















Week 10 equipment list

The big question episode 1  <ul style="list-style-type: none"> • A pencil • Some paper • Eraser 	Yoga with Anita  <ul style="list-style-type: none"> • A drink of water • Comfortable clothing • Comfortable shoes • Space to move in a relaxing room • A chair • Blanket or cushion 	3 Minutes to Tone with Charlotte  <ul style="list-style-type: none"> • A bottle of water • Books/ buckets/ tinned cans • Spoon • 2 eggs or 2 potatoes • Space • Comfortable clothes and runners • Drink of Water
Irish sign lanaguage with Robert  <ul style="list-style-type: none"> • Pen or pencil • Paper 	Pizza making with Mary Clare  Ingredients <ul style="list-style-type: none"> • A pita bread • Tomato puree or sauce • Grated cheese • Mozzarella cheese • Onion • Toppings of choice 	3 Minutes to Tone with Charlotte  <ul style="list-style-type: none"> • A bottle of water • Books/ buckets/ tinned cans • Spoon • 2 eggs or 2 potatoes • Space • Comfortable clothes and runners • Drink of Water
How to bank with AIB  <ul style="list-style-type: none"> • Pen and some paper 	Wildlife girrafe drawing with Edel  <ul style="list-style-type: none"> • Some paper • Pencil • Eraser 	3 Minutes to Tone with Charlotte  <ul style="list-style-type: none"> • A bottle of water • Books/ buckets/ tinned cans • Spoon • 2 eggs or 2 potatoes

		<ul style="list-style-type: none"> • Space • Comfortable clothes and runners • Drink of Water
Chair exercises with Paul  <ul style="list-style-type: none"> • A drink of water • Comfortable clothing • Comfortable shoes • Space to move in a relaxing room • A chair • Blanket or cushion 	Landscape photography with Anna  <ul style="list-style-type: none"> • A mobile phone, iPad or tablet 	3 Minutes to Tone with Charlotte  <ul style="list-style-type: none"> • A bottle of water • Books/ buckets/ tinned cans • Spoon • 2 eggs or 2 potatoes • Space • Comfortable clothes and runners • Drink of Water
Hand message with Deborah  <ul style="list-style-type: none"> • Mask and gloves • Cream or oil • Towel 	Crafts with Carmel and Joanne <ul style="list-style-type: none"> • Card • Pencil • Tissue paper • Paint • Paint brush • Glue 	3 Minutes to Tone with Charlotte  <ul style="list-style-type: none"> • A bottle of water • Books/ buckets/ tinned cans • Spoon • 2 eggs or 2 potatoes • Space • Comfortable clothes and runners • Drink of Water