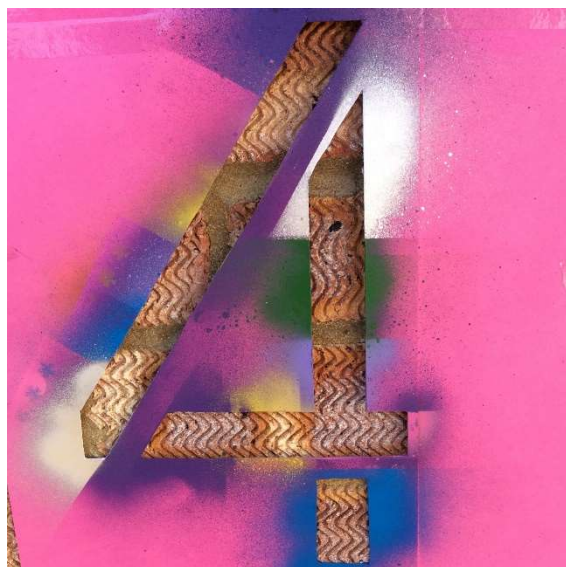


Hi everyone!

Welcome to issue four of the Learning and Wellbeing pack! We hope that you and your loved ones are all keeping safe and well.

# LEARNING & WELLBEING PACK #4

We are continuing to run the Learning and Wellbeing Programme, offering support over the telephone, as well as working on these packs. We hope that you are enjoying these packs as much as we are putting them together. It is helping us to keep our minds creative in these times. We have tried something different for our cover picture in this issue. Can you guess which member of the team created the "4"??



This week's pack includes a puzzle page courtesy of Chris, a film page from Sabina, a literacy page from Sarah and a daily mindfulness exercise from Alex. We love hearing your feedback on the packs, and would love to hear your ideas on what we can include in future issues. We are trying to make the packs enjoyable for as many people as possible, so the more ideas the better!. Please do speak to your support worker or get in touch with us directly (details below)!

## USEFUL CONTACTS

### SAMARITANS

116 123

When things are difficult, whatever kind of distress you're feeling, talk to someone here for free, confidentially, 24/7

### RESET

[reset@providencerow.org.uk](mailto:reset@providencerow.org.uk)

For support around your drug and/or substance use, get in touch.

### MENTAL HEALTH CRISIS LINE

020 7771 5807

When you're having difficulties with your mental health and can't reach other healthcare professionals, call 24/7

### NATIONAL DOMESTIC ABUSE HELPLINE

0808 2000 247

A free, confidential service for people experiencing domestic abuse, 24/7.

We realise this is a strange and challenging time and we're here if you'd like to get in touch to tell us how you are, if you need any support or about the work that you're doing. Our contact details are below. Please do continue to follow the advice on page 2 to keep yourself and others safe. Of course, we will keep you updated on when Providence Row reopens and activities start again.

Best wishes and stay safe!



Monday – Friday 9am – 5pm

**Alex** ☎ 07776590709 ✉ [apalmer@providencerow.org.uk](mailto:apalmer@providencerow.org.uk)

**Sarah** ☎ 07990004246 ✉ [shalsey@providencerow.org.uk](mailto:shalsey@providencerow.org.uk)

Monday, Thursday, Friday 9am – 5pm

**Chris** ☎ 07741143898 ✉ [cbardo@providencerow.org.uk](mailto:cbardo@providencerow.org.uk)



If you don't have a tissue, use your elbow



Avoid touching your face with unwashed hands



use a tissue for coughs and sneezes



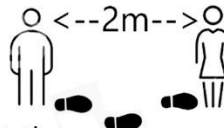
**CATCH IT.**

**BIN IT.**

**KILL IT.**

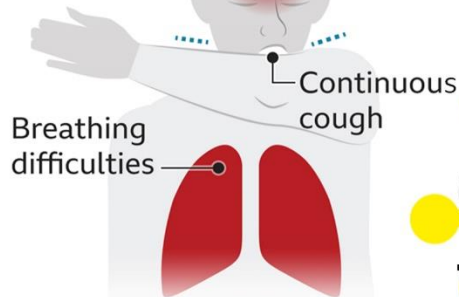


Wash hands for about 20 seconds with soap and hot water or hand sanitizer



## Symptoms

Fever and tiredness



Breathing difficulties

Continuous cough

If you live with someone who has a 'new continuous cough or high temperature, stay at home for 14 days in case symptoms develop

Stay at least three steps away (2 metres) from other people if possible

# Coronavirus Information

## If I have symptoms of Coronavirus

Isolate yourself & stay in



Use the online service at 111.nhs.uk



If your symptoms get worse or are no better after seven days, seek medical advice

Keep in touch with one another



Look after your heart, mind & body



## Stay safe, stay in

No unnecessary journeys or social contact



Public gatherings of more than two people are banned, excluding people you live with.



Don't visit other people's houses or socialise outside your home.



Police will be able to fine you if you don't follow the rules



Only leave home for essential shopping, medical needs and exercise once a day



You can travel to and from work if absolutely necessary

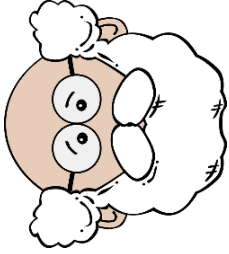

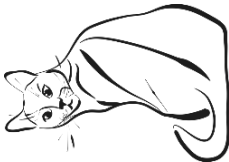
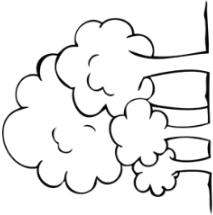
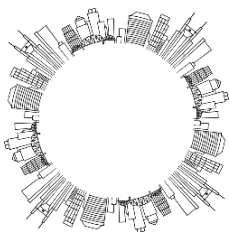

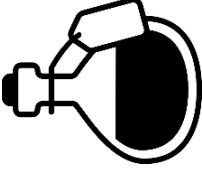

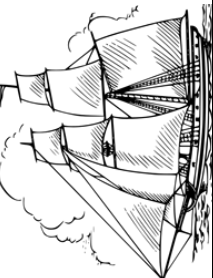

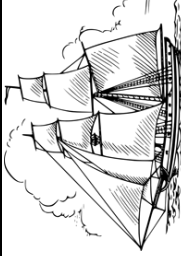

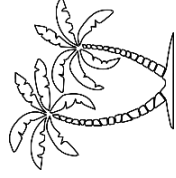

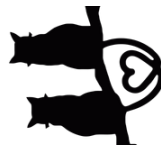
6. When you're ready, fill in the rest of the grid with other letters. (To make it really hard, use a lot of the same letters from your words to put people off!)



Work your way down the questions

## Build your own story

You can combine the ideas below to make up your own short story-or use ideas of your own!

<b>Characters</b> <b>Who is your story about?</b> Once upon a time there was ....	 <p>a wise man</p>	 <p>a woman with magic powers</p>	 <p>A cat who could talk</p>
<b>Setting</b> <b>Where does your story begin?</b> He/She/They lived in ....	 <p>a forest</p>	 <p>a city</p>	 <p>the mountains</p>
<b>Interesting event/ something changes.</b> <b>What happens?</b> One day he/she/they...	 <p>found a magic potion that could...</p>	 <p>won a million pounds and decided to...</p>	 <p>woke up on a boat going to...</p>
<b>What happens next?</b> <b>What do they do?</b> He/She/They...	 <p>made lots of money and...</p>	 <p>travelled to...</p>	 <p>joined a band with...</p>
<b>Solution-that happens in the end?</b> In the end he/she/they...	 <p>went to live on a desert island and...</p>	 <p>wrote a book about...</p>	 <p>settled down to live with...</p>

# Mindfulness Exercises



## Mindfulness Meditation

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Find a place where you can sit quietly and undisturbed for a few moments. To begin, you might want to set a timer for about 10 minutes, but after some experience you should not be too concerned about the length of time you spend meditating.

Begin by bringing your attention to the present moment by noticing your breathing. Pay attention to your breath as it enters and then leaves your body. Before long, your mind will begin to wander, pulling you out of the present moment. That's ok. Notice your thoughts and feelings as if you are an outside observer watching what's happening in your brain. Take note, and allow yourself to return to your breathing.

Sometimes you might feel frustrated or bored. That's fine—these are just a few more feelings to notice. Your mind might start to plan an upcoming weekend, or worry about a responsibility. Notice where your thoughts are going, and accept what's happening.

Whenever you are able to, return your concentration to your breathing. Continue this process until your timer rings, or until you are ready to be done.



## Body Scan

---

During the body scan exercise you will pay close attention to physical sensations throughout your body. The goal isn't to change or relax your body, but instead to notice and become more aware of it. Don't worry too much about how long you practice, but do move slowly.

Begin by paying attention to the sensations in your feet. Notice any sensations such as warmth, coolness, pressure, pain, or a breeze moving over your skin. Slowly move up your body—to your calves, thighs, pelvis, stomach, chest, back, shoulders, arms, hands, fingers, neck, and finally your head. Spend some time on each of these body parts, just noticing the sensations.

After you travel up your body, begin to move back down, through each body part, until you reach your feet again. Remember: move slowly, and just pay attention.



## Five Senses

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Use this exercise to quickly ground yourself in the present when you only have a moment. The goal is to notice something that you are currently experiencing through each of your senses.

**What are 5 things you can see?** Look around you and notice 5 things you hadn't noticed before. Maybe a pattern on a wall, light reflecting from a surface, or a knick-knack in the corner of a room.

**What are 4 things you can feel?** Maybe you can feel the pressure of your feet on the floor, your shirt resting on your shoulders, or the temperature on your skin. Pick up an object and notice its texture.

**What are 3 things you can hear?** Notice all the background sounds you had been filtering out, such as an air-conditioning, birds chirping, or cars on a distant street.

**What are 2 things you can smell?** Maybe you can smell flowers, coffee, or freshly cut grass. It doesn't have to be a nice smell either: maybe there's an overflowing trash can or sewer.

**What is 1 thing you can taste?** Pop a piece of gum in your mouth, sip a drink, eat a snack if you have one, or simply notice how your mouth tastes. "Taste" the air to see how it feels on your tongue.

The numbers for each sense are only a guideline. Feel free to do more or less of each. Also, try this exercise while doing an activity like washing dishes, listening to music, or going for a walk.





1 In which film did Jodie Foster play FBI agent Clarice Starling?

2 In which country did **The Sound of Music** take place?

3 Which actor portrayed union leader Jimmy Hoffa in **The Irishman** (2019)?

4 Which 1979 film had the line "**In Space no one can hear you scream**" on its official poster?

5 In 1997 James Cameron won an Oscar for which blockbuster?

6 Who was the main villain in **Avengers: Infinity War** (2018)?

7 Where did **Harry Potter** go to school?

8 What fictional African nation is **Black Panther** from?

9 Which famous female country singer starred in the 1980 film **Nine to Five**?

10 What is the name of Han Solo's ship?

11 Who sang the theme song for **Skyfall** (2012)?

12 Who played the leading role in the film **Inception** (2010)?

13 Who plays the Joker in the film **Joker** (2019)?

14 What is **Wonder Woman's** real name (in the original comic and Wonder Woman 2017)?

15 Which 2019 film won Oscars for Best Picture and Best Director at the 2020 Academy Awards? Hint: It's South Korean!

16 Which actor starred in both **Mamma Mia!** and **The King's Speech**?

17 What planet are the **Transformers** from?

18 In which film does Dwayne "The Rock" Johnson's character gets sucked into a video game?

19 Who or what is **Priscilla Queen of the Desert** in the film of the same name?

20 When did the first and last **Toy Story** films come out? Hint: More than 20 years apart!

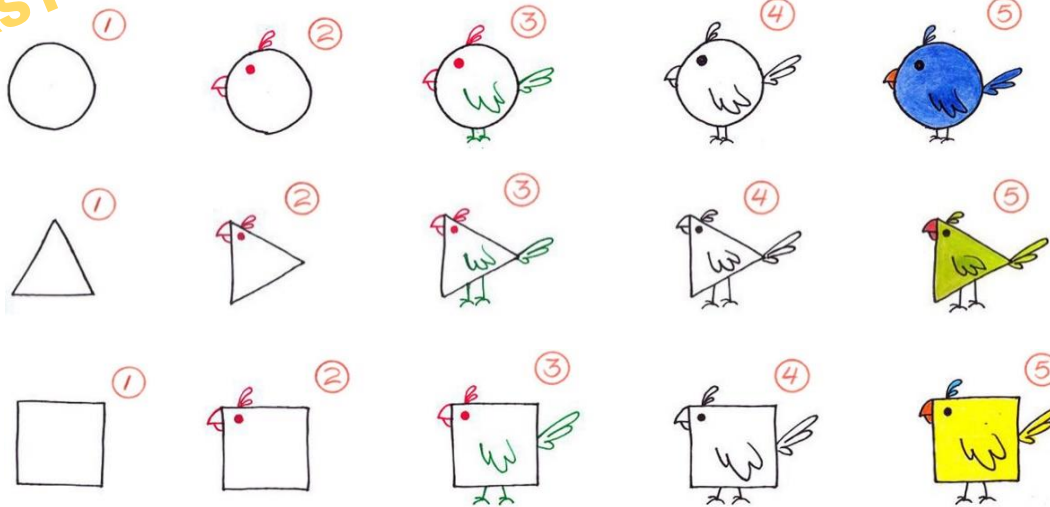
**Answers** 1. The Silence of the Lambs; 2. Austria; 3. Al Pacino; 4. Alien; 5. Titanic; 6. Thanos; 7. Hogwarts School; 8. Wakanda; 9. Dolly Parton; 10. The Millennium Falcon; 11. Adele; 12. Leonardo DiCaprio; 13. Joaquin Phoenix; 14. Diana; 15. Parasite; 16. Colin Firth; 17. Cyberton; 18. Jumanji: Welcome to the Jungle; 19. The Bus; 20. 1995 and 2019 (interesting fact: *Toy Story* was the first feature-length film to be made entirely using computer-generated imagery).

# DRAWING

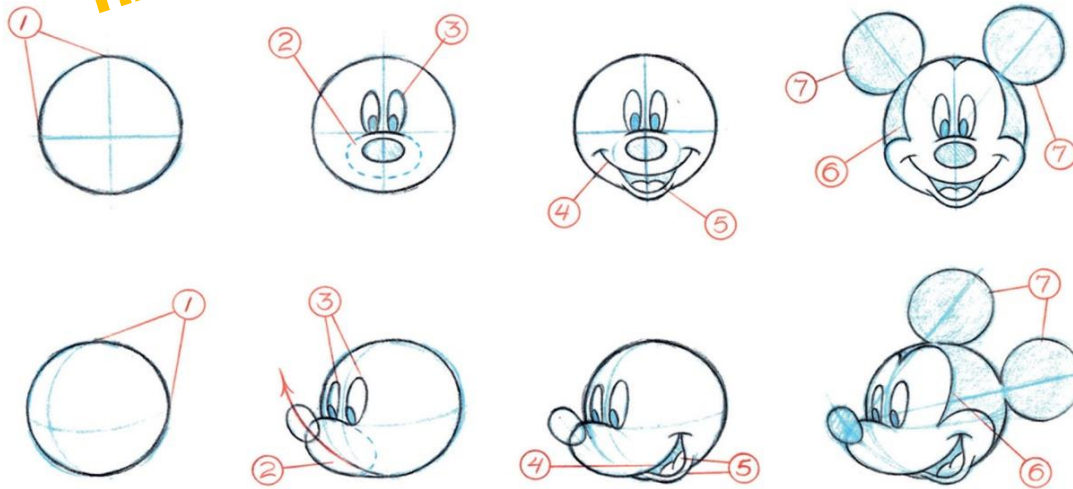
using different shapes

Drawing from scratch can be difficult, so starting with some basic shapes can be both helpful and fun! Try some of these out here

EASY



HARD



EXTRA  
HARD



# Learning & wellbeing ONLINE



[theguardian.com/crosswords](https://theguardian.com/crosswords)



[sudoku.com](https://sudoku.com)



## PUZZLES & GAMES



[poki.com](https://poki.com)  
loads of free classic and new video games



[wordgames.com/en/games/word](https://wordgames.com/en/games/word)  
all the word games you can think for you to play for free

[sketch.io/sketchpad/](https://sketch.io/sketchpad/)

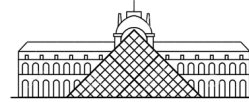


paint, draw, make art online



## LEARNING & ART

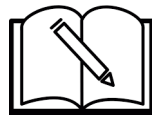
[louvre.fr/en/visites-en-ligne#tabs](https://louvre.fr/en/visites-en-ligne#tabs)



go on virtual tours of the Louvre Museum in Paris!

[supercoloring.com/sections/coloring-pages-you](https://supercoloring.com/sections/coloring-pages-you)

online colouring-in!



an international collection of art-works made during the Coronavirus Pandemic - why not submit your own art?



[artrefuge.org.uk/corona-quilt](https://artrefuge.org.uk/corona-quilt)

[bbc.co.uk/news/uk-51506729](https://bbc.co.uk/news/uk-51506729)

information on the new coronavirus rules



## HEALTH & WELLBEING



how to look after your mental health during lockdown



[mentalhealth.org.uk/coronavirus](https://mentalhealth.org.uk/coronavirus)

[cookingonabootstrap.com](https://cookingonabootstrap.com)



cheap everyday cooking and recipes

[nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/](https://nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/)



helpful telephone lines