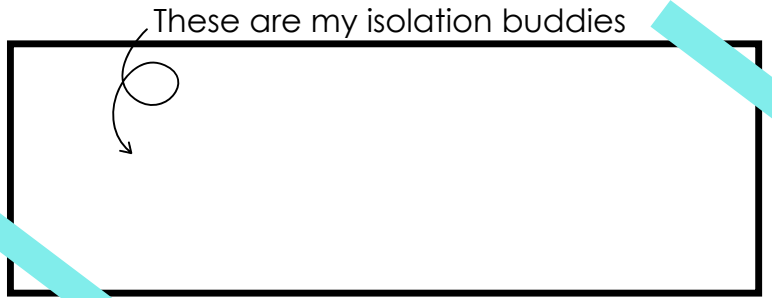
THIS BELONGS TO _____

ALL ABOUT ME

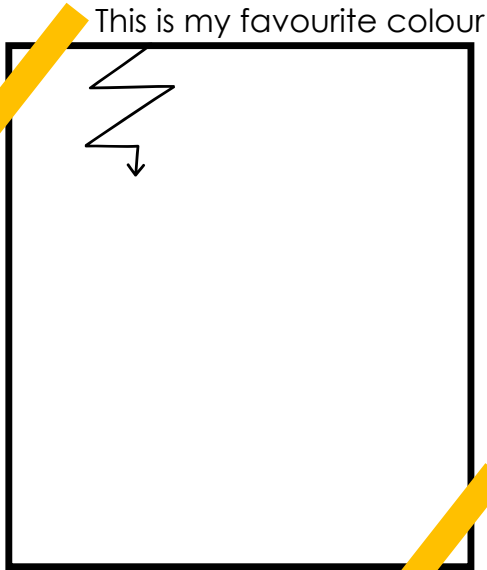
This is what I look like



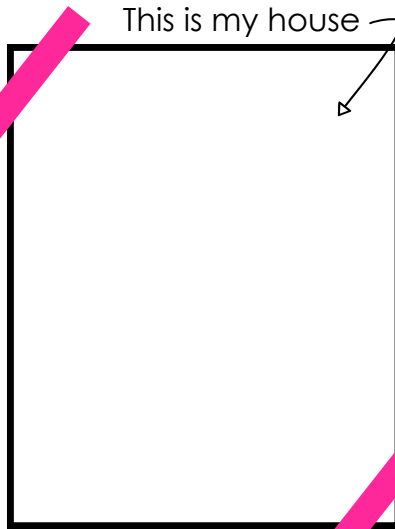
These are my isolation buddies



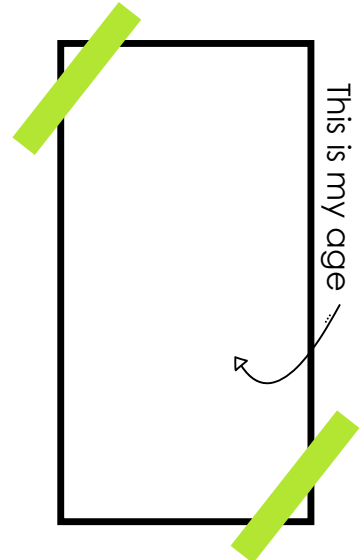
This is my favourite colour



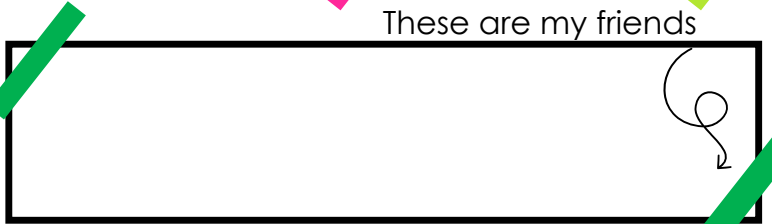
This is my house



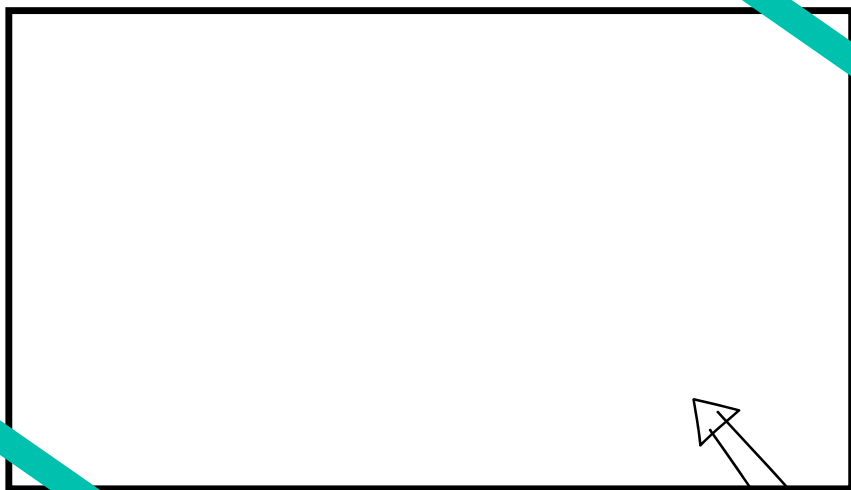
This is my age



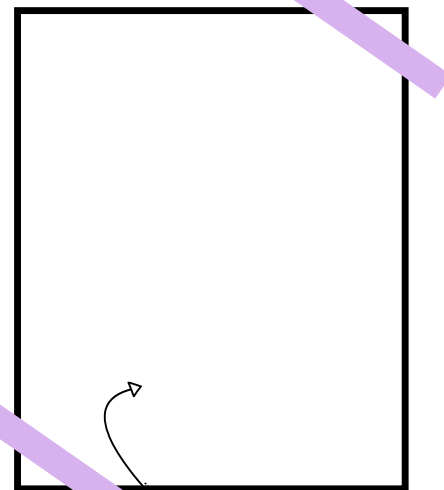
These are my friends



These are a few of my favourite things

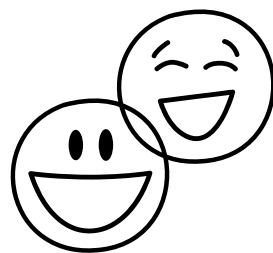


This is my keyworker



HEY YOU!

please remember...



SOME THINGS

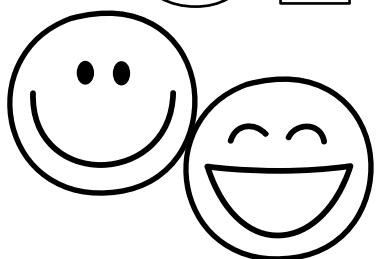
TAKE TIME.

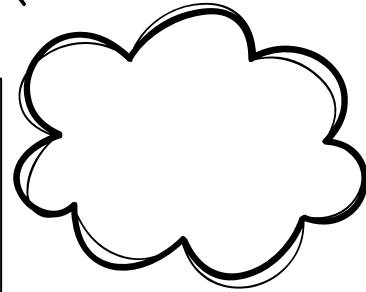
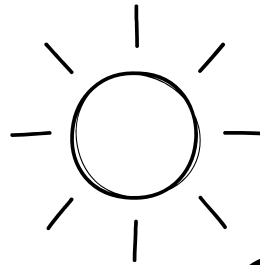
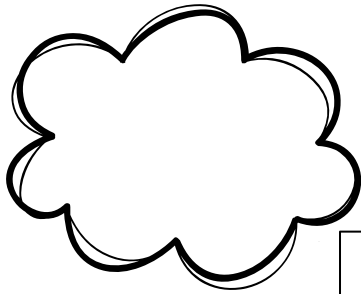
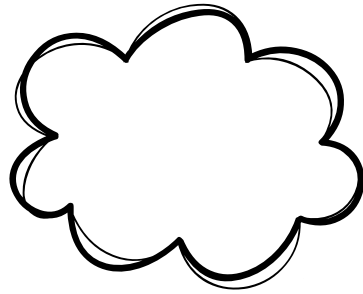
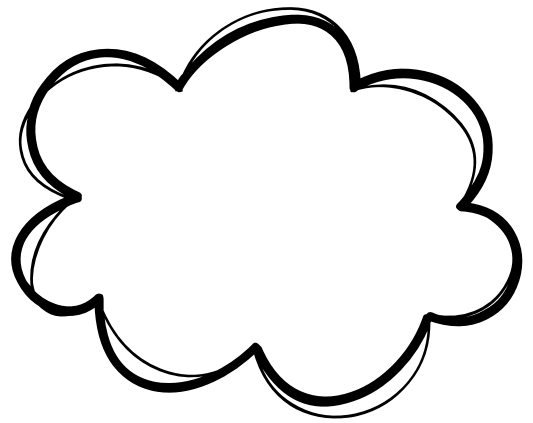
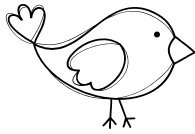
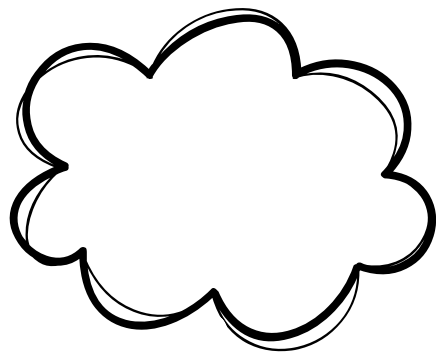
STAY PATIENT.

STAY POSITIVE.

THINGS WILL

GET BETTER.



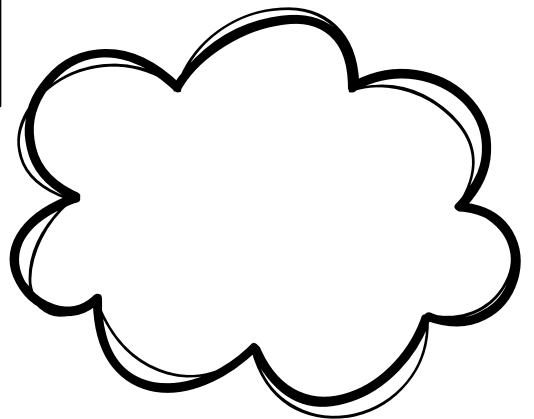


EVERY CLOUD HAS
A SILVER LINING

There is something **good** in every situation!
It's your job to find it! Write something
you're finding difficult and try and think of
the positive silver lining!

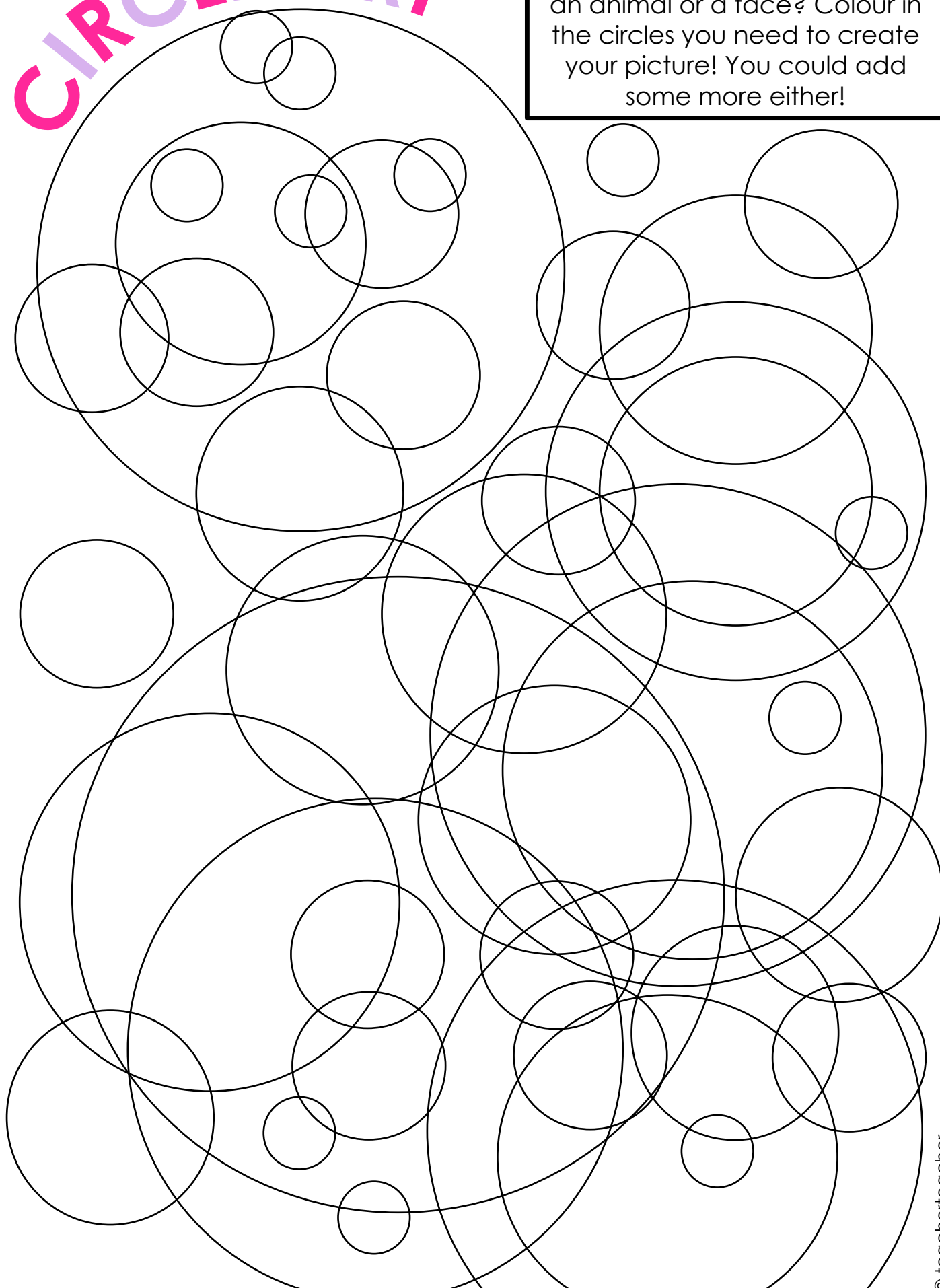
I can't see my friends at the moment because I'm stuck at home.

→ Being apart from them has made me realise how much I love them!

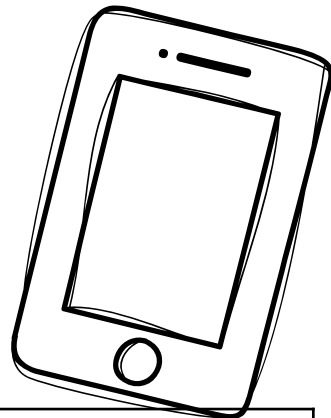


CIRCLE ART

What can you create from the following **circles**? Do you see an animal or a face? Colour in the circles you need to create your picture! You could add some more either!

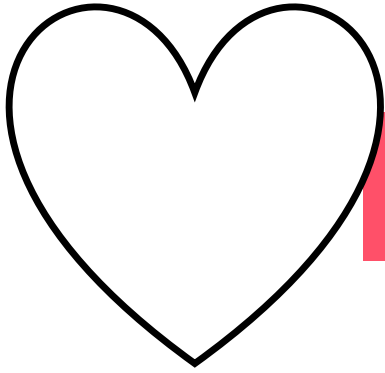
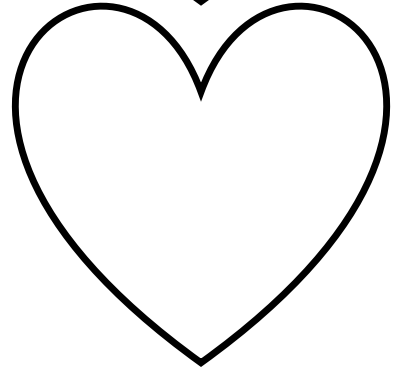
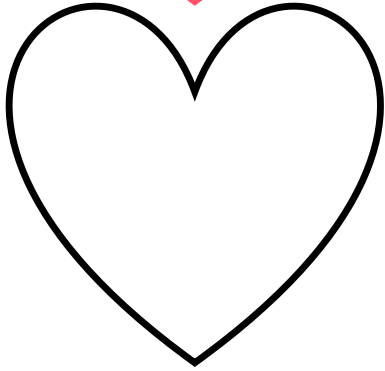
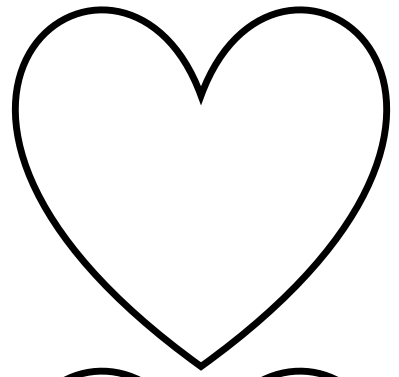
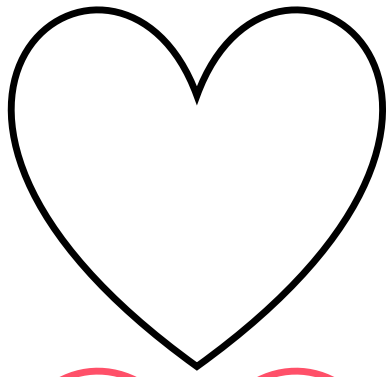
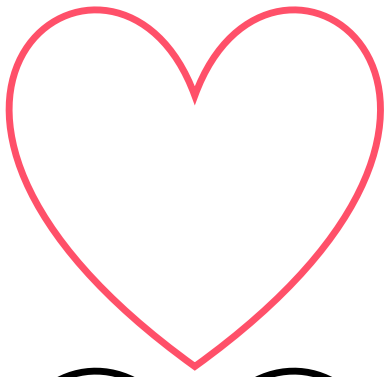


PHONE A FRIEND!

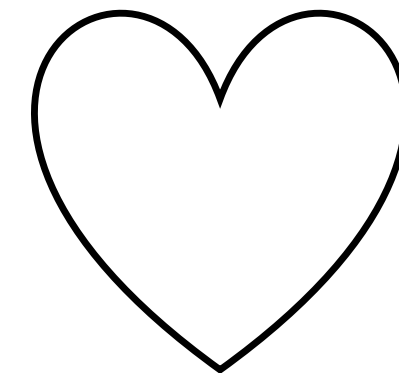
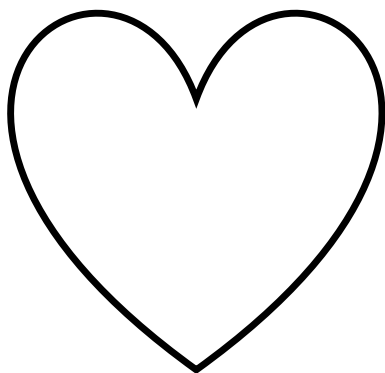
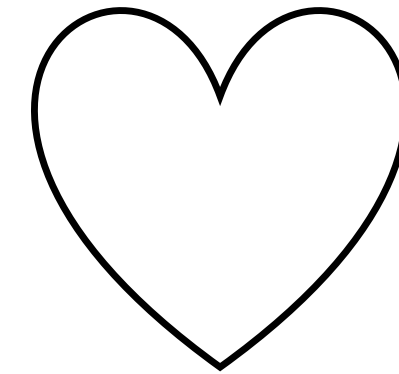
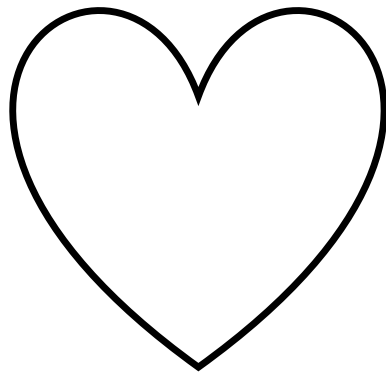


It is important to check in with the people you love! Use this questionnaire to see how well you know one of your friends or family members. You may learn something new!

QUESTION	MY GUESS	REAL ANSWER
What is your favourite food?		
What is your favourite hobby?		
What is your favourite animal?		
Would you rather be as tall as a house or as small as a mouse?		
What have you been doing to keep busy?		
Who is your biggest role model? Why?		
Who inspires you the most? Why?		
What is your favourite country you've visited?		
What is your favourite memory of me?		
What is your most embarrassing moment?		
What are you missing the most?		
Where is the last place you visited?		
Do you have a question for me?		

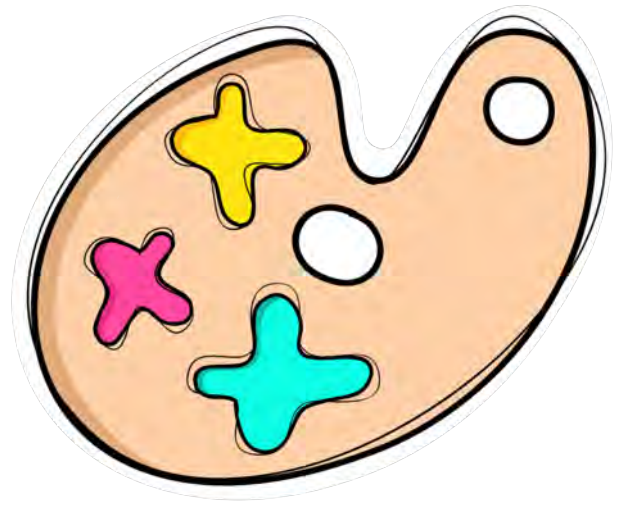


I AM
GRATEFUL
FOR...



COLOUR SEARCH!

Time yourself finding things in your house that match these colours!



DARK
BLUE

LIGHT
BLUE

DARK
GREEN

LIGHT
GREEN

TEAL

DARK
PINK

LIGHT
PINK

DARK
PURPLE

LIGHT
PURPLE

GREY

NAVY

YELLOW

ORANGE

RED

MAROON

BLACK

BROWN

WHITE

GOLD

SILVER

“Just make a DOT and see
where it takes you”

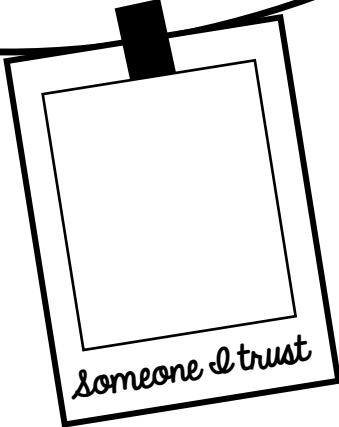
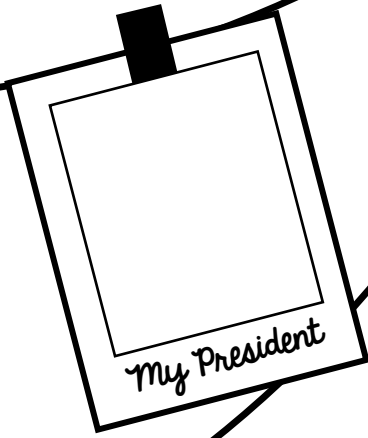
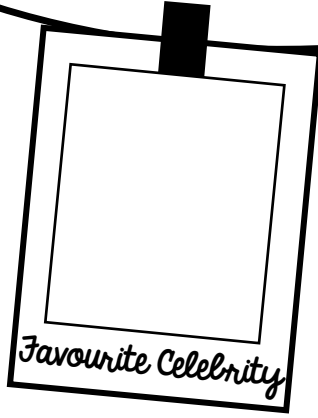
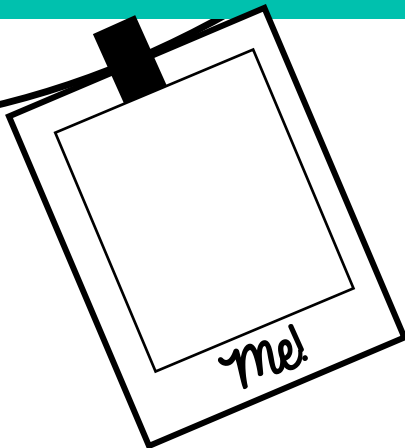
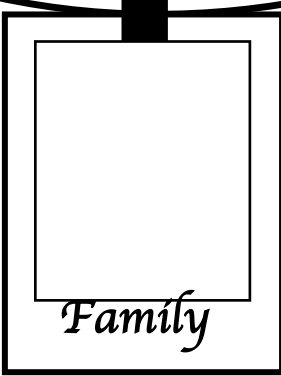
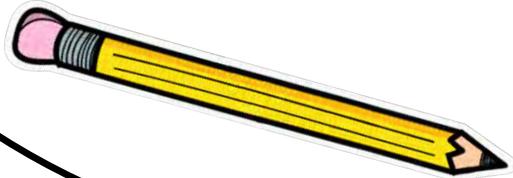
Watch the story “The Dot” by Peter H. Reynolds on YouTube.
Then, have a go creating your own masterpiece below!
<https://www.youtube.com/watch?v=t5mGeR4AQdM>



Draw your best portraits of the following people!

SMILE FOR

THE CAMERA



NEW Skill Map

Learn a new skill in
your house!
Write the steps
below



MY TO-DO LISTS!



Things to organise

A rectangular box with a hand-drawn, slightly irregular border. On the left side, there is a vertical column of 12 small, empty square checkboxes. The bottom right corner of the box is folded over, showing diagonal hatching lines.

People to contact

A rectangular box with a hand-drawn, slightly irregular border. On the left side, there is a vertical column of 12 small, empty square checkboxes. The bottom right corner of the box is folded over, showing diagonal hatching lines.

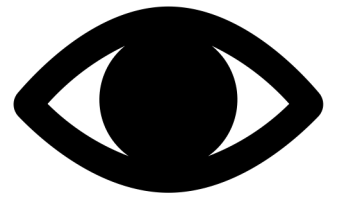
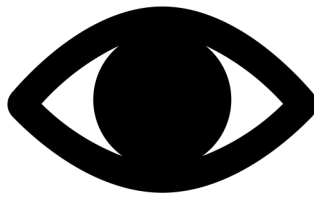
Activities to try

A rectangular box with a hand-drawn, slightly irregular border. On the left side, there is a vertical column of 12 small, empty square checkboxes. The bottom right corner of the box is folded over, showing diagonal hatching lines.

Jobs to do

A rectangular box with a hand-drawn, slightly irregular border. On the left side, there is a vertical column of 12 small, empty square checkboxes. The bottom right corner of the box is folded over, showing diagonal hatching lines.

I- SPY



Sit outside your house or at a window and watch the world go by. It will probably be a lot quieter at the moment! Count how many of the following you can spy!

CARS

DOGS

KIDS

MEN

WOMEN

BIRDS

CATS

VANS

BICYCLES

MOTORBIKES

OTHER

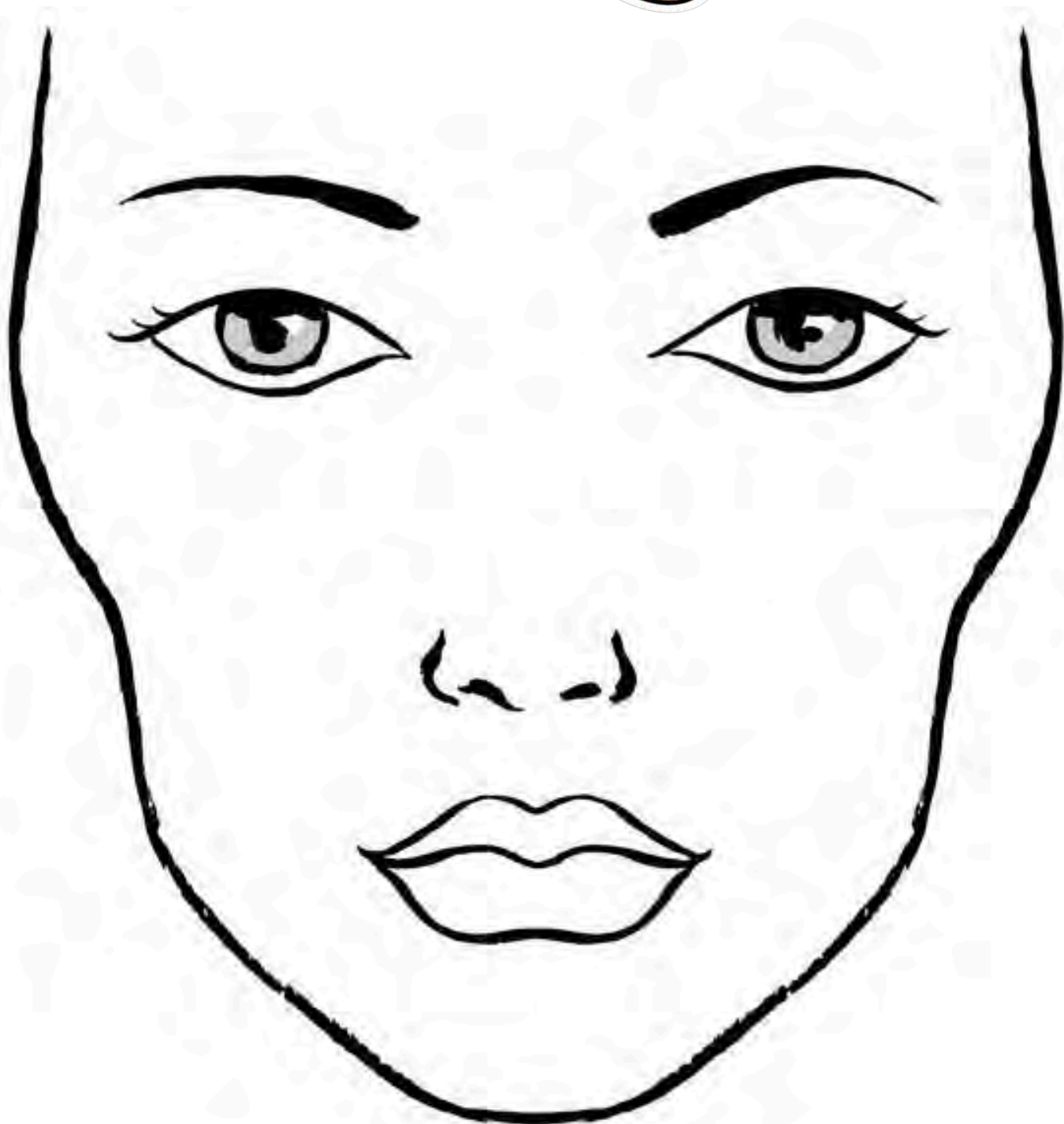
OTHER

WOULD YOU RATHER.....

Have a dog	OR	Have a cat
Be as tall as a house	OR	Be as short as a mouse
Have 3 hands	OR	Have 3 feet
Lose your sense of taste	OR	Lose your sense of smell
Only be able to whisper	OR	Only be able to shout
Be able to freeze time	OR	Be able to travel in time
Live without music	OR	Live without TV
Be able to breathe under water	OR	Be able to fly
Always have a song stuck in your head	OR	Have an itch that you can't reach
Have the legs of a frog	OR	Have the head of a fly
Have a magic carpet	OR	Have your own personal robot
Be 10 years older	OR	Be 4 years younger
Be a famous singer	OR	Be a famous actor
Speak every language	OR	Play every instrument
Be the smartest person in the world	OR	Be the best athlete in the world
Eat a beetle	OR	Get stung by a bee
Spend the day on the beach	OR	Spend the day skiing
Not watch TV for a year	OR	Not have sweets for a year
Have a swimming pool	OR	Have a trampoline
Have a purple nose	OR	Have green ears
Always be dressed up	OR	Always wear your pyjamas
Moo like a cow after every sentence	OR	Bark like a dog after every sentence

PAINT A FACE

Add some designs to the face! You could create a face paint look or add some make up!

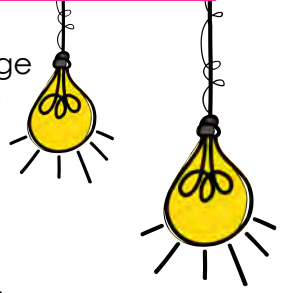


We are

HISTORY MAKERS

You are living through history right now! Fill in this page for your future self to look back on. You can create a time capsule by storing this page and other items in a container and not opening it for a few years! You could also include....

- Photos
- Newspaper
- Art work you have created
- Special memories



What I have learned from this experience

I am thankful for...

How I'm feeling at the moment

Things I am excited to do when all of this is over

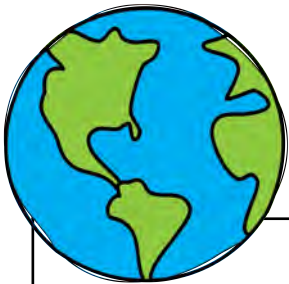
What special occasions happened during this time?

My fingerprint
(use a marker)

What I am doing to keep busy at home

My favourite song at the moment

Where I'm living at the moment



COMIC STRIP

The superhero that saved the world from COVID-19!

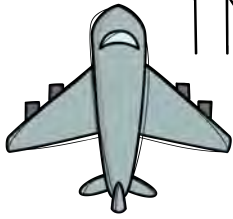
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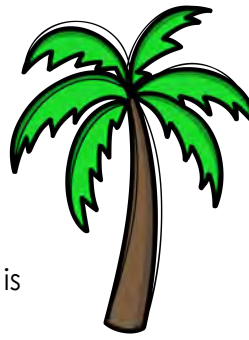


TRIP



OF A

LIFETIME



It's time to book your dream holiday! Your budget is 5000 euro so look online and fill out the itinerary below!

When is your trip?

Summer

Autumn

Winter

Spring

Who is going on the trip with you?

Family

Friends

Name them here _____

Where are you going?

Country _____

City _____

How long will it take to get there? _____

How are you going to get there?

Mode of transport

Price of tickets

Date of trip

Where are you going to stay?

Hotel

House

Apartment

Yacht

Caravan

Name of accommodation

How much is it going to cost?

What facilities are available?

Plan for the trip

What will you **do** on your trip?

What will you **eat** on your trip?

What will you **see** on your trip?

My Day Service Fact file



This is what my day service looks like

What activities do you take part in?



How many people are in your center?	
Who is your supervisor?	
Who is your keyworker?	
How many rooms are in the center?	
What is your favourite activity?	
What is your least favourite activity?	
Who are your best friends?	
Where is your center address?	

What I miss the most about the center

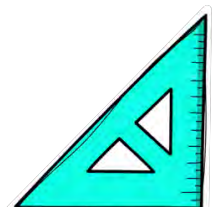
What I'm most looking forward to when we get back to day service

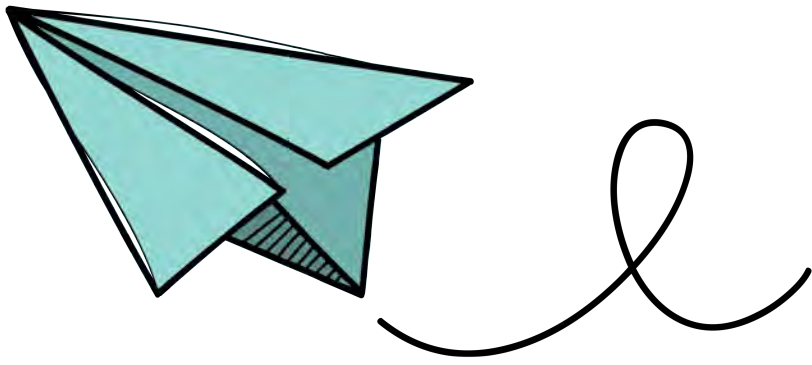


My favourite day service memory

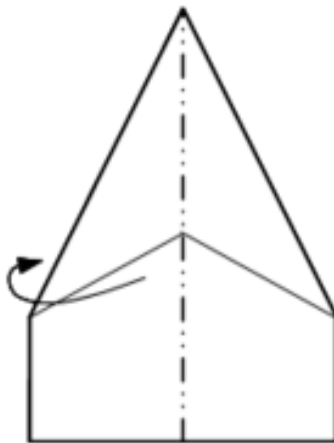
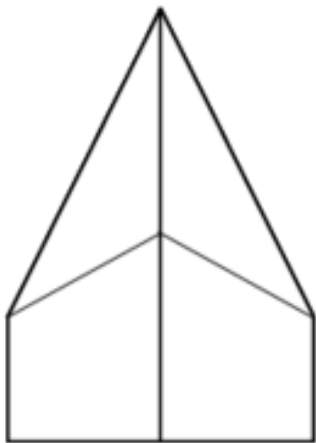
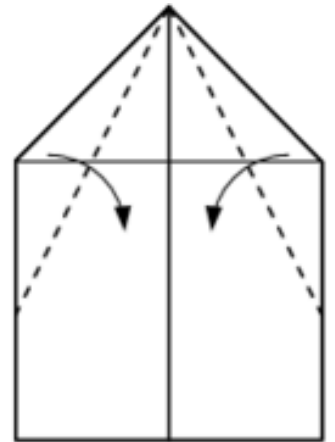
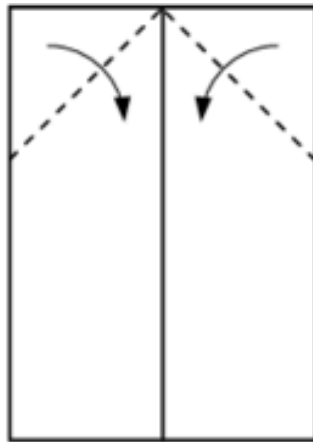
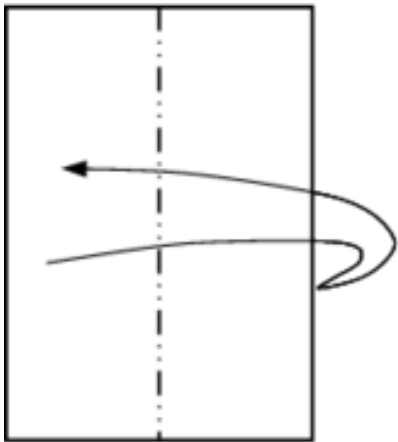


What is the most important thing you have learned in Day service ?



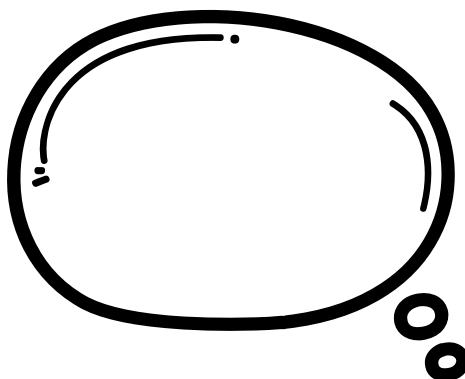
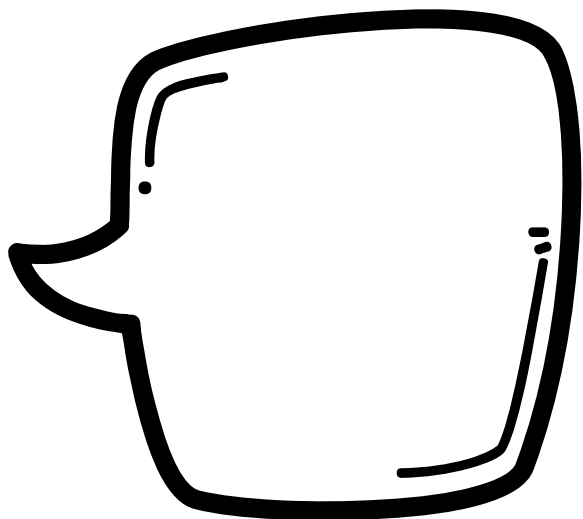
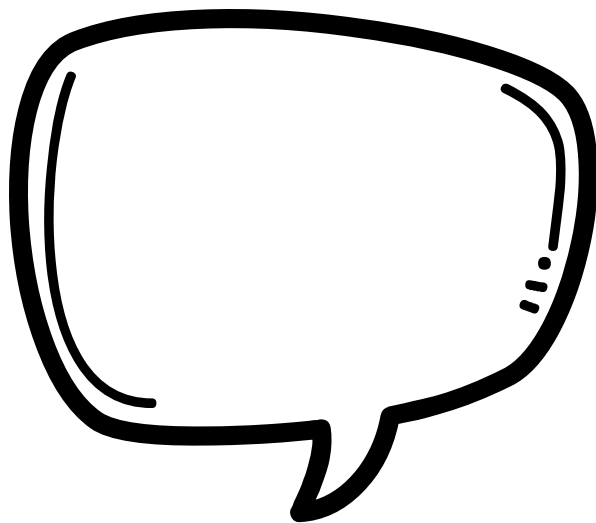
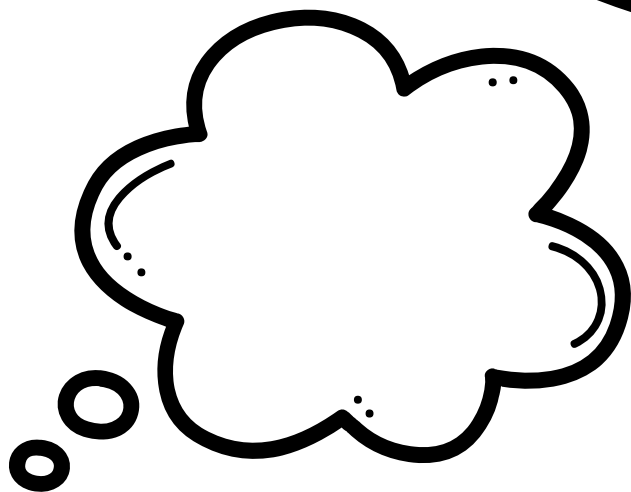
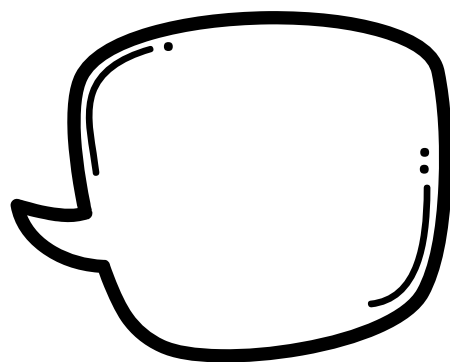
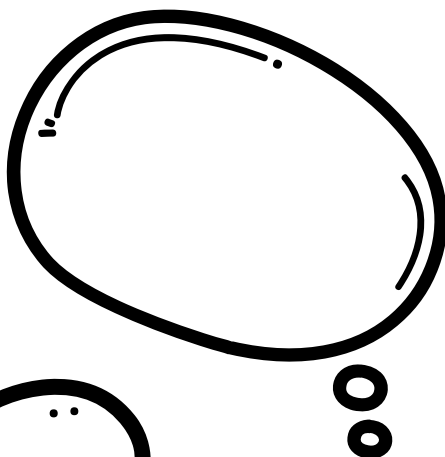


HOW TO MAKE A PAPER AIRPLANE



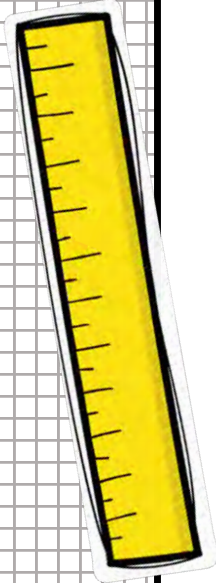
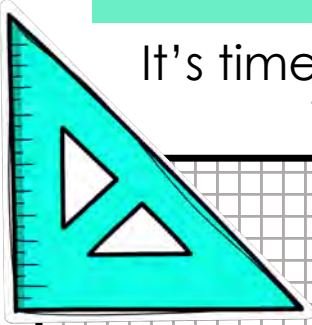
KINDNESS IS THE MARK WE LEAVE ON THE WORLD

Now is the perfect time to show kindness. Write the random acts of kindness that you have completed in the speech bubbles!



DESIGN YOUR ROOM

It's time for a room renovation! What would you include in your dream bedroom?



my DREAM TEAM

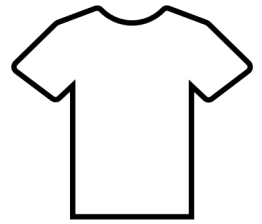
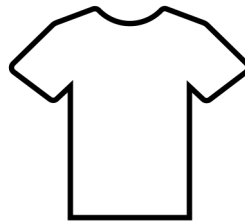
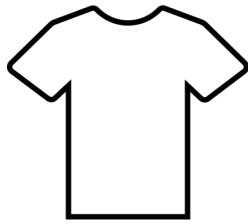
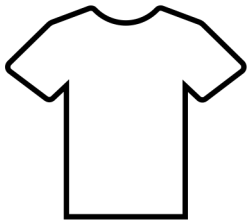
Pick your favourite team sport and create your dream team.

You could pick real athletes or some of your friends! Don't

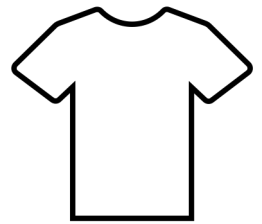
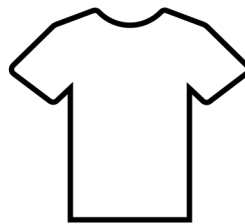
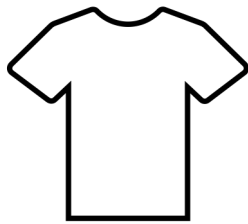
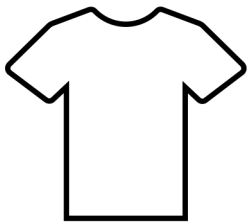
forget to design your kit on the t-shirts below!



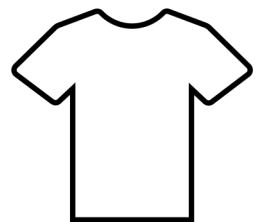
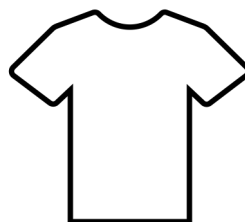
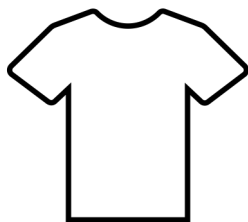
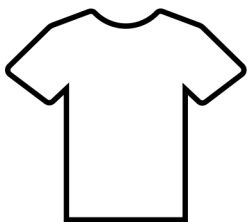
Sport	Name of team	Manager	Home country



Name:	Name:	Name:	Name:
Position:	Position:	Position:	Position:
Number:	Number:	Number:	Number:



Name:	Name:	Name:	Name:
Position:	Position:	Position:	Position:
Number:	Number:	Number:	Number:



Name:	Name:	Name:	Name:
Position:	Position:	Position:	Position:
Number:	Number:	Number:	Number:



House



OLYMPICS

Host your own Olympic Games at home this year! You could have real sports or make up some funny games instead. Don't forget to make some tinfoil or toilet roll medals for the winners!

NAMES OF ATHLETES					

NAME OF SPORT	VENUE	EQUIPMENT NEEDED	TIME OF COMPETITION	ATHLETES TAKING PART	WINNERS!

OVERALL WINNERS

2nd Place _____

1st Place _____

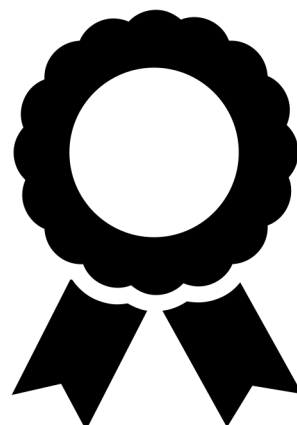
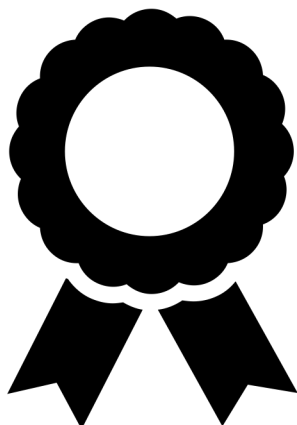
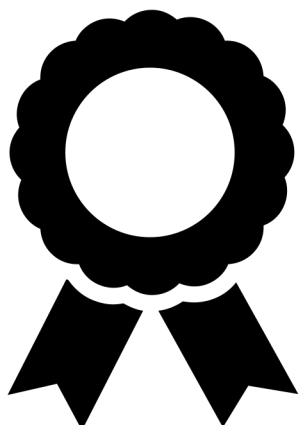
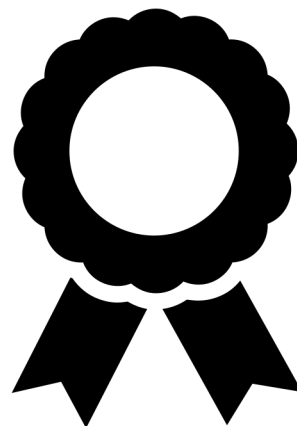
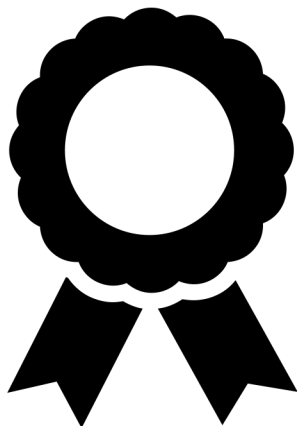
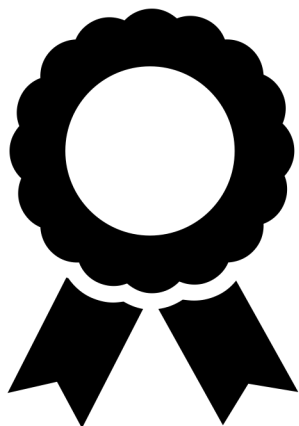
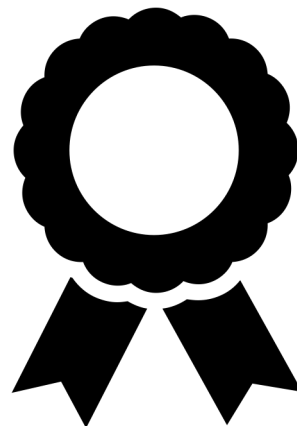
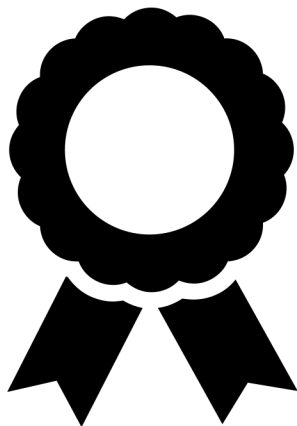
3rd Place _____

- ### SPORT IDEAS
- Can Challenge
 - Obstacle course
 - Throwing ball into a bucket
 - Sack race
 - Egg and spoon race
 - Stairs climbing
 - Trampoline skills
 - Wheelbarrow race

CELEBRATE

the little things!

YOU'RE ALLOWED TO CELEBRATE YOUR VICTORIES - BIG OR SMALL!



WORD

A DAY

DIARY

At the end of each day, pick **one word** that summarizes it! This is a fun and quick way to look back on your time at home.



HERE ARE SOME EXAMPLE WORDS

fun	family	sport	tired	calls	art
news	friends	exciting	Learn	movie	adventure

APRIL

MON	TUES	WED	THURS	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MAY

MON	TUES	WED	THURS	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

HOME

RESTAURANT



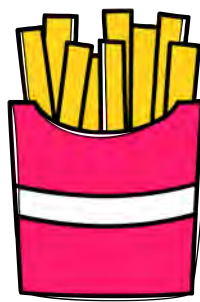
Do you have a favourite restaurant that you are missing at the moment? It's time to bring it to your house! Set up the room and ask everyone to dress up for the dinner of a lifetime!

Name of restaurant	Meal you will be cooking	Who will be attending?

Shopping list

-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-

Plan for the **layout** the room



TO-DO List

- Make invites
- Look up the recipe
- Collect all the ingredients
- Set the table
- Decorate the room
- Make table name cards

-
-
-
-
-
-
-
-
-
-

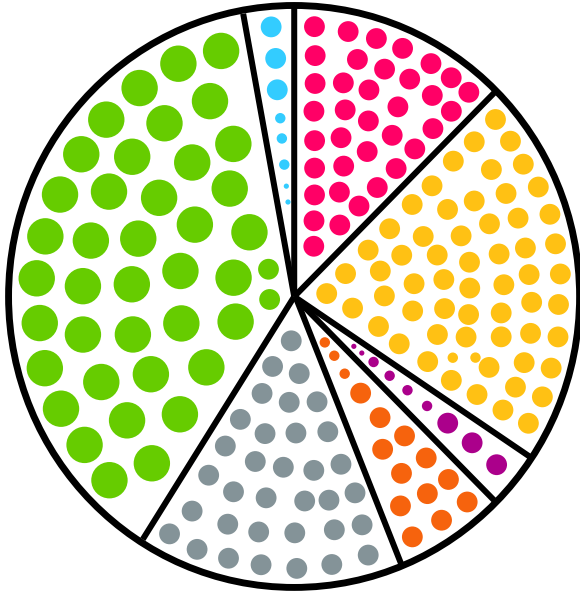
Evening **entertainment**

- Jokes
- Dance
- Music
- Gymnastics
- Speech
-
-

PIE CHART OF

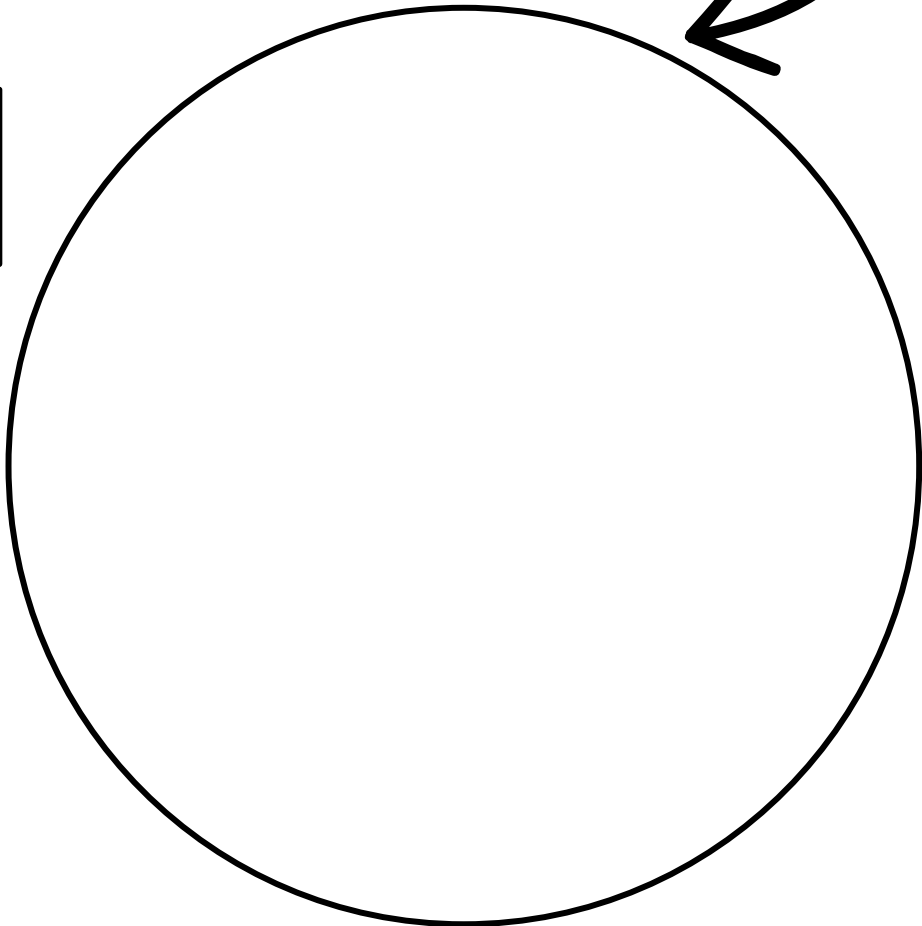
PRODUCTIVITY!

It's fun to see what you are doing each day. Split up this pie chart roughly to show how you are spending your time at the moment! Here is an example one for you!



- Watching TV
- Sleeping
- Playing outside
- Calling my friend
- Zoom work
- Baking
- Reading/ eBooks

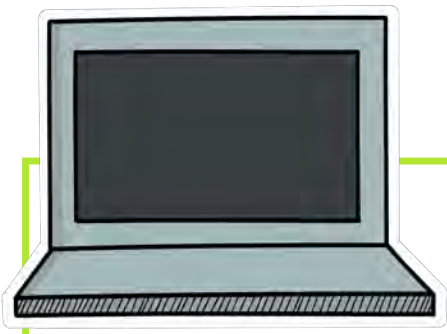
How I split up
my **day**!



CHALK IT OUT

People around the world have been leaving messages of **positivity** along the footpaths of their neighbourhood. This is such a great way to show kindness and gratitude! If you don't have chalk, you could use post-it notes or paper and leave them somewhere visible! Here are some of our favourite messages to inspire you....



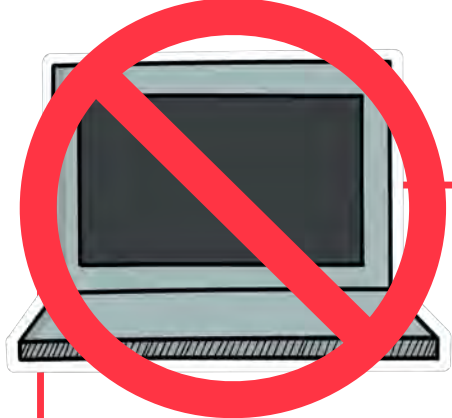


“I’M BORED”

IDEAS

Ideas that need a screen

- Watch **Newz2Today RTE Player**.
- Visit The Irish Museum website and have a **virtual tour**.
- Find your favourite places on **Google Maps** street view.
- Listen to an audio book on the **Audible!** App.
- Challenge your friends to an **game**.
- Have a family game of **Charades!**
- Record** a voice message to send to someone you haven't seen.
- Set up a **green screen** (you could use a table cloth or bedsheet) and download the **Green Screen by Do Ink** app.
- Play on a **sudoku/ crossword** app.
- Start a Time Capsule
- Challenge your friends to a **dance off**.
- Learn a new language on **Duolingo**.
- Create a **quiet space** and watch your favourite movie on own device.
- Go through your camera roll/ a parent's camera roll and **pick some photos** to get printed using the “free prints” app. You can get 40 prints free a month!
- Become a detective and use the **Geoguessr** app to identify locations on street view.
- Work on problem solving skills using the **Nonogram** app.



“I’M BORED”

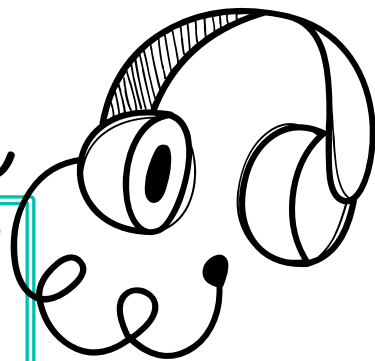
IDEAS

Screen-free ideas

- Write a **letter** or send a picture to a family member you haven’t been able to see in a while.
- Set up an **obstacle course** in the garden and time all your house members to complete it.
- Set up a quiet space in your garden. Bring the duvets down and enjoy some star gazing.
- Set up a themed **restaurant** for your family/ housemates.
- Create a challenge for someone in your house.
- Go for a **run** or a walk around your local area.
- Make use of all the **toilet roll** lying around and practice your Keepy-uppies outside.
- Set up “**Quarantine Olympics**” at home with your family/ housemates.
- Bounce** a ball into a bucket.
- Have a game of **cards**.
- Create a **game show** for all the family. It could be a version of The Chase, Who wants to be a millionaire or Mr. and Mrs.or you could invent your own!
- Learn a **new skill** e.g. knitting, cooking, drawing or solving a Rubik’s cube.
- Pick a recipe and have a house bake off!

PODCAST

Recommendations



It is great to have a podcast or an audio book. Podcasts and audio books allow you to practice the same comprehension skills as reading. Podcasts are the key for productivity too! If you've been asked to empty the dishwasher or tidy your room, it's great to have something to listen to and it stops you getting distracted. These are the top recommended podcasts and audiobook platforms.

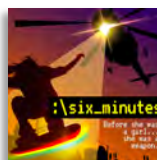
NEWS



NEWZ2DAY RTE2 **Weekdays@4.20**

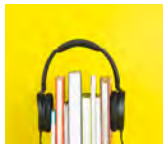
<https://www.rte.ie/player/series/news2day/>

MYSTERY



SIX MINUTES This is a mystery story <https://app.kidslisten.org/pod/Six-Minutes>

BOOKS



Audio Book Platform 7 of best Audio Book Platforms <https://adobe.ly/3cl6z9P>

SPORT



GOOD STUFF SPORTS <https://goodsportscast.org.uk/category/episodes/>

SCIENCE



BRAINS ON! Answer science questions that kids have always wondered. <https://www.brainson.org/>

DEBATE



SMASH BOOM BEST Debate podcast <https://www.brainson.org/pages/smashboombest>

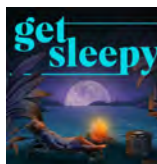
MYSTERY



THE UNEXPLAINABLE DISAPPEARANCE OF MARS PATEL <https://www.marspatel.com/>

www.marspatel.com/

STORY



STORY TIME Bedtime Stories <https://podcasts.apple.com/us/podcast/get-sleepy/id1487513861>

ADVENTURE



ELEANOR AMPLIFIED This podcast follows a journalist who goes on an adventure <https://why.org/programs/eleanor-amplified/>

WHAT IF



WHAT IF WORLD This series takes ridiculous "what if" questions <http://www.whatifworldpodcast.com/episodes>

POSITIVE



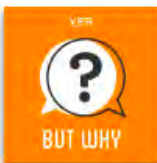
FLYEST FABLES takes its readers to a world where they find the strength to overcome <http://flyestfables.libsyn.com/>

MOVE



Live Happy Now <https://www.livehappy.com/podcast>

WHY?



BUT WHY? <https://www.npr.org/podcasts/474377890/but-why-a-podcast-for-curious-kids>

SPACE



Curious Universe <https://www.nasa.gov/curiousuniverse>

APP recommendations

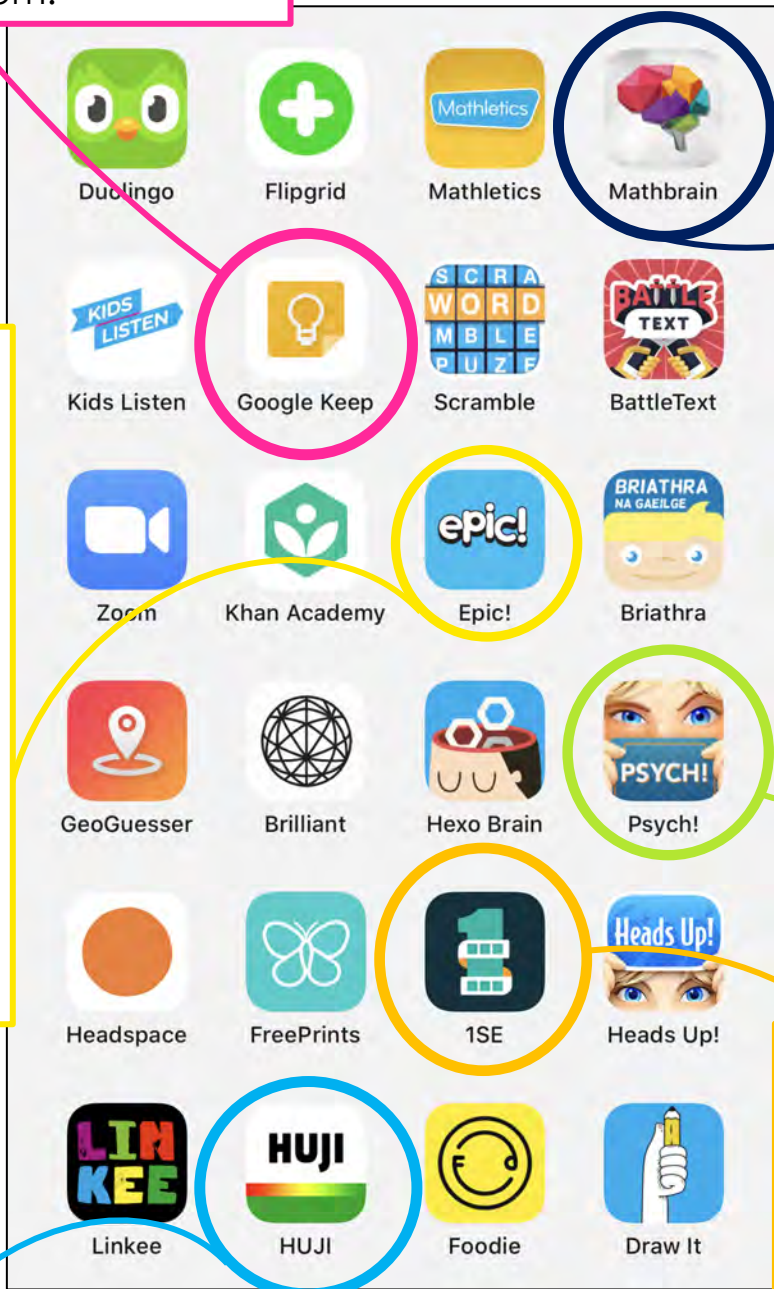
The following 24 apps are our recommended apps to get you through the next few weeks! There is a mixture of educational, photography, social, fun and organisational apps. Please try any that you think you may like!

A great way to keep your to-do lists **organised**, or any lists you may have! You can tick off the items as you complete them.

Good way to problem solve while revising simple **Maths** concepts.

Lots of **books** in one place. You can listen to them as audiobooks or read along similarly to a kindle. Make sure to select the correct grade for your age level.

A great **quiz** game to play with your friends online.



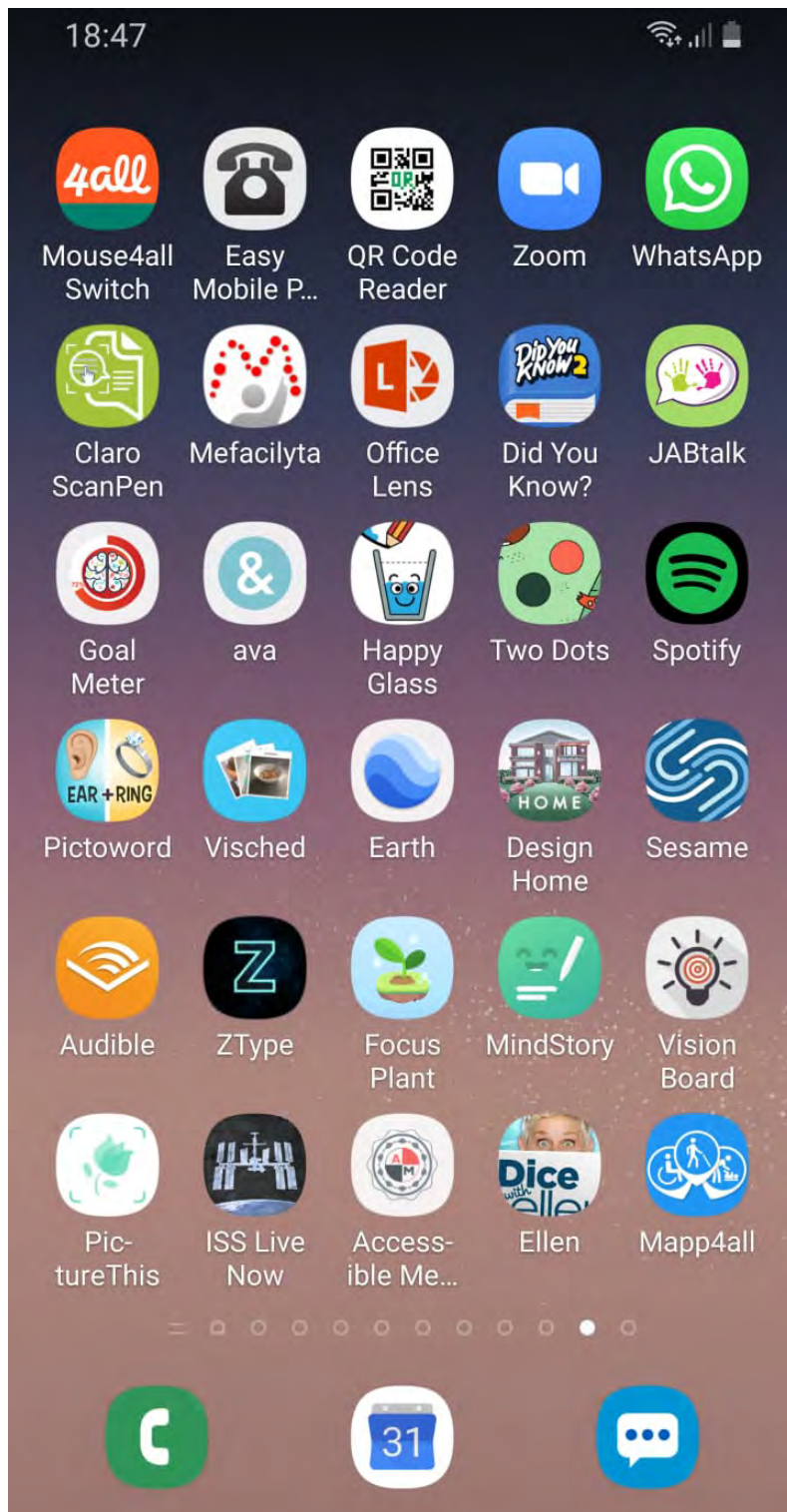
Take **photos** using "retro" disposable camera features!

Document **one second** of everyday of your isolation experience! A lot of people start this in January and record their entire year.

APP recommendations

These are Android Apps we would recommend you try out and let us know what you think.

You can watch a video explaining the android apps by scanning the QR Code on the right or Watching the video <https://vimeo.com/408572674>



APP recommendations

Check out SJOG website
EmpoweringApps.com



You can watch a video explaining the iOS apps by scanning the QR Code on the right or Watching the video.
<https://vimeo.com/408757022>



Join our online



Weekday Zoom Activities

On a laptop using Google Chrome go to

www.zoom.us/join

Enter the Meeting ID: 474 389 762 Passcode:

054429

**or [https://zoom.us/j/474389762?
pwd=S3JSaFNVY2RVVnpXSGY1ZjAxUjNzZz09](https://zoom.us/j/474389762?pwd=S3JSaFNVY2RVVnpXSGY1ZjAxUjNzZz09)**

How to use zoom video can be found here

<https://vimeo.com/401371889> or scan QR



If you have any problems trying to login please contact your Keyworker or Supervisor and they can help you to join the zoom classes.

Please find the timetable attached and note that the timetable might change due to availability of instructors, host and co-hosts.

If you have an idea for a class please let us know.

Email sarah.boland@sjog.ie or talk to any SJOG Staff.

Don't forget to follow us on
[Facebook.com/SJOGliffeyServices](https://www.facebook.com/SJOGliffeyServices)
Timetable updates www.SJOGliffeyServices.ie/news



Zoom Timetable

Monday



10:30am – Stay Active At Home with Shelly,
Co-host Emma



11:00 am – Bokwa At Home with Thelma,
Co-host Emma



12:00 – Stay connected with Lámh- Emma,
Co-host Claire



2:00 pm Stay connected with Yoga by Helene,
Co-host Shannon



Tuesday

10:30 am Stay Active At Home with Shelly, Co-host Emma



11:00 am Changing lives with Ian, Co-host Emma



12md Stay connected with Lámh with Emma, Co-host Ronke



12:30 Stay connected @Mens Club with Alan, Co-Host Ronke



1 pm Making our own healthy Lunch with Emma, co-Host Adi



2pm Stay on top of your finances – with Shannon, Co-host Ronke



2:30 pm Stay on top of your Mind with Emma, Co-host Emer



Wednesday

10:30am – Stay Active At Home with Shelly, Co-host Emma



11:30 am – Get Talking with Ashika Senior Psychologist, Co-host Emma



12:00 – Stay connected with Lámh with Emma, Co-host Ronke



12:30 – Stay connected Keyworker Sessions Liffey Team, Co-host Emer



1:00 pm Making a healthy Drink with Helene, Co-host Shannon



Stay connected, Yoga with Helene – Co-host Emma



2:30 Get Creative Session with Shannon, Co-host Emer



Thursday

10:30am – Stay Active At Home with Shelly, Co-host Emma



11:15am – Stay informed Supported Employment with Kemi, Co-host Adi



12:00 – Stay connected with Lámh – Liffey Team, Co-host Adi



12:30 Stay Informed Covid-19 Sessions Katie Coady, Co-host Ronke



1:00pm Making a healthy Desserts – Eating Right session with Shannon, Co-host Helene



2:00Pm – Get Thinking Quiz with Emma, Co-host Shannon



Friday



10:30 am Stay Active At Home with Shelly, Co-host Emma



11:00am – Pastoral Care with Margaret, Co-host Emma



11:30 Stay informed with Supported Employment with Kemi, Co-host Adi



12:00MD Stay connected with Lámh – Liffey Team- Co-host Adi



12:30 Stay Informed Covid-19 Sessions Liffey Team- Co-host Adi



2pm Yoga session Helene Co-Host Emer



Friday Fun at 2:30Pm with Liffey Team – Co-Host Helene