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## ACTIVITY PACK #19

(taking over from the Learning and Wellbeing packs)

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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

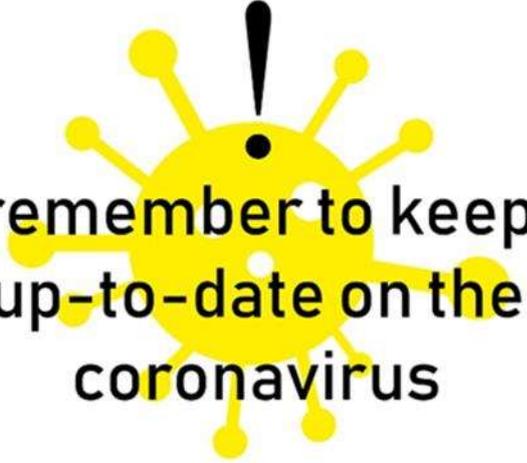
#### NATIONAL DOMESTIC ABUSE HELPLINE

0808 2000 247 A free, confidential service for people experiencing domestic abuse, 24/7.



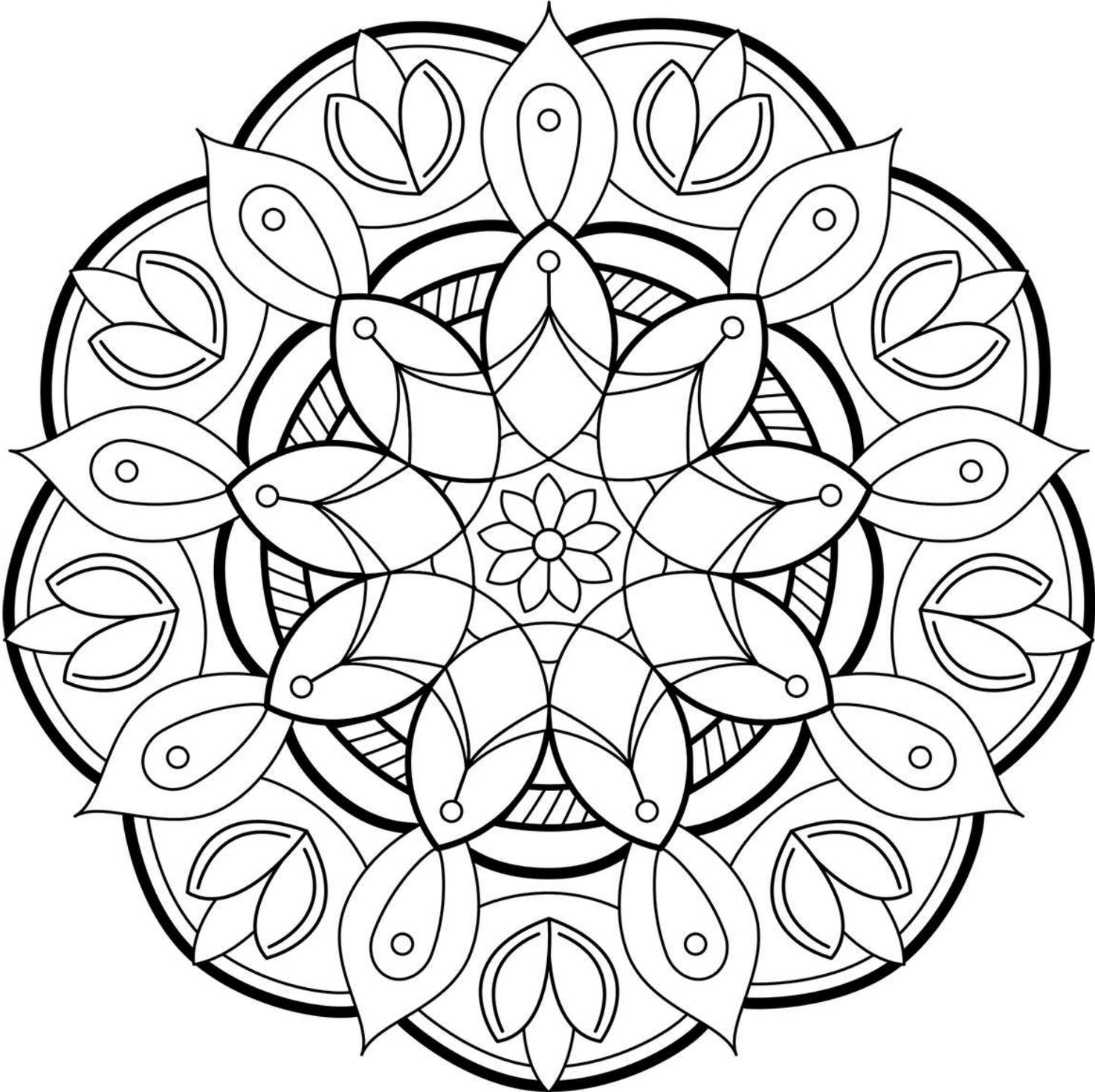
These are strange and sometimes difficult times. If you need to talk to someone you could...

- 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 Cont



remember to keep  
up-to-date on the  
coronavirus

# Colouring in



# STORIES

Make a story using the exercise below. Write it, draw a scene from it, write a song about it. Whatever you want. Important question: who are you going to tell your story to?

*Moai* (made of stone, about 4m), artists unknown, 1250 - 1500



Artist and date unknown, in Mughlapura, Pakistan



*Mona Lisa* Leonardo Da Vinci (1503-06)



*The Thinker* Rodin (1902)



*David* Michelangelo (1501 - 1504)

Choose two artworks. Imagine the central character in each artwork is the same character. Make a story about this character. Decide which picture comes first in the story and how the character becomes who they are in the second picture. Think about what they lose and gain as they change.



*Poet on a Mountain Top* Shen Zhou (1427 - 1509)



*Psyche Revived by Cupid's Kiss* Antonio Canova 1787 - 1793

# HAPPINESS.....

New relationships, food, drugs and alcohol will only give us a temporary boost in happiness. Each person has a baseline of happiness that they quickly return to. Sustained (which means continuing for a long period of time) takes work

Below are exercises that when practised often can build genuine and lasting happiness.

You will notice that gratitude is one of the exercises. We have spoken about gratitude a couple of times in our packs. One of the reasons we keep mentioning it, is because we believe that it is a vital part of our wellbeing. However, as we always say, having gratitude does not mean that saying that life is without challenges and difficulties. It can be very important to look at the things we are grateful for in the most difficult of times.

**Gratitudes:** Write down three things for which you are grateful every day. Don't worry if they seem simple or mundane—just get something down on paper. Writing gratitudes will help you identify positive aspects of even the worst days.

**Acts of kindness:** Make a conscious effort to do something nice for no reason other than to help. You might be surprised how a simple act of kindness can turn around the day for both you and the kindness recipient.

**Exercise:** The positive effects of exercise are astounding. Physically active people have increased energy, superior immune systems, and a frequent sense of accomplishment. Exercise can reduce insomnia, stimulate brain growth, and even act as an anti-depressant. If jogging or lifting weights seems like too much, don't be afraid to start with a 30 minute walk or a slow bike ride.

**Meditation:** Research has linked meditation with reduced anxiety and more positive emotions. Those who meditate regularly may even permanently restructure their brains to create sustained happiness.

**Positive journaling:** Take some time to write about positive events in your life. Write about a fun day spent with friends, a good movie, or an activity you enjoyed. Positive journaling will get you into the habit of focusing on the positive.

**Fostering relationships:** Strong social connections are thought to be one of the most powerful influences on our mood. Those who are dedicated to spending time with friends and family show the highest levels of happiness. If you can't see your loved ones every day you can still send an email or make a phone call. If it feels like you *never* see your loved ones, schedule time that can be dedicated to them.

## What will the 'new normal' be?

Many countries are now coming out of lockdown. Will they get back to life as it was before Covid-19, or will they arrive at a new normality? Let's explore some of the issues.

**Read the statements below. Which of the pictures underneath shows that is being said in each statement?**

Economies across the world are struggling due to Covid-19. Many governments want to kick-start their economy to power out of the crisis.

People have noticed less pollution because traffic levels have fallen. It makes sense to promote bicycles. Cleaner air will save lives.

Planes across the planet are grounded due to Covid-19. Foreign travel has been stopped to avoid spreading the virus. Social distancing on planes is practically impossible.

Before Covid-19, many people, including Greta Thunberg, were expressing concerns about pollution, leading to global warming. Now is the time to act.



**Read the statements below. Tick the ones you agree with. Choose three and write down on a separate piece of paper why you agree with them.**

- 1) We must not go back to thousands of planes in the air, creating pollution as well as spreading the virus.
- 2) Lockdown has taught us to value Nature more. We must now look after our green spaces and protect wildlife.
- 3) If the tourist industry shuts down, there will be thousands of job losses. We must get flights back to normal as soon as possible.
- 4) We buy too many things and use up too many natural resources. We must stop buying things that we don't really need.
- 5) Now is the time to change our diets to avoid disaster. Plant-based foods are much kinder on the environment.
- 6) It is upsetting that people have not been able to get dentists or doctors' appointments. People are really suffering and this must stop. Time to open up!
- 7) Now is a turning point for humanity. Let's make sweeping changes to protect future generations.

**What do you think life will be like in the future. Try to write at least three sentences giving your thoughts.**

Available from <https://en.islcollective.com/english-esl-worksheets/vocabulary/environment/what-will-new-normal-be/126185>

**Arrow words**

Write the answer to each clue in the box provided.

Repeat Abrasion	Personal attendant	Field sport	Animal doctor	Well-Founded Opposite of against	Batch	Space Bellow	
Lodging house	Cosmetic application Latin gauge		Felt hat Part of the Roman calendar		Upside Paris stock exchange		
Bristlelike chaff	Repent Money case		Dreary Mother-of-pearl	Plank	Berserk		Song for two
In the past Bloomed		Possess Sanctuary		Wear away Writing table		Excavate	
Type of cap	Female relative Metallic element	Four score	European currency unit	Short theatrical episode	Halo		
Levy of a tenth			Country Snake-like fish	Broadcast again	Trap	Pelt	
Finger or toe	Observed		Irrigates				

**Abstractions**

1. 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.

The solution is on the last page of the pack

**Grid references:**

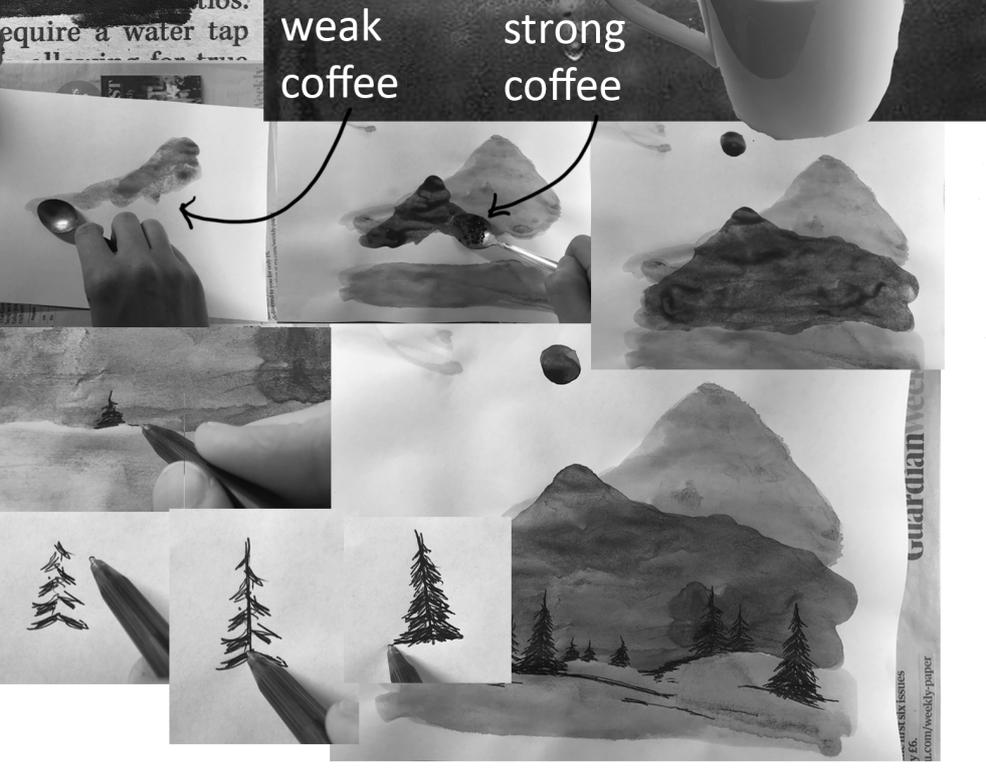
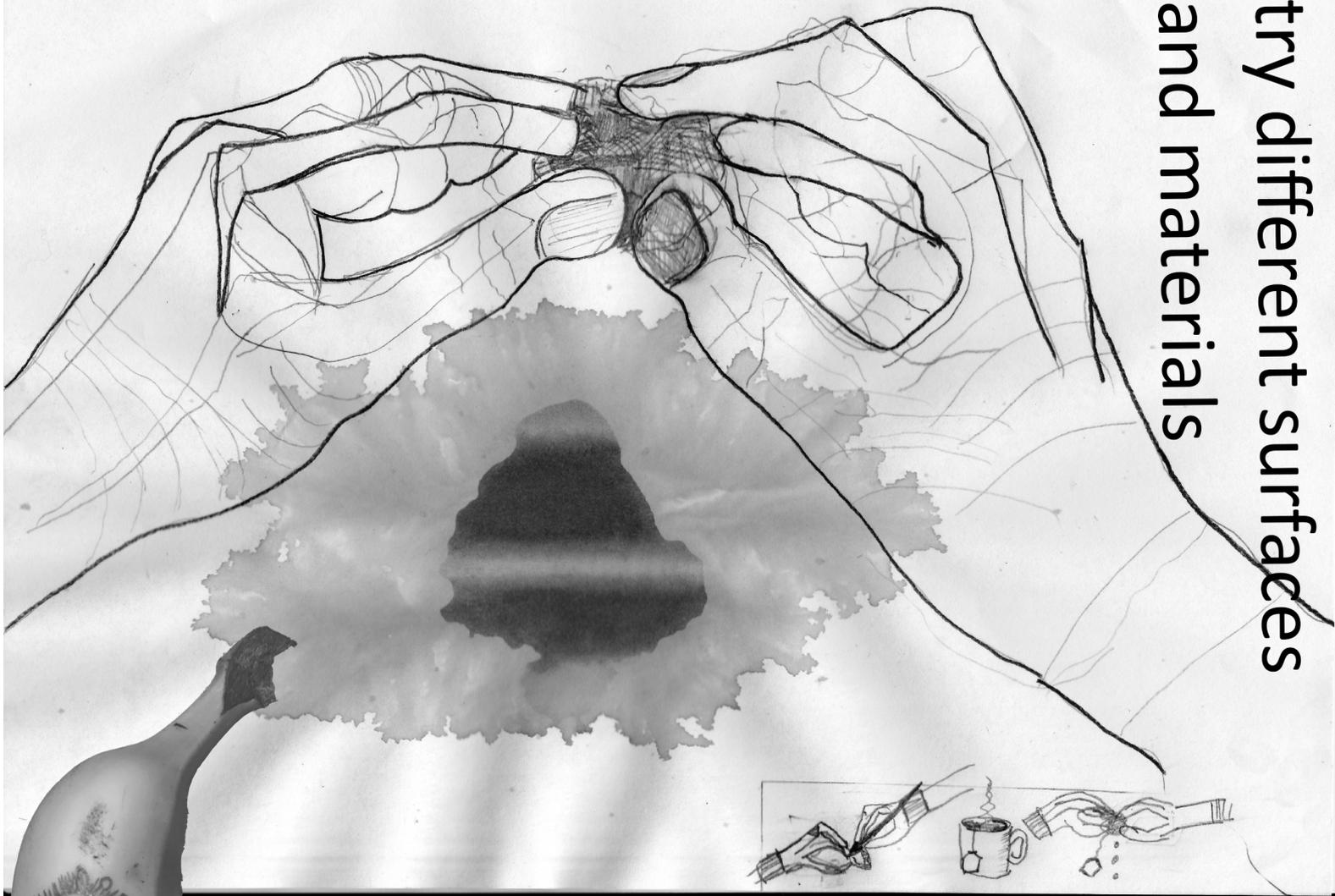
1. A B C E F G I J K
2. A F I K
3. A B C E F G I K
4. B E F G I
5. A C G J
6. B E F G K

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

SVO	ERT	UBT	OSR	CEA
CRA	HOA	LVE	TER	MOE
REI	DEM	CRA	ALT	NAO

try different surfaces  
and materials



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/>

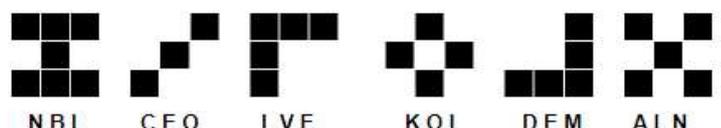
**Free classic and new video games** <https://poki.com/>



PUZZLES  
& GAMES

### Solution - ABSTRACTION 01

The six shapes are:



NBI

CEO

LVE

KOI

DEM

ALN

Discard the middle letter of each group = NICOLE KIDMAN