

Irish American Heritage Month

Activities

Infants (Birth–12 months)

1) Irish Music Gentle Movement

Skills: sensory, bonding, rhythm

Materials: soft Irish instrumental music, scarf or ribbon

Directions:

1. Play calm music at a low volume.
 2. Rock baby gently or sway side-to-side.
 3. Move a scarf slowly and narrate: “Up... down... swish.”
 4. Pause for the baby to watch and reach.
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2) Green Nature Sensory Board

Skills: touch exploration, language

Materials: sturdy board, green fabric scraps (felt/cotton), faux grass ribbon, large leaf shapes (laminated paper), contact paper

Directions:

1. Secure textures onto the board and cover with contact paper.
 2. Let baby touch while you label: “Soft green,” “bumpy,” “smooth.”
 3. Keep it short (1–3 minutes).
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Toddlers (1–2 years)

1) “Find the Green” Color Hunt

Skills: color recognition, movement

Materials: green paper shapes, basket

Directions:

1. Place green shapes in easy-to-see spots.
 2. Say: “Let’s find green!”
 3. Toddlers collect and place items in the basket.
 4. Count together: “1–2–3 greens!”
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2) Drum & Tap Rhythm Play

Skills: listening, imitation

Materials: drum or shakers

Directions:

1. Tap a simple pattern (tap-tap-stop).
 2. Toddlers copy.
 3. Add words: “Fast/slow,” “loud/quiet,” “stop/go.”
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Older Toddlers (2–3 years)

1) Clover Stamp Art



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Skills: fine motor, creativity

Materials: green paint, paper, sponge/foam stamp (or celery end), smocks

Directions:

1. Show stamping once: "Press... lift."
2. Children stamp clover-like shapes freely.
3. Talk about nature: "Clover is a plant."

Tip: Focus on the process, not a perfect shape.

2) Story Basket: Irish-American Storytime

Skills: language, listening

Materials: children's book that connects to Irish folklore/storytelling (choose age-appropriate), basket with props (soft sheep, small house, rainbow scarf *as color tool*, not "leprechaun")

Directions:

1. Read a short story.
 2. Bring out 2–3 props and retell 3 key parts.
 3. Let children hold a prop while listening.
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Preschool (3–5 years)

1) Irish Step "Dance & Freeze"

Skills: gross motor, self-regulation

Materials: upbeat Irish instrumental music

Directions:

1. Explain: "Some Irish dances use quick feet."



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2. Practice: tap-tap-tap, then FREEZE.
 3. Add patterns: slow taps, fast taps, tiptoe taps.
 4. Reveal: "Great listening and control!"
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2) Weaving Craft

Skills: fine motor, early math patterns

Materials: green/orange/white paper strips, pre-cut slits on a paper base, glue stick

Directions:

1. Show "over-under" weaving slowly.
 2. Children weave 3–6 strips.
 3. Glue ends down.
 4. Talk about patterns: "green-white-green..."
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3) "Heritage Means..." Class Chart

Skills: identity, community

Materials: chart paper, markers

Directions:

1. Ask: "What are things families do at home?"
 2. Record ideas: "songs, foods, holidays, languages, stories."
 3. Emphasize: "All families have traditions."
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School Age (6+)

1) Irish American Contributions Mini-Research

Skills: reading, writing, history

Materials: short fact cards (teacher-prepared), poster paper

Directions:

1. Give students a topic: Irish immigration, Irish American workers/builders, authors/poets, musicians, community leaders.
 2. Students create a mini poster: "Note 3 facts + 1 interesting detail."
 3. Gallery walk to share and learn.
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2) Map + Journey Activity

Skills: geography, empathy

Materials: map of Ireland and the U.S., string/yarn, sticky notes

Directions:

1. Locate Ireland and your state.
 2. Use yarn to show a journey line.
 3. Discuss: "People moved for many reasons."
 4. Students write one reflection: "Moving might feel..."
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3) Music & Poetry Workshop

Skills: creativity, expression

Materials: short Irish music clip (instrumental), paper

Directions:



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1. Listen for 1 minute and list words it makes you think of.
 2. Write a 4-line poem or acrostic using “IRELAND” or “HERITAGE.”
 3. Share in pairs.
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Whole-Group Display (All Ages): “Our Classroom Traditions” Wall

Materials: paper leaves/clovers, markers

Directions:

1. Each child adds a leaf/clover with a drawing of a tradition (or a favorite family activity).
2. Post them together: “Every family has traditions.”



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