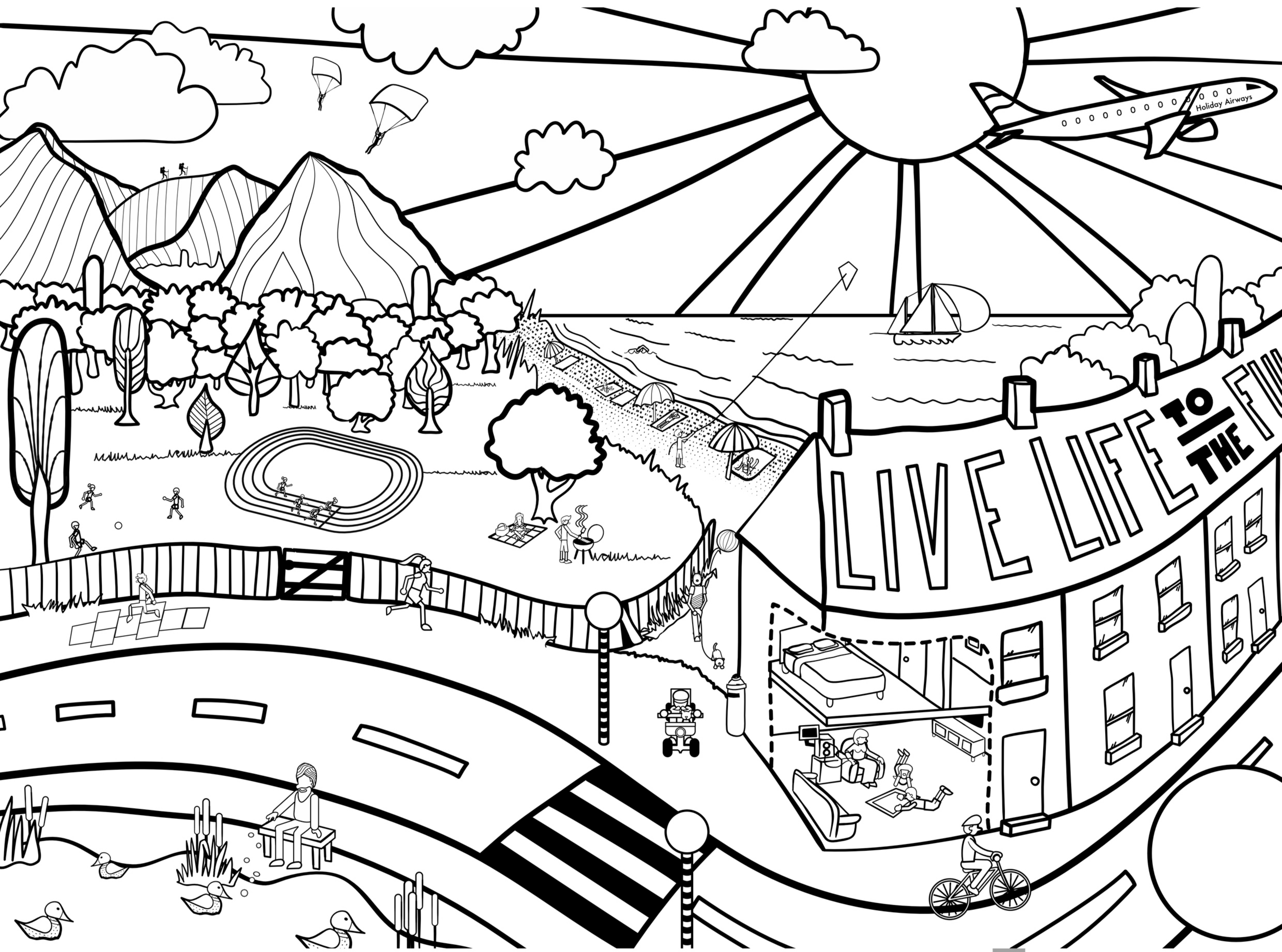
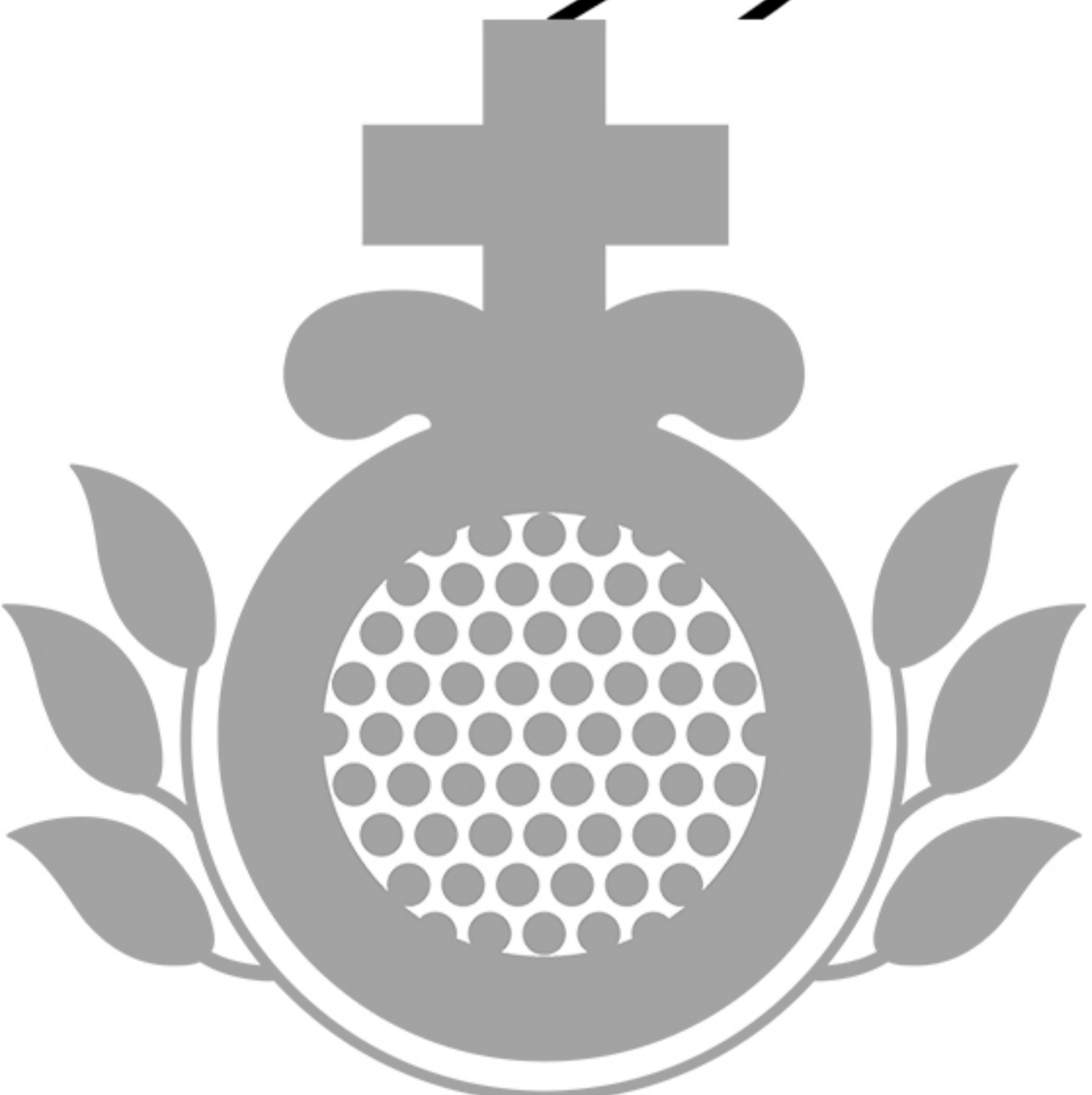


STAY CONNECTED



SUMMER PACK



Saint John of God
Community Services clg.
Liffey Services

How to use Face Coverings



Coronavirus
COVID-19
Public Health
Advice

ALWAYS CLEAN YOUR HANDS BEFORE **AND** AFTER WEARING A FACE COVERING

Correct Covering

Medical masks should be reserved for health workers or patients in treatment.

If you have been advised to wear a medical mask, always have the coloured side showing and the metal band at the top of your nose.



Check Your Fit

Check that the face covering is made from a fabric that you are comfortable wearing.



Check that it is easy to fit and completely covers your nose and mouth, all the way down under your chin.

Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit. Do not touch or fidget with the face covering when it is on.



DO NOT:

Wear the face covering below your nose.



DO NOT:

Leave your chin exposed.



DO NOT:

Wear it loosely with gaps on the sides.



DO NOT:

Wear it so it covers just the tip of your nose.



DO NOT:

Push it under your chin to rest on your neck.



FOLLOW THESE TIPS TO STAY SAFE:

ALWAYS wash your hands before and after handling your face covering.

ALWAYS change your face covering if it is dirty, wet or damaged.

Carry unused face coverings in a sealable clean waterproof bag, for example, a ziplock.

Carry a second similar type bag, to put used face coverings in.

CHILDREN UNDER 13 should not wear face coverings.

ALWAYS wash cloth face coverings on the highest temperature for cloth.

Safe Removal



Use the ties or ear loops to take the face covering off.

Do not touch the front when you take it off.



Disposing Of Single-Use Mask



Always dispose of single-use masks properly in a bin.

Don't forget to clean your hands and keep social distance.



Stay safe. Protect each other.



Rialtas na hÉireann
Government of Ireland



<https://vimeo.com/408854851>

Or Scan this QR Code



ONLINE Live Sessions

We run weekday zoom classes and you can find the timetable and a guide to use zoom on our website www.sjogliffeyeservices.ie or scan this QR Code to access zoom 9.45am – 8pm.

<https://zoom.us/j/474389762?pwd=S3JSaENVY2RVVnpXSGY1ZjAxUjNzZz09>

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.sjogliffeyeservices.ie
2. Click on the 
3. Click on any session on our timetable
4. Click the button at the top of each page to join the zoom 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 this is subject to change and if anyone needs any help please contact us. Remember we are all learning how to use new technology as we are in this together.



Online interactive Sessions. Click to find out more about each activity.
Join Zoom Here Zoom help here

Monday

10 am Connect	10:30 am Stay Active	11 am House Olympics	11:30 am Growing Together	12:00 am Lámh
12:30 pm ReUse Recycle	1 pm Healthy Lunch	2 pm Yoga	2:30 pm Reflection	3 pm Story Telling
6:30 pm Virtual Tour				

Tuesday

10 am Connect	10:30 am Stay Active	11 am Keep Happy	11:30 am M&L Shed	12 pm Lámh
12:30 pm Keep Moving	1 pm Healthy Lunch	2 pm Money Matters	2:30 pm Mindfulness	3 pm Circus Tricks
6:30 pm Quiz Night				

Wednesday

10 am Connect	10:30 am Stay Active	11 am Zumba	11:30 am Guest Talk	12 pm Lámh
12:30 pm Support Link	1 pm Healthy Drink	2 pm Yoga	2:30 pm Creative	3 pm Bingo
6:30 pm Movie Night				

Thursday

10 am Connect	10:30 am Stay Active	11 am Job Support	11:30 am Music Matters	12 pm Lámh
12:30 pm Covid Info	1 pm Healthy Lunch	Zoom Quiz	2:30 pm Bolwa	3 pm Photo Fun
6:30 pm Book Club				

Friday

10 am Connect	10:30 am Stay Active	11 am Pastoral Care	11:30 am Tech Corner	12 pm Lámh
12:30 ZoomBox	1pm Healthy Dessert	2 pm Yoga	2:30 pm Singalong	3:30pm Social Farming
6:30 pm Disco				

Saturday

2:30 pm Singalong



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Liffey Services



Zoom Help



Android

Here is a video to help if you are using an
Android to Zoom

Watch the video go to



<https://vimeo.com/427339182>



iOS Apple

Here is a video to help if you are using
an iPad to Zoom

Watch the video go to



<https://vimeo.com/427320154>



PC/MAC

Here is a video to help if you are
using a computer to Zoom

Watch the video go to



<https://vimeo.com/427330578>





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

www.zoom.us/join

Enter the Meeting ID: 474 389 762

Passcode: 054429

MONDAY

	10:00am	Getting to know you
	10:30am	Stay Active with Shelly
	11:00am	House Olympics with Shelly
	11:30am	Get Growing with Elyia
	12:00am	Lámh Connect Emma
	12:30am	ReUse Recycle with Jacinta
	1:00pm	Healthy Lunch Veronika
	2:00pm	Yoga with Helene Host Shelly
	2:30pm	Reflection with Gill and Maureen
	3:00pm	Story Telling with Ronnie
	6:30pm	Virtual Tour with Helene







<https://zoom.us/j/474389762?pwd=S3JSaFNVY2RVVnpXSGY1ZjAxUjNzZz09>

www.zoom.us/join

Enter the Meeting ID: 474 389 762

Passcode: 054429

Tuesday

	10:00am	Getting to know you
	10:30am	Stay Active with Shelly
	11:00am	Keep Happy with Ian
	11:30am	Men's and Ladies Clubs
	12:00am	Lámh Connect Emma
	12:30pm	Get Moving with Lisa
	1:00pm	Healthy Lunch Jacinta
	2:00pm	Money Management
	2:30pm	Mindfulness with Emma
	3:00pm	Circus Tricks with Enda
	6:30pm	Quiz Night with Eoin



<https://zoom.us/j/474389762?pwd=S3JSaFNVY2RVVnpXSGY1ZjAxUjNzZz09>

www.zoom.us/join

Enter the Meeting ID: 474 389 762

Passcode: 054429

Wednesday

	10:00am	Getting to know you
	10:30am	Stay Active with Shelly
	11:00am	Zumba with Andrew
	11:30am	Guest Speaker
	12:00am	Lámh Connect with Emma
	12:30 pm	Stay Connected Sessions
	1:00pm	Healthy Drink Veronika
	2:00pm	Yoga with Helene
	2:30	Get Creative with Veronika
	3:00pm	Bingo with Eoin
	6:30pm	Movie Night with Maureen



<https://zoom.us/j/474389762?pwd=S3JSaFNVY2RVVnpXSGY1ZjAxUjNzZz09>

www.zoom.us/join

Enter the Meeting ID: 474 389 762

Passcode: 054429

Thursday

	10:00am	Getting to know you - Maureen
	10:30am	Stay Active with Shelly
	11:00am	Employment support Liv/Collette
	11:30am	Music Matters with Guest Musicians
	12:00am	Lámh Connect with Emma, Audrey
	12:30pm	Stay Informed about Covid-19 – Ann/ Olivia
	1:00pm	Healthy Eating with Jacinta
	2:00pm	Quiz with Eoin
	2:30pm	Bokwa with Thelma
	3:00pm	Photo Fun with Jacinta
	6:30pm	Audio Book Club with Gill
	7:30pm	Sports corner Quiz with Thomas, Ruairi and David



<https://zoom.us/j/474389762?pwd=S3JSaFNVY2RVVnpXSGY1ZjAxUjNzZz09>


www.zoom.us/join

Enter the Meeting ID: 474 389 762

Passcode: 054429

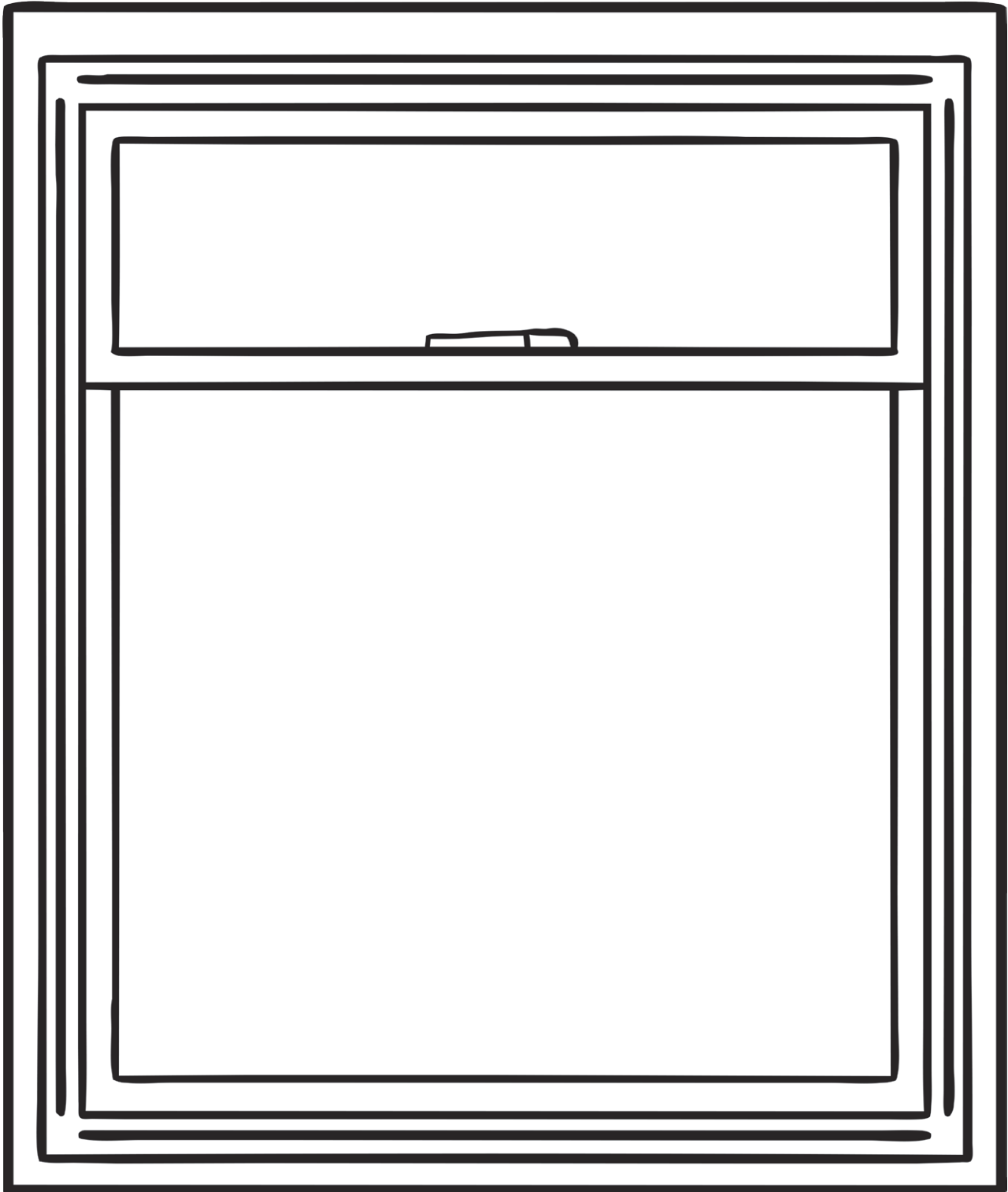
Friday

	10:00am	Getting to know you
	10:30am	Stay Active with Shelly-
	11:00am	Pastoral Care with Margaret
	11:30am	Tech Corner with Sarah
	12:00am	Lámh Connect with Liffey Team
	12:30pm	ZoomBox with Jacinta
	1:00pm	Healthy Dessert with Veronika
	2:00pm	Yoga with Helene
	2:30pm	Singalong Friday Fun with Hans
	3:30pm	Social Farming with Hans
	6:30pm	Friday Disco

	SATURDAY 2:30pm	Singalong Friday Fun with Adrian
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My Window

>aa] agfaXfZWl [Vai †i ZSfVa kag eWwM
6di i ZSfkag eWwXa_ kagdi [Vai ž



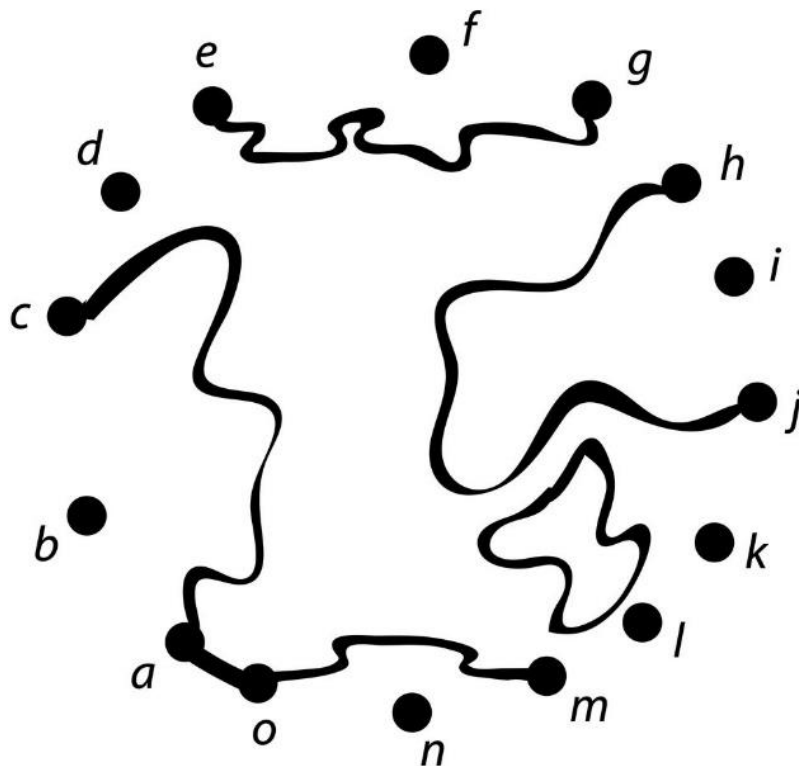


Alphabet in order

Join the dots in the right order.



Earth





Facial expressions

You are organising a big family party. Not everyone is happy! You can see how they are feeling.

1. Match the words and images:

angry



surprised



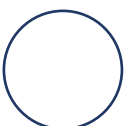
sad



happy



2. Show these feelings using facial expressions.





Talking in pairs

1. Get into pairs and ask each other these questions. Try to use nonverbal communication when you are speaking, e.g. smiling, handshaking, using gesture, etc.

- a) What is **your** name?
- b) Where are **you** from?
- c) Do **you** have brothers and sisters?
- d) What are **your** hobbies?
- e) What is **your** favourite food?

Words

your

you

from

name

2. Write one of **your** own questions.

3. Write the question correctly.

what is **your** name





Your words

1. Write some words that are personal to you, for example:

- your name
- the area where you live
- family members' names
- friends' names
- a hobby you have
- a food you enjoy
- a place you like to visit, etc.



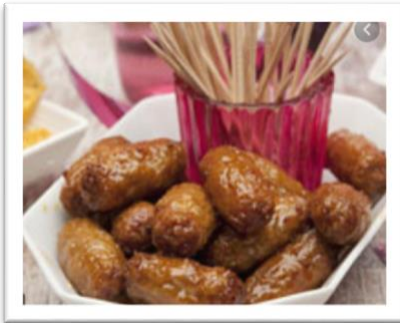
2. Write one sentence.

Ideas for improving fine motor skills

Try the following tasks on a daily basis to improve strength and dexterity.



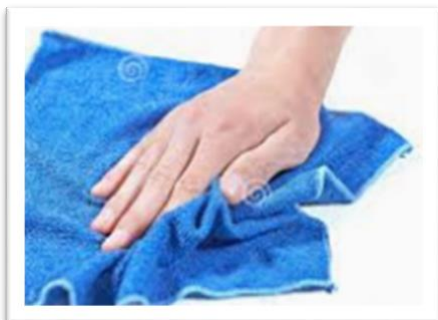
Putting clothes on the clothesline



Putting cocktail sticks into grapes or sausages



Picking up coins with two fingers into a money box.



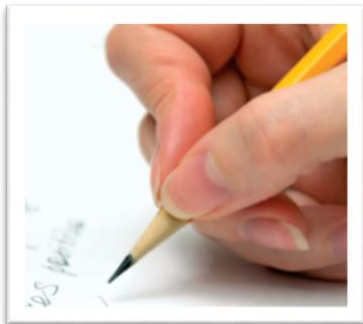
Cleaning the table with a cloth.



Window cleaning.



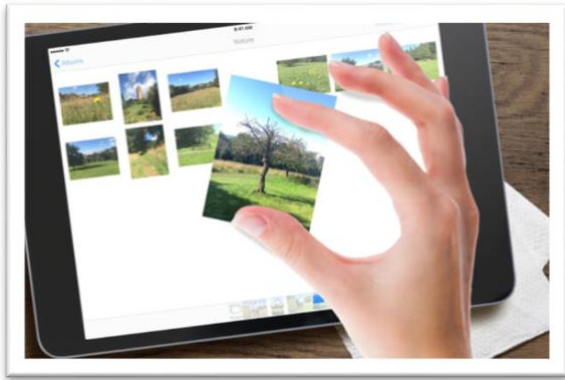
Painting



Handwriting tasks



Finger paint



Pinch to zoom in and out of Photos on iPad tablet or smartphone



Chopping Vegetables.



Playing a musical instrument.



Putting elastic bands on a tin.



Opening Jars.



Finger isolation tasks like popping a bubble with one finger.



Cleaning.

Handwashing clothes.

If some of these are too easy introduce a time element where they have to do the task in 20 to 30 seconds.



Vegetables

Vegetables are good for you.

I. Match the words and pictures.

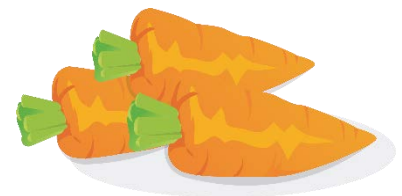
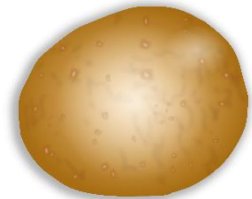
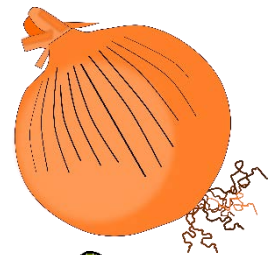
a) carrots

b) potato

c) cabbage

d) onion

e) corn





Snacks

Choose the correct answers:

1. Instead of a doughnut, eat a:

- rice cake
- piece of cake

2. Instead of fizzy drinks, drink:

- a chocolate milkshake
- a fruit smoothie

3. Instead of sweets, eat:

- biscuits
- raisins





Making a banana smoothie

Ingredients

- 600ml/1 pint semi skimmed milk
- 3 small bananas



Method

1. Peel and chop bananas.
2. Place ingredients in liquidiser.
3. Blend and serve.



Serves 4

Make your own smoothie. Use words to describe the taste of the smoothie:

*Make your own smoothie.



Making a fruit salad



Ingredients

- 2 cups fresh strawberries, sliced
- 2 cups green seedless grapes, halved
- 1 small cantaloupe, cut into chunks
- 2 firm bananas, sliced
- 1/3 cup fresh orange juice (100% orange juice)

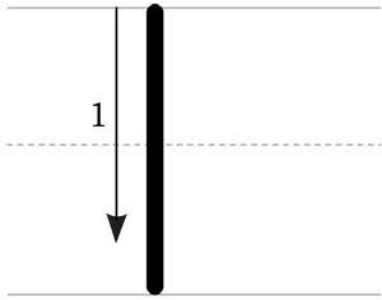
Method

1. In a large bowl, combine the fruit.
2. Pour the juice over the fruit and toss to coat.
3. Cover and refrigerate for 4 hours and then stir just before serving.

How would you change this dish?

Number 1

Trace and write the number.

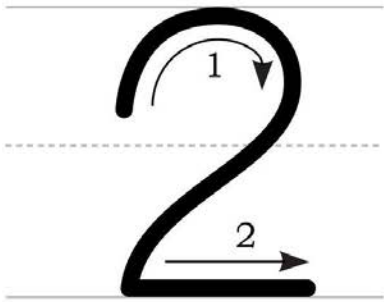


ONE

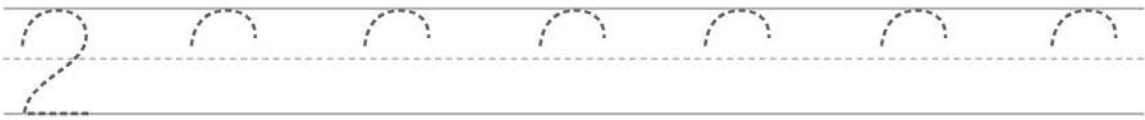
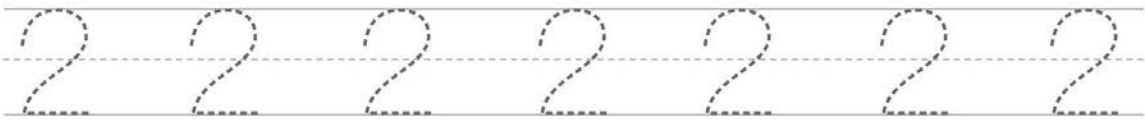


Number 2

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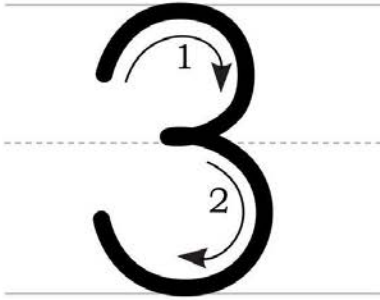


TWO

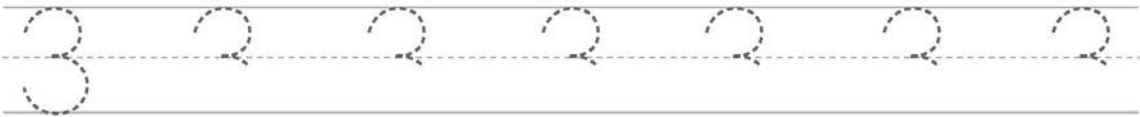
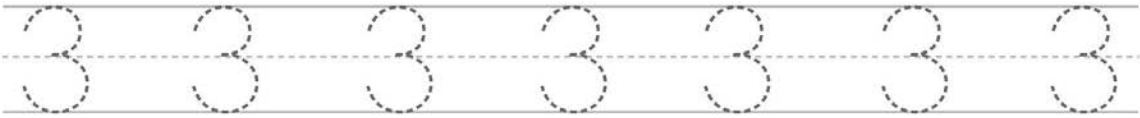


Number 3

Trace and write the number.

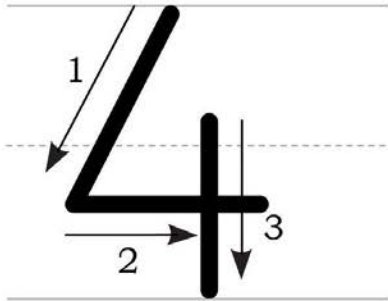


THREE

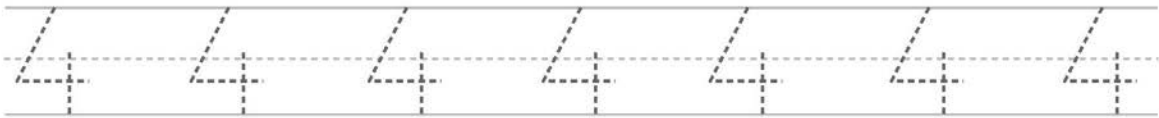


Number 4

Trace and write the number.

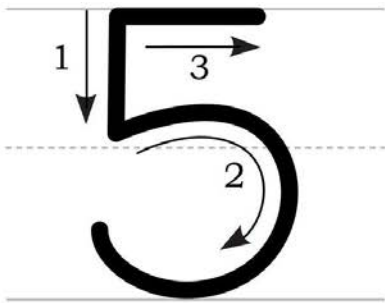


FOUR

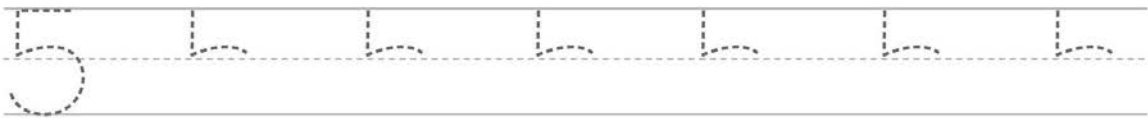
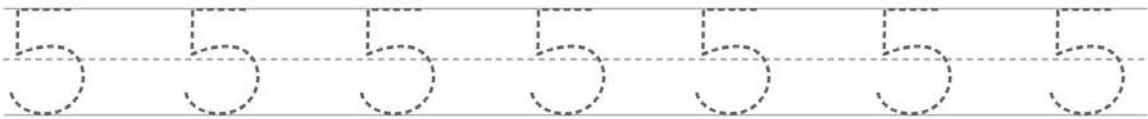


Number 5

Trace and write the number.

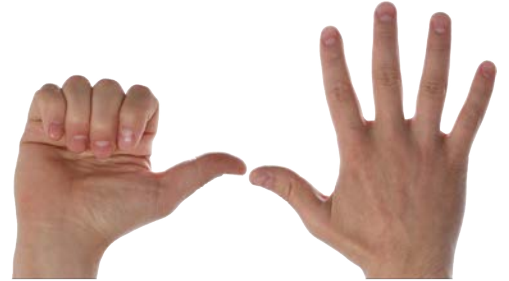
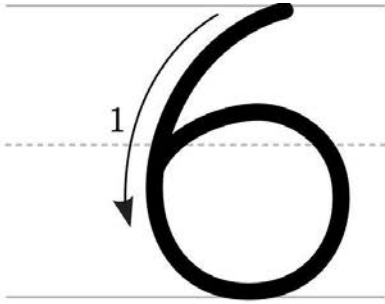


FIVE

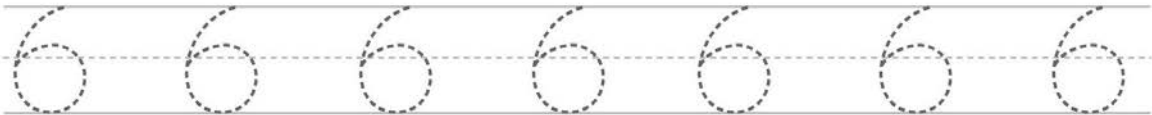


Number 6

Trace and write the number.

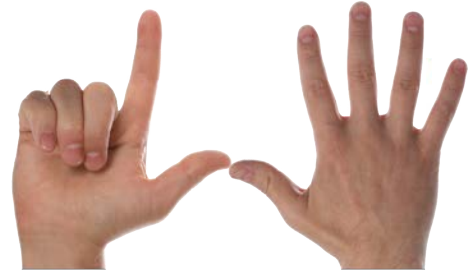
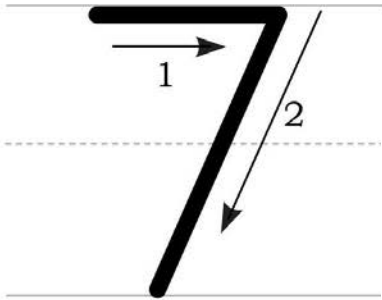


SIX

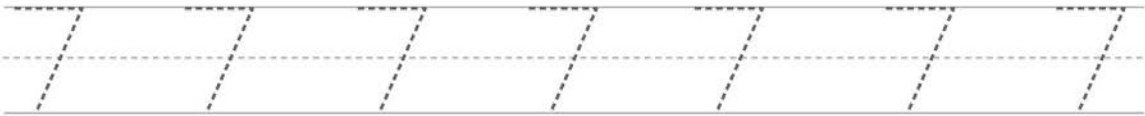


Number 7

Trace and write the number.

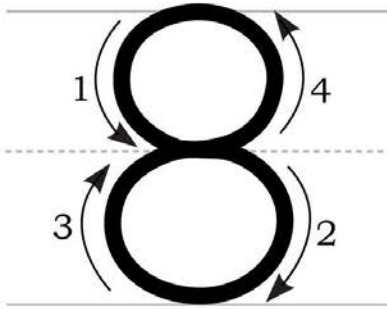


SEVEN

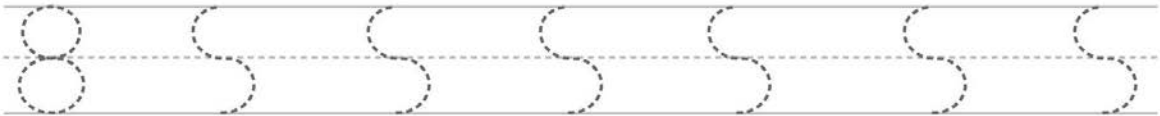
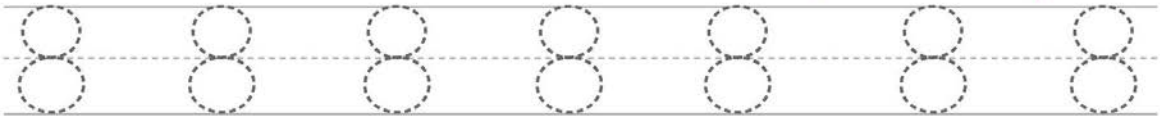


Number 8

Trace and write the number.

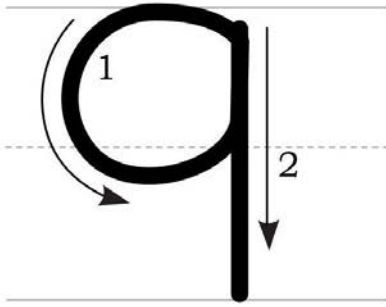


EIGHT

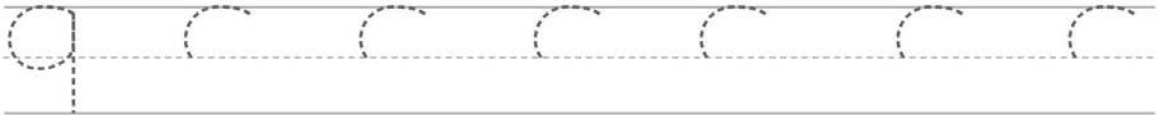
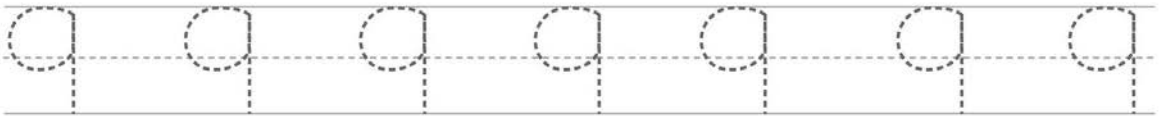


Number 9

Trace and write the number.

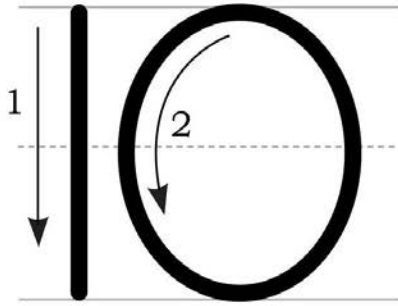


NINE

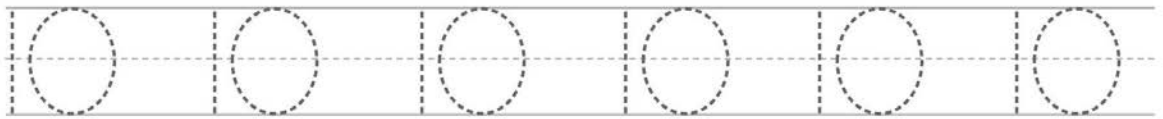
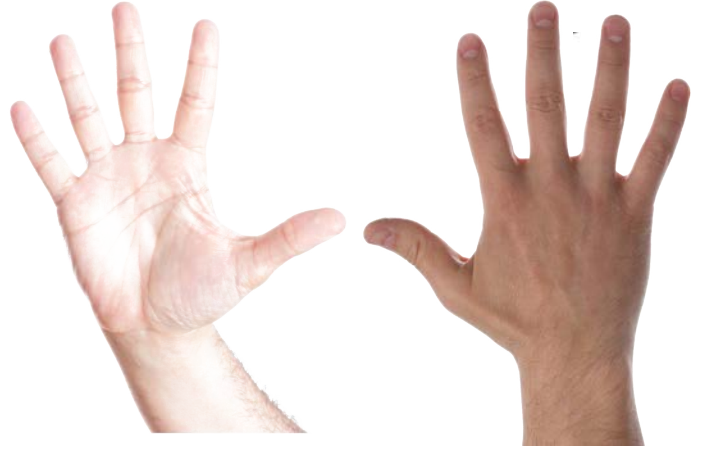


Number 10

Trace and write the number.



TEN



Matching

Match the words and numbers.

A matching exercise on a light beige background. On the left, there are six large, colorful numbers: 2 (cyan), 10 (magenta), 8 (orange), 3 (green), and 5 (yellow). Each number has a small blue dot to its right. In the center, there are ten horizontal wooden blocks, each containing a word: one, two, three, four, five, six, seven, eight, nine, and ten. A black line connects the blue dot next to the number 2 to the word 'three'. On the right, there are six more large, colorful numbers: 7 (pink), 4 (red), 6 (purple), 9 (blue), and 1 (magenta). Each number has a small blue dot to its left.

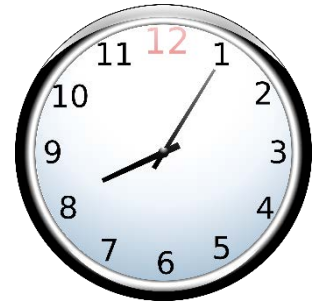
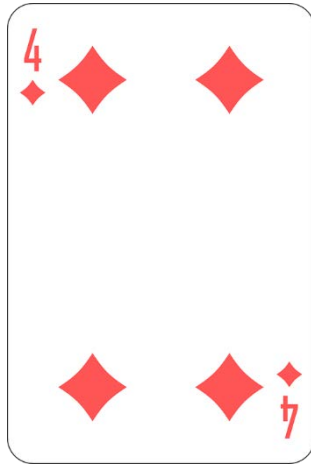
Finding numbers

Find all the numbers. Circle them.



Finding 4

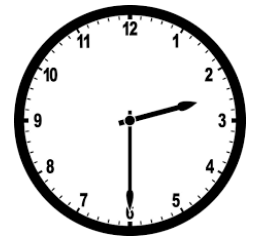
Find the number 4. Circle it.



Mindfulness



Each Tuesday, at 2.30 pm on Zoom



We will learn some breathing techniques



And relax our minds and bodies.

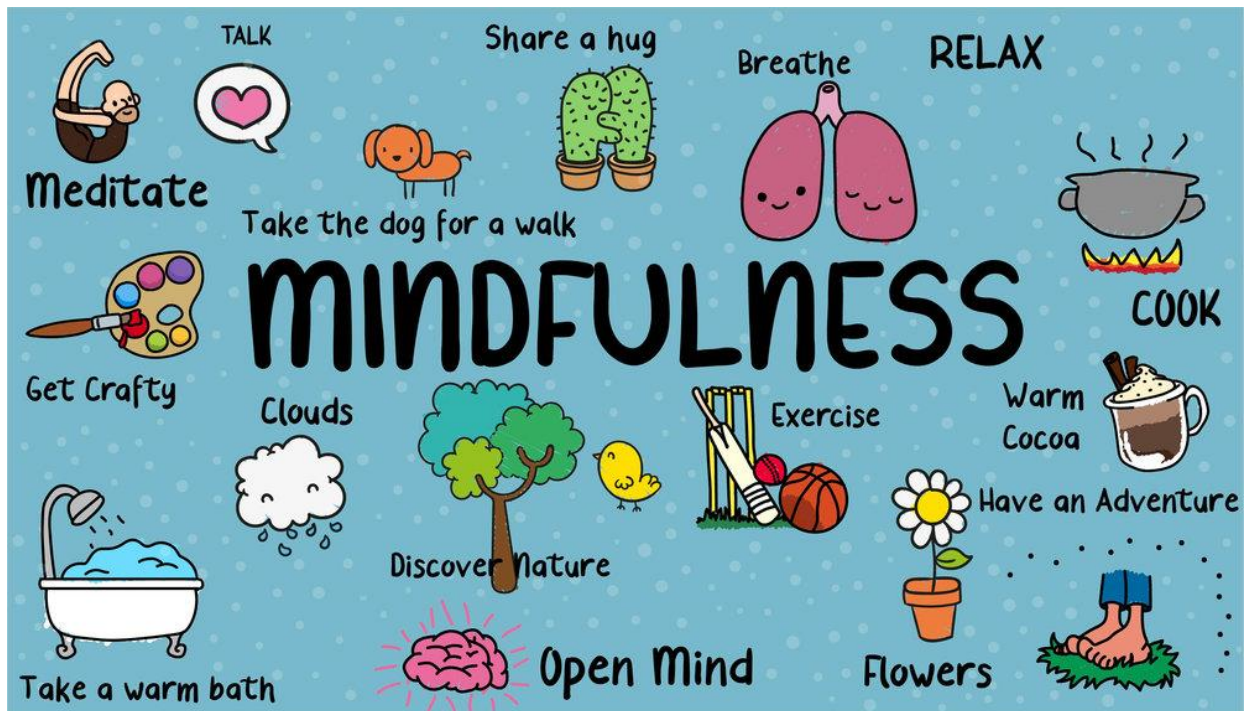


This is important for our mind and our body



Mindfulness Exercises

Some Mindfulness exercises for you to try at home, take your time, clear your mind, and relax while enjoying the little things in life!



Listen to some mindful music!

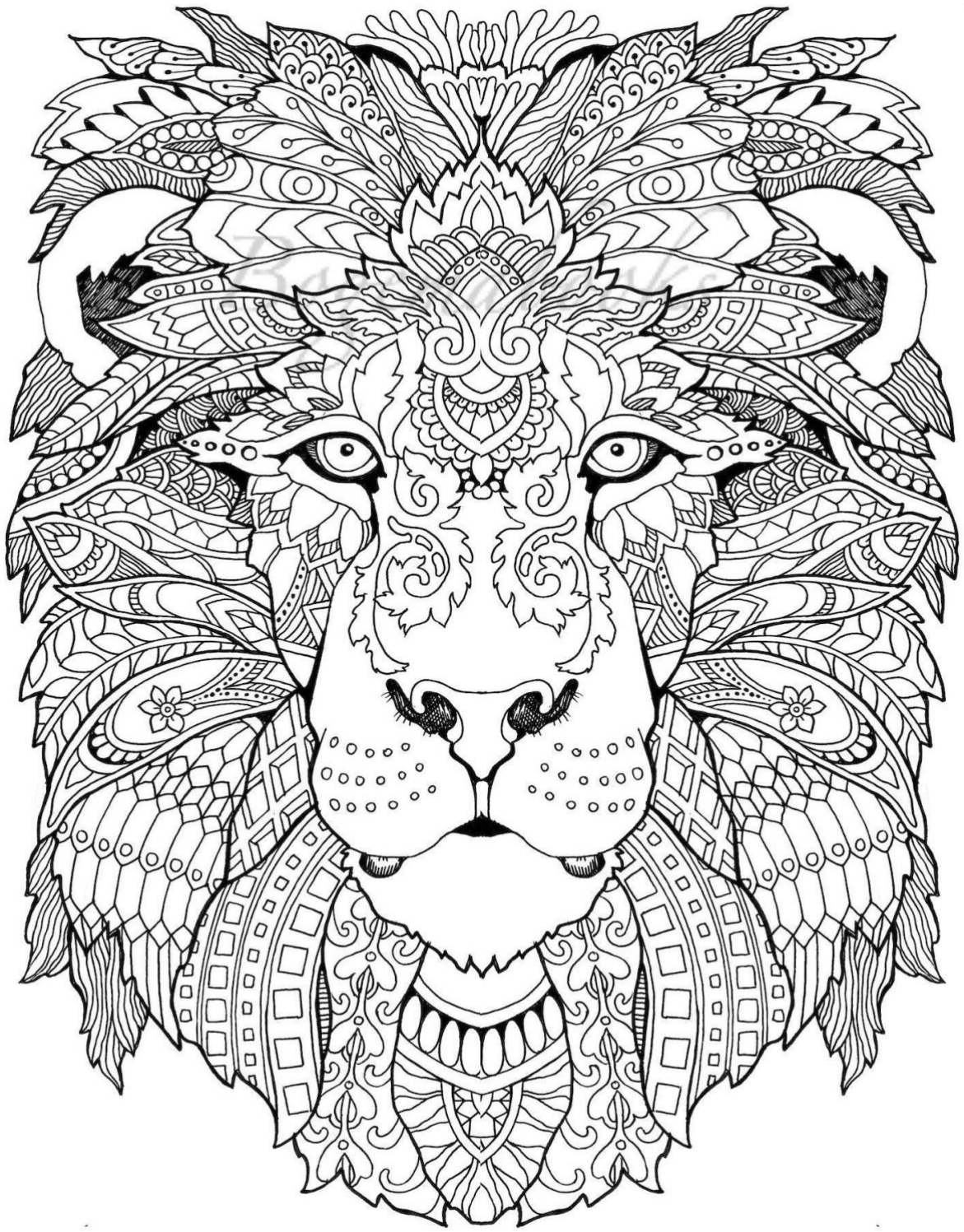
You can search "**relaxation music**" on Spotify or Youtube



Mindful Colouring

Sit in a quiet space, play some relaxing music, and choose your favourite colours as you relax while colouring in these beautiful patterns.







TODAY IS
GOING TO BE
AWESOME





C. Handwashing

I. Choose the correct word in each sentence.



a) You wash your **hands** / **hair** with soap.



b) You scrub your nails with a nail **broom** / **brush**.



c) You can kill germs with **foot** / **hand** sanitiser.



d) You keep your nails short with **scissors** / **soap**.



TRY IT OUT!

Wash your hands, using the correct technique.

Did you...?

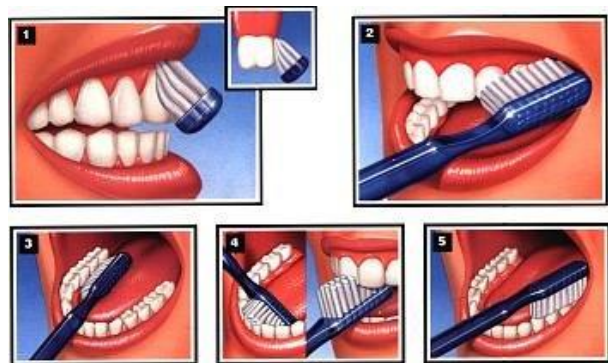
- Wet your hands with clean, running water
- Turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap.
- Wash your hands for at least 20 seconds.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel.





3. This is how you should brush your teeth. Cross out the extra sentence.

- a) Wet the toothbrush.
- b) Put the toothpaste on your toothbrush.
- c) Hold the toothbrush at an angle.
- d) Brush the top teeth.
- e) Brush the bottom teeth.
- f) Brush your hair every day.
- g) Brush the front teeth.
- h) Rinse out the mouth.
- i) Dry the mouth.
- j) Look at your clean teeth.



4. Choose the correct words.



- a) This is **shampoo / toothpaste**.
- b) It has **fluoride / flower** protection.
- c) It has **two / three** colours.



TRY IT OUT AT HOME!

Brush your teeth.



Did you....?

- Wet the toothbrush
- Put the toothpaste on your toothbrush
- Hold the toothbrush at an angle
- Brush your top teeth
- Brush your bottom teeth
- Brush your front teeth
- Rinse out your mouth
- Dry your mouth
- Look at your clean teeth



How do your teeth feel after you have brushed them?
Write a word.

Mirror Me

What do you see when you look in the mirror?

I see someone who is...





REUSE RECYCLE
WITH JACINTA

WORKSHOP

MONDAYS 12.30



Cardboard Initials



Materials

Strong cardboard

Different coloured wool

Pompoms

HOW TO MAKE A dreamcatcher



embroidery hoop



feathers



vegan string



flowers



ribbon



beads

Gather the needed supplies from around your home and/or at a craft store, plus anything extra you may want to add to your dreamcatcher (ex. yarn, sock, sticks, crystals, fabric, glitter, stones).

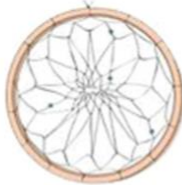


1

Depending on the size of your hoop, cut one to two arm lengths of string. Tie the string at the top of the hoop, and wrap the string around the hoop so that it's evenly spaced and taut.

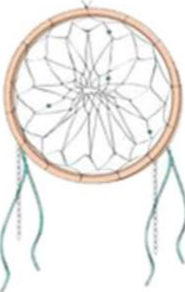
2

Continue the pattern by threading the string through each loop that is made. Repeat the pattern until you reach the center and tie off. (You can also string beads on the string at random points for decoration.)



3

Cut varying lengths of yarn, chain, ribbon, or anything else you have and tie them to the bottom of the dreamcatcher for fringe.



4

String beads on fringe, and attach feathers with glue or by tying them on.



5

Tie a yarn loop at the top of the dreamcatcher and hang over your bed, on the wall, or anywhere you like.



REUSE RECYCLE WITH JACINTA WORKSHOP MONDAYS 12.30

Grass heads



Materials for your DIY grass heads –

RESOURCES

- Grass Seed
- Sawdust
- Elastic Band
- Stockings/Tights
- Yogurt Pots/ empty eggshells
- Googly Eyes
- Paper, Buttons, Ribbon, Felt to decorate

1. Fill the toe of your stocking with grass seed. Top up with sawdust until you have a ball shape. Fasten tightly with an elastic band (children may need assistance).
2. Children can decorate their monster/ grass head pot however they wish to make it individual.
3. Stand the stocking ball in the yogurt pot with the grass seed at the top.
4. Keep the yogurt pot topped up with water. After a week the head should grow hair.

REUSE RECYCLE WITH JACINTA WORKSHOP MONDAYS 12.30

Sensory Game



Materials

Cardboard Box
Lollipop Sticks
Empty Toilet roll
PV A Glue
Marble

Method

Shallow box
You can paint or decorate the box
Glue the lollipop sticks with pva
on their side
The idea is to make a maze for the
marble to travel around the box.



A Jar Full of Feelings



This can be used in the
reuse recycle workshop with Jacinta.
It could also be used in the science
workshop with Eoin.
It's managing their emotions and using
colours to represent their
emotions.

Poms poms or coloured rice
can be used.

Magnetic Game



Materials Needed:

- Cardboard Box
- Black paint OR black construction paper
- Yellow paint
- Yellow duct tape
- Popsicle sticks – we used both regular length and short length, but if you don't have the short ones, you can just cut them with scissors.
- Card stock or a file folder
- Scissors
- Paper clips
- Markers
- Hot glue or another type of craft glue
- Magnet wand – or, make your own magnet wand with a craft stick and a magnet
- A utility knife

Instructions

- Start by taping your box closed. But before you do, cut away the interior cardboard flaps on the top of your box. (We used the bottom as the top because it was in better condition.) You want the magnet wand to go through just one layer of cardboard to make the game pieces move, not two.
- Paint the top of your box black to be the screen. We used acrylic paint.
- Once the paint has dried, add a border of yellow duct tape around the screen.
- Then, go ahead and make some Pac-Man guys. We used card stock for extra durability, but paper will work just fine too!
- Tip: Trace a plastic bottle cap to get a nice round circle. Then draw the mouth. Outline the whole thing in black, and color it yellow.
- Build the maze course on your game by gluing down craft sticks.
- As you make the maze, you'll want to check to make sure that your Pac-Man can fit through all of the passageways.
- You can design their game to look like the real Pac-Man video game, or they can get creative and make their own layout!
- Once you have your maze complete, add some yellow dots to make it look more like the video game. The dots won't actually disappear, but it's still fun to make Pac-Man run through the course and pretend to eat the dots!
- I made the dots with yellow acrylic paint and a small paintbrush. It doesn't matter if the dots are not as neat as what I did.
- Make some ghosts and add paper clips to both the ghosts and the Pac-Man guys. The paper clips will allow the magnet wand to move the characters around.
- Before playing with your game, you'll need to cut a large slit in the side of the box so that you can insert the magnetic wand. This is best done with a utility knife.



THE - FEELINGS GAME



FOR EVERY

SHARE

Red



*One thing that makes you **HAPPY**.*

Orange



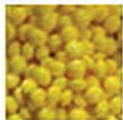
*One thing that makes you **SAD**.*

Green



*One thing that makes you **ANGRY**.*

Yellow



*One thing that makes you **EXCITED**.*

Purple



*One thing that makes you **AFRAID**.*

