
ACTIVITY PACK #17

(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

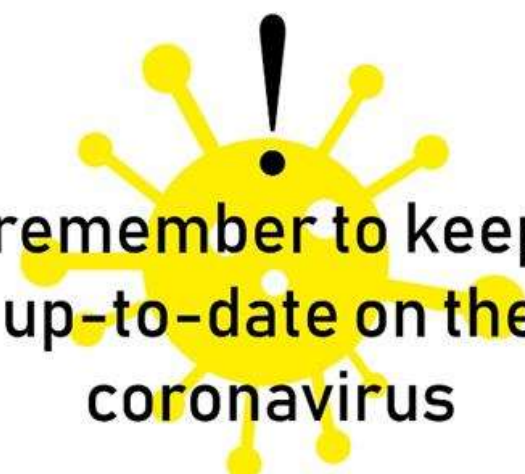
NATIONAL DOMESTIC ABUSE HELPLINE

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

3 Writing exercise-describing a picture



The painting above is Bedroom in Arles by Vincent Van Gogh (painted in 1888)
Look at the picture. What are the items in the room numbered 1-5? Write them below:

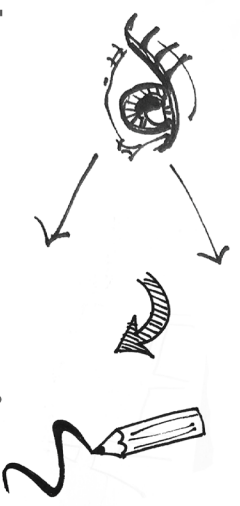
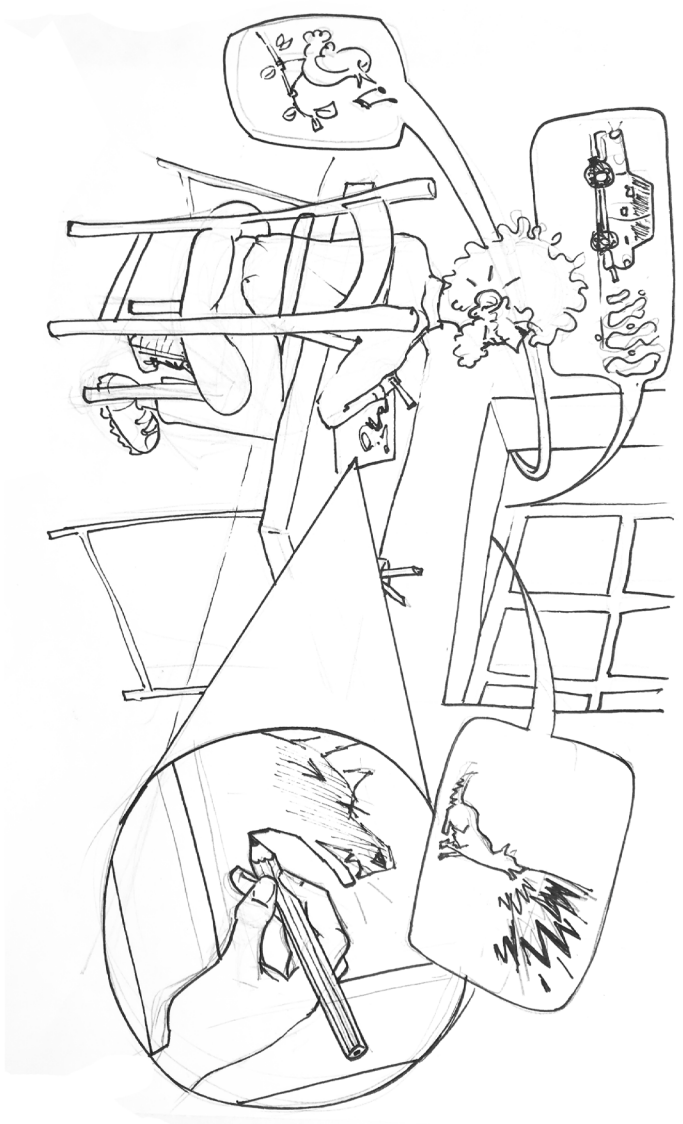
1. _____ 2. _____ 3. _____
4. _____ 5. _____

Try to write a description of the painting below. You could include:

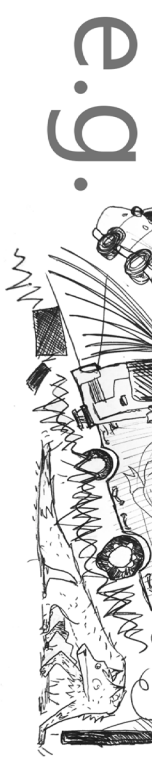
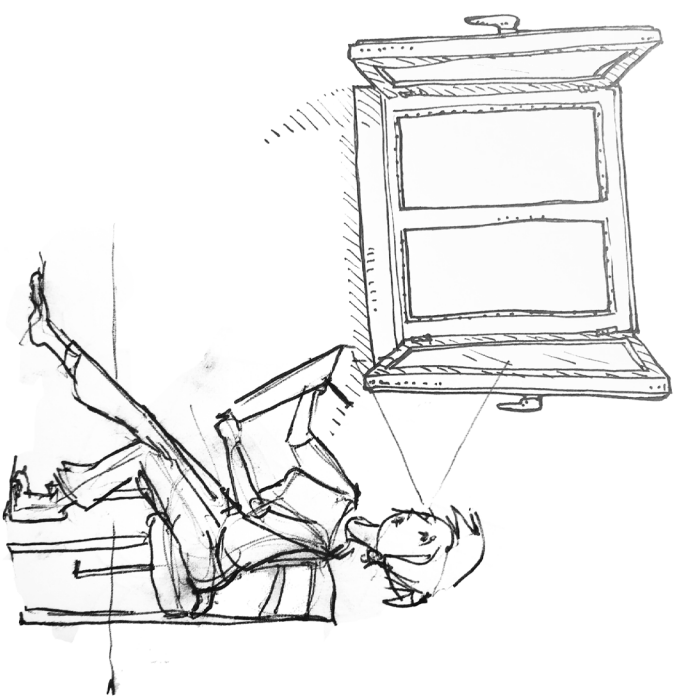
- What you can see in the picture (you can use 'There is/ There are')
- Do you like the painting? Try to give at least two reasons for your answer using because (for example *I like the painting because the room looks peaceful*)



draw what you hear

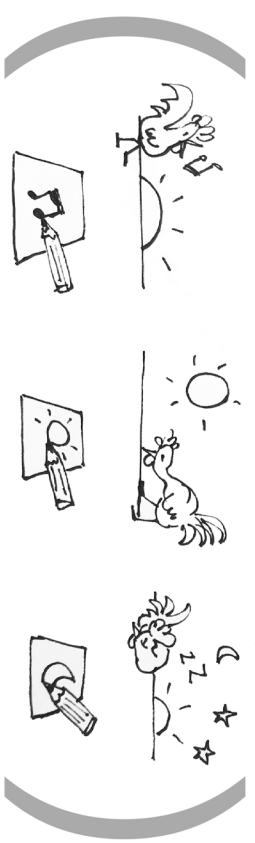


draw your view



e.g.

Try 3 drawings. 1 in the morning, 1 in the afternoon, 1 in the evening



Grounding techniques

Grounding techniques can help us deal with stress and everyday worries. They help us to connect with the present and connect with the world around us. Here are 5 ways to ground yourself

Remind yourself of who you are **now**. Say your name. Say your age now. Say where you are now. Say what you have done today. Say what you will do next.

“My name is _____, and I am _____ years old. I am in _____, in London, in England. I woke up at _____. I had _____ for breakfast. This afternoon I am going to _____

Take ten slow breaths. Focus your attention fully on each breath, on the way in and on the way out. Say the number of the breath to yourself as you exhale.



Stop and listen. Notice and name what sounds you can hear nearby. Start with the closest or loudest sounds. Gradually move your awareness of sounds outward, so you are focusing on what you can hear in the distance.



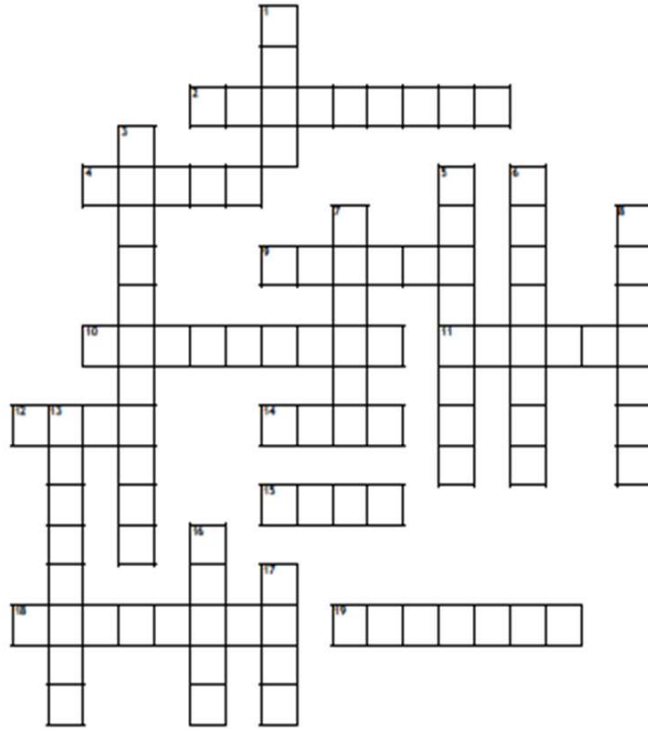
Look around you, notice what is front of you and to each side. Name what you can see.



Get up and walk around. Take your time to notice each step as you take it, then another.



How Can I Improve My Self Esteem



Across

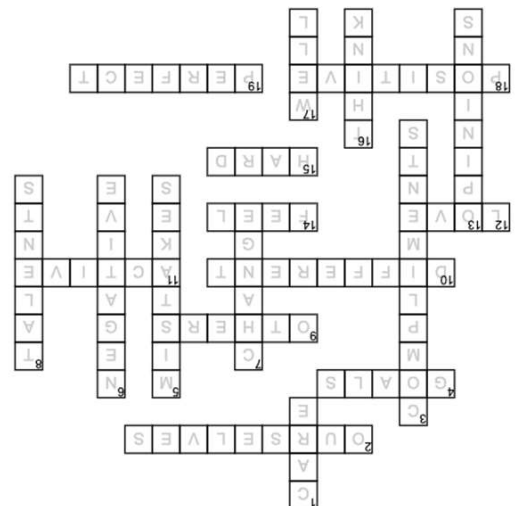
2. Self esteem is made up of thoughts, feelings and opinions we have about _____.
4. Set _____, make a plan and stick to that plan.
9. Do not compare yourself to _____, you are your own person.
10. Remond yourself that everyone excels at _____ things.
11. Being _____ and fit makes you feel good about yourself.
12. Take time doing the things you _____ to do.
14. Changing the way you think about yourself, changes the way you _____ about yourself
15. Manage your inner critic, do not be so _____ on yourself.
18. Do not focus on problems and complaints, focus on the _____ parts of your day.
19. Stop pressuring yourself to be _____ at everything.

Down

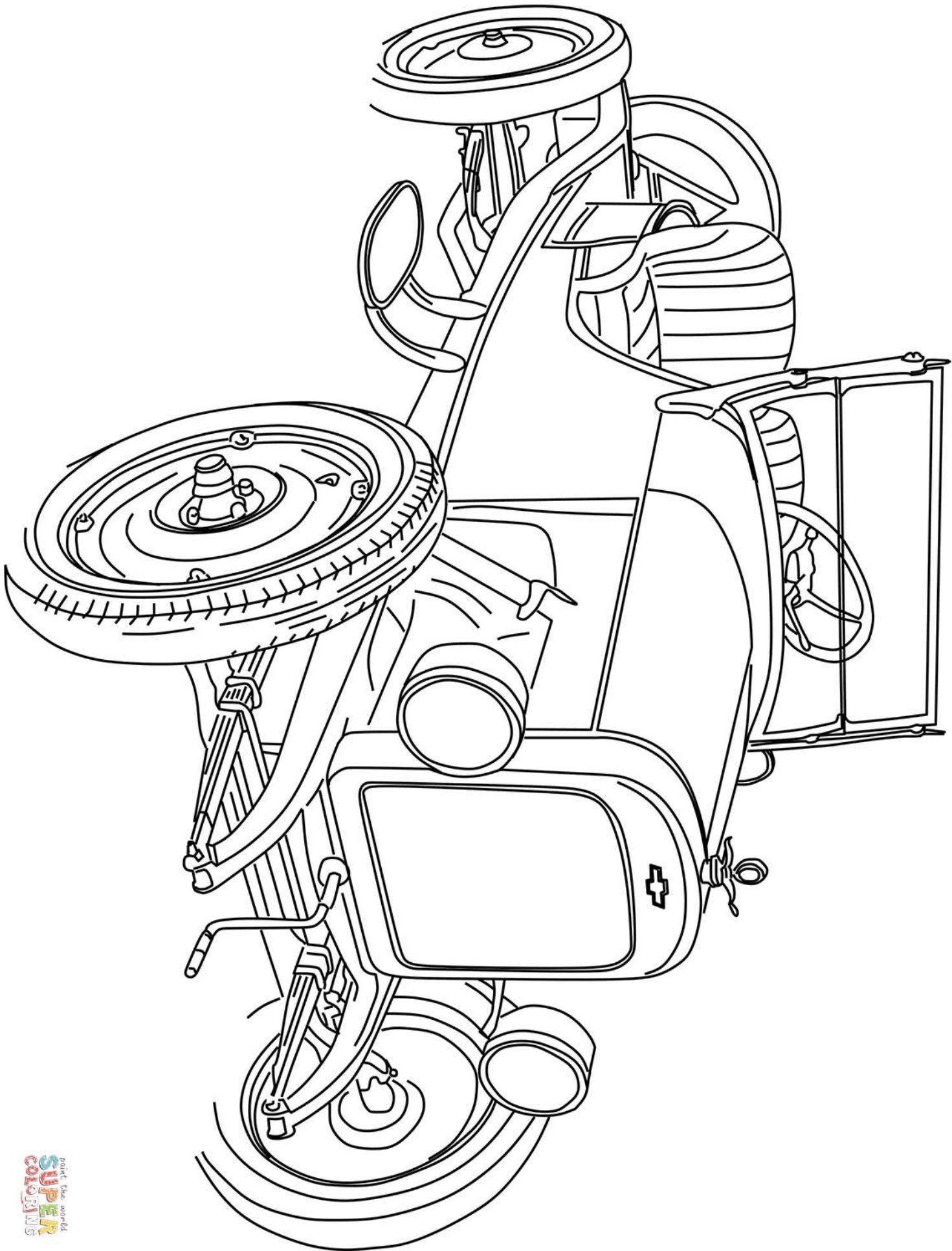
1. Spend time with the people you _____ about.
3. Accept _____ from others which are the good things they have to say about you.
5. View _____ as learning opportunities, we all make them.
6. _____ thinking will lower self esteem.
7. You need to recognize what you can _____ and what you cannot.
8. Get in touch with your _____, the natural things you are good at.
13. Don't be afraid to voice your _____, take pride in your ideas.
16. Our self esteem can change depending on the way we _____.
17. Focus on what you do _____, the things you are good at.

Welcome to the Self Esteem Crossword.

How many can you get? :)



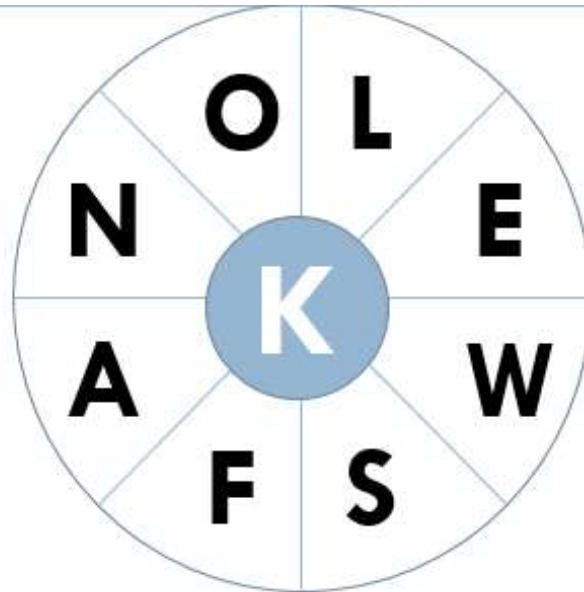
Colouring In



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 middle letter and at least 2 others. Letters can be only used once.

There's a 9 letter word (clue, we see these when the weather is very cold)

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 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/>

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

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/>

