

# 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.

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## 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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