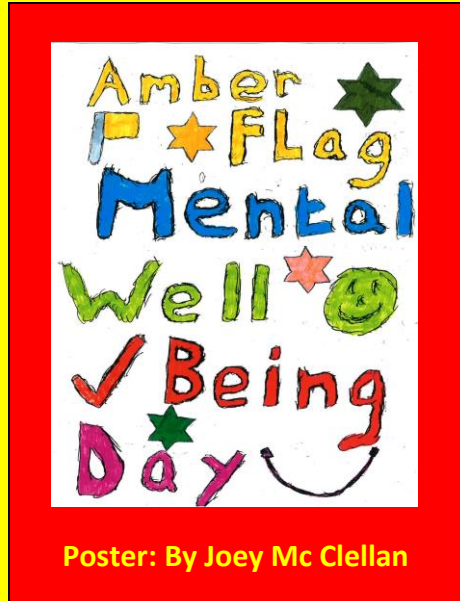


The Amber Flag

Mental Health Awareness Week



This year, Kilcolman N.S. is participating in the Amber Flag Programme.

Part of this programmes involves having a Mental Health Awareness Week.

We are organising the first 2 days of this on this Monday & Tuesday. We will be running the remaining 3 other days when we return from the mid-term break.

The work for this programme has been prepared by the 6th class

Please see below for more details



Good Turns Jar

Each day for the 5 days, do a

Good Turn or

An Act of Kindness.

Write or draw a picture of what you did onto the blank jar outline which will be e-mailed to you.

The journey of a thousand miles begins with one step



Words of Wisdom: By Jessie Meade & Áine Gallery

Words of Wisdom

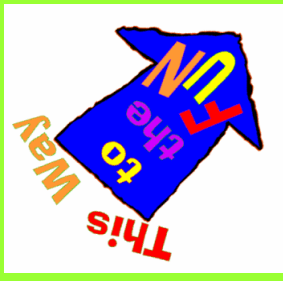
Every day you will be provided with some Words of Wisdom for each of the five days.

Enjoy!



The Jerusalema Dance

The **CHALLENGE** we are setting you is to practise this dance each day & for everyone to dance it at 2pm on Wednesday, 24th February. If you wish send any recordings to kilschool1@gmail.com
(See Links to Dance below)
Enjoy!



HAVE FUN!

Activities for Each Day

(These activities will be e-mailed on to you each day for every class)

Day 1: Mindfulness Art

Prepared by: Niamh Kelly & Emma Lardner

Day 2: Mindfulness, Yoga, Meditation Activities

Prepared by: Lily Murphy & Tara Hughes

Day 3: P.E. Activities

Prepared by: Mark Doyle, Éabha O'Connor, Grace Kelly, Conor Sheehan & Conor Sheahan

Day 4: Singing & Dancing Activities

Prepared by: Lauren O'Keeffe, Oisín O'Connor, Cathal O'Connor, Alex O'Sullivan, Cian Mulcahy & Michael Enright

Day 5: The Jerusalema Dance Challenge

Gratitide Flower: Prepared by Armand Callens

Jerusalema Dance

Step by step Videos

<https://www.yout-ube.com/watch?v=TR-JP7yWpLY>

JERUSALEMA" DANCE | Master KG (BEGINNER LINE DANCE ROUTINE) Easy choreography!

Step by step Videos

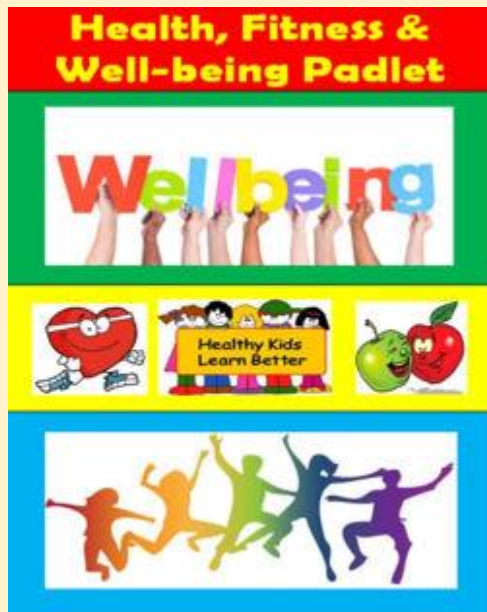
<https://www.yout-ube.com/watch?v=yalBVOeHqsE>

EASY Jerusalema Dance tutorial. For young and old!

Video: Watch the 'Garda Jerusalema Challenge & practise the steps.

<https://www.yout-ube.com/watch?v=PY1kp0grZU>

Check out the school's 'Health, Fitness & Well-being' Padlet on the Kilcolman N.S. Website



To find this Padlet:

1. Google
2. Kilcolmanns.com
3. Go to the 'Home Page'
4. When you see this picture, CLICK ON IT
5. Check out the links on the padlet