

## Week beginning May 4th

### 16S - Margaret McCrudden / Aedin O'Neill

This week get moving by dancing along with the flamingo chicks - the Flamingo Chicks is an inclusive community giving children and adults with SEN and illnesses such as cancer, the opportunity to enjoy ballet and explore movement alongside their friends. <https://flamingochicks.org/>

Try the Space Dance Class - Inclusive

<https://www.youtube.com/watch?v=Zxhu2oh--8c&feature=youtu.be>

Arts & Crafts - enjoy 3 o'clock club and join Emma Join Emma as she shows you how to make homemade paint, multi-coloured crayons and how to paint with plants. [https://www.youtube.com/watch?v=sl\\_FXCAXgJA](https://www.youtube.com/watch?v=sl_FXCAXgJA)

What about the treat of a brownie in a mug. Have fun making it and enjoy but remember your five a day!

<https://www.bbcgoodfood.com/user/1223026/recipe/delicious-mug-brownie>