

## 'Support, Connect & Inspire' Learner Worksheet

Edition 1, March 2020 – Compiled by Elaine Clifford, Killarney ABE Centre

Welcome to the first edition of Kerry ETB Adult Literacy and Basic Education's worksheet – 'Support, Connect & Inspire'.

This worksheet includes some resources which you will hopefully find useful to continue in a different way with your learning.

### Dancing with the Stars 2020



(Photo - [www.rte.ie](http://www.rte.ie))

LOTTIE RYAN HAS won this year's Dancing With The Stars.

Aidan Fogarty, Lottie Ryan, Ryan Andrews and Gráinne Gallanagh all competed tonight in the hope of being crowned champions.

Lottie Ryan and her dance partner Pasquale La Rocca's did enough to secure the votes of the judges and the nation to take home the trophy.

Speaking about winning the Glitterball trophy, Ryan said: "I actually have no words. This journey has been the best thing I have ever said yes to.

"This man has just been life-changing, the things he has taught me, how he has pushed me, and I just can't thank you enough for everything you have done."

Pasquale said: "I have gained a friend for life and everything you have taught me as well will always stay forever in my heart." (Article - *Journal 9@9*)

### Mindfulness



Mindfulness teaches us to direct our attention to what is happening right here, right now, with an attitude of kindness towards ourselves and our experience.

Anyone can practice mindfulness. It is easy to fit into your day. You can do it one minute at a time.

The following is a link to a 10 minute Guided Mindfulness Meditation you may like to try - [https://youtu.be/6p\\_yaNFSYao](https://youtu.be/6p_yaNFSYao)

### **This Too Shall Pass**

by Helen Steiner Rice

If I can endure for this minute  
Whatever is happening to me,  
No matter how heavy my heart is  
Or how dark the moment may be-

If I can remain calm and quiet  
With all the world crashing about me,  
Secure in the knowledge God loves me  
When everyone else seems to doubt me-

If I can but keep on believing  
What I know in my heart to be true,  
That darkness will fade with the morning  
And that this will pass away, too-

Then nothing in life can defeat me  
For as long as this knowledge remains  
I can suffer whatever is happening  
For I know God will break all of the chains

That are binding me tight in the darkness  
And trying to fill me with fear-  
For there is no night without dawning  
And I know that my morning is near.



### DID YOU KNOW!

[www.did-you-knows.com](http://www.did-you-knows.com)

Lemons contain more sugar than strawberries.

The most commonly used letter in the alphabet is E.

Most lipsticks contain fish scales.

Stewardesses is the longest word that is typed with only the left hand.

Honey is the only natural food which never goes off.

Coca-Cola originally contained cocaine.

The average person falls asleep in seven minutes.

Unless food is mixed with saliva you can't taste it.

Dreamt is the only word that ends in mt.

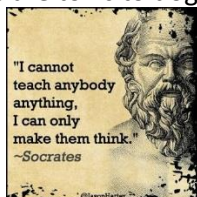
The names of all continents both start and end with the same letter.

The first letter of the months July through to November spell JASON.

If you try to say the alphabet without moving your lips or tongue every letter will sound the same.

Cats spend 66% of their life asleep.

Macadamia nuts are toxic to dogs.



### Some useful online resources:

[www.nala.ie](http://www.nala.ie) - various online resources available to download and print or just read online.

These include:

- Distance Learner worksheets (all previous editions available online)
- Workbooks including Brushing Up workbooks (Numeracy and Literacy)

[www.helpmykidlearn.ie](http://www.helpmykidlearn.ie)

<https://www.esolcourses.com/content/topics/famouspeople/nelson-mandela/nelson-mandela-video-quiz.html>

There are many more topics available on this website. They provide materials in text, video, aural (listening) and multiple choice questionnaires which can be completed online.

**YouTube** is a video sharing service where users can watch, like, share, comment and upload their own videos. The video service can be accessed on PCs, laptops, tablets and via mobile phones. You can learn many skills that you want to learn.



### Reading Diary: **READING**

Now is the perfect time to continue with your reading. Record the Title of Book/Article/Poem (whatever you read) and the Author and a short summary of what you thought of it.

### Writing Tasks:

- Take photos when you are out walking and write a piece engaging your 5 senses (if possible) about the photo when you get home.
- Start writing your thoughts in a diary/journal.