



# Gnásanna Laethúla

## Daily Routines

**Ar maidin / am éirí**  
In the morning / time to get up



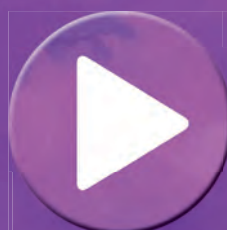
**Do mo ghléasadh féin**  
Dressing myself



**Ullmhú don lá**  
Preparing for the day



**Am codlata**  
Bedtime





# Ar maidin / am éirí

## In the morning / time to get up



Fonn • Tune: Frère Jacques

### Seáinín Tuirseach

Seáinín tuirseach, Seáinín tuirseach,  
I do luí, I do luí,  
Tá sé in am bricfeasta,  
Tá sé in am bricfeasta,  
Bí 'do shuí, Bí 'do shuí.

### Tired Seáinín

Tired Seáinín, tired Seáinín,  
In bed, in bed,  
It is time for breakfast,  
It is time for breakfast,  
Get up, get up

- ▶▶ A Sheáinín a stór, tá sé in am éirí.  
*Seán love, it's time to get up.*
- ▶▶ An bhfuil tú fós i do chodladh?  
*Are you still asleep?*
- ▶▶ A Choilm a stór, tá sé ina mhaidin anois.  
*Colm love, it's morning now.*
- ▶▶ Ar chodail tú go sámh?  
*Did you sleep well?*
- ▶▶ Isteach leat sa seomra folctha.  
*In you go to the bathroom.*
- ▶▶ Brostaigh ort, maith an cailín.  
*Hurry up, good girl.*
- ▶▶ Brostaigh ort, maith an buachaill.  
*Hurry up, good boy.*



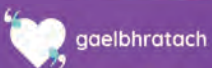
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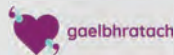


# Ar maidin / am éirí

In the morning / time to get up



Caithfidh mé mo Lámh a Ní • *I Must Clean My Hands*



RANN



## Caithfidh mé mo Lámh a Ní

Aon, dó, aon dó trí,  
Caithfidh mé mo lámha a ní.  
Aon, dó, aon dó trí,  
Nífidh mé mo lámha.

## *I Must Clean my Hands*

*One, two, one two three,  
I have to wash my hands.  
One, two, one two three,  
I will wash my hands.*

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# Do mo ghléasadh féin

## Dressing myself

- ▶▶ Bain díot do phitseámaí go beo.  
*Quick, take off your pyjamas.*
- ▶▶ Cá bhfuil mo bhríste?  
*Where are my trousers?*
- ▶▶ Féach a stór, tá sé ansin ar an radaitheoir.  
*Look, love, they are there on the radiator.*
- ▶▶ Seo duit anois do bhríste.  
*There you go, here are your trousers.*



### Cuirfidh mé orm mo Bhríste

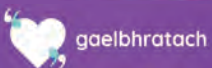
### *I will put on my Trousers*

Cuirfidh mé orm mo bhríste,  
Cuirfidh mé orm mo bhríste,  
Cuirfidh mé orm mo bhríste,  
Tra-la lalalala la.

*I will put on my trousers,  
I will put on my trousers,  
I will put on my trousers,  
Trala lalalala la.*

- ▶▶ Agus féach, tá do gheansaí ansin freisin.  
*And look, your jumper is there too.*
- ▶▶ Agus, tá do bhróga reatha faoin leaba!  
*And your runners are under the bed!*
- ▶▶ Ó! Féach ar an gclog. Is gearr go mbeidh orainn imeacht.  
*Oh! Look at the time. It won't be long before we must leave.*
- ▶▶ A Sheáin, lig amach Cluasa go beo le do thoil?  
*Seán, be quick and let Cluasa out, please?*

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# Ullmhú don lá

## Getting ready for the day

- ▶▶ Caithfidh imeacht anois nó beimid déanach.  
*We must go now or we'll be late.*
- ▶▶ Ach caithfidh tú do chuid fiacla a ní.  
*But you must brush your teeth.*
- ▶▶ Ná déan dearmad do lámha a ní.  
*Don't forget to wash your hands.*
- ▶▶ An bhfuil tú ag iarraidh hata a thabhairt leat?  
*Do you want to bring a hat with you?*
- ▶▶ An bhfuil tú réidh anois?  
*Are you ready now?*
- ▶▶ An bhfuil do bhosca lóin i do mhála scoile?  
*Is your lunchbox in your school bag?*
- ▶▶ Caithfidh tú do chóta a chur ort anois.  
*You must put your coat on now.*

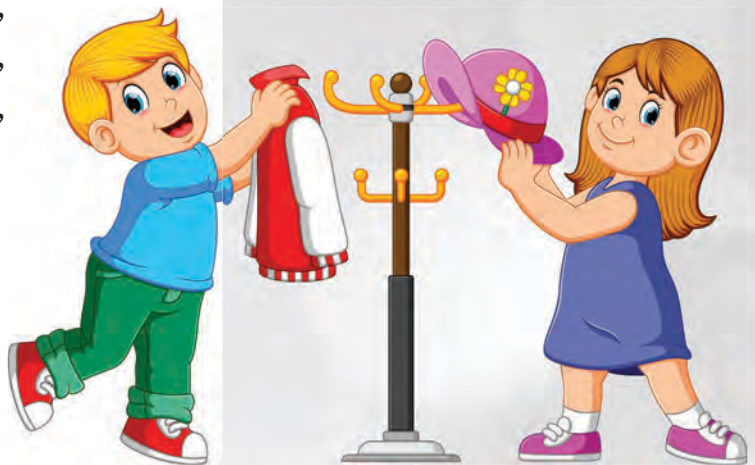


### Cuirfidh mé orm mo Chóta



Cuirfidh mé orm mo chóta,  
Cuirfidh mé orm mo chóta,  
Cuirfidh mé orm mo chóta,  
Tra-la lalalala la.

***I will put on my Coat***  
*I will put on my coat,*  
*I will put on my coat,*  
*I will put on my coat,*  
*Trala lalalala la*



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# Am codlata

## Bedtime

- ▶▶ Ó! Féach ar an gclog. Ní fada go mbeidh sé in am dul a luí.  
*Oh! Look at the time. It won't be long before it's time to go to bed.*
- ▶▶ Fan go bhfeicfimid an bhfuil réiltíní sa spéir.  
*Let's see if there are any stars in the sky.*



**Fonn • Tune:** Twinkle Twinkle Little Star

### Réiltín! Réiltín!

Réiltín! Réiltín! Seoidín Sí!  
Ó nach gleoite an réalt' bheag í!  
Féachaim suas le gliondar croí.  
Feicim le mo shúile í.  
Réiltín! Réiltín! Seoidín Sí!  
Ó nach gleoite an réalt' bheag í!

### Little Star! Little Star!

Little Star! Little Star!  
Little fairy jewel!  
Oh isn't it a delightful little star!  
I look up with a joyful heart.  
I see it with my eyes.  
Little Star! Little Star!  
Little fairy jewel!  
Oh isn't it a delightful little star!

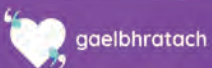
Tá sé ina  
oíche anois.

*It's night-time now.*

Tá sé in am  
dul a luí.

*It's time to go  
to bed.*

Is Féidir Linn



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# Am codlata

## Bedtime

- ▶▶ Caithfidh tú do chulaith oíche a fháil.  
*You must go get your pyjamas.*
- ▶▶ Maith an cailín!  
*Good girl!*
- ▶▶ Maith an buachaill!  
*Good boy!*
- ▶▶ Bain díot do chuid éadaí anois a stór!  
*Take off your clothes now, love!*



### Bainfidh mé díom mo gheansaí

Bainfidh mé díom mo gheansaí  
Bainfidh mé díom mo gheansaí  
Bainfidh mé díom mo gheansaí  
Tra-la lalalala la.



#### ***I will take off my jumper***

*I will take off my jumper  
I will take off my jumper  
I will take off my jumper  
Tra-la lalalala la*

**Nóta:** this can be adapted to:  
Bainfidh mé díom... mo léine  
Bainfidh mé díom... mo stocaí



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# Am codlata

## Bedtime

▶▶ Ar mhaith leat scéilín anois?  
*Would you like a little story now?*

▶▶ Cén scéilín ar mhaith leat?  
*What little story would you like?*

Rann beag do na páistí agus iad ag socrú síos roimh scéal. *A little rhyme to say while the children are settling down for a story.*

RANN

### Scéilín, Scéilín

Scéilín, Scéilín  
Eireaball ar an éinín  
Cluasa beaga ag éisteacht  
Súile beaga ag féachaint.

▶▶

### Little Story, Little Story

*Little Story, Little Story  
Little tail on the bird  
Little ears listening  
Little eyes watching.*

▶▶ **Á! Nach raibh an scéilín sin go deas?**

*Ah! Wasn't that a nice little story?*

▶▶ **Bhí, a Mhamai. Go raibh maith agat.**  
*It was, Mummy. Thank you*



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# Am codlata

## Bedtime



- ▶ Tá sé in am dul a chodladh anois a stór.  
*It's time to go to sleep now, love.*
- ▶ Tá na héiníní ag dul a chodladh anois.  
*The little birdies are going to sleep now.*
- ▶ Tá an spideog 's an fhuiseog ag dul a chodladh.  
*The robin and the lark are going to sleep.*
- ▶ Tá an dreoilín 's an smóilín ag dul a chodladh.  
*The wren and the thrush are going to sleep.*



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# Am codlata

## Bedtime



### Éiníní

Éiníní, éiníní,  
Codlaígí, codlaígí,  
Éiníní, éiníní,  
Codlaígí, codlaígí.

Codlaígí, codlaígí,  
Cois an chlaí 'muigh.  
Cois an chlaí 'muigh,  
Codlaígí, codlaígí,  
Cois an chlaí 'muigh,  
Cois an chlaí 'muigh.

Éiníní, éiníní,  
Codlaígí, codlaígí,  
Éiníní, éiníní,  
Codlaígí, codlaígí.  
An lon dubh 's an fiach dubh,  
Téigí 'chodladh, téigí 'chodladh,  
An chéirseach 's an préachán,  
Téigí 'chodladh, téigí codladh.

### Little Birds

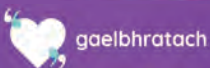
*Little birds, little birds,  
Sleep, sleep,  
Little birds, little birds,  
Sleep, sleep.*

*Sleep, sleep,  
By the hedge/ditch outside,  
By the hedge/ditch outside,  
Sleep, sleep,  
By the hedge/ditch outside,  
By the hedge/ditch outside.*

*Little birds, little birds,  
Sleep, sleep,  
Little birds, little birds,  
Sleep, sleep.  
The blackbird and the raven,  
Go to sleep, go to sleep,  
The song thrush and the crow,  
Go to sleep, go to sleep.*



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# Am codlata

## Bedtime



Éiníní, éiníní,  
Codlaígí, codlaígí,  
Éiníní, éiníní,  
Codlaígí, codlaígí.  
An spideog 's an fhuiseog,  
Téigí 'chodladh, téigí 'chodladh,  
An dreoilín 's an smóilín,  
Téigí 'chodladh, téigí codladh.

Éiníní, éiníní,  
Codlaígí, codlaígí,  
Éiníní, éiníní,  
Codlaígí, codlaígí.

*Little birds, little birds,  
Sleep, sleep,  
Little birds, little birds,  
Sleep, sleep.  
The robin and the lark,  
Go to sleep, go to sleep,  
The wren and the little thrush,  
Go to sleep, go to sleep.*

*Little birds, little birds,  
Sleep, sleep,  
Little birds, little birds,  
Sleep, sleep.*

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# Am codlata

## Bedtime

Oíche mhaith,  
a Mhicí Moncaí!  
*Good night,  
Mickey Monkey!*

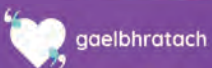
Codladh sámh.  
*Sleep well.*

Grá mo  
chroí thú!  
*Love you  
loads!*

Oíche  
mhaith.  
*Good night.*



Is Féidir Linn



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