

RAINY DAY

CLASSROOM
ACTIVITIES



LEINSTER

A CLASSROOM COACHING AND GAMES RESOURCE



INTRODUCTION

Welcome to Rainy Day Coaching & Games guide to reaching our goal of 60 minutes exercise daily. As we all know .. the weather in Ireland does not always shine. So these Rainy Day Activities will help you exercise and work on fundamental movements in your classroom while having fun! Turn the page to discover more!!

PACKED WITH ACTIVITIES

- Stretching
- Mobility
- Individual work
- Partner challenges
- Fundamental movements
- Cross Curricular
- Classroom fun games

CLASSROOM
ACTIVITIES





CONTENTS

CLASS ROOM CHALLENGES

4-18

Session 1

Session 2

Session 3

Session 4

Session 5

Session 6

Session 7

Session 8

Session 9

Session 10

Session 11

Session 12

Session 13

Session 14

BRAIN TEASERS

19-29

YoGAA Poses

30-39

RAINY DAY

CLASSROOM ACTIVITIES



CLASSROOM CHALLENGES





SESSION 1

MIRROR MIRROR:

Mirror mirror: Players in pairs. Nominate one as leader. The second player must copy the movements of the leader.



BUALADH BÒS

With bean bag/ball players throw into air and count how many claps before catching. Change to touching head, shoulders, knees and toes before catching, then sitting on the floor throw, stand and catch. In pairs taking turns to save space.



HIP HOP

Invite pupils to spread out in the playing area and find space. When the music is played pupils move around the area using a locomotor skill of the teacher's choice. Encourage dodging and avoiding the other pupils. When the music stops pupils must perform a balance and freeze for ten seconds. Any pupil that moves must complete five jumping jacks before joining in again. Restart the music and repeat.



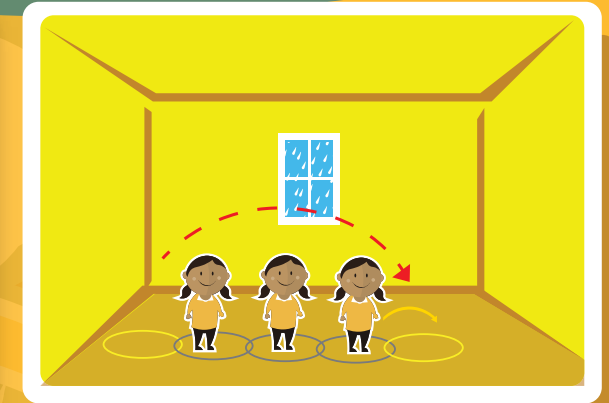


SESSION 2

Hoop Race:

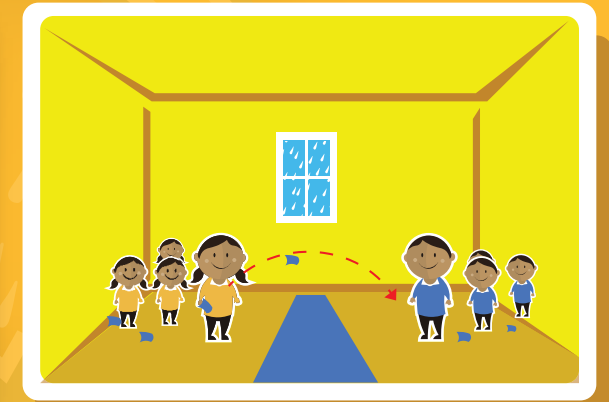
First hoop is free, and the children are inside the other hoops. Child nearest to the empty hoop picks up the empty hoop and passes it to each child and last child in line puts the empty hoop right up against the next hoop, then all three children jump forward into the next hoop. Only one child per hoop. Keep passing the hoop forward until the line or wall is reached!

EQUIPMENT : HOOPS.



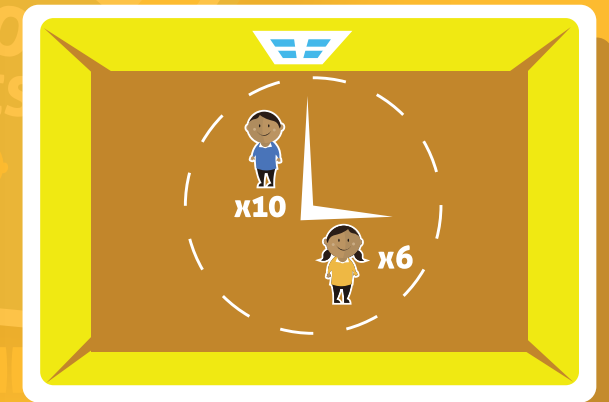
Over the River/No Mans Land:

Use bean bags to throw over the river. For older groups, start with 10 bean bags in each half. When a bean bag hits the floor, it cannot be caught. The team with most bean bags on the floor at the end loses. Players could be stuck to floor, or sitting/ one hand behind back to make more difficult and safer in small area.



Clock Relay:

Divide players into two teams, one with 10 players the other with 6. The team with 10 is the 'big hand' of the clock and the team with 6 is the 'small hand' of the clock. The teams each form the hands of the clock by holding hands in a line from the centre of the circle out. Lay out clock numbers 1-12 in a circle around the two hands. The coach gives the teams a time and they have to work together to move both teams to show the correct time without getting in each others way.

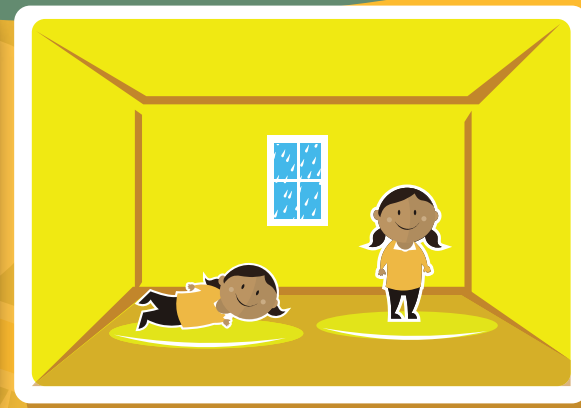




SESSION 3

SURFER AND SHARKS:

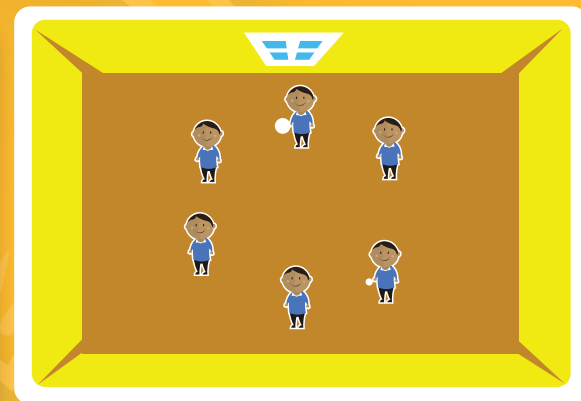
Players lie on their stomachs imitating a surfer paddling on their board. When the coach shouts 'Shark attack' all surfers try to jump in one motion from 'paddling their boards' to standing and surfing on the boards.



CAT AND MOUSE/TOM AND JERRY:

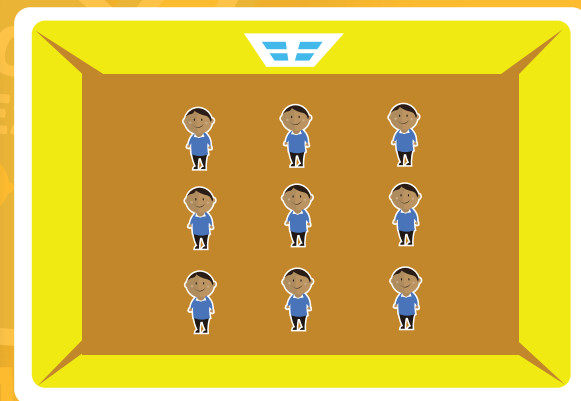
Children in a circle of 6. The big ball is the cat /small ball is the mouse, aka Tom and Jerry. The children pass the ball around in the circle, trying to get the big ball to catch the little ball. They can switch direction to try and catch or dodge.

EQUIPMENT: TENNIS BALL AND BIG BALL.



Rock/Tree/ BRIDGE:

The children get into groups of three and line up. The first student in each line becomes a rock (do Child's Pose), second student jumps over the rock and becomes a tree (do Tree Pose), third person jumps over the rock, goes around the tree, and becomes a bridge (do Downward-Facing Dog Pose). The first student (who was the rock) gets up and goes around the tree and underneath the bridge. The students repeat the pattern.



SESSION 4

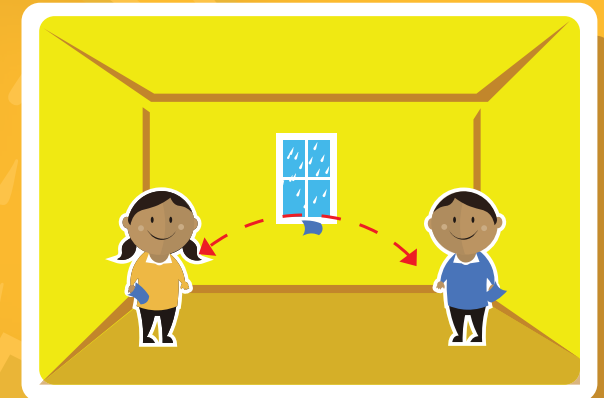
Leaning Tower:

Players sway or lean away while in a standing position. Lean forwards, backwards, to the sides and with eyes open or closed. Can be done in pairs/groups for smaller spaces and as a 'trust building exercise' - challenge players to find the point where they lose balance and their pair/group catches them.



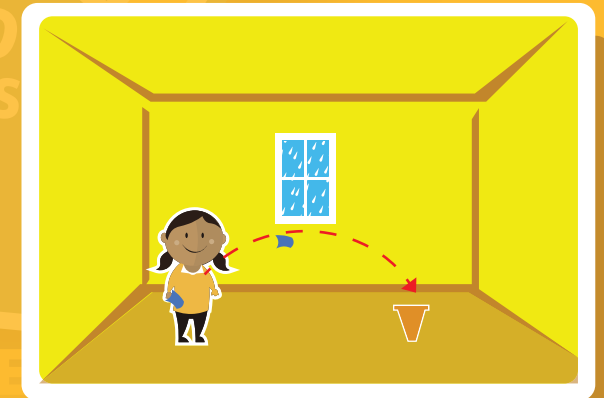
HOT SPUD.

In pairs with a bean bag each player throws and catches at the same time, challenge to a minute challenge, challenge to throw with one hand and catch with the other repeatedly.



Targets:

Use large cone upturned as targets to throw beanbags into or make into skittles/pyramids. Variation have hoops on floor and points ie. 1 point if lands before hoop, 5 if lands in hoop and 3 if lands beyond hoop.





SESSION 5

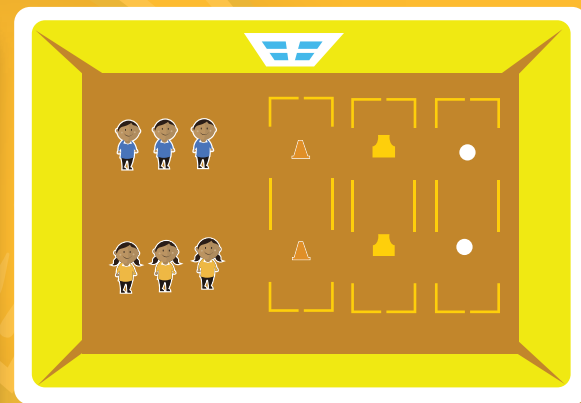
TIGHT ROPE:

Invite players to walk along an obstacle course of ropes/lines on the floor. Challenge them to go forwards, backwards or sideways with eyes open or closed. Alternatively, place players in pairs, with one player closing their eyes and following their partner's guidance through the obstacle course.



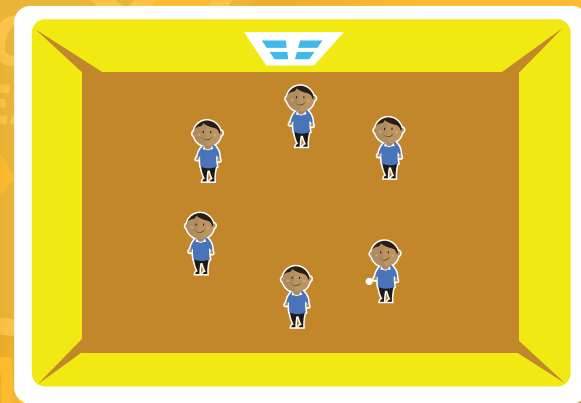
Money relay:

Place teams at one end of the room, in front of them is an area filled with cones worth 20c, beyond that an area filled with bibs each worth 50c and beyond that an area filled with balls each worth 1 euro. Team members run out in relay to steal an item and bring it back. Team with the most 'money' at end wins.



Name Game:

Players stand in a circle. One player starts by calling the name of another player and starts walking towards them. This player must call someone else's name before the first player reaches them. If you walk before you talk, or that player reaches you before you call a name, you sit down. To increase the challenge, allow the players to run..



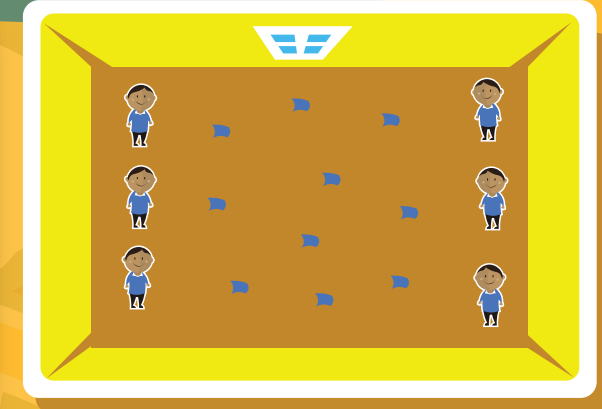


SESSION 6

The Seal and the Whale

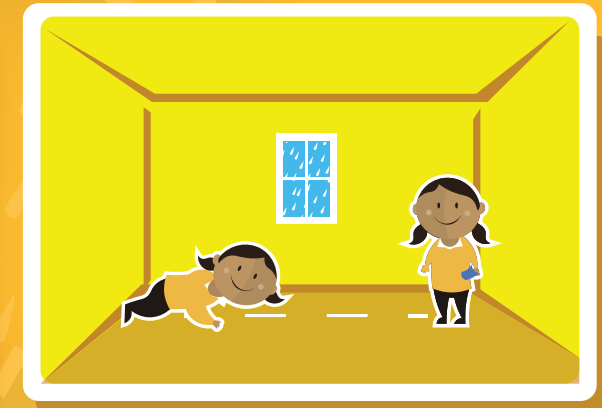
Coach places bean bags on the floor in different locations, one for each child. The coach can say run, skip, hop, jump etc. When the whistle blows, they have to find an iceberg and balance on it. The bean bags are the icebergs. Increase the difficulty by removing an iceberg, one at a time. Last person in is the winner. If in a small space get the players to move like a penguin or other slow-moving animal.

EQUIPMENT : BEANBAGS.



Beanbag slide

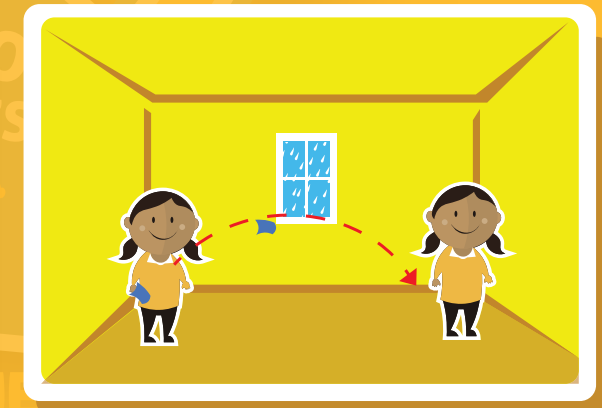
Arrange pupils in pairs with a beanbag per pair. Invite the pair of pupils to face each other, two metres apart and perform a high plank balance (a plank on their hands rather than elbows or lower arms). The aim of the activity is for one pupil to slide the beanbag through their partner's arms. Change partners regularly.

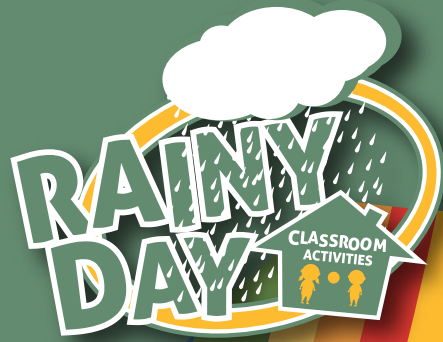


Bean Bag Bants:

Children get into pairs and have one bean bag between the two. One child turns their back to the other child about 6 steps away from each other and underarm throw the beanbag trying to hit their back/bottom. After each shot other child gets a turn.

EQUIPMENT : BEANBAGS.





SESSION 7

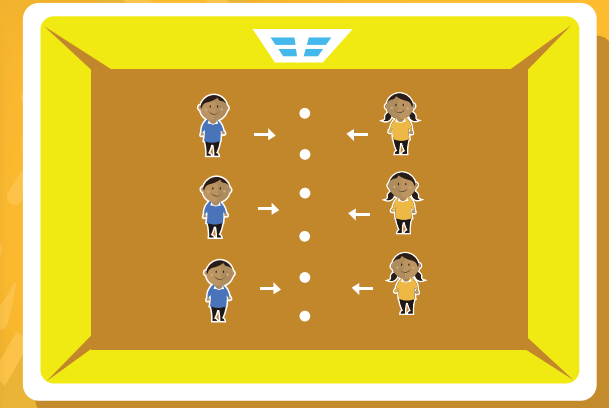
Stepping Stones:

Place a number of markers around the playing area. Players move from one marker to another using one step or leap. Use different objects for scores, use foam numbers etc to include Maths element.



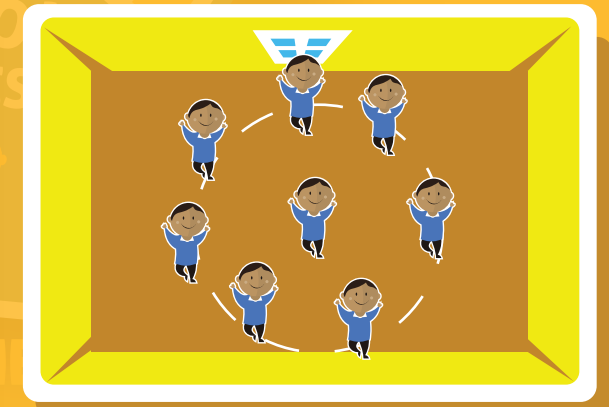
Wizards, Giants and Goblins:

Think rock, paper, scissors. Wizards beat giants, giants beat goblins, and goblins beat wizards. Two teams line up facing each other. Each team decide secretly whether to go wizards, giants or goblins. Wizards step forward with outreached arm as if casting a spell. Giants stand strong with arms over head and roar. Goblins squat down and stroke their beard and go 'He, He, He'. The coach calls 3,2,1 and on each number the teams take a step towards each other. On 'go' the teams reveal which they are. Whoever wins chases the other team to their safe line. Anybody who is caught moves to the other team. In restricted space, award points for winners rather than chasing.



Copy me Balancing:

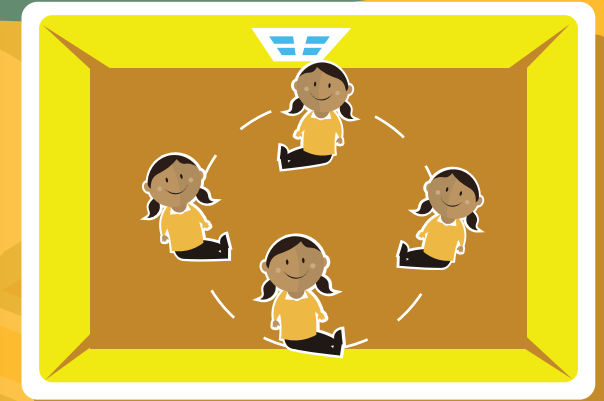
Pupils form a large circle in the centre of the playing area. Select one pupil to call out their name from where they are standing in the circle, and then perform a balance of their choice. The other pupils in the circle perform the same balance, holding it for a count of five. The next pupil in the circle then calls out their name and performs a balance, and the activity continues until all pupils have had a turn.



SESSION 8

Pirate and the Seven Seas:

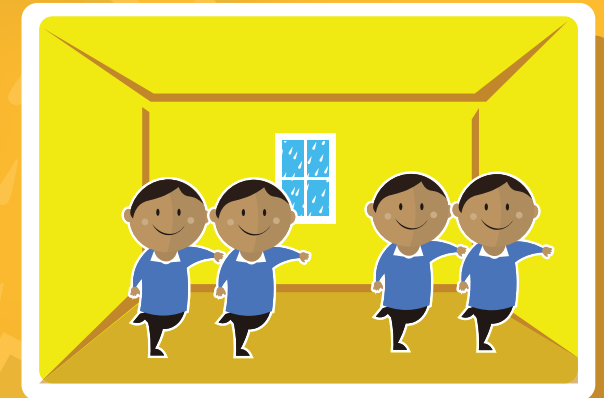
Arrange groups in a seated circle on the ground with legs out straight, facing inwards. With each leg you count to 7 whoever is on number seven loses a leg. They must sit on the leg that is out. Last person with a leg is the winner and is the winning pirate.



Balance Challenges in Pairs

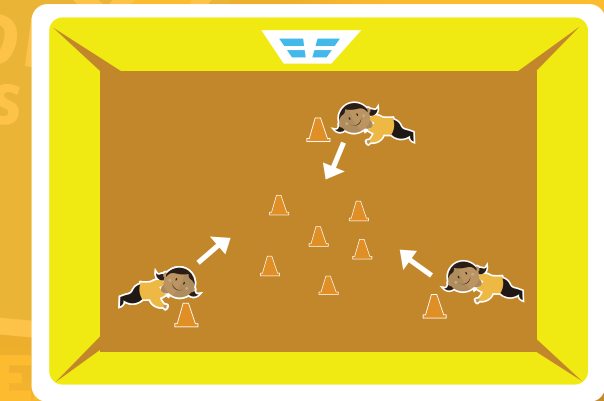
Touchdown : Partners pair off and stand on right leg with left hand out. The back of each partner's hand touches each other. Each player has 3 lives to start. Partners attempt to knock each other off balance. A life is lost each time the opposite foot touches the ground. Rpt with opposite arm & leg

Can you catch the ball balancing on 1 leg x5? Rpt with opposite leg
 Throw the ball overhead and catch 5 times on each leg
 Roll the ball on the ground and catch 5 times on each leg
 Throw the ball slightly to the left or right and catch 5 times on each leg



Bear crawl cone grab:

Set up a triangle with three different cones spaced 5-10m apart with two players at each corner of the triangle. Place 6 additional cones within the triangle. On 'go' the first player bear crawls to one of the cones, places it on his/her back and reverse bear crawls back to their group, placing the cone on the starting cone. This is done in a relay format. After all the cones have been taken from the centre, players are free to steal from the other teams. The winning team is the one with the most cones after 1 minute.

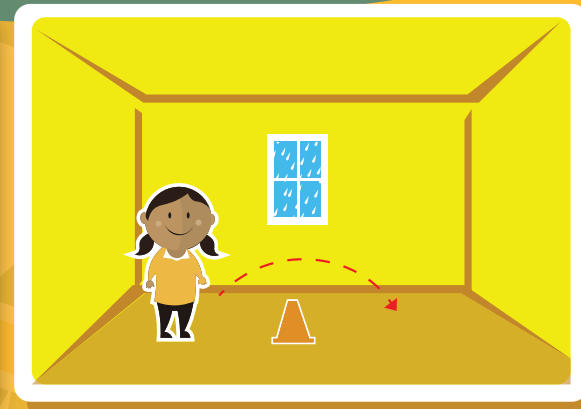




SESSION 9

Jumping Jacks:

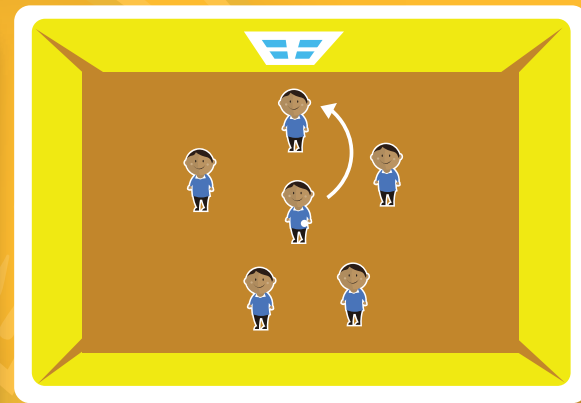
Give each player a cone to place on the floor. Challenge the children to jump over the cone and land two footed while touching the floor with the hands (to encourage bending of the knees on landing). Progress to jumping backwards and sideways over the cone. Challenge players to find their own way to jump over the cone. Look for the following jumps and get the jumper to show the rest of the class to copy. 2 feet to 1 foot, 1 foot to 2 feet, 1 foot to same foot and 1 foot to the other foot.



Bomb or Ball/Head and Hands:

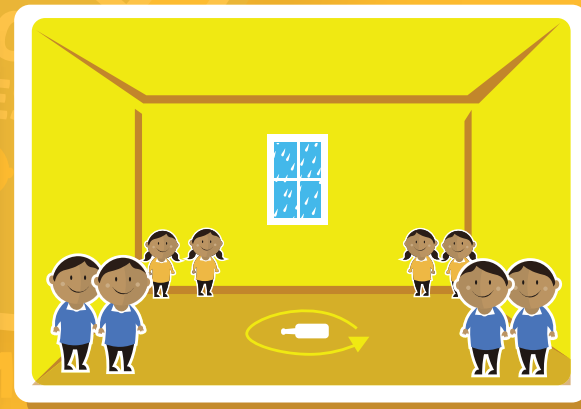
Arrange the children in a circle. The coach is in the middle of the circle with a ball. The coach either calls out bomb or ball. You can catch a ball but you must dodge the bomb. This is a good listening drill. Coach must speak clearly. For head and hands the coach throws the ball to a player and calls heads or hands, the player must do the opposite, ie if you call heads they catch, if you call hands, they head it back to you.

EQUIPMENT : BALL.



Musical Four Corners:

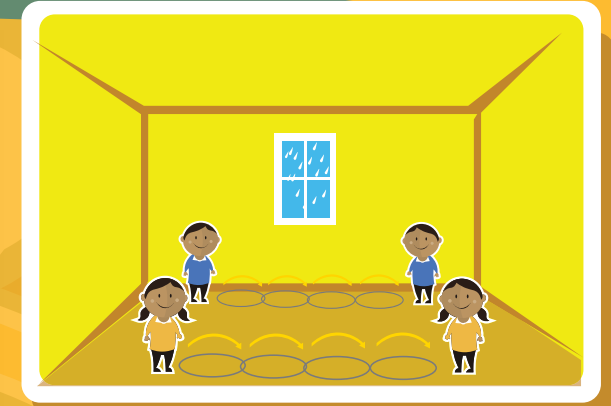
Similar to musical statues, but when the music stops, players pick a corner to stand in. The coach spins a bottle in the centre of the room and anyone standing in the corner that the bottle stops at is out.



SESSION 10

ROCK PAPER SCISSORS HOOPS:

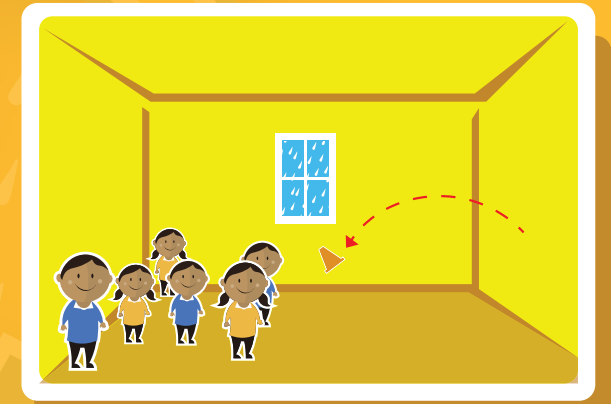
Join a number of hoops together on the floor. Divide the children in to 2 teams, one at either end. Children must hop through the hoops and when they meet, perform rock, paper, scissors. The winner stays jumping forward, while the loser jumps out of way and runs to back of the line. The next player in the group hops out as soon as their team mate gets to the other side or jumps out of the way. The first team to reach the end of the hoops on the other side is the winner.



BUTTERFLY'S AND WASPS:

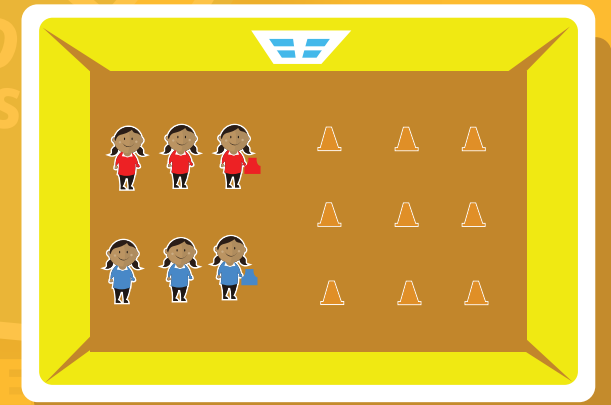
Children stand in front of the coach in a box or circle. Coach throws a cone in the air and calls butterfly or wasp. You can catch a butterfly but you cannot catch a wasp. If you catch a butterfly you get a life and get to keep it. If you catch a wasp you get stung and are out. Winner is the child with the most cones.

EQUIPMENT : CONES



Xy OZY's:

Line out 9 cones in a 3 by 3 format (i.e. three lines of three, about 2m apart). Divide players into two teams and give each team 3 bibs (one team is red, one team is blue). One player from each team runs out with a bib, places it on a cone and then runs back and high fives the next in line to go. Aim is to get a line of three as in the ordinary game. If all three bibs are down without a line being created the fourth player runs out to pick one of the bibs and repositions it.

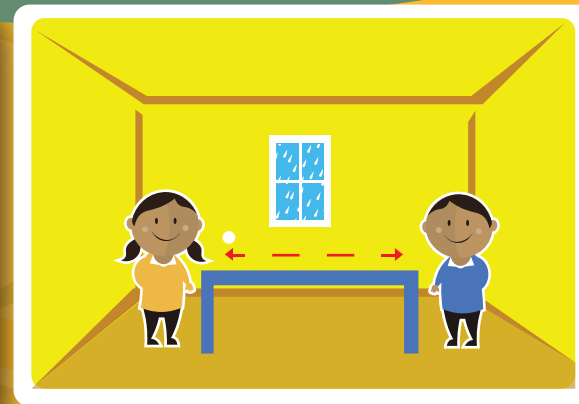




SESSION 11

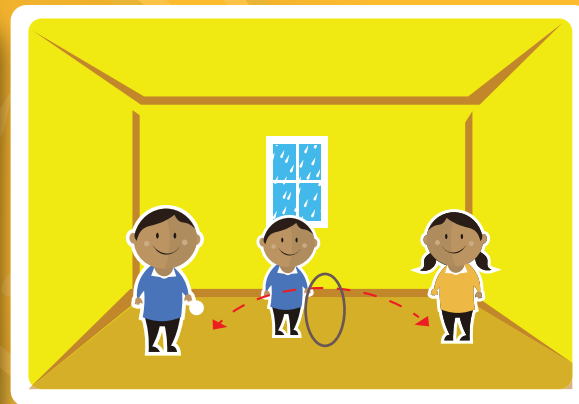
Table Hurling

Players stand on either side of a table, with one hand behind their back and are only allowed one hand to shoot and save using one hand. Players try to strike the ball over the opposition end of table while the opposition player uses one hand to save the shot and strike back.



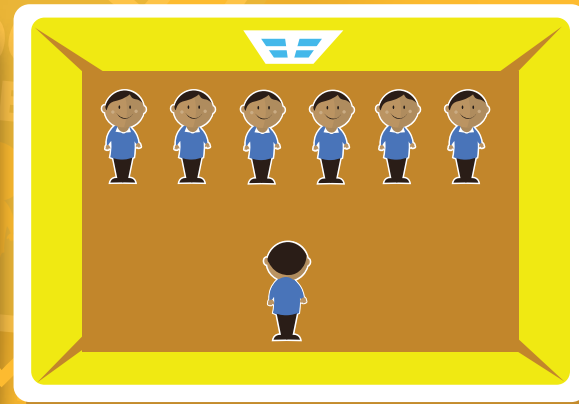
Spin and Shoot

Arrange children in groups of three. One child tries to spin the hoop back to him/herself. The other 2 children stand opposite each other trying to throw the ball through the hoop as the hoop is moving. Award a point if the ball goes through the hoop. How many throws can you get before hoop returns to sender.



Spell my Name:

One player stands on one side of room, with the rest of the players on the other side (similar to what Time is it Mr Wolf?) Player calls a letter, if that letter is in your name you can take a step forward. If that letter appears twice in your name take two steps etc. If you get to the wall first you get a cone as a point. Change to surname, birthday month, car type etc. for subsequent rounds.





SESSION 12

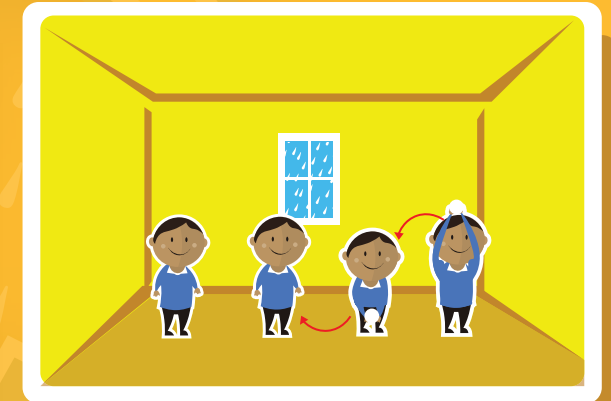
Connect it:

Children walk freely about a defined area. On whistle or teacher's signal they stop and listen, teacher calls out two body parts which each child has to join together, e.g. elbow to knee, hand to foot, foot to foot. Repeat several times using different body parts. Focus on an object or spot for stability. Variation: on whistle, pairs connect the body parts called by the teacher, e.g. two feet - would be one foot from each person.



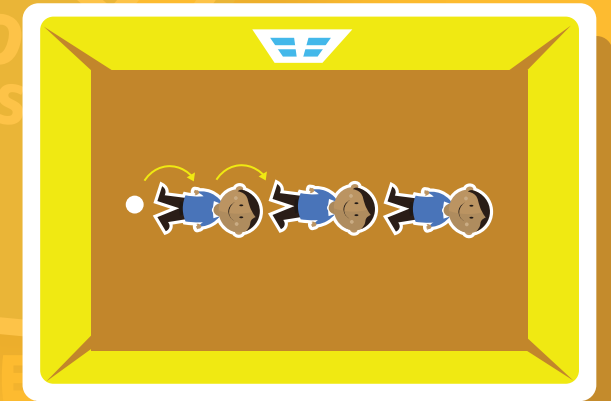
Over Head – Under Legs – Side to Side:

Over Head – Under legs – Side to Side: Players stand in a line in groups of 4-6 and then take one step away from each other. Player 1 arches back and passes the ball over his/her head to player 2. Player 2 takes the ball from overhead and passes it under his/her legs to player 3. Player 3 takes the ball and arches back to give to player 4 etc. Last person in the line runs to the top. First group to complete the task is the winner.



Feet to Hand Relay Race:

Using footballs, players will all lie down head to toe in two or more groups side by side. The ball will begin in the feet of the first player, who will pass the ball to their hands. The 2nd player in the line will then take the ball from the 1st player's hands with their feet, transfer it to his/her hands and transfer the ball to the next player in the line. Continue to the end of the line. At the end the ball will reverse and be passed back along the line from hands to feet until it reaches the first player.

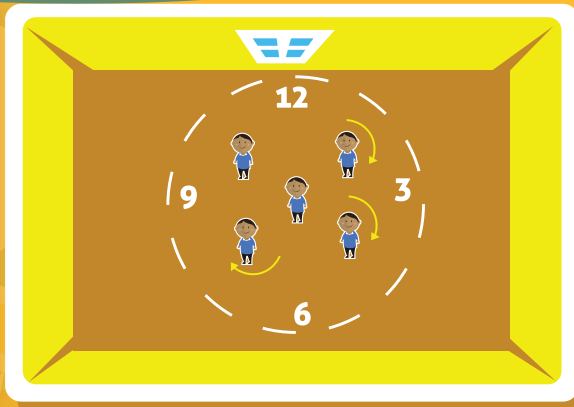




SESSION 13

QUARTERS/CLOCK/COMPASS/PROVINCES:

Assign the four walls as 12, 3, 6, 9 (or N,E,W,S/Ulster, Leinster, Munster, Connaught). Everyone starts facing the front (12 o'clock). Ask the children to jump and land facing 3 o'clock (1 quarter), then 6 o'clock (2 quarters/half), then 9 o'clock (3 quarters) and finally 12 o'clock (full turn/360 degrees). Repeat in an anticlockwise direction. Change to compass points or provinces. For older age groups, call out counties and they have to jump and land facing the province they think the county is in.



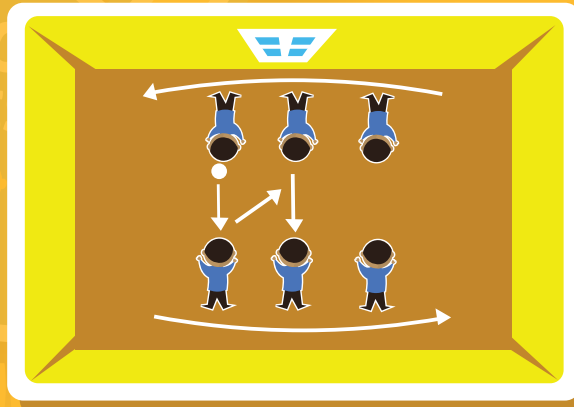
FRUIT SALAD:

Players face each other sitting on the floor with legs extended towards each other and feet touching so that there is a train tracks style run up the classroom. Each pair picks a fruit. When a fruit is called, that pair jump up and run over the 'train tracks' (stepping over each set of legs like a hurdle) until they get back to their position. First one back wins. Alternatively make teams and race similar to over and under races.



SKYDIVER:

Arrange children into a team of six, with three facing three. Children lie face down with hands and feet in the air, like a skydiver. Player one rolls a ball to player two on opposite side, gets up and runs to the end of the line and resumes the skydiver pose. Player two rolls the ball to player three on opposite side, runs to the end of the line and resumes the skydiver pose. This continues until they reach the wall. Teacher times how long they take as other teams will then try to beat their time. Variations: bounce the ball, vary the ball to tennis or beanbag, vary team number depending on available space, or have two teams competing depending on space.



SESSION 14

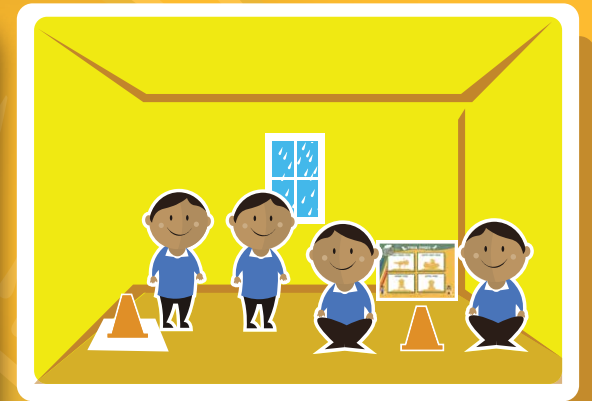
Music + Yoga pose:

Place one yoga pose card under a cone/spot marker. Play music/whistle, and have the children move to the music. When the music stops, each child looks under their cone/spot marker, and practices the yoga pose on the yoga card.



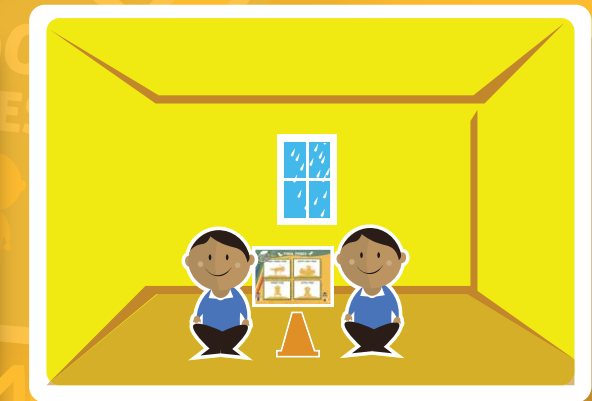
Match yoga poses:

Place one yoga pose card on each cone/spot marker. Once everyone has a chance to look at their yoga card, then everyone walks around to find someone else who has the matching colour band (category) on their yoga card. Once the partners are united, they can practice the poses together.



Partner yoga pose practice:

Give out a yoga card to each child. Then, the children walk around to find someone who has the same colour shirt (or eyes, hair, shoes, etc). Once everyone is matched up, the partners practice the poses on their cards together.



RAINY DAY

CLASSROOM
ACTIVITIES



LEINSTER

BRAIN TEASERS

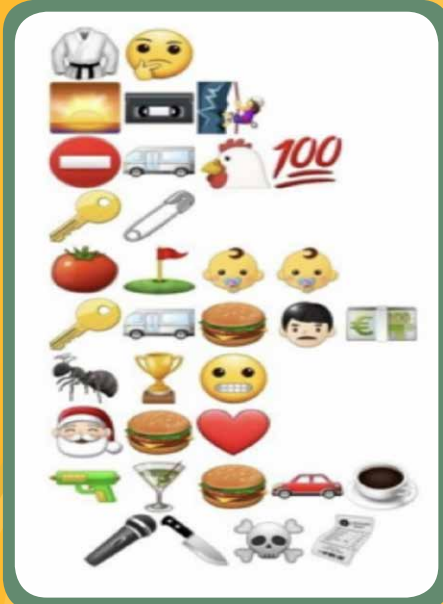




LEINSTER

EMOJI QUIZ

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

MATCH THE LEINSTER COUNTY TO ITS CREST



KILDARE
CARLOW
MEATH



WESTMEATH
OFFALY
WICKLOW



DUBLIN
MEATH
KILDARE



LONGFORD
WESTMEATH
LOUTH



KILKENNY
WEXFORD
LAOIS



WICKLOW
LAOIS
WEXFORD



LAOIS
LONGFORD
LOUTH



KILKENNY
KILDARE
DUBLIN



DUBLIN
WESTMEATH
MEATH



OFFALY
LAOIS
LOUTH



LONGFORD
LOUTH
LAOIS



LEINSTER

GRAMMER QUIZ DO GO PLAY

1. I JOINED A FOOTBALL TEAM LAST MONTH, SO NOW I _____ FOOTBALL EVERY SATURDAY.

- A. DO
- B. GO
- C. PLAY

2. DO YOU WANT TO STAY STRONG AND HEALTHY? YOU SHOULD _____ EXERCISE.

- A. DO
- B. GO
- C. PLAY

3. JIM REALLY LIKES TO _____ FISHING AT THE LAKE IN THE SUMMER.

- A. DO
- B. GO
- C. PLAY

4. MY SISTER OFTEN _____ TENNIS WITH HER FRIENDS ON THE WEEKEND

- A. DOES
- B. GOES
- C. PLAYS

5. I'M NOT VERY GOOD AT SPORTS BUT I LIKE TO _____ CYCLING IN MY SPARE TIME.

- A. DO
- B. GO
- C. PLAY

5. I'M NOT VERY GOOD AT SPORTS BUT I LIKE TO _____ CYCLING IN MY SPARE TIME.

- A. DO
- B. GO
- C. PLAY

6. HEY, THE WEATHER IS REALLY NICE. WOULD YOU LIKE TO _____ GOLFING.

- A. DO
- B. GO
- C. PLAY

7. IN WINTER, LOTS OF PEOPLE LIKE TO _____ HOCKEY

- A. DO
- B. GO
- C. PLAY

8. MY BROTHER REALLY LOVES TO _____ BASKETBALL.

- A. DO
- B. GO
- C. PLAY

9. ARE YOU IN GOOD SHAPE? HOW MANY SIT-UPS CAN YOU...?

- A. DO
- B. GO
- C. PLAY

10. SOMETIMES, I _____ JOGGING IN THE MORNING BEFORE WORK.

- A. DO
- B. GO
- C. PLAY

11. I WANT TO _____ YOGA, BUT FIRST I NEED TO FIND A GOOD YOGA TEACHER.

- A. DO
- B. GO
- C. PLAY

12. MY FRIEND IS AMAZING! HE CAN _____ 500 PUSH-UPS.

- A. DO
- B. GO
- C. PLAY

13. WE ONLY NEED TO FIND TWO MORE PEOPLE BEFORE WE CAN _____ VOLLEYBALL.

- A. DO
- B. GO
- C. PLAY

14. DO YOU KNOW HOW TO _____ PING PONG? THERE'S A PING PONG TABLE IN THE GYM.

- A. DO
- B. GO
- C. PLAY

15. I DON'T LIKE TO _____ SWIMMING AT THE BEACH. I'M AFRAID OF SHARKS.

- A. DO
- B. GO
- C. PLAY

16. MY FAMILY AND I _____ CAMPING IN THE MOUNTAINS ALMOST EVERY AUGUST.

- A. DO
- B. GO
- C. PLAY



LEINSTER

COPING WITH ANGER IN SPORTS

Anger triggers can happen anywhere! Read below to learn how to cope with your feelings of anger and frustration while playing sports!



1.

What are some things that make you angry during a game? Knowing your triggers can help you plan ahead. Make a list of everything that makes you upset during competition and then think of helpful ways to cope beforehand so that you're prepared if it happens.

2.

Use positive self-talk before the game. It can be helpful to remind yourself that it's "just a game" or to be the bigger person. You should use helpful self-talk during the game as well when your trigger occurs. Afterwards, check in with yourself to see how you handled your anger. What are some things you think you can say to yourself to help remain calm?

3.

Talk to your coaches and teammates about your anger. Tell them that you have a hard time controlling your anger sometimes during the game. Let them know how they can help if they see that you are starting to get upset. If you are angry with your own teammate, learn how to express your feelings towards them a healthy way using an I-Feel Statement.

4.

Think about the consequences. How will responding with a negative coping skill impact you and your team? In certain sports, if you are disrespectful or aggressive, it can get you kicked out or create a penalty for your team. Before you respond, always ask yourself, "Is it worth it?" Most of the time, it's not!

5.

Let your anger motivate you! Feeling angry isn't a bad thing. It's all about how you use it when it happens. You can use your anger to motivate you to play harder and faster against your competition. If someone from the other team is trash-talking you, rather than saying something negative back to them, use your skills to out-play them.

6.

Move on to the next play. Holding on to your anger for the entire game can affect the way that you play. Some people stay angry for the whole match and it leads to a poor performance because they aren't focused on doing their best. Find a way to refocus and move on if you become upset during a game.

Sports are fun because they are filled with so many emotions. There is joy and happiness, but also anger and frustration when things aren't going your way. Learning how to cope with your anger in a healthy way will help make you a better player and teammate!



LEINSTER

NUTRITION (NUTRIENTS)

A. Answer 'T' for True, and 'F' for False.

1. There is protein in fish. _____
2. Sugar and starch are kinds of fat _____
3. There is carbohydrate in rice. _____
4. A lot of sugar is good for you. _____
5. You shouldn't eat a lot of saturated fat. _____
6. There is vitamin C in cheese. _____
7. All minerals are good for you. _____
8. There is fibre in fruit and vegetables. _____

B. Answer the questions. You don't need to answer in full sentences.

1. Name one food where you can find unsaturated fat. _____
2. Which 2 nutrients give us energy? _____
3. Which nutrient helps us to grow? _____
4. What is the function of fibre in our diet? _____
5. Which is healthier, saturated or unsaturated fat? _____
6. Which vitamin helps our bodies protect against infection? _____
7. Which mineral should we not eat too much of? _____
8. What is the function of calcium in our diet? _____
9. Name the 6 nutrients needed for a healthy body. _____

C. Match the groups of foods with the nutrients they contain.

(Although there is more than one correct answer, try your best to find the most suitable answer for each one.)

- | | |
|--|------------------|
| 1. milk and cheese | A. saturated fat |
| 2. oranges, kiwis, peppers | B. sugar |
| 3. cheese, nuts, meat, biscuits, ice cream | C. calcium |
| 4. fruit, vegetables, cereal | D. protein |
| 5. olive oil | E. fat |



VEGETABLE CROSSWORD

FILL IN THE CROSSWORD PUZZLE GRID WITH THE NAME OF EACH VEGETABLE FOLLOWING THE NUMBERS AND DIRECTION INDICATED. USE THE WORD BANK IF YOU GET STUCK.



WORD BANK

- | | |
|-------------|----------|
| ARTICHOKE | CUCUMBER |
| BEET | EGGPLANT |
| BELL PEPPER | GARLIC |
| BROCCOLI | MUSHROOM |
| BRUSSEL | ONION |
| SPROUT | PEAS |
| CABBAGE | POTATO |
| CARROT | PUMPKIN |
| CORN | RADISH |



MATCH GAME

Match these GAA items together





LEINSTER

RIDDLE ME THIS...



1. What question can you never answer yes to?
2. I'm tall when I'm young and I'm short when I'm old, what am I?
3. What happens once in a lifetime, twice in a moment, but never in a hundred years?
4. What has to be broken before you use it?
5. What begins with "T", finishes with "T" and has "T" in it?
6. What travels around the world but stays in the same corner?
7. I am white when I am dirty and black when I am clean. What am I?
8. Take one and scratch its head, what once was red is black instead. What is it?
9. You're running a race and at the very end you pass the person in 2nd place. What place did you finish the race in?
10. A word I know, six letters it contains, remove one letter and 12 remains, what is it?
11. How can you take 2 from 5 and leave four?
12. What has six faces, but does not wear makeup, has twenty one eyes, but cannot see. What is it?
13. There are 20 people in an empty square room. Each person has full sight of the entire room and everyone in it without turning their head or body, or moving in any way (other than the eyes). Where can you place an apple so that all but one person can see it?
14. A boy and his father have a car accident. When they arrive at the hospital, the doctor sees the boy and exclaims "that's my son!". How can this be?
15. A man weighing 14 stone and his two sons weighing 7 stone each were stranded on an island. They only have a small boat to get off the island, but it can only hold 14 stone. How did the man and his sons get off the island?
16. Where will you find roads without vehicles, forests without trees, cities without houses and streets without people?
17. Sam's mother had 4 children in all. The first was named May. The second and third were called June and July respectively. What was the fourth child's name?
18. How can you throw a ball as hard as you can and have it come back to you, even if it doesn't bounce off anything? There is nothing attached to it, and no one else catches it or throws it back to you?
19. One family wants to get through a tunnel. Dad can make it in 1 minute, mam in 2 mins, son in 4 mins and daughter in 5 mins. No more than two persons can go through the tunnel at one time, moving at the speed of the slower person. Can they make it to the other side if they have a torch that lasts only 12 minutes and they are afraid of the dark?
20. You are driving a bus. At the 1st stop, two women get on. At the 2nd stop, three men get on and one woman gets off. At the 3rd stop, three kids and their mom get on, and a man gets off. The bus is grey and it's raining outside. What colour is the driver's hair?



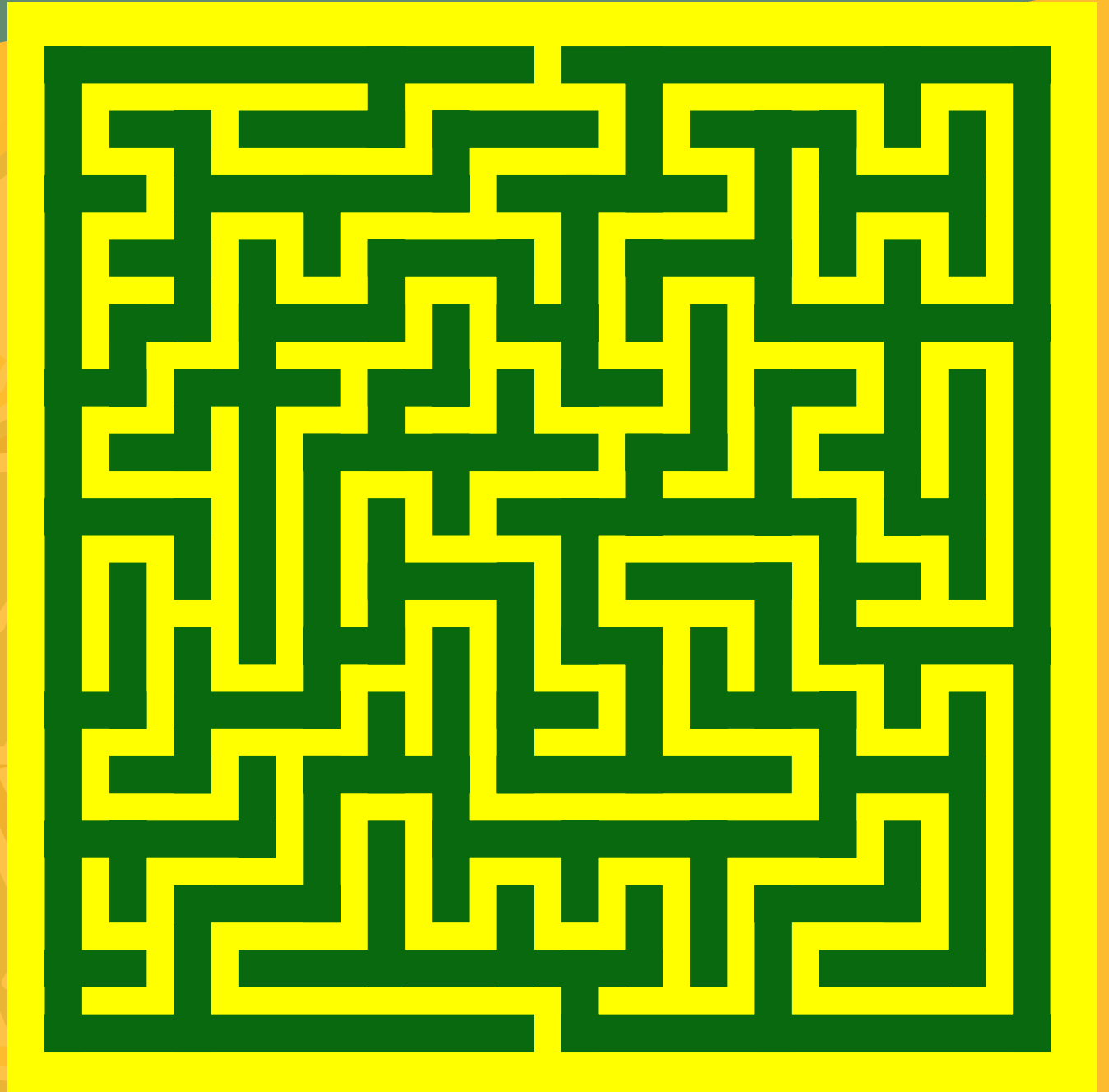
COUNTY WORD SEARCH

J	T	C	W	J	F	U	X	O	U	Y	A	I	X	V
G	G	K	I	L	K	E	N	N	Y	C	N	W	W	L
W	U	D	U	B	L	I	N	Y	I	E	E	I	N	B
E	Y	B	G	F	O	J	P	V	R	K	C	V	K	R
S	U	J	O	Y	U	S	O	S	K	R	R	K	Y	X
T	L	B	L	K	T	D	R	B	X	E	F	X	Q	S
M	N	P	Q	H	H	W	W	C	J	E	O	B	L	O
E	O	M	E	A	T	H	S	P	C	R	Z	D	V	Z
A	F	I	E	R	L	P	Y	G	Q	M	G	K	U	W
T	F	M	Z	K	I	L	D	A	R	E	J	U	V	I
H	A	G	P	B	K	W	E	X	F	O	R	D	X	C
W	L	Q	H	Q	F	W	M	S	D	C	Q	K	W	K
J	Y	U	R	V	G	W	P	P	M	J	X	K	U	L
L	A	O	I	S	K	D	P	B	N	S	Y	L	G	O
E	D	Z	Y	L	O	N	G	F	O	R	D	L	J	W

DUBLIN
LAOIS
MEATH
WEXFORD
KILDARE
LONGFORD
OFFALY
WICKLOW
KILKENNY
LOUTH
WESTMEATH



MAZE GAME





GOOD SPORT vs BAD SPORT

CAN YOU FIGURE WHO THESE THOUGHTS BELONG TO?
COLOUR THE GOOD SPORTS BEHAVIOR IN RED AND THE BAD SPORTS BEHAVIOR IN BLUE

It's okay if I didn't win every time

Wow, you are really good at this

Maybe if I am sneaky I can take an extra card and they won't see.

Whatever, that game was stupid anyways.

That game was so much fun we should play again sometime.

Quitting the game when you start to lose

It's ok Sam. Even if we didn't win it was still fun playing with you.

If I don't win then I'm never playing this again

Aw man, I really wanted to win. But it's okay... Do you want to play again?

RAINY DAY

CLASSROOM ACTIVITIES



YOGA POSES





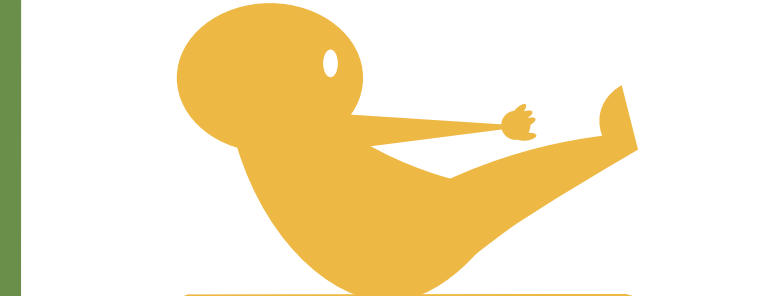
YOGAA POSES



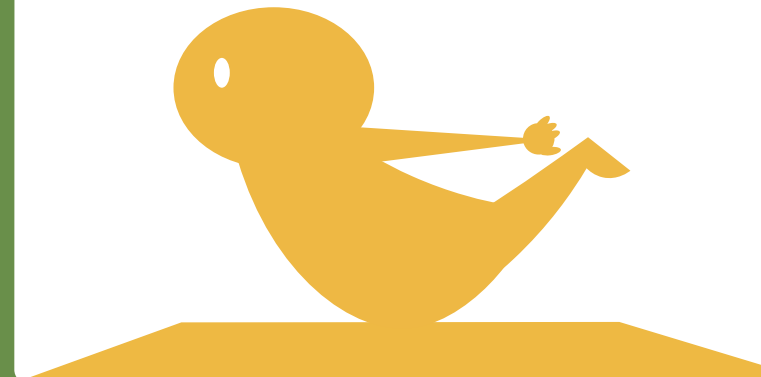
AIRPLANE POSE



BOAT POSE



BOW POSE



BRIDGE POSE





YOGAA POSES



BUTTERFLY POSE



CAT POSE



CHAIR POSE



CHILDS POSE

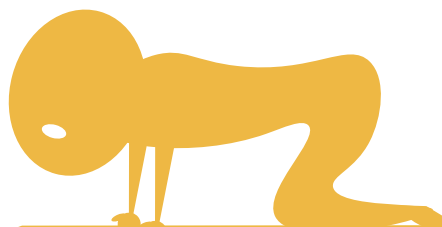




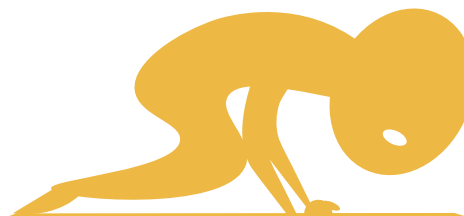
YOGAA POSES



COW POSE



CROW POSE



DANCER POSE



DOLPHIN POSE





YOGAA POSES



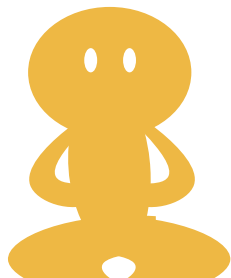
DOWN DOG POSE



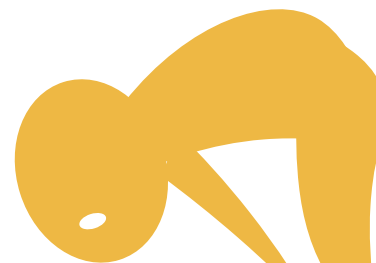
EAGLE POSE



FIRELOG POSE



GORILLA POSE





YOGAA POSES



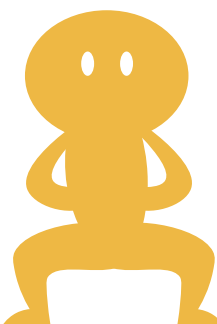
HALF MOON POSE



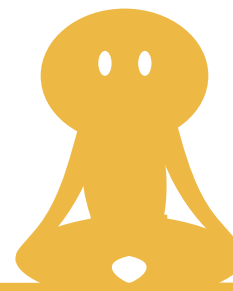
HAPPY BABY POSE



HORSE POSE



LOTUS POSE

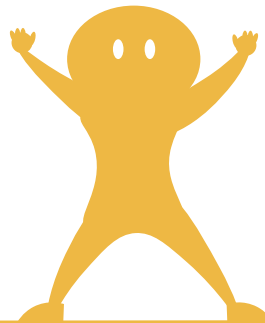




YOGAA POSES



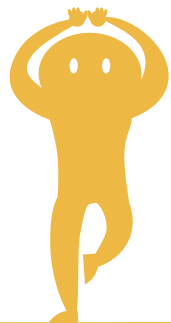
STAR POSE



TRIANGLE POSE



TREE POSE



UPDOG POSE

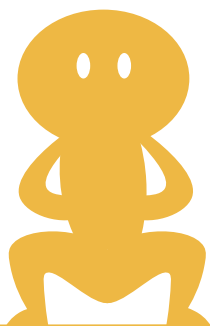




YOGAA POSES



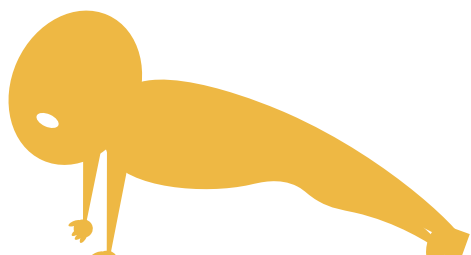
MALASNA POSE



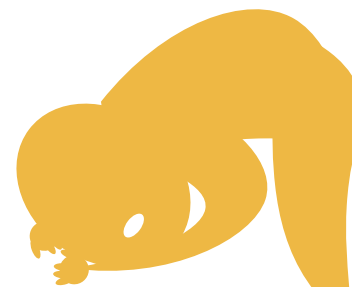
MOUNTAIN POSE



PLANK POSE



RAGDOLL POSE

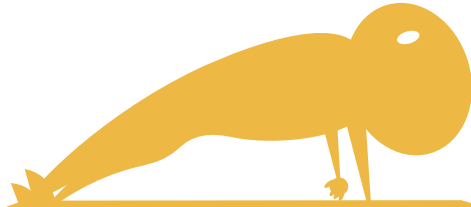




YOGAA POSES



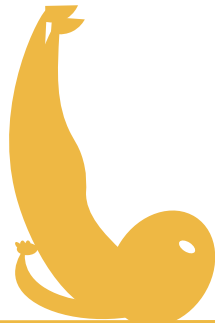
REVERSE PLANK



REVERSE WARRIOR



SHOULDER STAND



SIDE PLANK

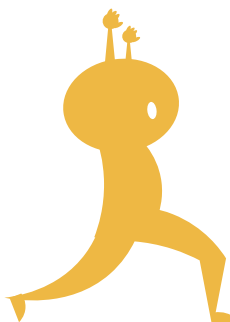




YOGAA POSES



WARRIOR ONE



WARRIOR TWO



WHEEL POSE



CLASSROOM
ACTIVITIES



ANSWERS

EMOJI QUIZ

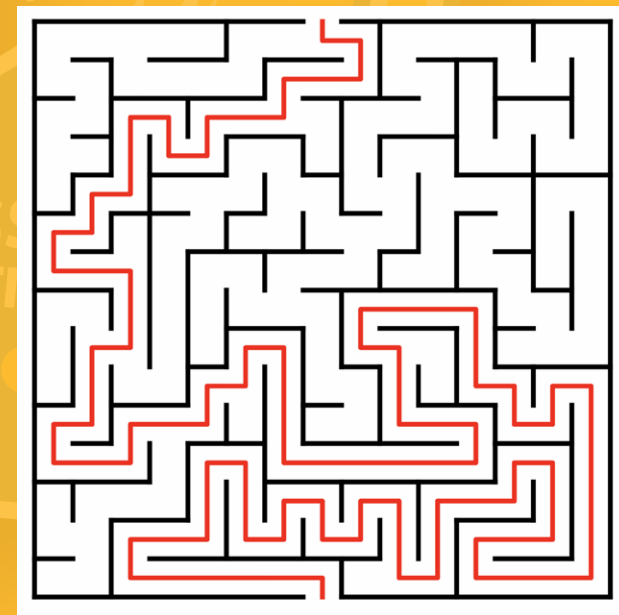
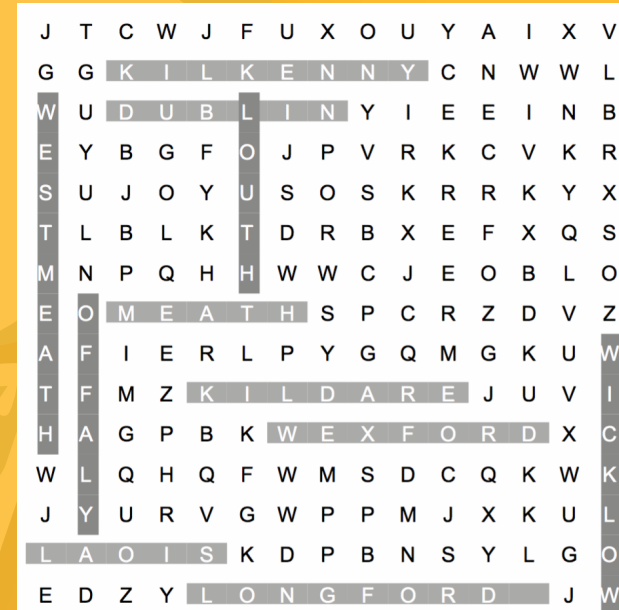
1. Lee Chin
2. David Clifford
3. Stephen Cluxton
4. Cian Lynch
5. Tom Parsons
6. Kevin McManamon
7. Anthony Nash
8. Noel McGrath
9. James McCarthy
10. Michael Murphy

CRESTS

1. Carlow
2. Wicklow
3. Dublin
4. Westmeath
5. Kilkenny
6. Wexford
7. Longford
8. Kildare
9. Meath
10. Offaly
11. Laois

RIDDLE ME THIS

1. Are you asleep yet?
2. A Candle
3. The letter "M"
4. An egg
5. A teapot
6. A stamp
7. A blackboard
8. A matchstick
9. You finished in 2nd place.
10. Dozens
11. FIVE – Remove F and E from FIVE and you are left with IV (four)
12. A Dice
13. Place the apple on one person's head.
14. The doctor is the boy's mother.
15. 2 sons get in the boat and go to the shore, one jumps out, the other rows back to the island and gets out. The dad gets in and goes to the shore where he jumps out and the other son gets back in. The son goes back to the island and collects the other son and together they row back to shore.
16. A map
17. Sam
18. Throw the ball up in the air
19. First mam and dad – 2 mins. Dad comes back – 3 mins, both children go to mam – 8 mins. Mam comes to dad – 10 mins and they both get to the children = 12 mins
20. Your own hair colour – You are the driver!





ACKNOWLEDGMENTS

Noreen Sheridan
Sarah Doran
Teresa Molohan
Christine O'Brien
Ian Quinn
James Mitchell



A central graphic featuring the words "RAINY DAY" in large, bold, green letters with a white outline. Above the text is a white cloud with rain falling. To the right, a green house-shaped icon contains the text "CLASSROOM ACTIVITIES" and two small figures. The graphic is set against a background of a rainbow and a yellow umbrella.

RAINY DAY

CLASSROOM ACTIVITIES



LEINSTER

AN CLASSROOM COACHING AND GAMES RESOURCE