



Update about Covid -19

Liffey Services	
	Hello and hope you are safe and well.
	The government says that everyone still has to stay at home to stop Coronavirus from spreading.
Closed	Day Services still has to stay closed.
	While your day service is closed, someone will call you at least once a week to see how you are.
zoom	There are Zoom sessions that you can take part in every day.





Audrey Carroll 087 7596460



Des Balmer 087 2449083



Leo Gordon 087 1239196



Kind regards,
Elisa Doyle, Interim Regional Director
Saint John of God Liffey Services
www.SjogLiffeyServices.ie



Watch this video about this Pack https://vimeo.com/408854851 Or Scan this QR Code





We hope that you your family and friends are all well at this time. We know that this is a very difficult time for everyone, and we hope you are keeping well while staying in your home.

If you haven't already recieved a pack please find enclosed some engaging activity sheets that can be done on your own or with our zoom classes. We will be running weekday zoom classes and you can find the timetable and a guide to use zoom at the back of the book or scan this QR Code to access zoom 10am – 3pm and in the evenings at 6.30pm

https://zoom.us/j/474389762?pwd=S3JSaFNVY2RVVnpxSGY1ZjAxUjNzZz09

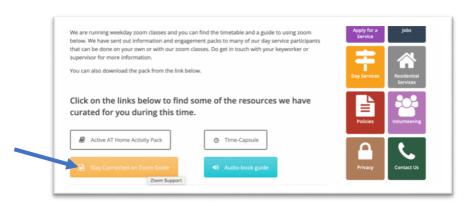
www.zoom.us/join

Enter the Meeting ID: 474 389 762

Passcode: 054429

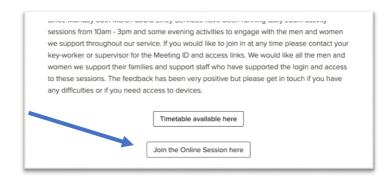
If you have any difficulty to access zoom then follow these steps;

- 1. Go to our website www.sjogliffeyservices.ie/news
- 2. Click on the Stay Connected on Zoom Orange Button





3. Click on join the Online Session



The zoom id will not change so join at any time you can find the schedule on the other side of this sheet. Please note the schedule might change and if anyone needs any help please contact us. Remember we are all learning how to use new technology and we are in this together.





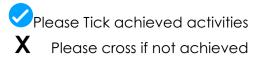
SJOG Liffey Services Zoom Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am	Getting to know you	Getting to know you			
10:30am	Stay Active	Stay Active	Stay Active	Stay Active	Stay Active
11:00am	House Olympics	Keeping Happy	Zumba	Employment Support	Pastoral Care
11:30am	Get Growing	Men's & Ladies Club	Stay Connected	Music Matters	Tech Corner
12:00pm	Lámh Connect	Lámh Connect	Lámh Connect	Lámh Connect	Lámh Connect
12:30pm		Get Moving	Keyworker session	Stay Informed Covid19	
13:00pm	Healthy Lunch		Healthy Drink		Healthy Dessert
14:00pm	Yoga	Money tips	Yoga	Get Thinking Quiz	Yoga
14:30pm	Relaxation	Mindfulness	Get Creative	Bokwa	Singalong Fun
15:00pm			BINGO		
18:30pm	Virtual Tours	Quiz Night	Movie Night	Audio Book Club	Friday Disco

Live Timetable is available on our Website www.sjogliffeyservices.ie/news and please follow our Facebook page SJOGLiffeyServices for more information

BELONG Checklist



В	Be active and be healthy - like eating well, getting outside, walking, dancing, exercise and joining in.
E	Enjoy our friends, housemates and family and show them we care.
L	Love ourselves and welcome the love and support of others. And if things go wrong say yes to help.
O	Ordinary things - like choosing where we live, and what we do and share.
N	New things to make our lives more interesting - like drama, drawing, singing and sharing stories - with the support we need.
G	Give something nice - like our time , our work or a hug everyday.

The BELONG Manifesto reminds us of the six things we can do each day to keep well. Plan your day around these six things and help the people you care about to plan too. Some of the activities suggested in the manifesto aren't allowed during lockdown (like swimming and hugging), but there are still lots of other choices. This is especially important during periods of isolation and lockdown, as being lonely can affect both mental and physical health. This might include being irritable, sad or angry or might lead to the person stopping communicating or neglecting healthy sleep, exercise, regular mealtimes or spending all the time playing games on a phone or computer or watching News.



Please Tick achieved activities

X Please cross if not achieved

Name: Start Date:

6 AREA	Possible Daily Activities	Mon	Tue	Wed	Thur	Fri	Sat	Sun
B e active and be healthy	I eat well, walk, exercise, dance and join in.							
Enjoy	I enjoy my friends and family and show them I care.							
Love	I love myself and welcome the love and support of others and if things go wrong I say 'Yes' to help.							
Ordinary Things	I make my choices; choosing where I live and what I do and share.							
N ew Things	I try new things to make my life more interesting such as drama, drawing, singing, and sharing stories with others - with the support I need.							
G ive Something Nice	I try to give something nice to others such as my time, my work or a hug every day.							
Name	Date	e:						

6 AREA **Possible Daily Activities** Tue Wed Thur Fri Sat Sun Mon I eat well, walk, exercise, dance and join in. Be active and be healthy I enjoy my friends and family and show them I care. Enjoy I love myself and welcome the love and support of Love others and if things go wrong I say 'Yes' to help. I make my choices; choosing where I live and what I Ordinary Things do and share. I try new things to make my life more interesting such New Things as drama, drawing, singing, and sharing stories with others - with the support I need. I try to give something nice to others such as my time, Give Something Nice my work or a hug every day.



Please Tick achieved activities

X Please cross if not achieved

Name: Start Date:

6 AREA	Possible Daily Activities	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Be active and be healthy	I eat well, walk, exercise, dance and join in.							
Enjoy	I enjoy my friends and family and show them I care.							
Love	I love myself and welcome the love and support of others and if things go wrong I say 'Yes' to help.							
Ordinary Things	I make my choices; choosing where I live and what I do and share.							
New Things	I try new things to make my life more interesting such as drama, drawing, singing, and sharing stories with others - with the support I need.							
G ive Something Nice	I try to give something nice to others such as my time, my work or a hug every day.							

6 AREA	Possible Daily Activities	Mon	Tue	Wed	Thur	Fri	Sat	Sun
B e active and be healthy	I eat well, walk, exercise, dance and join in.							
Enjoy	I enjoy my friends and family and show them I care.							
Love	I love myself and welcome the love and support of others and if things go wrong I say 'Yes' to help.							
Ordinary Things	I make my choices; choosing where I live and what I do and share.							
N ew Things	I try new things to make my life more interesting such as drama, drawing, singing, and sharing stories with others - with the support I need.							
G ive Something Nice	I try to give something nice to others such as my time, my work or a hug every day.							



Please Tick achieved activities

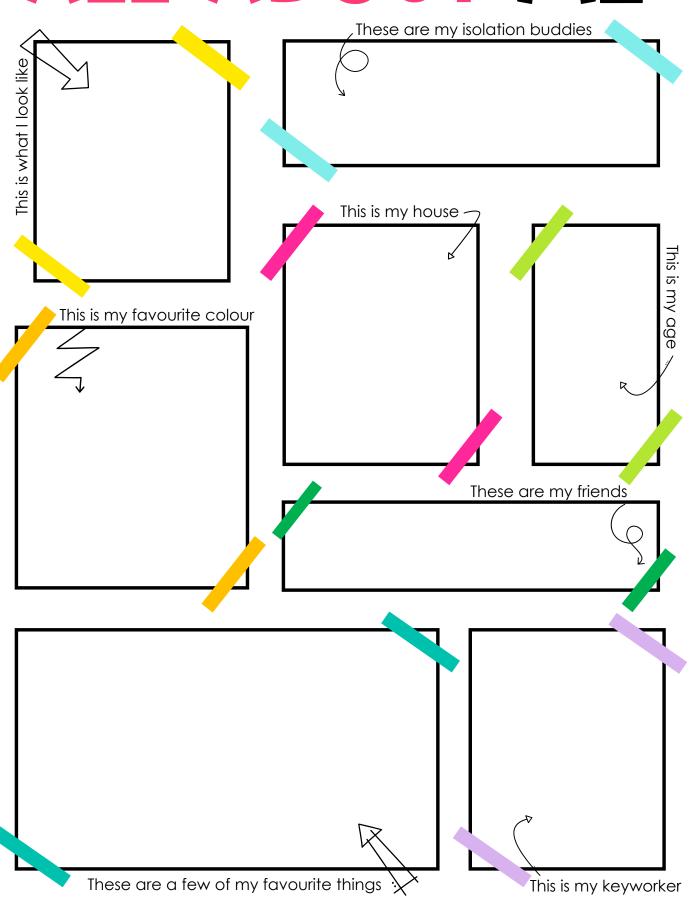
X Please cross if not achieved

Name: Start Date:

6 AREA	Possible Daily Activities	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Be active and be healthy	I eat well, walk, exercise, dance and join in.							
Enjoy	I enjoy my friends and family and show them I care.							
Love	I love myself and welcome the love and support of others and if things go wrong I say 'Yes' to help.							
Ordinary Things	I make my choices; choosing where I live and what I do and share.							
New Things	I try new things to make my life more interesting such as drama, drawing, singing, and sharing stories with others - with the support I need.							
G ive Something Nice	I try to give something nice to others such as my time, my work or a hug every day.							
6 AREA	Possible Daily Activities	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Be active and be healthy	I eat well, walk, exercise, dance and join in.							
Enjoy	I enjoy my friends and family and show them I care.							
Love	I love myself and welcome the love and support of others and if things go wrong I say 'Yes' to help.							
Ordinary Things	I make my choices; choosing where I live and what I do and share.							
New Things	I try new things to make my life more interesting such as drama, drawing, singing, and sharing stories with others - with the support I need.							
G ive Something Nice	I try to give something nice to others such as my time, my work or a hug every day.							



ALL ABOUT ME



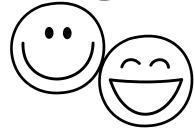
HEY YOU! please remember...

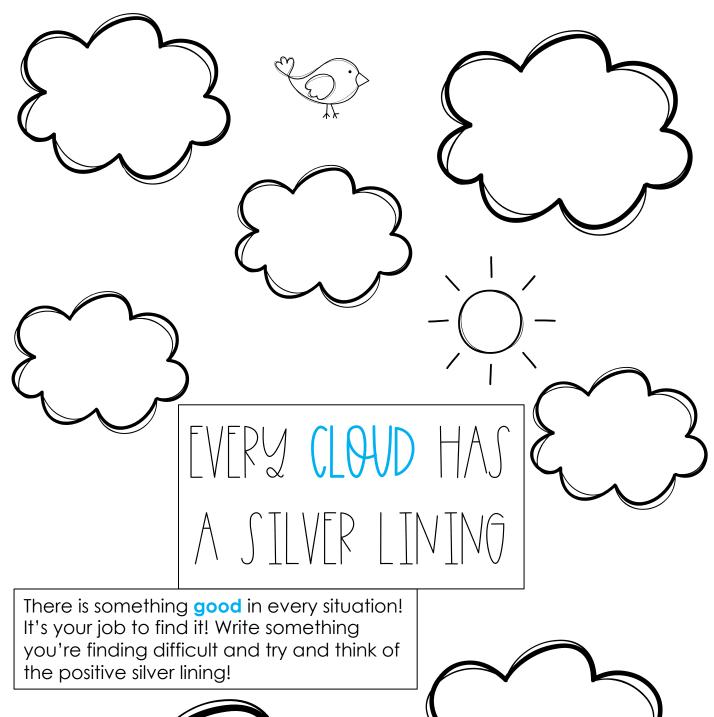


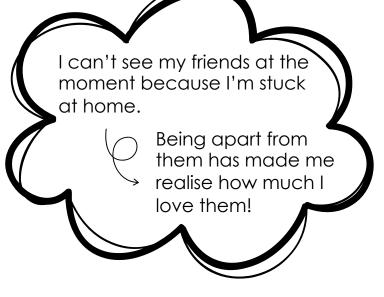
SOME THINGS
TAKE TIME.
STAY PATIENT.
STAY POSITIVE.

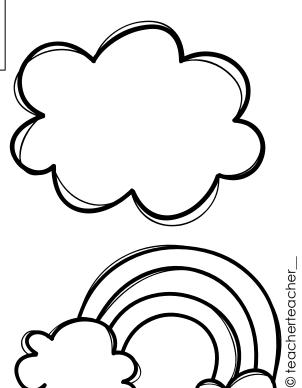
THINGS WILL

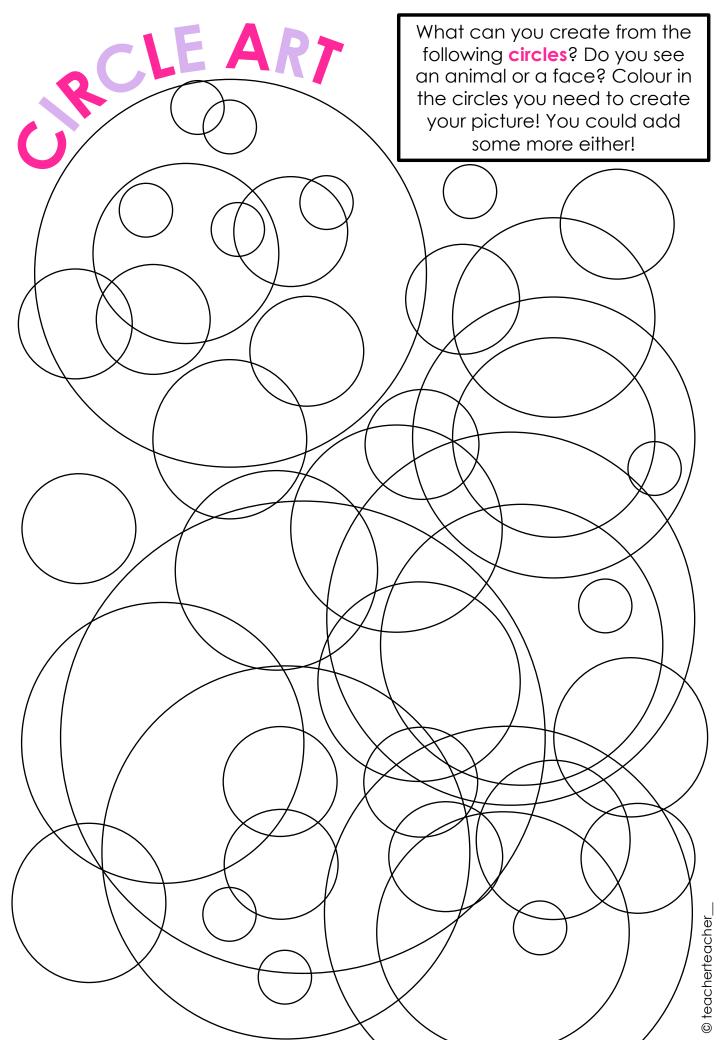
GET BETTER.











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?		



COLOUR SEARCH!

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



DARK BLUE

LIGHT BLUE DARK GREEN LIGHT GREEN **TEAL**

DARK PINK IGHT PINK DARK PURPLE LIGHT PURPLE

GREY

NAVY

YELLOW

ORANGE

RED

MAROON

BLACK

BROWN

WHITE

GOLD

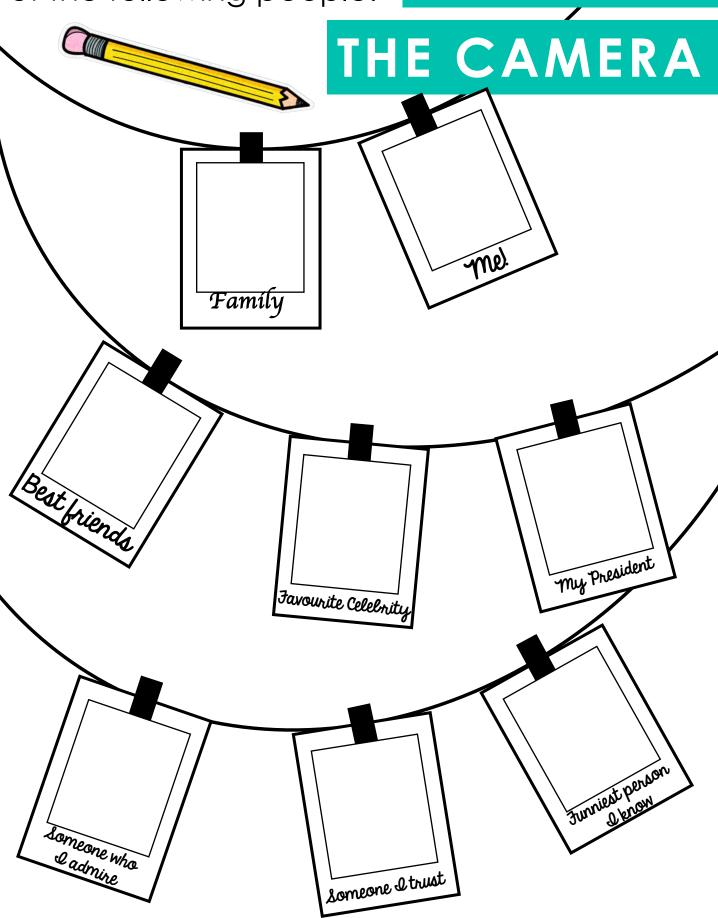
SILVER

"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

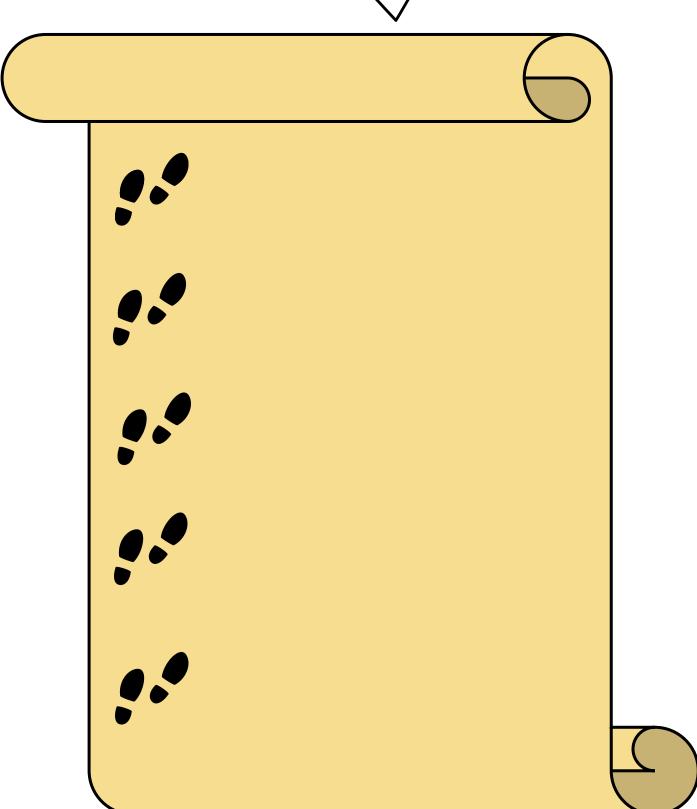
Draw your best portraits of the following people!

SMILE FOR





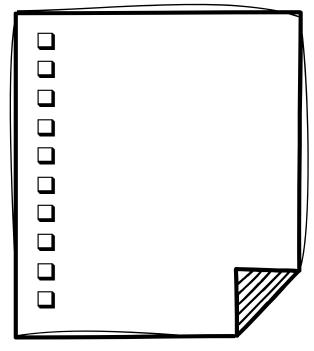
Learn a new skill in your house!
Write the steps below



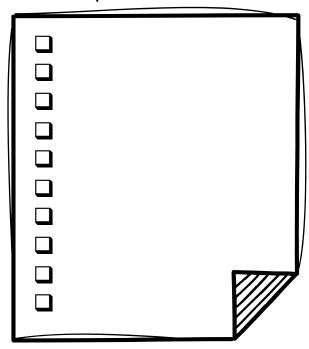
MY TO-DO LISI



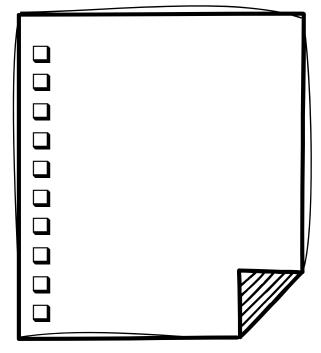
Things to organise



People to contact



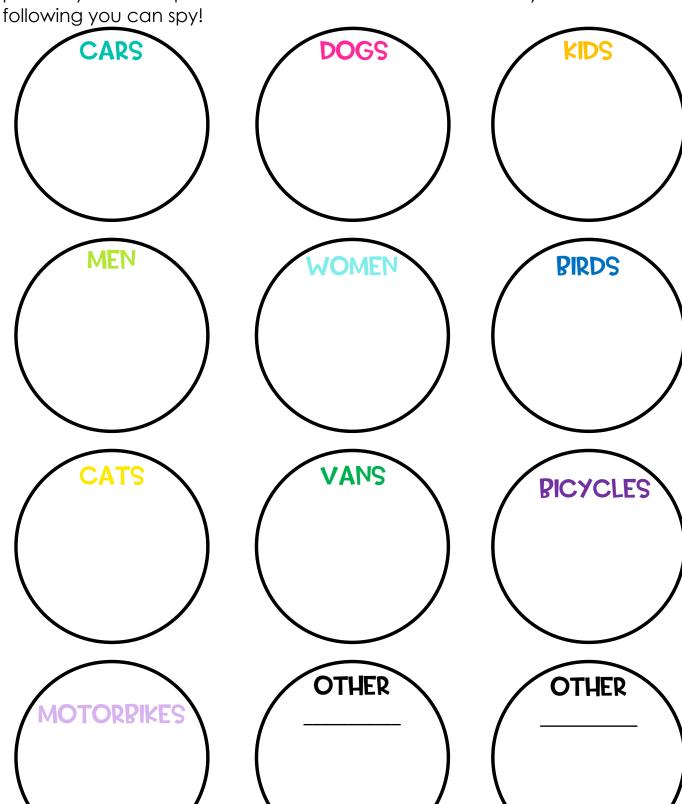
Activities to try



Jobs to do

I- SPY (D)

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!

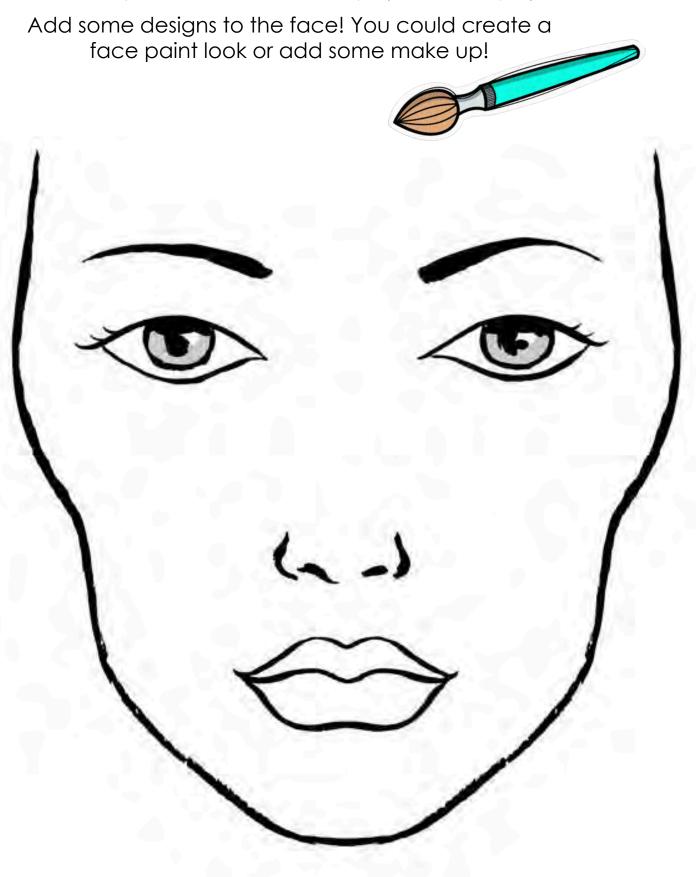


© teacherteacher_

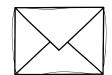
WOULD YOU RATHER....

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



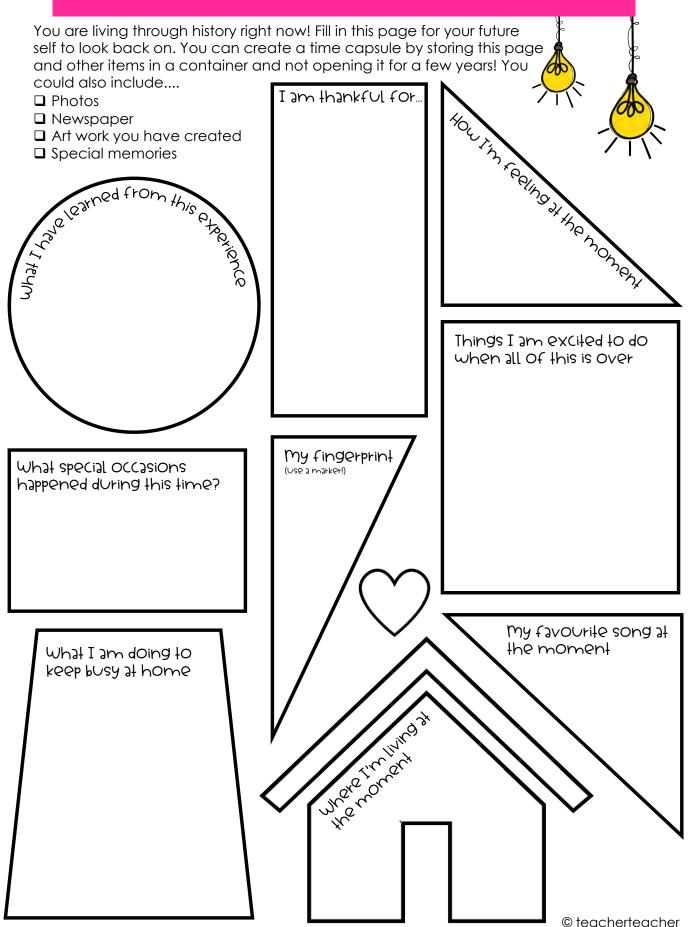
DEAR 2030 ME....

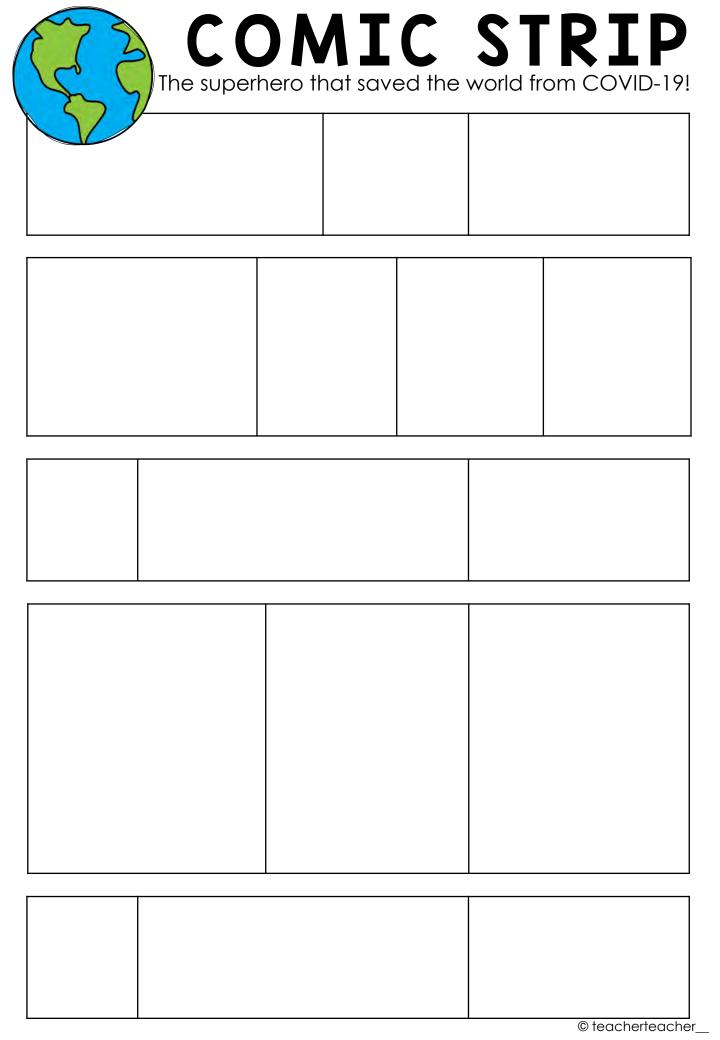


	e to hold or		achieved by 2	.030
		 		
				

We are

HISTORY MAKERS



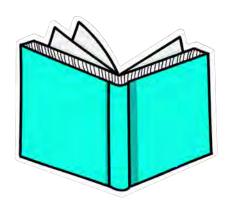




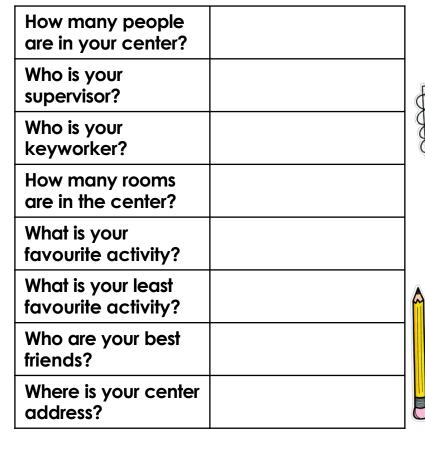
	De	low!									
When is your trip?											
□ Summer		I Autumn □ Winter □ Spr					□ Spring				
Who is going on the trip with you?											
☐ Family ☐ Friends Name them here											
·											
Where are you going?											
Country		City				ow long v nere?	vill it	take to get			
	How	are yo	ou goi	ng to ge	et t	here?					
Mode of transpor	 	Price c	of ticke	ets	-	Date of trip					
Where are you going to stay?											
☐ Hotel ☐ H	House	□ A	partm	ent	Ţ	→ Yacht		□ Caravan			
Name of accommodation	l l			What facilities are available?							
		Plo	an for	the trip							
What will you do of your trip?	on	What your	-	ou eat (on	What your		you see on			

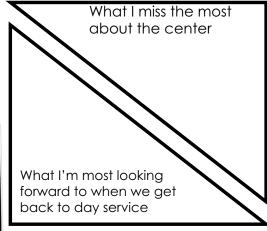
My Day Service Fact file

This is what my day service looks like



What activities do you take part in?

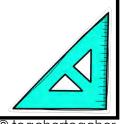




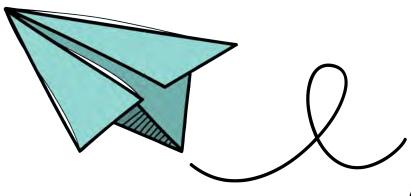
My favourite day service memory



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

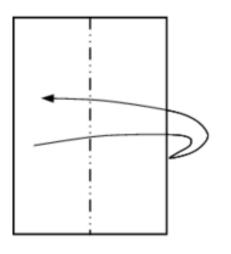


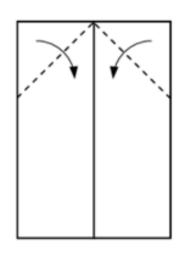
© teacherteacher

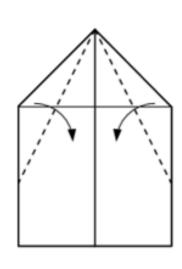


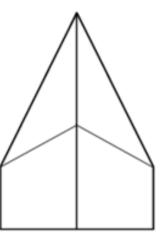
HOW TO MAKE A PAPER

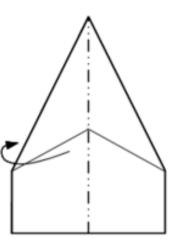
AIRPLANE



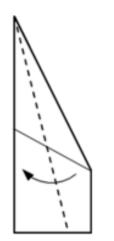




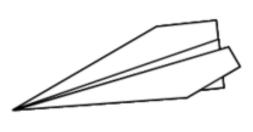




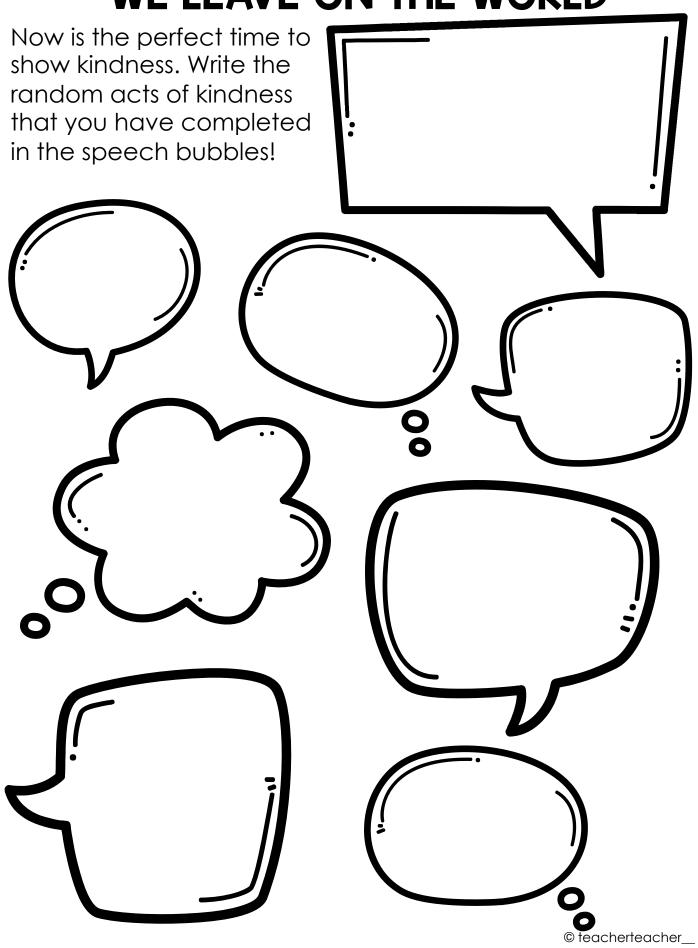






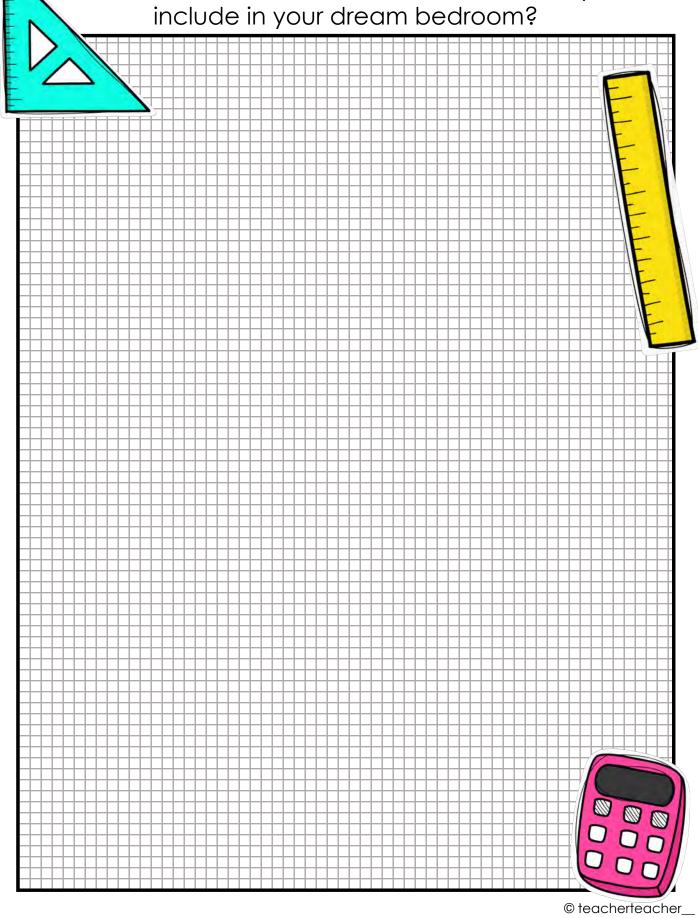


KINDNESS IS THE MARK WE LEAVE ON THE WORLD



DESIGN YOUR ROOM

It's time for a room renovation! What would you



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

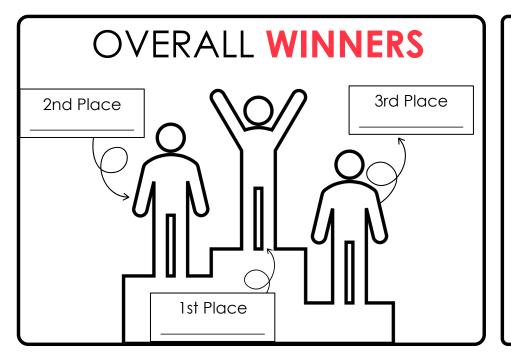




Host your own Olympic Games at home this year! You could have real sports or make up some funny games instead. Don't forget to make some tinfoil or toilet roll medals for the winners!

NAMES OF ATHLETES					

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



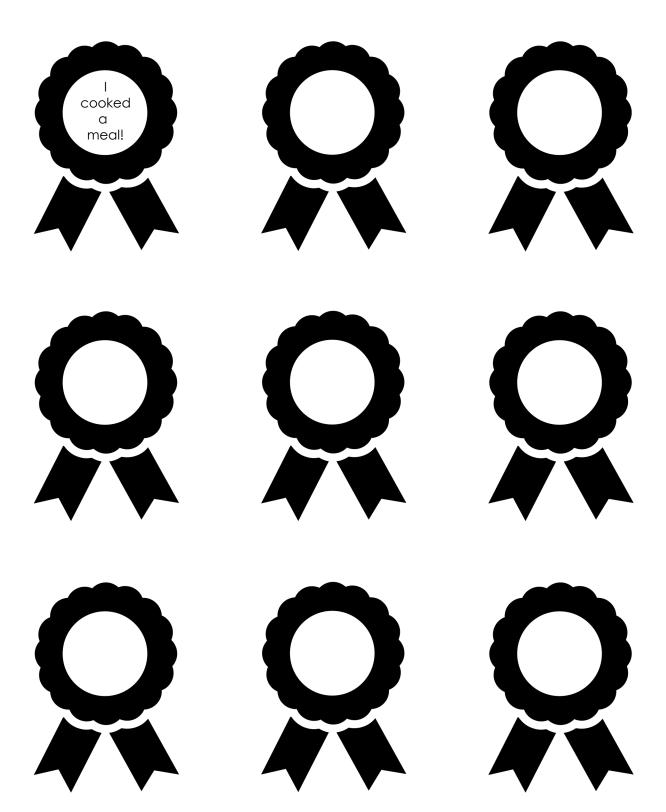
SPORT IDEAS

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

CELEBRATE

the little things!

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



WORD



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

RESTAURANT

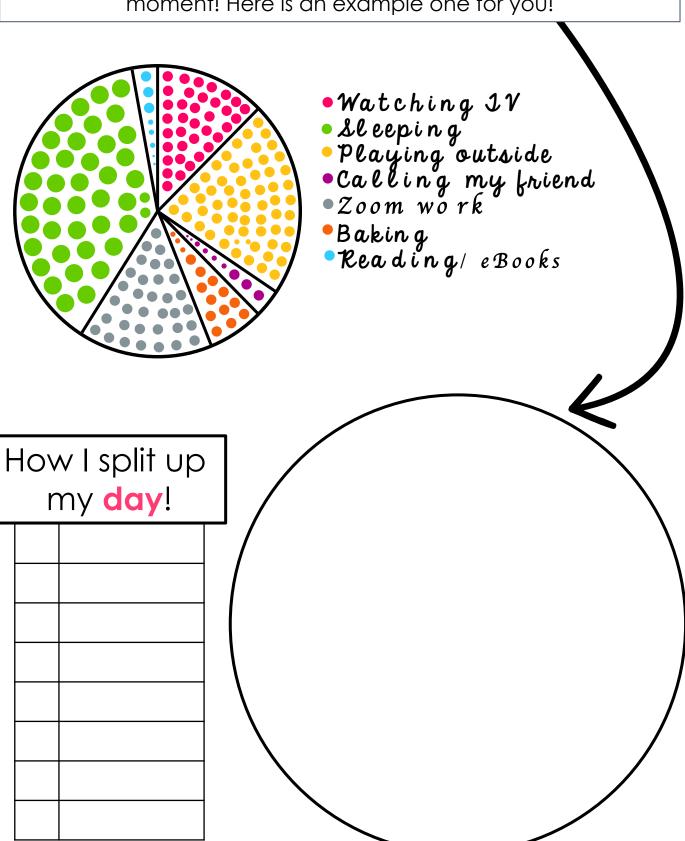
Do you have a favourite restaurant that you are missing at the moment? It's time to bring it to your house! Set up the room and ask everyone to dress up for the dinner of a lifetime!



dinner of a lifetime!	ess up for the	
Name of restaurant	Meal you will be cookin	g Who will be attending?
Shopping list	Plan for the	ne 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
F	 	
■ 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!



CHALK IT OUT

We all Struggle Strong

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....

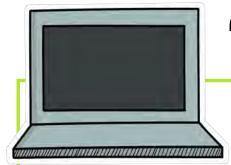












"I'M BORED"

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.
lacktriangle 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.
$f\square$ Go through your camera roll/ a parent's camera roll and ${f pick}$
some photos to get printed using the "free prints" app. You
can get 40 prints free a month!
$f\square$ Become a detective and use the Geoguessr app to identify
locations on street view.
☐ Work on problem solving skills using the Nonogram app.



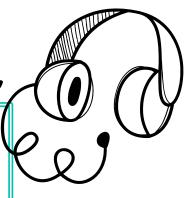
"I'M BORED"

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 Mrsor
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!

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



NEWZ2DAYRTE2 Weekdays@4.20

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



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



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



GOOD STUFF SPORTS https:// goodsportscast.org.uk/

category/episodes/

SCIENCE



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



SMASH BOOM BEST

Debate podcast https://www.brainson.org/ pages/smashboombest

MYSTER



THE UNEXPLAINABLE **DISAPPEARANCE OF** MARS PATEL https://

www.marspatel.com/



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:// whyy.org/programs/ eleanor-amplified/



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/



<u>Live Happy Now</u>

https:// www.livehappy.com/ podcast



BUT WHY?https:// www.npr.org/ podcasts/474377890/ but-why-a-podcast-forcurious-kids





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

APPrecommendations

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.



HUJI

Foodie

Draw It

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



