
ACTIVITY PACK #18

(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

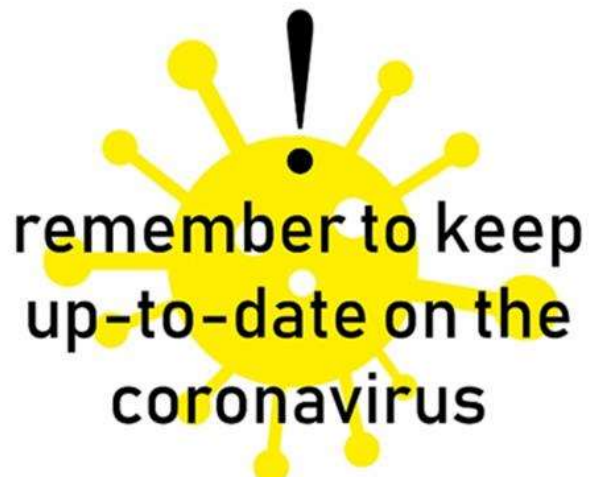
NATIONAL DOMESTIC ABUSE HELPLINE

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

Puzzle Page

Digi-search

Find the hidden numbers - They may be horizontal or vertical

2 3 8 4 7 5 0 8 9 8 3 7 4 1 0
 2 8 5 4 2 9 8 3 5 9 2 2 7 9 3
 0 6 9 8 2 9 3 8 5 7 4 5 5 9 4
 1 2 1 8 1 6 9 1 0 9 8 7 6 4 3
 2 3 3 9 1 0 8 3 7 4 9 2 0 1 5
 1 0 3 7 3 0 4 8 8 3 8 2 9 8 9
 4 7 8 3 9 2 0 8 7 3 9 5 2 8 3
 5 7 8 8 7 9 4 7 0 5 8 4 7 3 0
 5 8 2 3 9 5 6 4 5 3 7 8 6 3 8
 1 9 1 0 8 9 8 7 9 3 9 5 4 8 6
 0 4 8 5 7 3 7 8 2 4 6 5 8 8 5
 0 0 9 6 8 3 8 3 8 5 7 3 6 2 3
 7 2 8 3 9 2 9 8 3 7 4 3 2 9 4
 8 4 8 9 4 7 9 8 4 4 5 4 3 4 5
 7 8 7 9 0 7 4 3 8 2 2 4 7 3 1

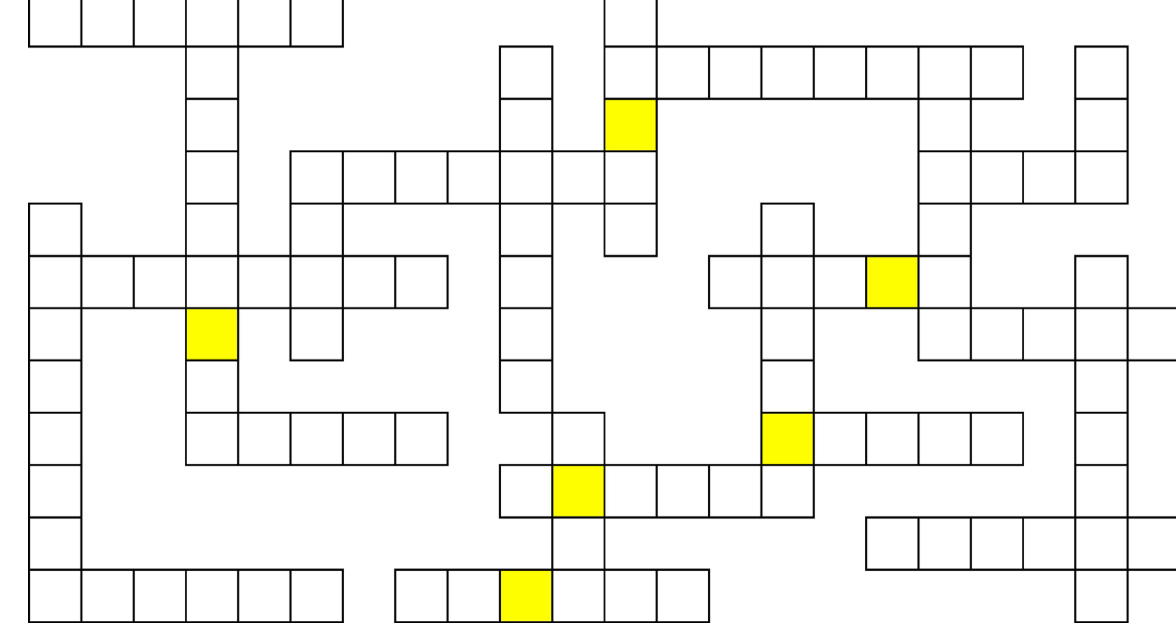
Number sets to find

03730, 04687, 10987, 18833, 20121, 28392, 44543, 50898, 57225,
64537, 65345, 79074, 88973, 93327, 94024, 95486.

Both puzzles available from www.puzzlechoice.com

Criss Cross puzzle

Can you fit the words correctly into the grid? The letters in the yellow boxes will spell out another word.



3 letter word

SUN

4 letter words

MARS

MOON

STAR

5 letter words

COMET

EARTH

PLUTO

SPACE

VENUS

6 letter words

COSMOS

GALAXY

METEOR

NEBULA

PULSAR

SATURN

URANUS

7 letter words

JUPITER

MERCURY

NEPTUNE

8 letter words

ASTEROID

MILKY WAY

UNIVERSE

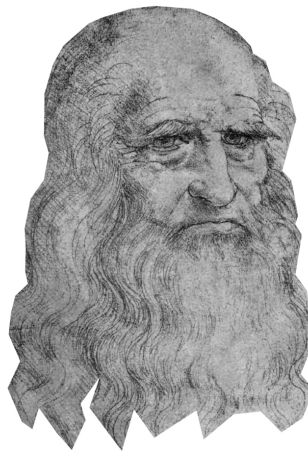
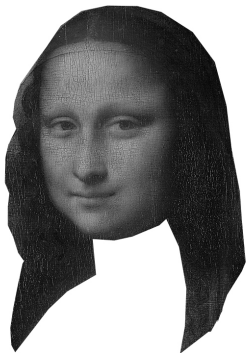
9 letter word

SUPERNOVA



Finish these Leonardo Da Vinci pictures with your own drawing!

If you'd like to carry on making more pictures like this, cut out pictures from the newspapers and add your own drawings! You could use faces, backgrounds, text... anything!



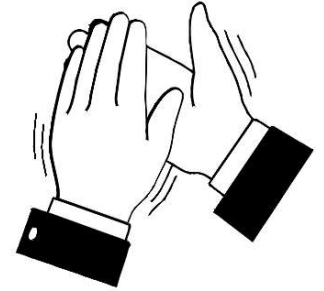
Grounding techniques

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

- Wiggle your toes in your shoes. This will help you to focus on something physical and no one will know you are doing it!



- Clap and rub your hands together. Hear the noise and feel the sensation in your hands and arms.



- Stretch.

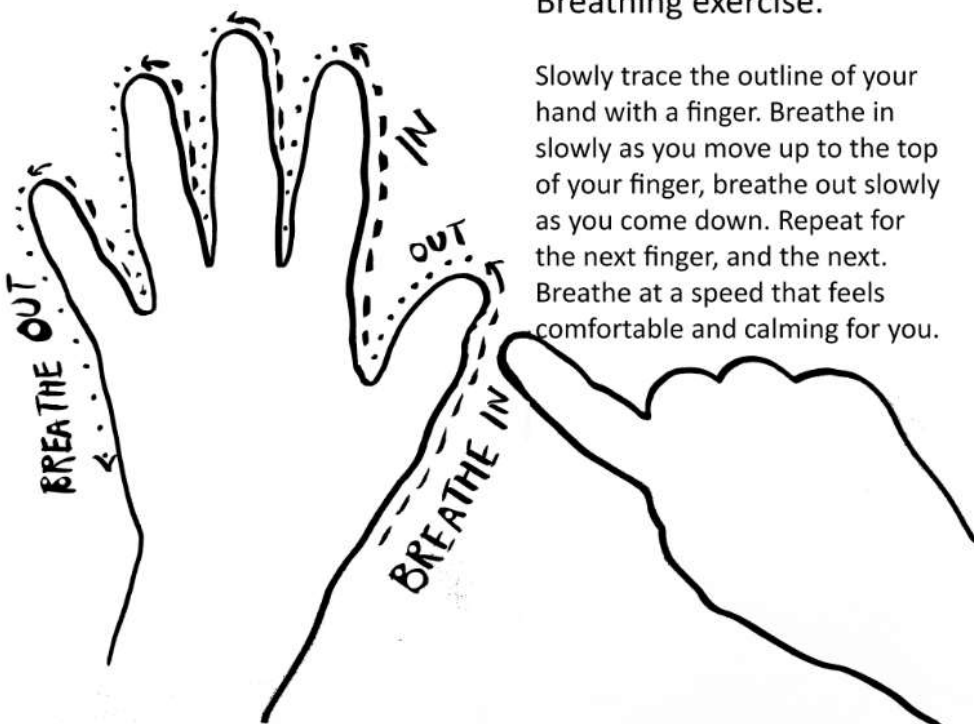


- Put on a piece of music. Give it all of your attention.



Breathing exercise.

Slowly trace the outline of your hand with a finger. Breathe in slowly as you move up to the top of your finger, breathe out slowly as you come down. Repeat for the next finger, and the next. Breathe at a speed that feels comfortable and calming for you.



Triggers



Trigger: A stimulus—such as a person, place, situation, or thing—that contributes to an unwanted emotional or behavioral response.

The Problem

Describe the problem your triggers are contributing to. What's the worst-case scenario, if you are exposed to your triggers?

Trigger Categories

Just about *anything* can be a trigger. To begin exploring your own triggers, think about each of the categories listed below. Is there a specific emotion that acts as a trigger for you? How about a person or place? List your responses in the provided spaces.

Emotional State	
People	
Places	
Things	
Thoughts	
Activities / Situations	

Tips for Dealing with Triggers

- Oftentimes, the best way to deal with a trigger is to avoid it. This might mean making changes to your lifestyle, relationships, or daily routine.
- Create a strategy to deal with your triggers head on, just in case. Your strategy might include coping skills, a list of trusted people you can talk to, or rehearsed phrases to help you get out of a troublesome situation.
- Don't wait until the heat of the moment to test your coping strategy. *Practice!*

Geography quiz



1. What is the capital city of France?

2. What colours are on the flag of the Czech Republic?

3. Name 2 continents beginning with 'A'

4. How many countries are there in Europe?

24 45 50

5. How long is the Great Wall of China?

a. 13,171 miles b. 10,212 miles c. 7683 miles

6. What is the second biggest city in the UK after London

a. Liverpool b. Birmingham c. Manchester

7. What is the capital city of Bangladesh?

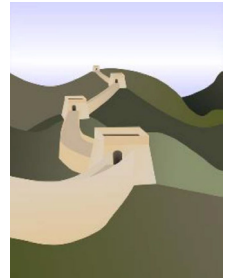
8. How many countries are there in Africa?

12 54 75

9. Which of these countries does not border Iran?

a. Iraq b. Jordan c. Pakistan

10. Can you name two of the world's longest rivers?



Idea-why not try writing your own quiz on a subject you are interested in?

Answers:	1. Paris	2. Blue, White and Red	3. You could have had Africa, Antarctica, Asia, Australia	4. 50	5. Birmingham	6. Dhaka	7. 54	8. Jordan	9. Pakistan	10. The 8 longest rivers in the world are: Nile River, Amazon River, Yangtze River, Mississippi-Missouri, Yenisei River, Yellow River, Ob River, Rio de la Plata
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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/>

