



ACTIVITY PACK #15

(taking over from the Learning and Wellbeing packs)

15

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

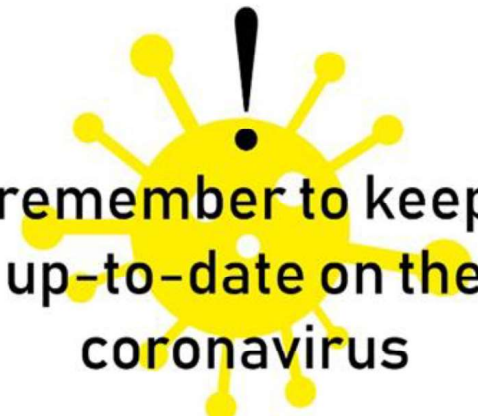
NATIONAL DOMESTIC ABUSE HELPLINE

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 organise 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 PRESENT Write about life now. Be sure to describe the challenges you are facing and what are you doing to overcome them

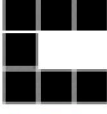

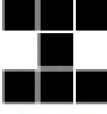
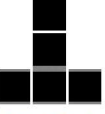

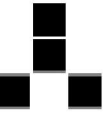
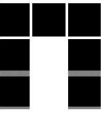


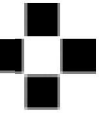
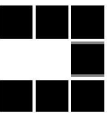


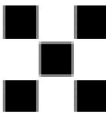

Suggestions on what to write about

- * What it is like for you during coronavirus?
- * Your friends and family
- * What it is like where you live?
- * How you have changed since you were since the past
- * What is great about your life now and what challenges there are?
- * Things you love.

Puzzle Page

1. Print the puzzle then use the grid references to shade in the boxes and reveal six of the fifteen shapes below.
2. Each shape has three letters assigned to it. When you have found the six correct shapes, discard one letter from each shape to reveal the hidden name, place, word or phrase.

	A	B	C	D	E	F	G	H	I	J	K
1											
2											
3											
4											
5											
6											

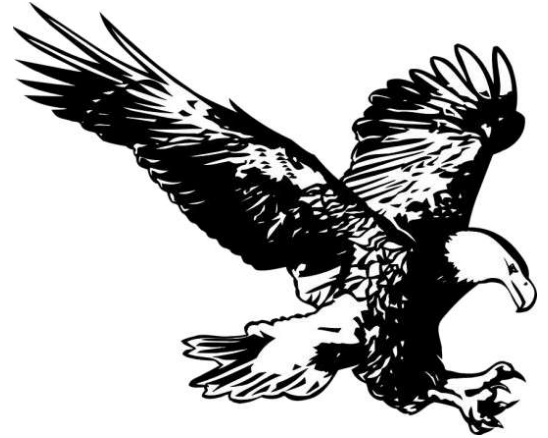
				
LOR	ERT	NBI	OSR	CEO
				
CRA	EOR	LVE	TER	KOI
				
BEA	DEM	URB	ALN	NAD

The solution is on the next page!

Birds of Prey word search

Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

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



BUZZARD, CARACARA, CONDOR,
EAGLE, FALCON,
HARRIER, HAWK, JAEGER,
KESTREL, KITE, LAMMERGEIER,
OSPREY, OWL, PEREGRINE
FALCON, ROADRUNNER,
SECRETARY BIRD,
SPARROWHAWK, VULTURE.

Looking at song lyrics

Lyrics to songs are sometimes quite like poetry. The song below was written by American song writer Woody Guthrie in 1944. Read the lyrics and match the words in **bold** to the pictures on the right.

This land is your land-Woody Guthrie

This land is your land and this land is my land
From California to the New York island
From the redwood **forest** to the Gulf Stream waters
This land was made for you and me

As I went walking that ribbon of highway
I saw above me that endless **skyway**
Saw below me that golden **valley**

This land was made for you and me

I roamed* and rambled* and I've followed my footsteps
To the sparkling **sands** of her diamond **deserts**
All around me a voice was sounding
This land was made for you and me

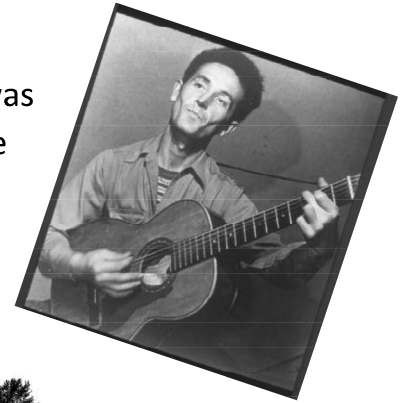
When the **sun** come shining, then I was strolling*
And the **wheat** fields waving and the **dust clouds** rolling
The voice was chanting as the fog was lifting
This land was made for you and me

This land is your land and this land is my land
From California to the New York island
From the redwood forest to the Gulf Stream waters
This land was made for you and me

When the sun come shining, then I was strolling
And the wheat fields waving and the dust clouds rolling
The voice come a-chanting and the fog was lifting
This land was made for you and me

Think about...

- Do you like the lyrics to this song? Why or why not?
- Woody Guthrie write about the things he sees (the sun, the sky, the wheat fields). What do you see when you go out for walks? Could you write a poem or song about these things?
- You can look the song up on Youtube to hear it.



Word bank

Roam (verb)-move around or travel with no set place to go/get to

Ramble (verb)-walk for pleasure (sometimes in the countryside)

Stroll (verb)-walk in a relaxed way (not in a hurry)

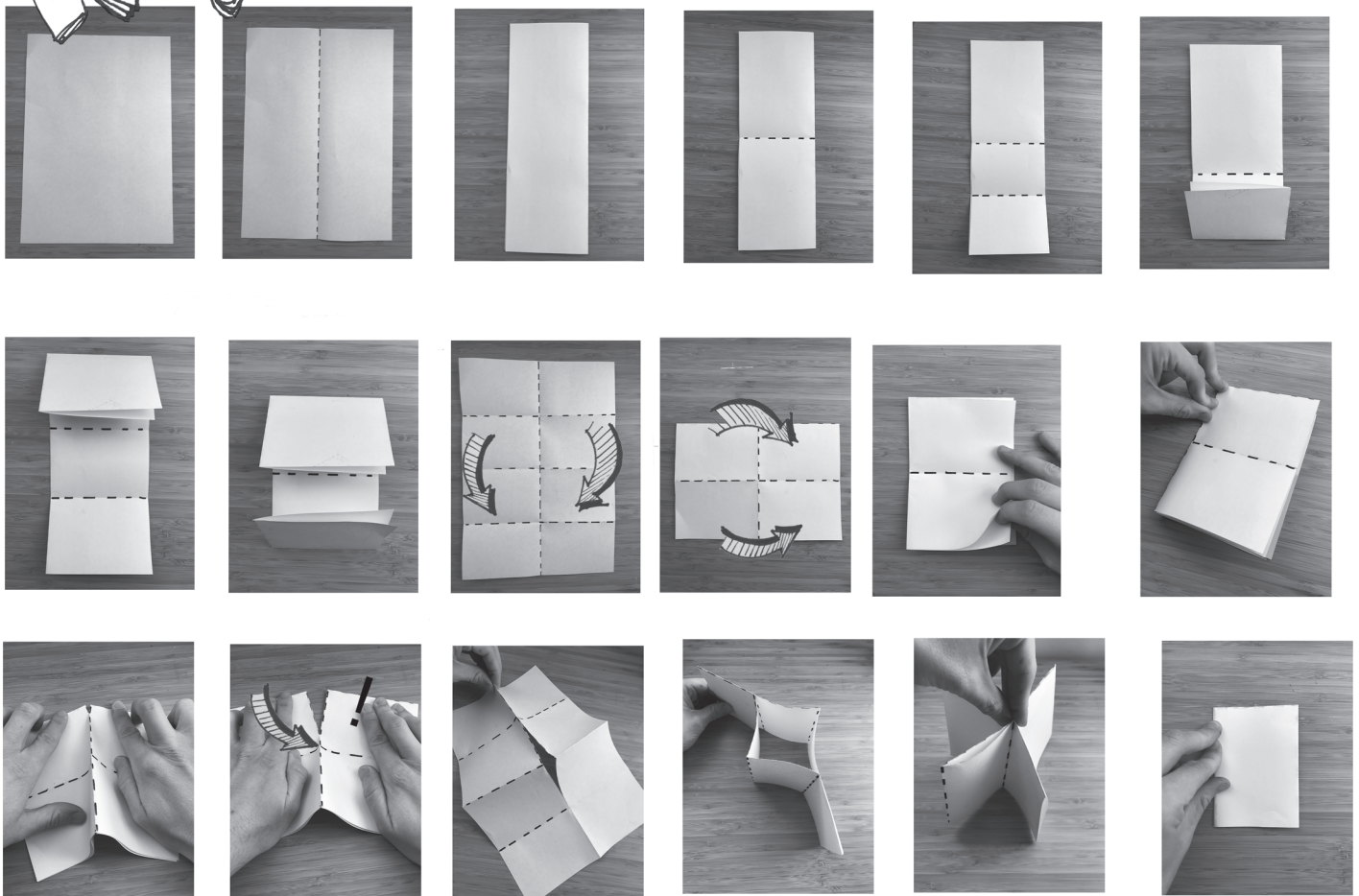
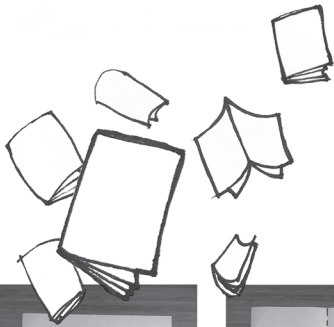
Colouring In



Making a small book

Why not write a book?

with this six-page book it's not quite as hard you think!



a magazine... a journal... a lyrics book... a newsletter... a sketchbook... a comic... a cook book... a vocabulary book... a prayer book... a scrapbook... an instruction manual... a sculpture... a magazine... a brochure... a manifesto... a story... an album... a notebook... a poetry anthology... a research book...

rainbows

red

What does a rainbow mean to you? For many, it's a symbol of hope. Or support for the NHS during the coronavirus. Or a celebration of LGBTQI+ identities.

Why not make a rainbow? You could put it on your door or window like so many others are doing at the moment.

orange

IDEA 1: Draw things you can think of that are these colours. Draw them in these boxes. Or start a new piece of paper and make a rainbow made of objects?

yellow



IDEA 2: Collect objects of the same colour to make a rainbow sculpture like this person did. Or gather them and photograph them.



IDEA 3: If you've got a smartphone, take a photo of something red, something orange, something of all the colours, then use the Layout app (free) to make one, awesome, rainbow photo.

blue

green

indigo

violet

IDEA 4: Tear out pictures from magazines and newspaper like I did here to make a simple rainbow line.



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



HEALTH &
WELLBEING

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>



LEARNING
& ART

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/>

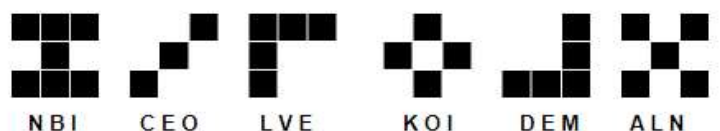
Free classic and new video games <https://poki.com/>



PUZZLES
& GAMES

Solution - ABSTRACTION 01

The six shapes are:



NBI

CEO

LVE

KOI

DEM

ALN

Discard the middle letter of each group = NICOLE KIDMAN