This week I am sending you a link to a fabulous book called "Under the Mask, Inside Feelings" by Emma Cahill. Emma has also sent a message to all the children in Sallins National School with a special mention to our 6th class.

When you click on the first link the book itself appears and if you scroll down you can click on an arrow and she reads the book

http://www.emmacahill.ie/inside-feelings/?fbclid=IwAR2Ob6VZbC0SGdbhLfA1IGLOnZSOIeJWkVn7cXaCjN4pf-FUAUrj1EC4DaY

Emmas message to all pupils

https://youtu.be/SZQfQLgVsz0

Also please see below 2 activities that you may like to try. Enjoy.

Team Member Bookmark

When you are thinking about new challenges you have to face, it helps to be reminded of the special people on your team that can help you or that you can talk to. There is a blank bookmark on page 3. Copy it as many times as you like, cut out the bookmarks and make one for each of the special people on your team.

Colour in the body and write the name in the space provided. In the bottom of the bookmark, write in one nice thing that

your special person says or does that helps you fight your worries.

Sensory ABC's

This exercise helps focus our thinking, helps us to be creative and helps to improve flexibility in our thinking.

Materials – 26 small pieces of paper

Pencil

1. Write a letter of the alphabet on each piece of paper .
2. Take turns to pick a piece
3. Name something you can see, feel, smell, taste and hear for each letter you draw.

Example if I get B, I can see a Box, I can feel a Bubble, I can smell a banana, I can taste a Bun, I can hear a Bell.

This game can also be played as 'stop the bus'. If you do not have the letters written down, you can still play. One person says the alphabet in their head and another player says 'stop the bus'. Then the letter that the person landed on in their head is the sound they use.

For very young children in junior infants you may have to give them the sound that the letter makes, also you may have to play it first to show them how to play.

Team Member Bookmark

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IS ON
MY TEAM!