
ACTIVITY PACK #13

(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

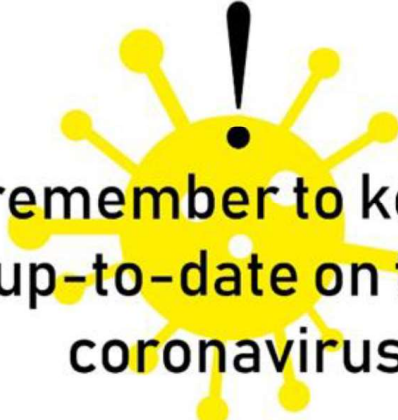
NATIONAL DOMESTIC ABUSE HELPLINE

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

SELF CARE IDEAS

GET MOVING! DANCE, DO YOGA, GO FOR A WALK OR RUN!



MAKE OR BUILD SOMETHING:



PRACTICE GRATITUDE: MAKE A LIST OF THINGS YOU ARE THANKFUL FOR.



TAKE A SHOWER! (EXTRA POINTS FOR SINGING!)



CLEAN, DE-CLUTTER OR ORGANIZE YOUR ROOM.



LEARN SOMETHING NEW!



STAY IN TOUCH: CALL FRIENDS, SEND MAIL, OR MEET VIRTUALLY.



TAKE SLOW, MINDFUL BREATHS.



by Summer Pierre

RIDDLE ME THIS...

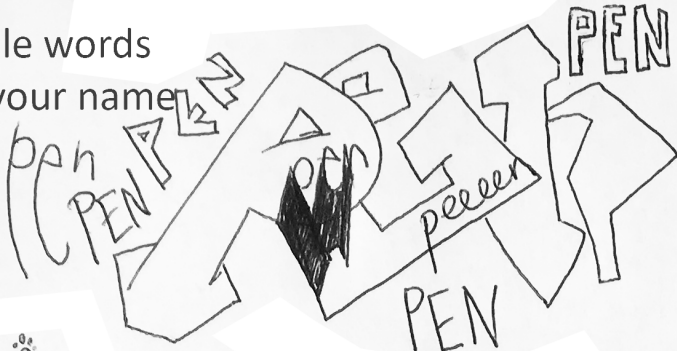


1. What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?
2. The more you take, the more you leave behind. What am I?
3. What belongs to you, but other people use it more than you?
4. What comes once in a minute, twice in a moment, but never in a thousand years?
5. What is black when you buy it, red when you use it, and gray when you throw it away?
6. What goes up but never comes down?
7. Before Mount Everest was discovered, what was the highest mountain on Earth?
8. The more you take away, the more I become. What am I?
9. What gets wetter the more it dries?
10. What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?

Answers: 1. "a", 2. Footsteps, 3. Your name, 4. The letter M, 5. Charcoal, 6. Your age, 7. Mount Everest was still the highest, 8. A hole, 9. A towel, 10. Noon

There's no such thing as a bad doodle

doodle words
and your name



doodle animals



doodle monsters and
made-up things



doodle nature



doodle what's
in front of you



create a doodle
world



doodle a city

Word search-The Beach



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

ATLANTIC OCEAN
 BATHING SUITS
 BEACH TOWEL
 BOARDWALK
 CARIBBEAN RESORT
 DOLPHINS
 FISHING PIER
 FLIP FLOPS
 ICE CREAM
 JELLYFISH
 LAZY RIVER
 LIFE VEST

LIFEGUARD
 MINI GOLF
 MYRTLE BEACH
 PAIL
 POOL
 SAILBOAT
 SANDCASTLE
 SANDY TOES
 SEASHELL
 SEAWEED
 SHELBY ALEXANDRA
 SHORELINE

SHOVEL
 SOUVENIRS
 SPLASH PARK
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SURFBOARD
 UMBRELLA
 WATER SLIDE
 WAVES

Linguine with Ham, Lemon and Basil

Servings:

Serves six

Preparation and Cooking Times:

Prep 10 minutes

Cook 15 minutes



cut

serve

boil

mix

cook

Method

Put the missing words from the box above in the spaces below

First, _____ water.

Second, add linguine to the water. _____ the linguine for 10 minutes in the hot water.

Third, _____ the ham into small pieces. Then, fry the ham in the olive oil.

Fourth, _____ together the pasta, ham, lemon juice, egg yolks, crème fraîche, basil and parmesan cheese.

Fifth, _____ and enjoy!

Colouring in



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/>

