

<b>Múscail</b> Waking up	Having a regular wake up time is good for keeping and establishing routine. Your child will learn self organisational skills and independence through, washing their face, hands, brushing their teeth etc. they will develop dressing skills. Some simple tips accompany this. Great opportunity to name body parts, count body parts and talk about how we should look after our bodies. You can also sing songs about washing face, brushing their teeth, or play something from Ceol leat.
<b>Am bricfeasta</b> Breakfast time	Make breakfast together, talk about likes/dislikes, shapes of the food, dishes, match colours, plates, cutlery, count Let them butter own toast, pour own milk/juice from a small amount in a jug. After eating, encourage them to recycle waste and clean up after themselves-developing skills of independence.
<b>Am sa ghairdín/taobh amuigh</b> Time in the garden/ outdoors	Great opportunities to learn about the world around them. You could feed the birds, can you see or hear them? Talk about the weather, seasons, do they feel warm/cold? Go for a walk/cycle, talk about what they see and hear. Talk about road safety, looking after where we live, no rubbish etc.. Take some photos and use any key Irish language you may have.  If you don't have a garden go to local outdoor space or even your window
<b>Am foghlama/súgradh</b> Learning/Play time	Even though your child learns from everything they do, it is important to have a slot in your day to engage in some naíscoil specific learning time-do you know we learn through play?! Time to see what naíscoil has for us to learn. Take something to do out of your weekly plan. If your child becomes restless, change it and make a note of what they say/do or if they had fun or shown interest.
<b>Am lóin</b> Lunch time	Same opportunities as breakfast time
<b>Am súgradh fisicúil</b> Physical play time	This can be throughout the day, but ensuring specific time is given to physical play is important. Either running, walking in different directions, marking out a path to follow using chalk or tape, going on bike/trike, obstacle courses can be done using items in the home, give Joe Wicks a go online, and stick on some Spraoi Spórt tracks for warm up and cool down.
<b>Am teilfise/cluiche ar líne</b> TV time or online game	Although as educationalists we aren't keen on TV time, but it can prove to be a great source of learning. Not only for attention and listening skills, but it exposes children to different language and through games, problem solving and other concepts are promoted. Look at Cbeebies games as Gaeilge and TG4 and BBC Gaeilge for TV shows. Great shows like 'na dódaí' are age appropriate and engaging!
<b>Am le do chlann/ Am dinnéir</b> Family time/ dinner time	Time with family is important whether it be at dinner time or playing a game together or going out and about on walks or bike rides. Relationships with each other are crucial during this time not only for ensuring feelings of safety and security, but for developing language and communication skills also...Take turns listening to each other, ask questions, praise.
<b>Am scéil</b> Story time	Quiet time with books should ideally also be given throughout the day, but having a set bedtime story routine is a great way of sharing quality time with your child. Showing them how you enjoy books also, showing them how to hold a book properly, turn the pages carefully, point to words and pictures. Great bonding time as well as great opportunity for language and literacy development.
<b>Am luí</b> Bedtime	Again like morning time, bedtime is another means of keeping/establishing a good routine as well as developing organisational skills and independence. Like morning routine, self care is important, washing, teeth brushing, dressing into PJs. This provides opportunities to name the body parts, count them, sing a lullaby, listen to Ceol Leat, recall what they did that day and what the plans are for the next day.