

Doolane 5: Ennaghtyn (Challenge 5: Feelings)

You can complete your challenges on paper, on computer, as a film or a sound recording. We would love to have some short video clips that we can use for our project with Ireland. Example clips will be coming to the Cassan page of our website soon!

Kys t'ou gennaghtyn jiu?

How are you feeling today?

Either write or draw about how you are feeling. What's made you feel like that? If its not a good feeling what could you do to feel better?



Freill jeelane mychione ny gennaghtyn ayd.

Keep a diary about your feelings.

Maybe write how you feel in the morning, afternoon and evening? What makes you feel like this?

Smooinee mychione ooilley ny gennaghtyn

Think about all the feelings.

Use the word mat to help you. Could you draw what each feeling looks like? Maybe you could do a short film? Make a face for each of the feelings!

Jean yn rolley ennaghtyn

Make a feelings list.

Write the feeling in Manx at the top of the paper. And then make a list of all the things that make you feel this way.

Jean red ennagh kenjal

Do something kind.

How can you make others in your household feel better? Write them a nice note? Make something? What about your friends who you can't see at the moment? Could you write to them? Phone them? Write about how it made them feel and how it made you feel.

Jean yn 'Be Happy!' poster

Make a Be Happy poster in Manx.

Its really tricky for everyone at the moment and sometimes quite lonely. Can you make a brightly coloured poster with lots of tips and tricks about how we can stay happy in lockdown?

