



---

## ACTIVITY PACK #16

(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](mailto: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

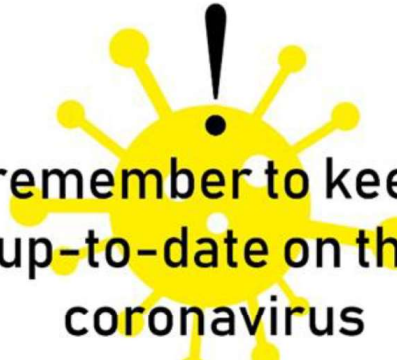
#### NATIONAL DOMESTIC ABUSE HELPLINE

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 FUTURE** Write about how you would like life to be in the future. Be sure to describe the challenges you might face and what steps you could take to overcome them

---

---

---

---

---

---

---

---

---

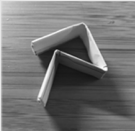
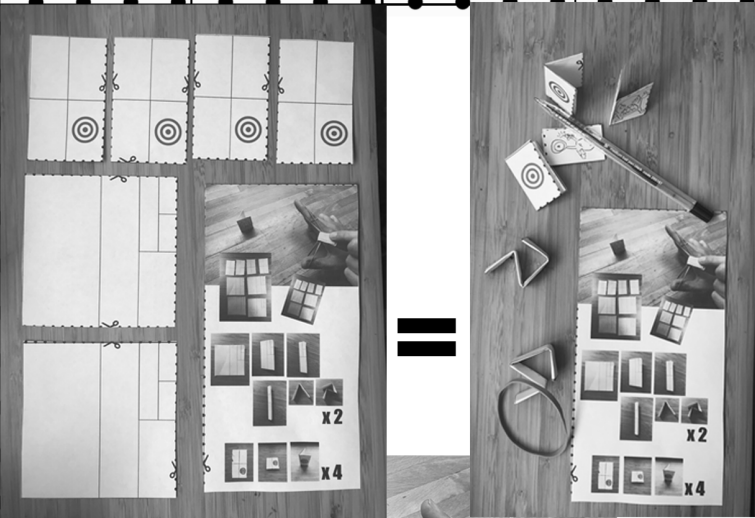
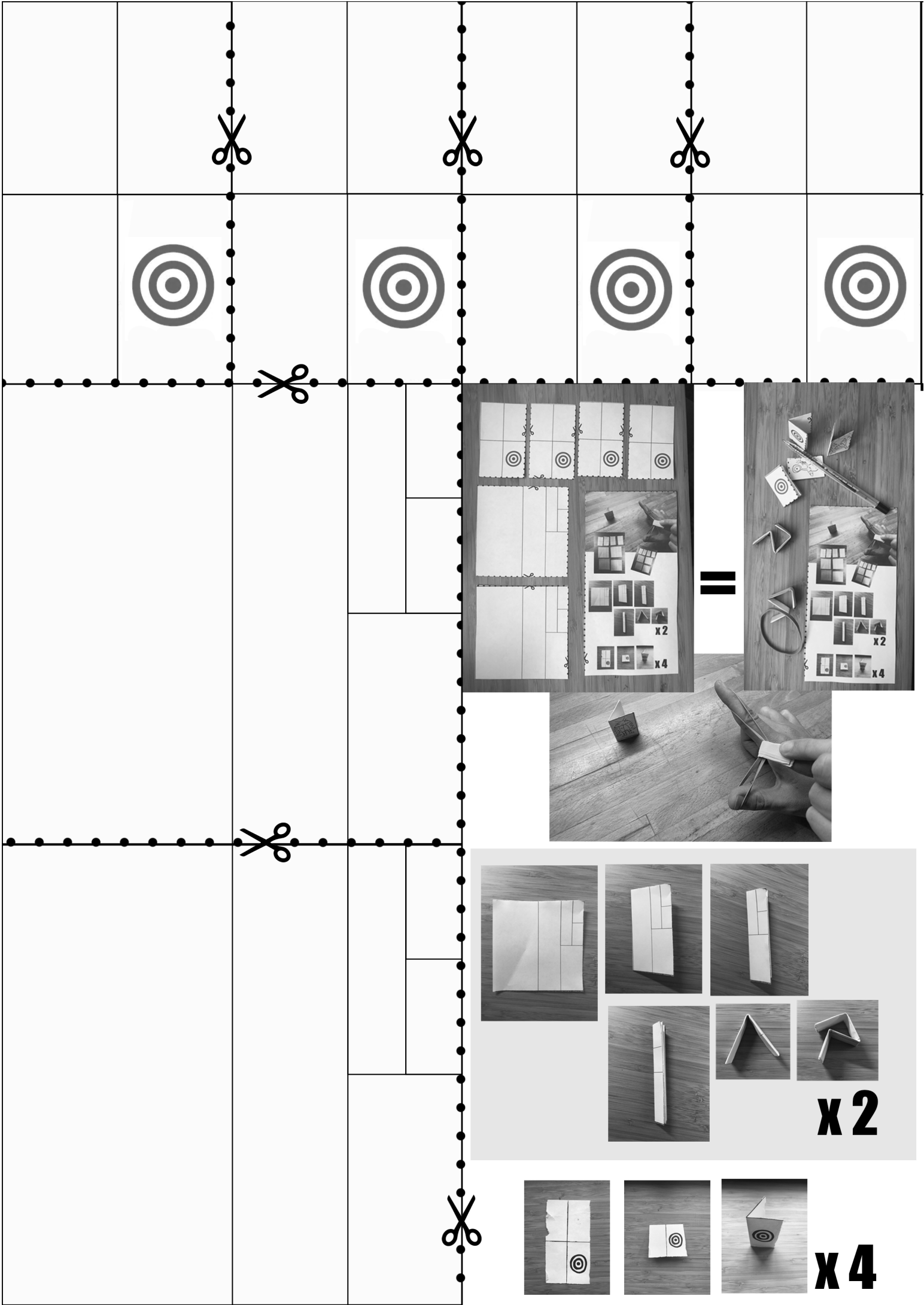
---

---

---

Suggestions on what to write about

- \* How you would like life to be in 6 months or 1/5/10 years
- \* Where would you be living and what would you be doing?
- \* What goals and ambitions would you like to work towards?
- \* What steps would you need to take towards achieving those goals and ambitions?



**x 2**



**x 4**

## The Great Fire of London

London was a big city before the fire of London. Half a million people lived there. The houses were made of wood, and the lanes between them were very narrow. The Great Fire of London took place 353 years ago, on Sunday 2nd September in 1666. The fire started in a bakery in Pudding Lane. There was no rain that summer so London was very dry and the wind spread the flames. Fire-fighting equipment was not very good and it was difficult to get water unless near the river. The fire lasted for 4 days and burned down most of London.



A man called Samuel Pepys\* wrote about the fire in his diary and told the king. King Charles II, and his brother, the Duke of York, had to take charge of fighting the fire. Not many people died in the Great Fire of London, some say only 16. After the fire, the king rebuilt the city with buildings made from bricks and stone. It took ten years to rebuild.

\*Pepys is pronounced /peeps/

### Match the words on the left to the definition on the left

Word	Definition
1. Took place	a. to move into more places
2. Mayor	b. long and not wide
3. Lane	c. a book in which you write your feelings and thoughts
4. Spread	d. very bad or unpleasant
5. Diary	e. happened
6. Narrow	f. person in charge of city/town
7. Terrible	g. road or path

### Optional extra writing exercise

Think about an important event in your life or the history of a country you are interested in. Write about the event, including: when it happened, what happened, why it happened (did something make it happen?), how did you/do you feel about the event and why?

7d	6b	5c	4a	3g	2f	Answers: 1e
----	----	----	----	----	----	-------------

# Puzzle Page

## Word Scramble

Can you unscramble the letters to find ten European cities?

NEARCRA B

NOVACURVE

EVINCE

AVENGE

NEWPART

RIPETARO

ACATCULT

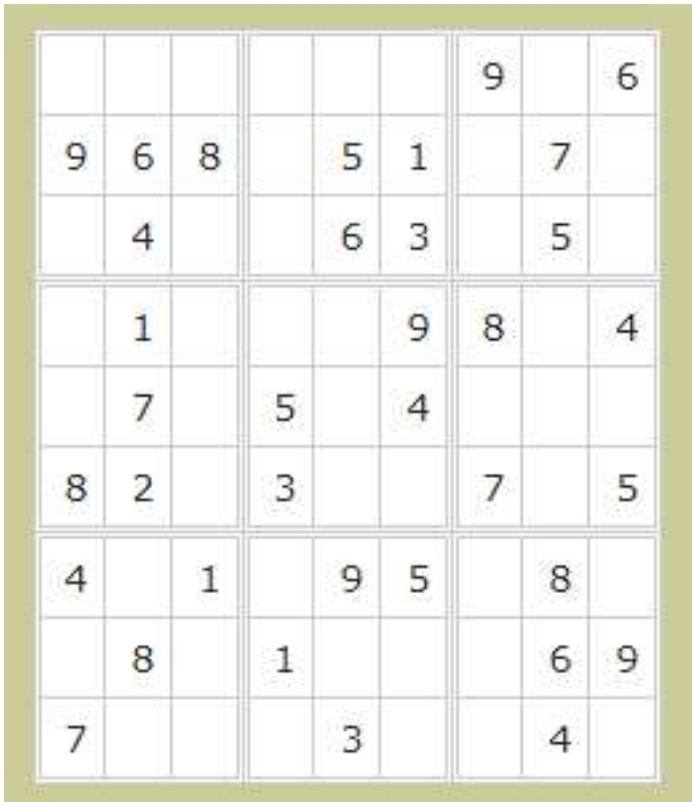
HASTEN

PAIRS

SERIOUSBEAN



Available from [www.puzzlechoice.com](http://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/>

### Brainteaser

Carla is married to Edward, Tracy is married to Michael, Barbara is married to Robert, Stella is married to Steven. Who is married to Christopher, Rosemary or Stephanie and why?

Available from [www.puzzlechoice.com](http://www.puzzlechoice.com)

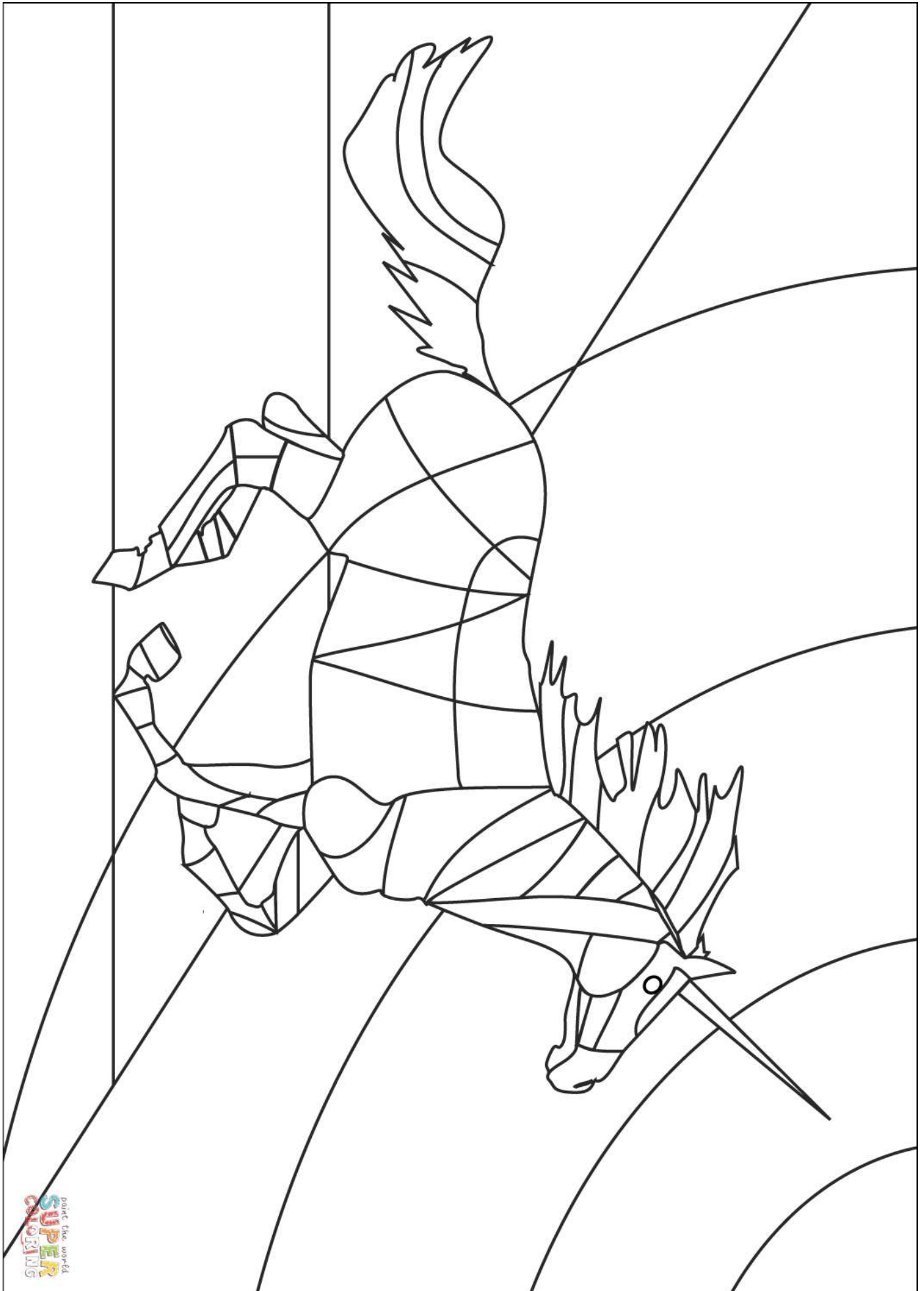
Answers to the word scramble

NEARCRA B	NOVACURVE	PARIS	PAIRS
ACATCULT	AVENGE	CALCUTTA	ACATCULT
NEWPART	RIPETARO	ANTWERP	NEWPART
EVINCE	HASTEN	VENICE	EVINCE
SERIOUSBEAN	ATHERS	CANBERRA	NEARCRA B
BUENOS AIRES	PRETORIA		
	GENEVA		
	VANCOUVER		

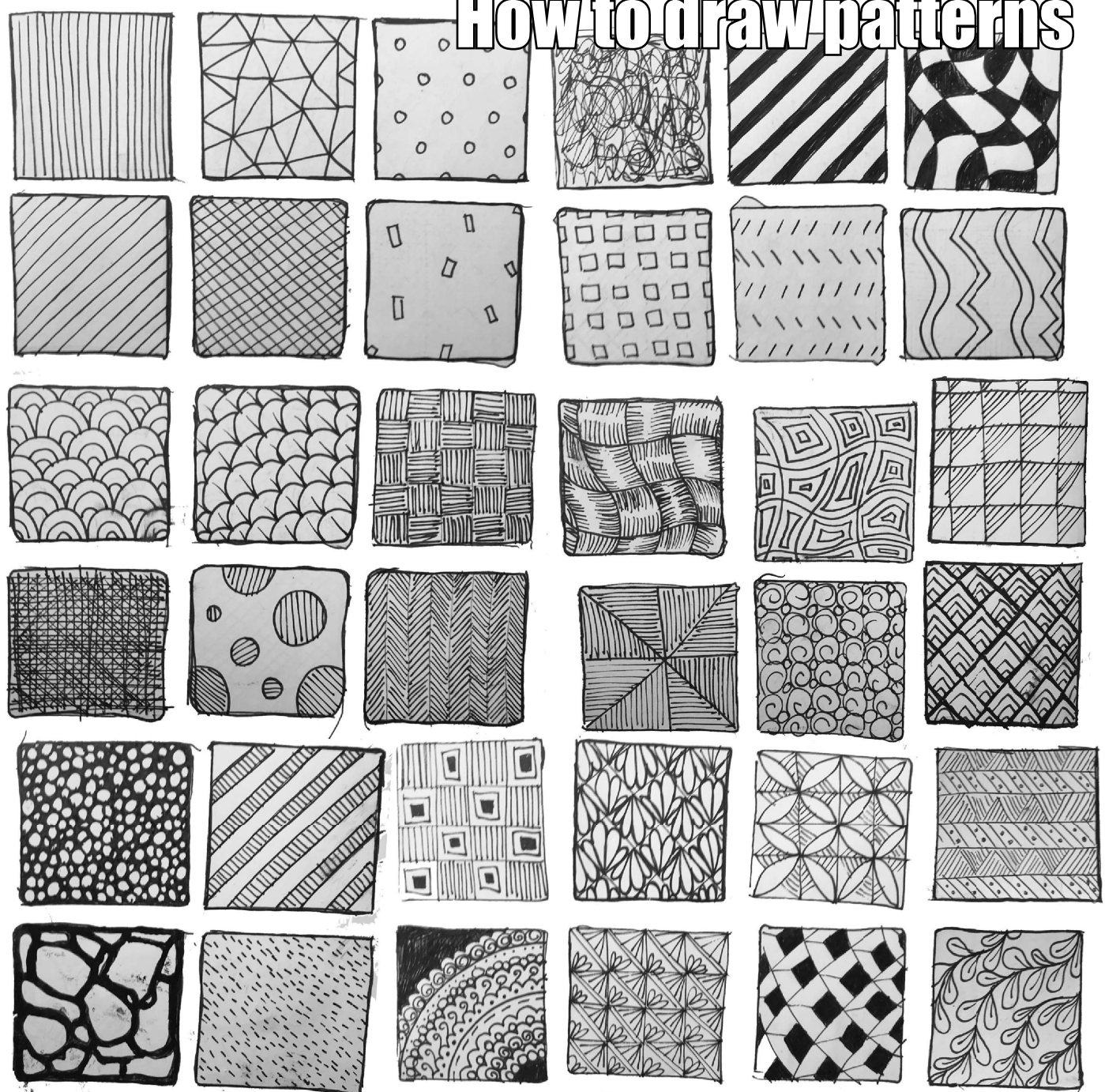
Brainteaser=answer

The third letter of each woman's name is the same as the fifth letter of each man's name, so Rosemary is married to Christopher.

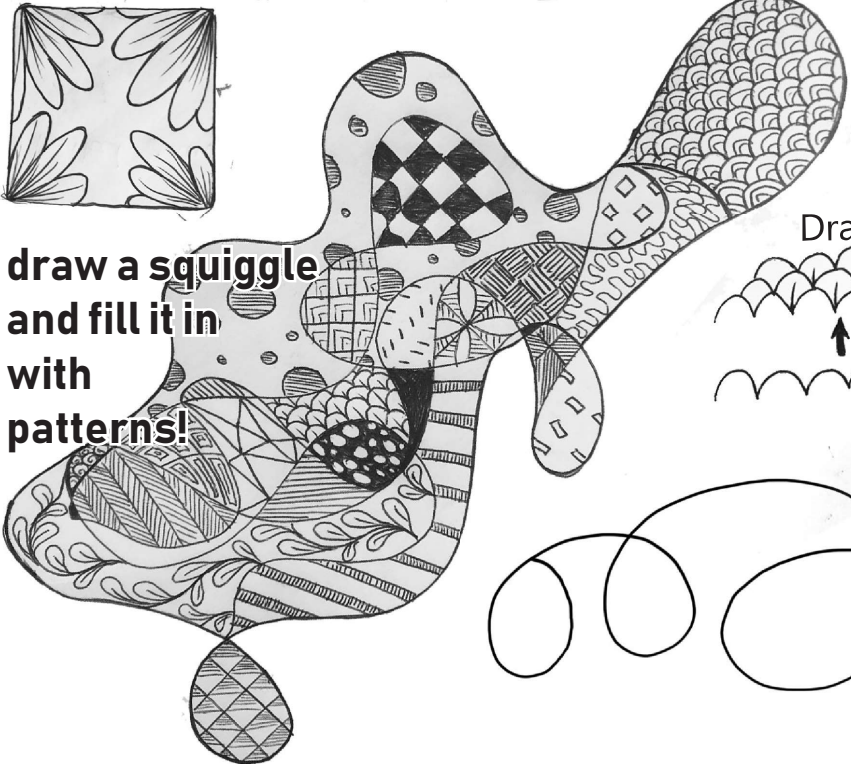
# Colouring in



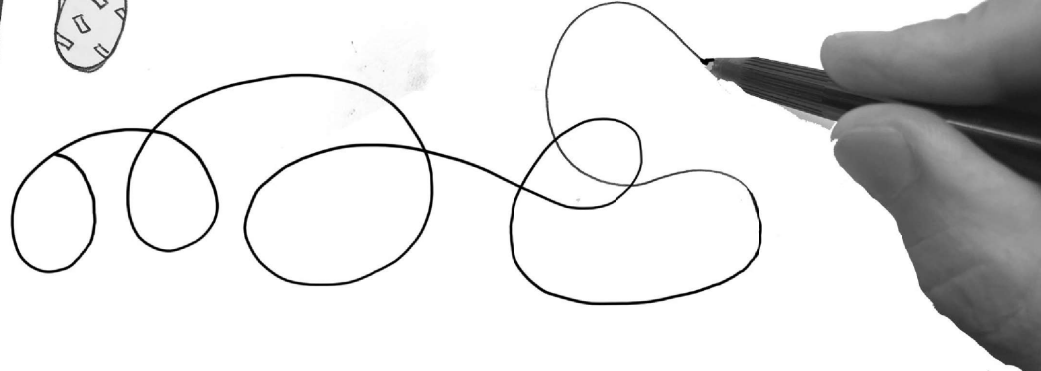
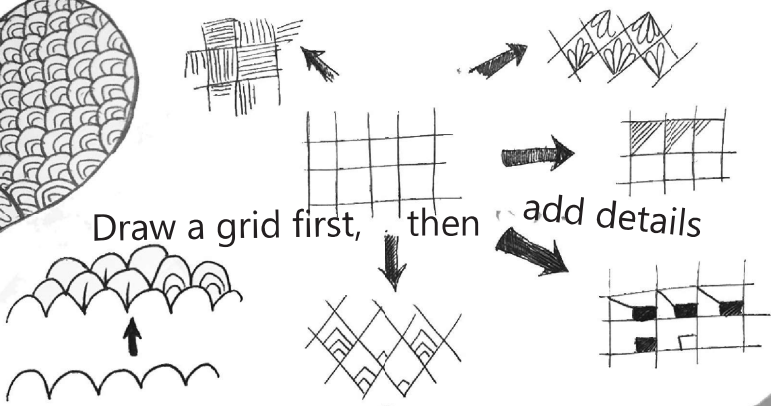
# How to draw patterns



**draw a squiggle  
and fill it in  
with  
patterns!**



Draw a grid first, then add details



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/>

