

TEN

things you
could do today!

TUSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

- 1 Get ready for a secret mission with [CIA Kids](#)
- 2 Enjoy quiet and relaxing games with [Listening Therapy](#)
- 3 Make a bug box and other [gardening projects](#)
- 4 Make a vinegar volcano and more [experiments](#)
- 5 Learn how to fold [origami](#)
- 6 Find out [How Stuff Works](#)
- 7 Listen to, or read an issue of [National Geographic](#)
- 8 Create vegetable art with [fine motor skills](#)
- 9 Learn all about the Ocean with [Young Ocean Explorers](#)
- 10 Take a quiz on one of your favourite books from [Scholastic](#)



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- 1 Create a daily plan [here](#)
- 2 Make a quick and easy [mug cake](#)
- 3 Practice a [tongue twister](#)
- 4 Join in the fun with RTÉ [Home School Hub](#)
- 5 Try some [No Bake Desserts](#)
- 6 Read about the children who live in the [rainforest](#)
- 7 Make someone laugh with these [jokes](#)
- 8 Make your own 'find it' game and [more](#)
- 9 Choose a project to build with [LEGO](#)
- 10 Have a sing-along with [Disney Sesame Street](#) or [Top Hits](#)



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- 1 Create your very own [Time Capsule](#)
- 2 Listen to any radio station in the [world](#)
- 3 Make a [bird feeder](#)
- 4 Get 360 views of Icebergs from a [kayak](#)
- 5 Enter a competition to design a [book cover](#)
- 6 Go on a colour scavenger [hunt](#)
- 7 Exercise and [count by 5's](#)
- 8 Take a virtual tour of New York's [Central Park](#)
- 9 Fill in this colourful booklet, [Autism, my sibling and me](#)
- 10 Play balloon volleyball and more energetic [games](#)



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- 1 Keep fit with boxing champion [Katie Taylor](#)
- 2 Play [bird bingo](#)
- 3 Try some [conversation starters](#)
- 4 Look around New Delhi Rail museum at [Night](#)
- 5 Challenge each other to do these [moves](#)
- 6 Take some time to watch a visual calming relaxation [video](#)
- 7 Make some healthy meals with [Irishheart.ie](#)
- 8 Have a blindfolded taste test and more [mindfulness activities](#)
- 9 Play starfish or tornado and other games for [regulating emotions](#)
- 10 Help get better night's sleep with [Headspace](#)



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- 1 Practice some relaxing [Tai Chi](#)
- 2 Learn to sing [Na Blathanna](#)
- 3 Create your own [family shield](#)
- 4 Play 'over and over' and other [Theraplay Activities](#)
- 5 Win a voucher by telling the OCO [what you miss](#)
- 6 Become a [nature detective](#)
- 7 Go on a sensory [sound challenge](#)
- 8 Read this easy to understand book about [online safety](#)
- 9 Look around the ancient Egyptians display in [The British Museum](#)
- 10 Listen to a [bedtime story](#) add it to [a chart](#)



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- 1 Read this book to understand [Big Feelings come and go](#)
- 2 Learn to sign the alphabet with [Mr Tumble](#)
- 3 Practice your relaxation and [relax like a cat](#)
- 4 Take part in [Imagination Nation](#)
- 5 Listen to a story with [Story berries](#)
- 6 Use these animal pictures to try an animal talk [activity](#)
- 7 Play exercise, rhyme and freeze with [Jack Hartman](#)
- 8 Take a virtual tour of the [Roald Dahl Museum](#)
- 9 Can you complete this [Reading Challenge?](#)
- 10 Look out for some of these [Animal Homes](#)

