

'Support, Connect & Inspire' Learner Worksheet



Edition 2, April 2020 – Compiled by Elaine Clifford, Killarney ABE Centre

Welcome to the second 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 at this time.

Some good news to begin with...

Thailand sees rise in baby leatherback turtles amid coronavirus restrictions

Thailand is seeing a record number of baby leatherback sea turtles hatching as popular tourist beaches in the country's south remain undisturbed amidst restrictions due to coronavirus.



(National Geographic Kids)

The leatherback turtle lays its eggs in dark areas without movement, which were rare when tourists enjoyed the beaches. People also take the eggs for consumption.

"If we compare to the year before, we didn't have this much spawn because turtles have a high risk of getting killed by fishing gear and human disturbing the beach," he said adding that no nests were found the last five years.

Tourist numbers have dwindled in Thailand, dropping nearly 50% in February as countries imposed travel restrictions and a nationwide curfew was instated between 10pm and 4am. This has allowed the leatherback turtle to come ashore and lay eggs safely.

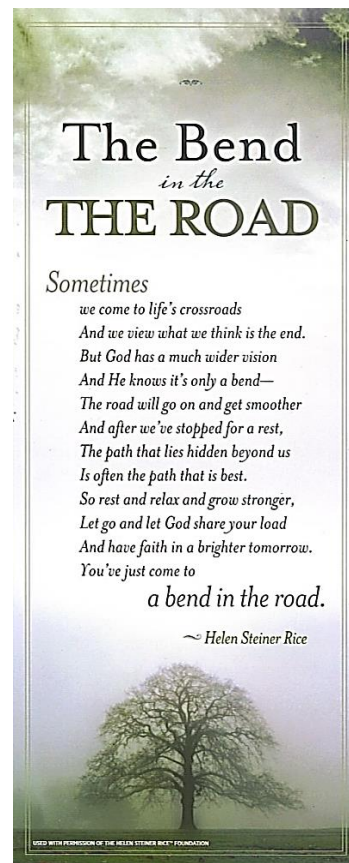
(Courtesy www.rte.ie – 20th April 2020)

Guided Meditation



Guided Meditation describes a type of meditation led by a teacher, in person or via audio or video. Through the simple act of reconnecting with your inner self, guided meditation is perfect for anyone that is needing some positivity and calm during these uncertain times. The link below is to a short guided 15 minute meditation for anxiety and stress.

<https://youtu.be/W19PdsIW7iw>



Try something new:

You may like to try the following simple recipe for wholemeal scones. This recipe is from *MABS' 101 Square Meals* recipe book which some of you are familiar with.

Wholemeal scones



Ingredients

- › 180 g of wholemeal flour
- › 200 g of plain flour
- › 50 g of margarine
- › 275 ml of low-fat milk
- › 1 teaspoon of baking powder
- › pinch of salt
- › 1 dessertspoon of castor sugar (optional)

Method

1. Preheat the oven to 200°C / 400°F / Gas Mark 6.
2. Place the wholemeal flour, plain flour and sugar in a mixing bowl. Sieve in the salt and baking powder and mix well.
3. Rub in the margarine.
4. Add enough milk to make a soft dough. Turn onto a lightly floured board and gently knead. Roll out dough to ½ inch in thickness. Using a 2" cutter, shape scones and place on a baking sheet which has been dusted with flour.
5. Bake in the preheated oven for approximately 20 minutes.

The recipe book may be accessed on the following link:

https://www.mabs.ie/downloads/publications/101_Square_Meals_2018.pdf

Some useful online resources:



There are so many wonderful resources available to each of us online. I came across the following resource which I would like to share with you all:

<http://tipperary.etb.ie/further-education/adult-learning-scheme-2/adult-learning-lessons/>

These resources were developed by Tipperary Education and Training Board and include adult learning lessons about:

- Homophones
- ESOL resources
- Digital Literacy lessons (Using Word; Using Excel and How to connect to WiFi)
- Reading Stories (Moby Dick and The Jungle Book)

Learn online with NALA

NALA's website **Learn with NALA** (*the new Writeon for those familiar with this*) can help you improve your literacy and numeracy skills.

There are currently six courses available:

- Level 2 Reading
- Level 2 Writing
- Level 2 Pattern and relationship
- Level 2 Using technology
- Level 2 Personal Decision Making
- Level 2 Quantity & Number

<https://courses.nala.ie/catalog?pagename=Courses> – link for more information.

If you would like to find out more about how to register and start using this website, contact Mary Concannon, ALO, Killarney ABE Centre.