
ACTIVITY PACK #12

(taking over from the Learning and Wellbeing packs)



These packs were put together by Chris, Alex and Sarah

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

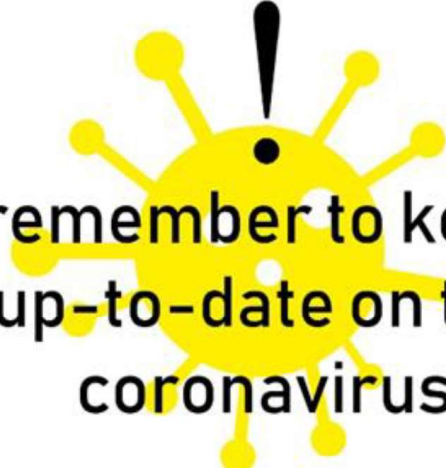
NATIONAL DOMESTIC ABUSE HELPLINE

0808 2000 247 A free, confidential service for people experiencing domestic abuse, 24/7.



These are strange and sometimes difficult times. If you need to talk to someone you could...

- Speak to a friend you trust or a befriender that calls you.
- Speak to your keyworker or the staff at the hostel where you are staying.
- Speak to the member of staff you are working with from Providence Row, in the Advice and Support or Reset team
- Call one of the number in the 'Useful Contacts' box.



remember to keep up-to-date on the coronavirus

Music Quiz



1. Which band was formed in Hull in 1983 by Paul Heaton and Stan Cullimore and at one point included future 'Fatboy Slim' Norman Cook on bass?
2. Which American rock band has released studio albums entitled 'Murmur', 'Out of Time' and 'Monster'?
3. Who holds the record for the most UK number one singles? (Main and named artist – not individuals who have been part of different groups)
4. Which band had hits with 'When Will I See You Again' and 'Woman in Love'?
5. "Now when the night begins, I'm at an end."
6. "Like a river flows, surely to the sea..."
7. "It would take an eternity to break us and the chains of Amistad couldn't hold us."
8. "Sometimes I feel I've got to run away."
9. "Say you don't need no diamond ring and I'll be satisfied."
10. Complete the member of this band and name the band-Kurt Cobain, Krist Novoselic and ...
11. What is English dairy farmer Michael Eavis famous for?
12. Which song is Status Quo's only number one single in the UK Singles Chart?
13. Sean John Combs is better known by what stage name?
14. Who is noted for his guitar solo on Stairway to Heaven?
15. Who reunited in 1981 for 'The Concert in Central Park', which attracted more than 500,000 music fans?

Can you name these bands/musicians?



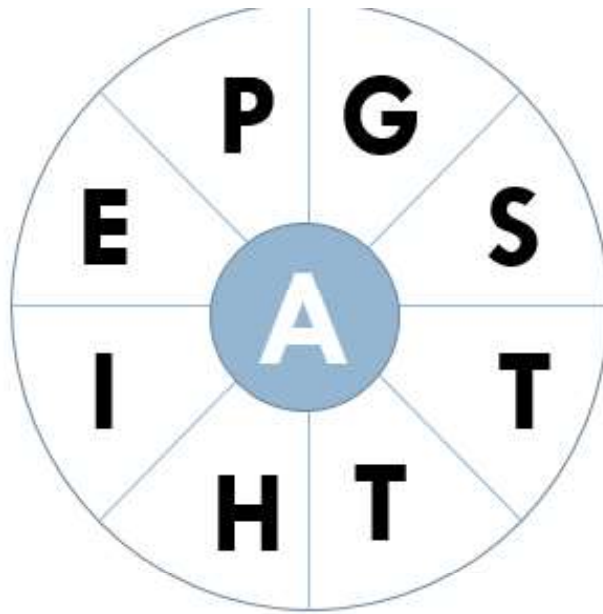
Colouring page



Puzzle page

Word Wheel

Targets
Good 10+
Excellent 15+
Outstanding 20+



Find as many words as possible using the letters in the wheel. Each word must use the hub letter and at least 2 others. Letters can be only used once.

There's a 9 letter word (clue, it is an Italian dish)

Available from <https://www.tes.com/teaching-resource/word-wheel-6426166>

Sudoku

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

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

Available from:

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

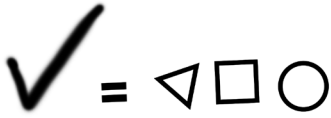
CHANGE PLAN

IS THERE ANYTHING YOU WANT TO CHANGE? WRITING IT DOWN AND LOOKING AT THE STEPS WE COULD TAKE CAN BE REALLY USEFUL IN SUPPORTING US TO MAKE THE CHANGE.

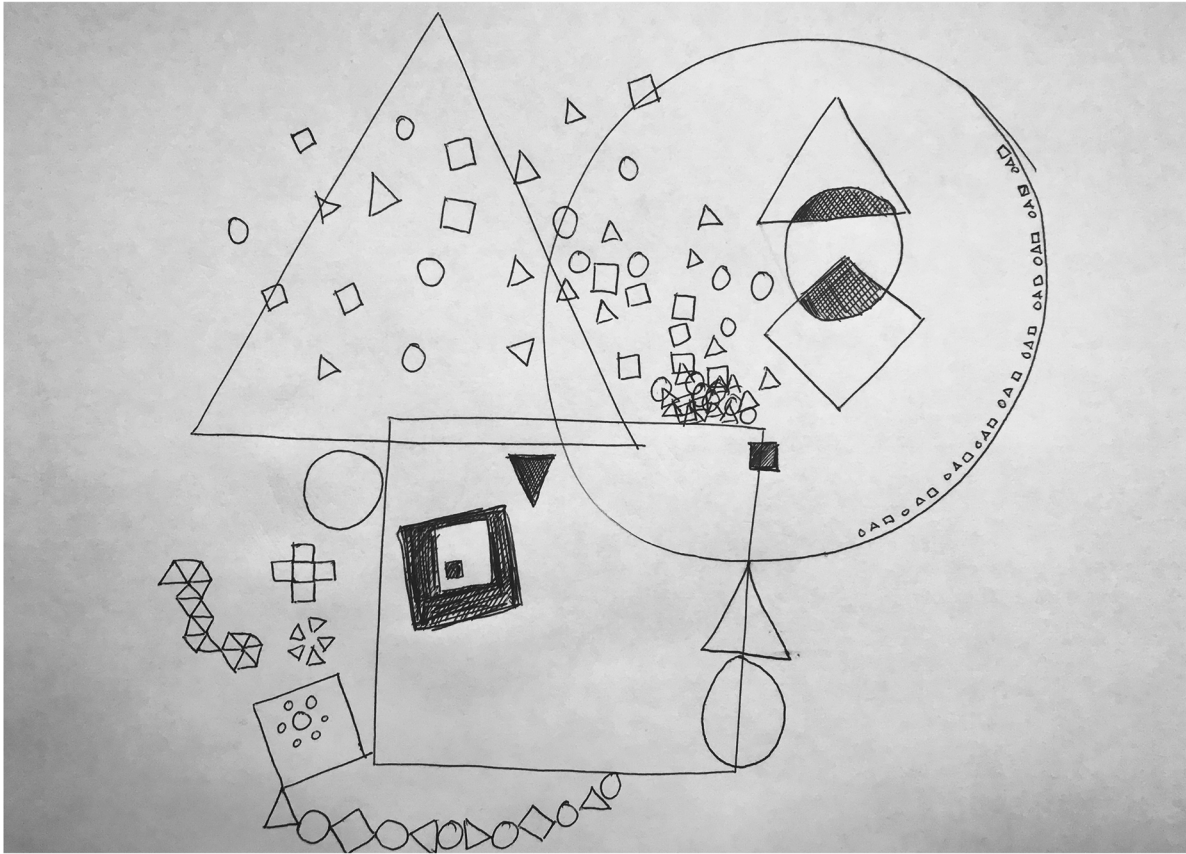
Change-Plan Worksheet

Changes I want to make:	
How important is it to me to make these changes? (1-10 scale)	
How confident am I that I can make these changes? (1-10 scale)	
The most important reasons I want to make these changes are:	
The steps I plan to take in changing are:	
How other people can help me:	
Person	Kind of help
I will know my plan is working when:	
Some things that could interfere with my plan are:	

ABSTRACT ART



Abstract art uses just shapes, colours and lines - it doesn't try to copy things accurately. It's about arranging things in a way that you want - there's

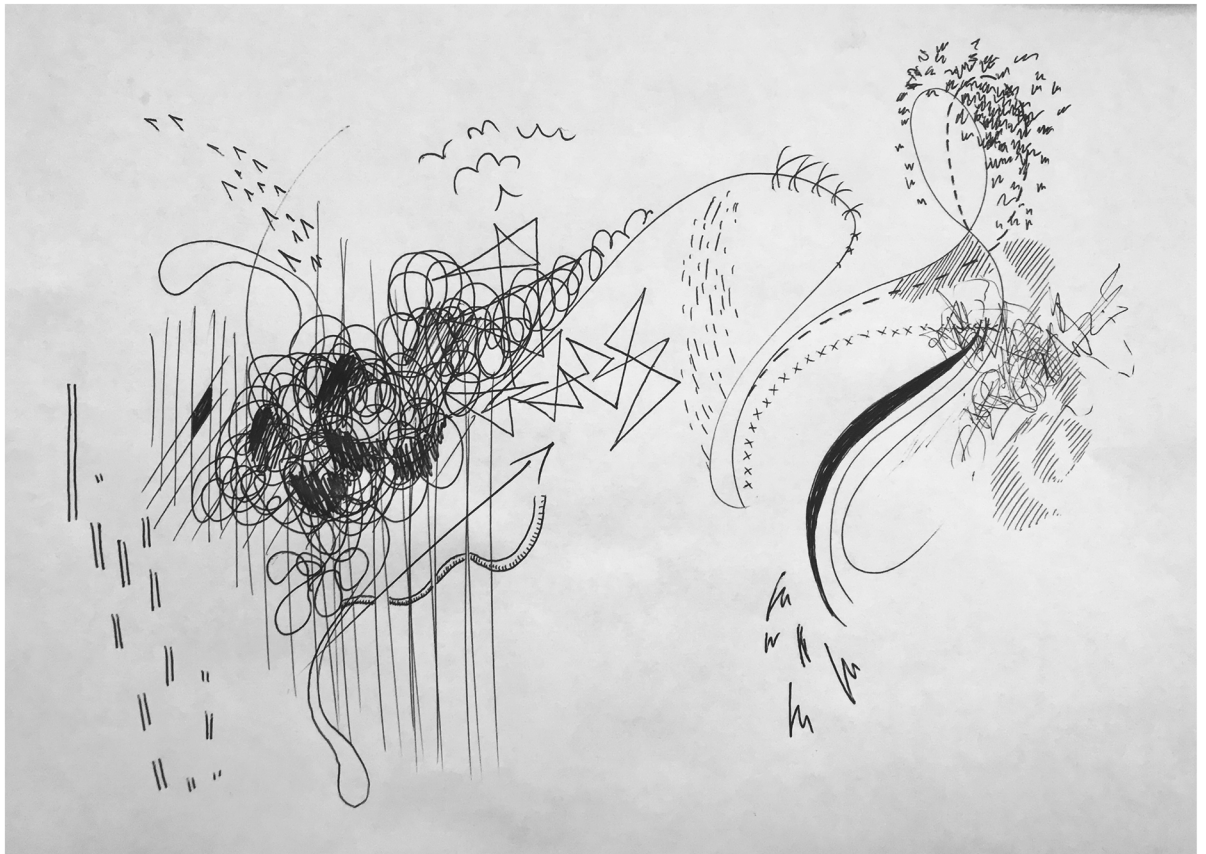


no right and wrong. Try using first just triangles, circles and squares. And then try using anything but triangles, circles and squares.

use just triangles, circles and squares



next anything but triangles, circles and squares



Fancy getting online and trying some more activities or finding out more about other services? Read on...



Mental Health UK <https://mentalhealth-uk.org/help-and-information/downloadable-resources/>

MIND <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/useful-resources/>

Groundswell <https://groundswell.org.uk/>

Toynbee Hall <https://www.toynbeehall.org.uk/other-projects/older-peoples-and-wellbeing-services/> Currently running a Facebook online group with activities and also a telephone befriending service

Art

Online drawing <https://sketch.io/sketchpad/>

Online colouring and puzzles <http://www.supercoloring.com/>

Virtual Tours of the National Gallery in London <https://www.youtube.com/user/nationalgalleryuk>

International collection of artwork made during the pandemic-why not submit your own? <https://www.artrefuge.org.uk/corona-quilt>

English skills

British council-lots of activities for reading, writing, speaking and listening as well as grammar-look for the different sections at the top of the page

<https://esol.britishcouncil.org/content/learners>

Online activities to help with grammar-

<https://www.ego4u.com/en/cram-up/grammar>

Activities to help with all English skills-support also available with Maths <https://www.bbc.co.uk/teach/skillswise>

Newspaper articles from The Guardian with activities to support English skills

<http://www.onestopenglish.com/skills/news-lessons/weekly-topical-news-lessons/>



Online Crosswords <https://www.theguardian.com/crosswords>

Online Sudoku <https://worksheets.theteacherscorner.net/make-your-own/sudoku/>

Online word games <https://www.wordgames.com/en/static/>

Free classic and new video games <https://poki.com/>

