
ACTIVITY PACK #14

(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

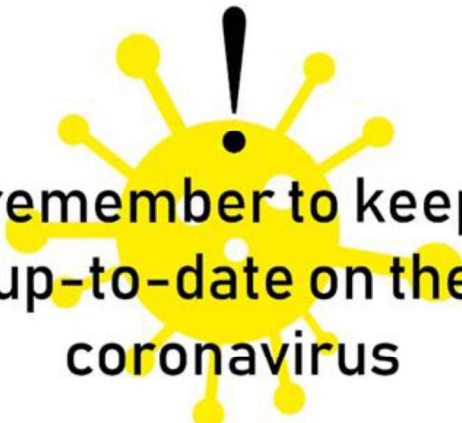
NATIONAL DOMESTIC ABUSE HELPLINE

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

LIFE STORY

THE PAST, THE PRESENT AND THE FUTURE

Writing a story about your life can help you find meaning and value in your experiences. It will allow you to organize your thoughts and use them to grow. People who develop stories about their life tend to experience a greater sense of meaning, which can contribute to happiness. - Please feel free to use as much paper as you want for this exercise.

THE PAST

Write the story of your past. Be sure to describe the challenges you've overcome and the personal strengths that allowed you to do so?

Suggestions on what to write about

- * Childhood friends
- * Holidays
- * Memorable Moments
- * Favorite teachers
- * First loves?
- * Best job

Seahorse dot to dot



print the world
SUPER
COLORING

Cats in Ancient Egypt

Read the article below. Look at the words in **bold**. What do you think they mean? You can look them up in a dictionary or online to help you if you are not sure.

Cats were important in Ancient Egypt. They were thought to protect grain and people kept them as pets. The popularity of Egyptian cats is can be seen in the many Ancient Egyptian paintings and **carved** stone statues in which they appear.



Cats and Egypt share a long and interesting history. Many cat experts believe that Ancient Egyptians were the first to **domesticate** cats. At first, it was so that cats could protect **granaries** and homes from pests like rats and cockroaches. Eventually though, Ancient Egyptians - especially the wealthy - started to adopt cats as pets.

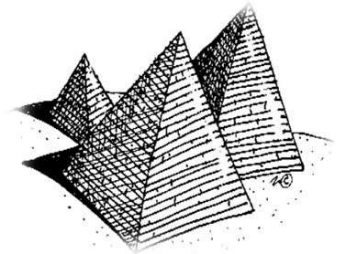
Paintings on tombs and other buildings show spotted, **slender** cats, which are believed to be the first domestic cats. It is believed that these early Egyptian cats were the ancestors of the Egyptian Mau. This **breed** is not as well known as other cat breeds



An Egyptian Mau cat

Whoever killed a cat in Ancient Egypt was put to death. Amazingly there were also laws banning the **exportation** of cats.

Ancient Egyptians loved cats and went into **mourning** whenever any of the family cats died. Cats were even mummified after death. Cat cemeteries have been discovered along the River Nile and cat mummies can be found in the tombs of many Egyptians.



Now read the text again and answer the following questions

- Cats were important _____ in Ancient Egypt.
 - as mummies
 - as a source of food
 - as ancestors
 - as protectors and pets
- Granaries** in paragraph 2 are places where one keeps _____.
 - grapes
 - grain
 - clothes
 - treasure
- In Ancient Egypt it was not allowed to _____.
 - breed cats
 - keep cats as pets
 - kill or export cats
 - carve statues of cats

Puzzle Page

Arrow words

Write the answer to each clue in the box provided

Lofty		Variety meat		Reservoir		Snakelike fish	Array		Crony		Australian state, initially	
Perplex						Persecute					Drink	
						Baked item						
Cape		Bird of prey							Depleted			
		Bid							Shooting star			
					Molecule					Legging		Traps
					Garish							
Fairy	Fragment						Type of nut					
	Words for a song											
			Satire	Well-being							Star	
Conifer												
Annoy				Pique		Metallic element	Barn					
							Redact					
									Musical work			
Perform		Lukewarm							Employer	Destiny		Typeface
		Those people										
			Edge tool			Pen tip				Chart		Twitch
						Epoch						
Form							Edible plant					
Photo equipment	Put to use								Smooth fabric			
							Faet					

Available from www.puzzlechoice.com

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 through 9.

Available from:

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

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

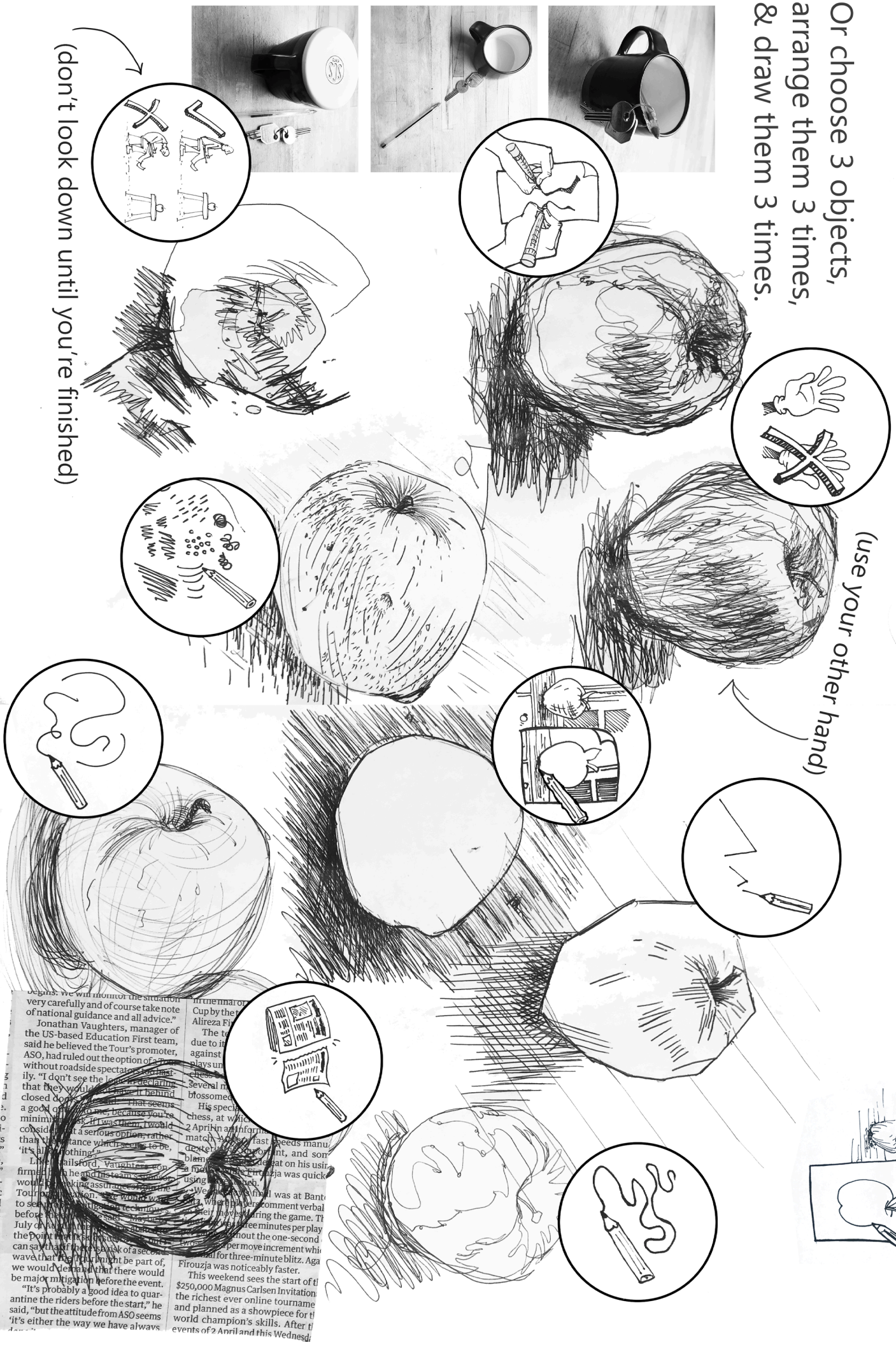
Draw something you love in real life. Try these different kinds of lines.

STILL LIFE

Or choose 3 objects, arrange them 3 times, & draw them 3 times.

(use your other hand)

(don't look down until you're finished)



begins, we will monitor the situation very carefully and of course take note of national guidance and all advice." Jonathan Vaughters, manager of the US-based Education First team, said he believed the Tour's promoter, ASO, had ruled out the option of a race without roadside spectators. "I don't see the logic in claiming that they would be behind closed doors because it seems a good idea because you're minimizing risk. If I was them, I would consider that a serious option, rather than the stance which seems to be, 'it's all or nothing'."

Liya Hillsford, Vaughters' son, said he was "not sure" if the firm would be taking assurances from the Tour's promoter. "I would want to see some of the technology before we commit to anything," he said.

July 4, 2020, the ASO announced the point to mark the start of the event, which would be part of, we would demand that there would be major mitigation before the event.

"It's probably a good idea to quarantine the riders before the start," he said, "but the attitude from ASO seems it's either the way we have always

in memoriam... Cup by the... Alireza Firouzja... The tournament... due to it... against... plays un... chess... Several m... of blossomed... His special... chess, at which... 2 April in an Inform... match. As a fast speeds manu... match, Firouzja's performance, and son... defeat on his usir... blame... a final... Firouzja was quick... using... "We... I was at Bant... when I was comment verbal... during the game. Th... three minutes per play... without the one-second... per move increment whi... for three-minute blitz. Aga... This weekend sees the start of t... \$250,000 Magnus Carlsen Invitation... the richest ever online tourname... and planned as a showpiece for t... world champion's skills. After t... events of 2 April and this Wednesd...

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/>

