



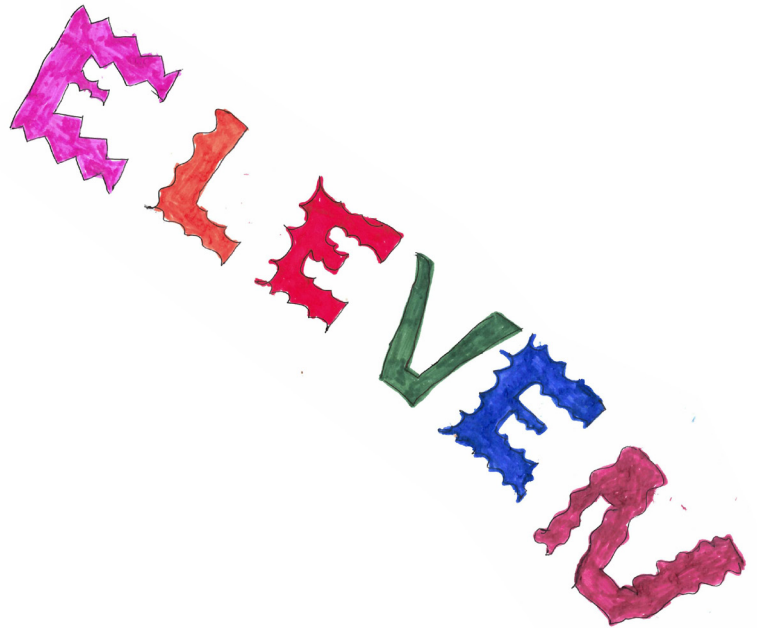
PROVIDENCE ROW

artwork by Shahna

LEARNING & WELLBEING PACK #11

Hello everyone! Welcome to the 11th Learning and Wellbeing Pack.

This week's cascading artwork for number 11 comes from Shahna! We love the colourful letters and their unusual outlines - they feel energized! It's also really interesting too how the green 'v' in the middle is different from the other letters but it totally works in the design. It just goes to show that being different together is a beautiful thing. A big thank you again to Shahna for the great work!



We want to let you know that from next week, the packs will be slightly different. This is because the Learning and Wellbeing Team have been placed on furlough, which means we won't be working for a period. The good news is, there'll be ten more packs coming your way which we'll arrange for you to receive individually or through hostels.

USEFUL CONTACTS

SAMARITANS

116 123 If things are difficult and distressing, talk to someone here for free, confidentially, 24/7

RESET

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.

Please remember if there's something on your mind, you can speak to a trusted friend, a keyworker, or a member of staff. And remember there's also the services on the useful contact numbers on the left.

As always, we send our best wishes to you all,

from Sarah, Alex, Sabina & Chris





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



Avoid touching your face with unwashed hands

If I have symptoms of Coronavirus

Isolate yourself & stay in



Use the online service at 111.nhs.uk

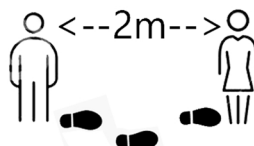


If your symptoms get worse or are no better after seven days, call 111

Protect yourself & others



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



use a tissue for coughs and sneezes

throw away used tissues and wash your hands

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

Symptoms

call 111 if you're not sure

high temperature

loss of taste & smell

Continuous cough

Coronavirus Information

Keep in touch with one another



Look after your heart, mind & body

If you live with someone with these symptoms, you should stay at home for 14 days (in case you develop symptoms)



avoid public transport



Stay safe, stay in

Stay at home as much as possible, especially if you are 70+ or have conditions that make you vulnerable



Public gatherings of more than 6 people are banned



Don't visit or stay over at other people's houses - only visit their gardens, staying 2m apart



Go back to work if you can. Employers should put safety measures in place



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



wear face coverings when it's difficult to keep your distance



You can leave home for essential shopping, medical needs, help someone, exercise, to spend time outdoors, and to meet up to 6 people outside your household, but you must stay 2m apart



Mindful walking & writing poems

One way to write a poem after a mindful walk

1. Get some paper and pen ready (or use the notes on your phone) so you can make some notes when you write.
2. Take a moment before you leave to walk. Take three, slow breaths before you leave for your walk to help you relax.
3. Start walking.
4. Walk. Go where feels good for you to go.
5. On your walk, pay attention to:
 - what you hear
 - what you see
 - what you feel with your body
 - what you smell and taste
6. Make a list of all these things. Don't worry about making a poem yet. Just listen carefully, look carefully, feel carefully and really give time and attention to your senses. Note down what you experience.
7. Enjoy your walk.
8. When you get home, change the order of your list, add in ideas, change words to make it sound how you want. Think about how you want to start and end your poem.
9. Write it out. Put it up in your room if you like. Or compare it to the walk tomorrow?

My poem after my mindful walk

The door slams shut as I begin my walk
I can smell the wet concrete
My socks are still wet from walking earlier
Puddles reflect the grey sky that's just finished raining
A crow caws - I sense it swoop behind me
Gravel crackling under my footsteps
Cool air on my cheeks
I realise it feels lighter the air now it's rained
The lingering taste of tea I finished before leaving home
I swear the trees look happier and greener now it's rained
I hear the park gate swing open

Mindfulness Meditation

The goal of **mindfulness meditation** is simple: to pay attention to the present moment, without judgement. However, as you practice, you'll find that this is easier said than done.

During mindfulness meditation, you will focus on your breathing as a tool to ground yourself in the present moment. It's normal that your mind will wander. You'll simply bring yourself back into the moment by refocusing on your breathing, again and again.

Follow the instructions below to begin practicing mindfulness meditation.

Time & Place



Aim to practice **daily** for **15-30 minutes**. More frequent, consistent, and longer-term practice leads to the best results. However, some practice is better than no practice.

Find a time and place where you are unlikely to be interrupted. Silence your phone and other devices, and set a timer for your desired practice length.

Posture



- ◆ Sit in a chair, or on the floor with a cushion for support.
- ◆ Straighten your back, but not to the point of stiffness.
- ◆ Let your chin drop slightly, and gaze downward at a point in front of you.
- ◆ If in a chair, place the soles of your feet on the ground. If on the floor, cross your legs.
- ◆ Let your arms fall naturally to your sides, with your palms resting on your thighs.
- ◆ If your pose becomes too uncomfortable, feel free to take a break or adjust.

Awareness of Breathing



Because the sensations of breathing are always present, they are useful as a tool to help you focus on the present moment. Whenever you become distracted during meditation, turn your focus back to breathing.

Notice the sensation of air as it passes through your nose or mouth, the rise and fall of your belly, and the feeling of air being exhaled, back into the world. Notice the sounds that accompany each inhalation and exhalation.

Wandering Mind



It's normal that your thoughts will wander during mindfulness meditation. At times, it might feel like a constant battle to maintain focus on your breathing. Don't worry—that's normal. Instead of struggling against your thoughts, simply notice them, without judgment. Acknowledge that your mind has wandered, and return your attention to breathing. Expect to repeat this process again and again.

CRYPTIC MOVIE QUIZ

CAN YOU GUESS THE NAME OF THE MOVIES FROM THE CLUES?
 EXAMPLE – NUMBER 4 IN ROUND 1 IS A **ROCK** AND A **KEY** = **ROCKY**

BONUS – ONE FILM IS IN BOTH ROUNDS

ROUND 1

			
01	02	03	04
			
05	06	07	08
			
09	10	11	12

1. BLADERUNNER, 2. SILENCE OF THE LAMBS, 3. NINE MONTHS, 4. ROCKY, 5. WALL E, 6. PARIS TEXAS, 7. SEVEN POUNDS, 8. LOST IN TRANSLATION, 9. A CLOCKWORK ORANGE, 10. RED DAWN, 11. TOP GUN, 12. MUNICH

ROUND 2

			
01	02	03	04
			
05	06	07	08
			
09	10	11	12

1. GOLDENEYE, 2. FIGHT CLUB, 3. WARGAMES, 4. FROM RUSSIA WITH LOVE, 5. TRAINSPOTTING, 6. BLAZING SADDLES, 7. A CLOCKWORK ORANGE, 8. BETTIEJUICE, 9. THE LION KING, 10. DIE ANOTHER DAY, 11. APOLLO 13, 12. AMERICAN PIE

self compassion exercise



It can be easy to be too hard on ourselves. When you're giving yourself a hard time, try this self-compassion exercise from Dr Kristen Niff (We've copied it directly from her website - <https://self-compassion.org/exercise-2-self-compassion-break/>). It's based on the idea that it's helpful to affirm our suffering and to be kind and accepting towards that pain.

Say to yourself these three things.

1. This is a moment of suffering

Other options include:

- This hurts.
- Ouch.
- This is stress.

2. Suffering is a part of life

Other options include:

- Other people feel this way.
- I'm not alone.
- We all struggle in our lives.

Now, put your hands over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest. Or adopt the soothing touch you discovered felt right for you.

3. May I be kind to myself

You can also ask yourself, "What do I need to hear right now to express kindness to myself?"

Is there a phrase that speaks to you in your particular situation, such as:

- May I give myself the compassion that I need
- May I learn to accept myself as I am
- May I forgive myself
- May I be strong.
- May I be patient.

This practice can be used any time of day or night, and will help you experience self-compassion when you need it most.

And remember the power of connection. If this doesn't feel like enough, speaking to a friend you trust, a keyworker, or another professional can be really helpful. There is someone there for you.

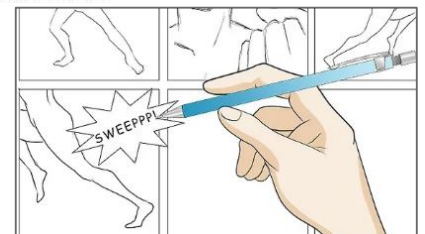
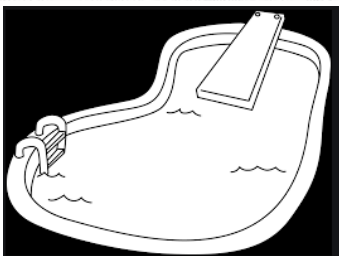
Short story

Summer Pierre is a cartoonist and writer. One of the things she has done is write one page, illustrated stories by picking a word from a deck of word cards and writing about whatever is on the card. Summer kindly gave her permission to feature her story in this pack. You can find out more about her work on her website www.summerpierre.com.

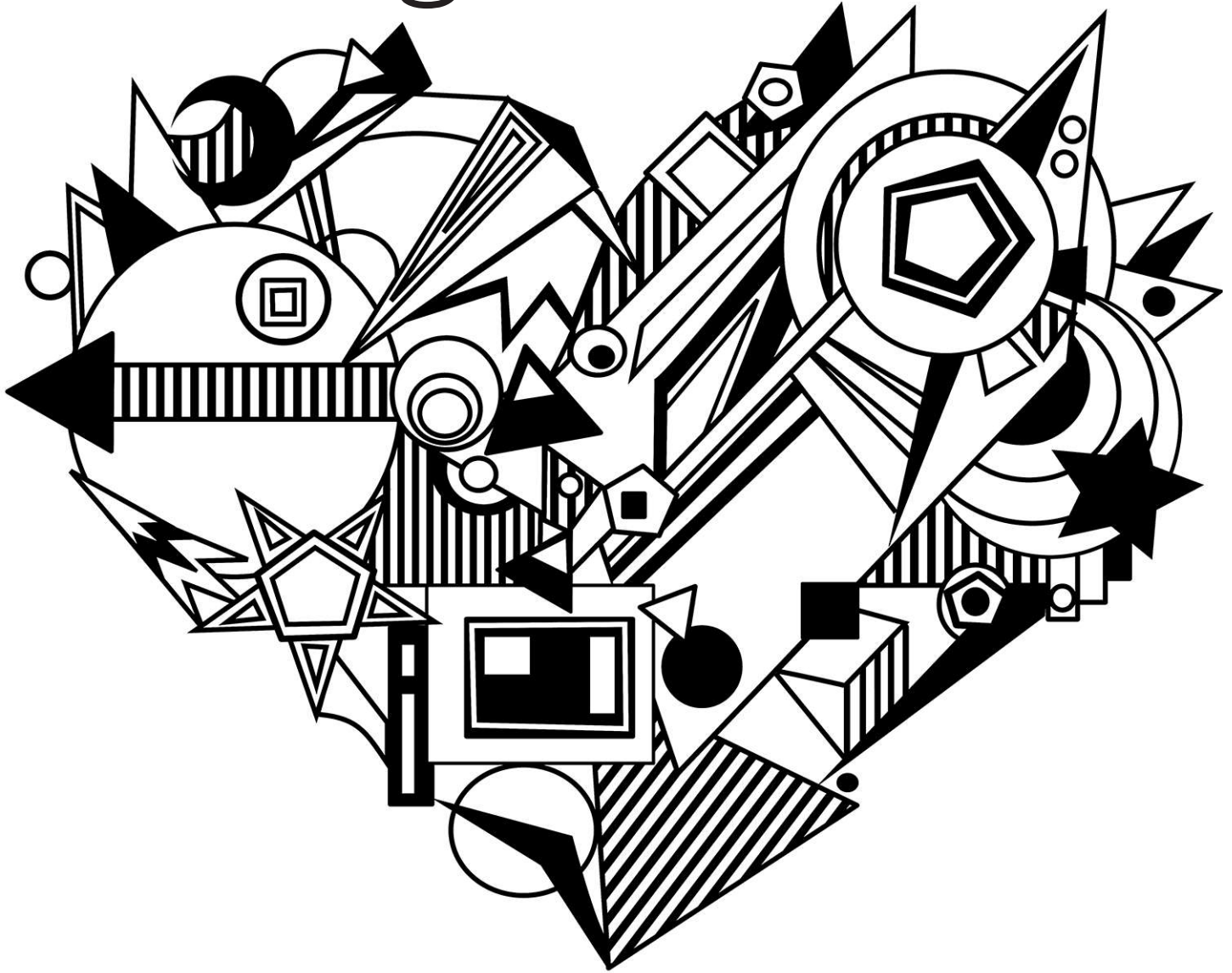
Read the story and see what you think of it. Then look at the pictures underneath and see what order they are mentioned in in the story. You could try writing your own story and do some illustrations if you like!



Summer Pierre

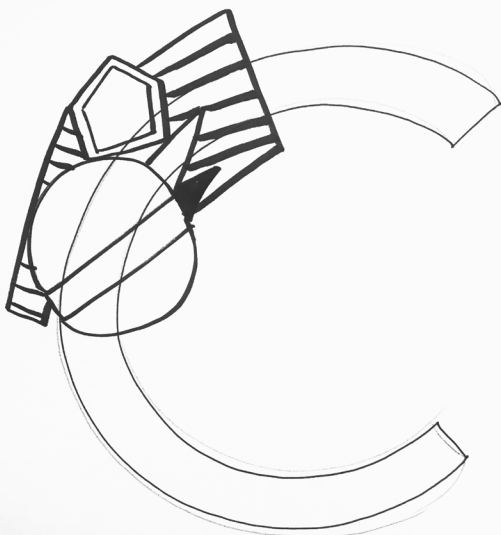


Colouring In & ART



Then, use these shapes to make the first letter of your name and colour that in!

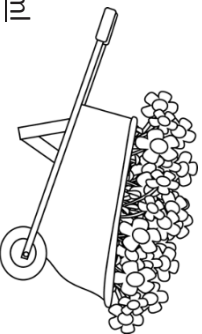
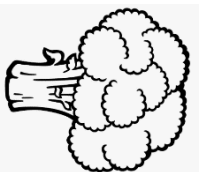
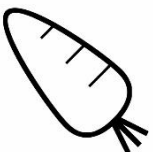
paint world
ER
ANG



I used a pencil first to lightly draw in my letter 'C' then I started with my black pen. When I'm done doing the design in black, I'm going to rub out the pencil then colour it in! If you don't have any colour pens, can you use different patterns and lines instead?

Can you find the Gardening words in the word search below? This is a hard one!

F S W H E E L B A R R O W W H G E G R
 U P E G S P E T U N I A S S N F N R T
 C A G O R T L S O I L O C I N O W A U
 H D H R R E L R O W S A T O M A E K L
 S E R O O A E S S E B N I E M A E E I
 I S W C U W F N S D A T R N E P L B P
 A E C N U O E O H L L U O G N O S S
 L L N A I L R G P O T O N M V E U S F
 P A B R L N T M N L U A G E A N I L T
 I I E E O I I I U I R S G I S T O B S
 N N E T C A L C V D G E E H R W O S E
 W N T A C R I I Y A T G I E E A E E I
 H E S W O T Z H E A T N I R D O M V S
 E R G A R D D E N B S E E S D H S S O I
 E E O O B D R L O E C I N A G R O L A
 L P H S S D E E W G N I X A L E R G D
 L E V O H S A E P S M U I N A R E G H
 O P P I T C H F O R K E C A R R O T S



- | | | | |
|------------|--------------|------------|-------------|
| ANNUALS | GARDEN | ORGANIC | SEEDS |
| BEANS | GERANIUMS | PEAS | SHOVEL |
| BEETS | GLOVES | PERENNIAL | SOIL |
| BIENNIAL | GNOME | PETUNIAS | SPADE |
| BROCCOLI | GREENHOUSE | PINWHEEL | SUNSHINE |
| CARROTS | GROW | PITCH FORK | TOMATOES |
| COMPOST | HOES | PLANTING | TROWEL |
| CULTIVATE | HORTICULTURE | RAIN | TULIPS |
| DAISIES | HOSE | RAKE | VEGETABLES |
| DIGGING | HYDRANGEA | RELAXING | WATER |
| FERTILIZER | LILACS | ROSES | WEEDS |
| FLOWERS | LILIES | ROWS | WHEELBARROW |
| FUCHSIA | MARGOLDS | | |

Available from <https://www.puzzles.ca/wordsearch/gardening.html>

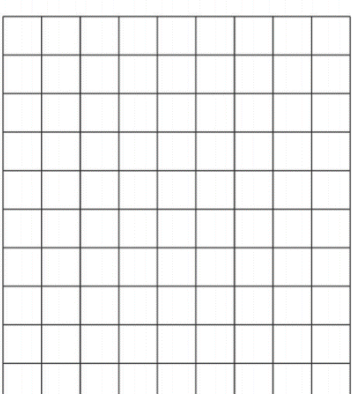
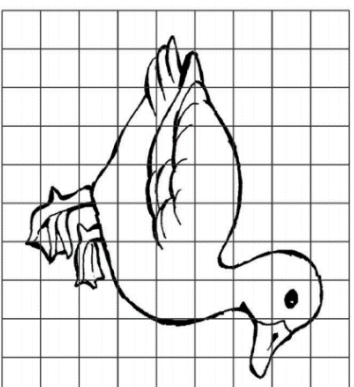
Sudoku

Fill in the empty spaces of a 9x9 grid with numbers 1-9 so that every row, every column and every 3x3 box contains all numbers 1 to 9.

		2				9	5	8	
1	4		2	6			3	7	
3			8						
4		5	9	2	8			1	
9	7						8		3
				5			2		
	9		1				7		8
6		7			4				2
		8		6		7			

Available from: <https://worksheets.theteacherscorner.net/make-your-own/sudoku/>

Copy the duck into the grid



Available from: <https://www.puzzles.ca/wordsearch/gardening.html>