

30 Ideas for activities while people are confined to home during Covid-19; To follow any link: Hold your cursor on the blue link, then press Ctrl and click




Information for service users;

1. [Inclusion Ireland](#) has Easy to Read handout & videos re Corona-virus and maintaining good mental health during confinement.
2. [A video online explaining the Covid-19 virus by SJOG](#) Liffey Services
3. [Social workers Toolbox](#) Includes Covid-19 resources for parents/carers), lots of ideas around supporting mental health and mindfulness classes- various topics listed at the top of this website to choose from.





4. **Bray Lakers Activities;** Bray Lakers are running their daily activities for members through the website Zoom.
Video on how to download ZOOM (make sure you are no logged into SharePoint at the same time) <https://youtu.be/UAa3MADuvsg?t=74>

[Lakers: Meeting Special Needs - Home | Facebook](#)

Lakers: Meeting Special Needs, Bray, Ireland. 2.4K likes. Lakers is a Sports, Social and Recreational Club for children and adults with an intellectual disability, which strives to develop innate... www.facebook.com


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lisa Junior Keep Fit 11.30-12.30am Zoom	Lisa Senior Dance 11.30-12.30am Zoom	Lisa Ladies Health 11am-12pm Zoom	Lisa Adult Fitness 10am-11am Zoom	Graham Keep-Fit 9.30am-10.30am Facebook Live	Nadia Junior Music 10.30am-11am Zoom
Niamh Cookery Video @ 2pm Facebook	Graham Keep-fit @ 2pm Facebook Live	Nadia & Christine Music & Art 11am-11.30am Zoom	Lisa Junior Fitness 11am-12am Zoom	Lisa Mindfulness Tips 2pm Facebook	
			Nadia Senior Music 12am-1pm Zoom		








www.lakers.ie

Facebook: [Lakers: Meeting Special Needs](#)

Instagram: [lakersmeetingspecialneeds1989](#)



Bingo;

5. **Picture Bingo**- you can [make your own bingo cards](#) here.
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Music Dance and Fitness

6. [Dance & movement video link;](#)
 7. [Keep Fit sessions;](#)
 8. [Zuma session;](#)
 9. [Irish Country Music Videos](#)
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Art & Crafts

10. [Get Creative with Don Conway;](#)
 11. [For adult themed art colouring sheet etc](#)
 12. [For people who enjoy puzzles](#)
 13. [You Tube Craft instructions](#)
 14. [five-minute video on hand drawings](#)
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Learn a Skill

15. Discover recipes, home ideas, style inspiration and other ideas to try on Pinterest;
www.pinterest.ie
16. [Make Origami Figures](#)
17. [Home School Piano is giving free access to anyone who is interested in learning the piano at home.](#)

[Free
guitar
lessons](#)

Reduce Stress

18. [Meditation](#)



We're here for you - Headspace

There are a lot of unknowns in the world right now. But one thing is certain — Headspace is here for you. To help support you through this time of crisis, we're offering some meditations you can listen to anytime.

www.headspace.com

19. Zoos Live Streams. [Watch zoo animals](#)

20. '[Spring](#)'- this relaxing video took 3 years to make on.

21. Botanical Animation to watch; [Story of Flowers](#)

Culture

22. Explore Ireland from the comfort of your couch;

[Virtual Tours of Parts of Ireland](#)

23. [Online services during Coronavirus | Libraries Ireland](#)

You can join the library online and get eBooks, audiobooks, online magazines and newspapers for free straight away, or even take language and other courses. Here's how!

www.librariesireland.ie

24. National Library of Ireland has a number of [online exhibitions](#)



Online Exhibitions - National Library of Ireland

Zoom in on the detail of rare documents and photographs from our collections, and find out more about the historical background, and key people and places in The 1916 Rising: Personalities and Perspectives.. From a school report in 1877 ("Very poor in spelling"), to an ink blotter that was on his desk when he died in 1939 (still revising the Circus Animals' Desertion), and through everything ...

www.nli.ie

25. British library has a number of [online exhibitions](#) (Including a Harry Potter one)
26. [National Theatre plays](#) will be broadcasting some of its most popular productions weekly on Thursdays at 7 PM. Productions will also be on demand for seven days after each broadcast.
27. Irish Film Institute : <https://ifi.ie/preserve/online-exhibitions/>



Irish Film Institute - Online Exhibitions

Below are online exhibitions of images, photos and documents stored in the IFI Irish Film Archive
CATHAL BLACK ONLINE
EXHIBITION WATCH HOW
RADHARC'S PROGRAMMES ARE
BEING DIGITALLY PRESERVED
AND RESTORED IN THE IFI IRISH
FILM ARCHIVE VIEW CINE

EQUIPMENT FROM THE VAULTS
OF THE IFI IRISH FILM ARCHIVE
THE RADHARC FILM AND
DOCUMENT COLLECTION
COMMISSION OF IFI20
ILLUSTRATIONS NEIL JORDAN
RETROSPECTIVE
fi.ie

28. [National History Museum](#)

museum
National Museum of Ireland
Ard-Mhúsaem na hÉireann

3D Virtual Visit |
Natural History |
Merrion | National
Museum | Ireland

3D Virtual Visit - Natural History
These views of National Museum
of Ireland - Natural History,
include two balconies that are
currently closed to the public
following a safety review.
www.museum.ie

Educational

29. **Asdan courses**; Some Day Service CSMs and staff have a licence to access Asdan;

<https://www.asdan.org.uk/>

which contains easy to follow education programmes suitable for a wide range of abilities;

Asdan Short Courses; Flexible Short Courses; have more than 30 Short Courses covering a wide range of subjects, including:

Gardening, which helps learners develop practical gardening skills, as well as personal, social and work-related skills. FoodWise, which gives learners the opportunity to develop and accredit their practical cooking skills, as well as building knowledge of a variety of food-related issues

The Personal and Social Development (PSD) modules develop the confidence of learners, helping them become physically, emotionally and socially healthy. PSD is available at Entry 1 to Level 2.

Parents & Teachers – [get access to all our digital teaching materials](#) | Folens

To lend a helping hand to parents, teachers and students over the coming weeks we are giving access to all our digital resources on FolensOnline.ie.. Depending on the book, the accompanying

resources may include eBooks, printable worksheets, interactive posters, videos, audio exercises, games etc
www.folens.ie

30. [Open Future Learning](#) has side by side teaching/discussion video modules for staff to do with clients, Paul Temple can give residential services access to a licence.
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