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## ACTIVITY PACK #20

(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

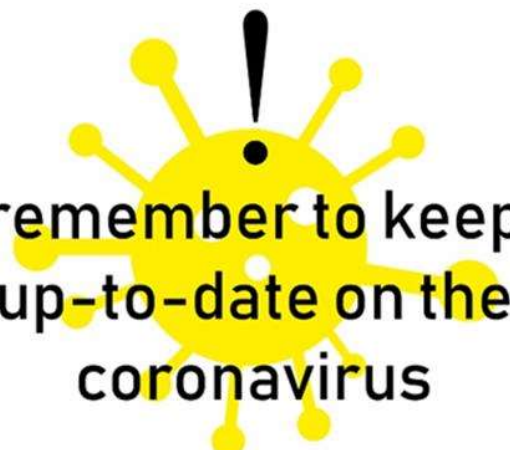
#### NATIONAL DOMESTIC ABUSE HELPLINE

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

# I am...

## Make a flag that is about

**YOU.** Think about your culture, your religion, your values, and your strengths and how you can show these things on the flag, as well as its colour and shape. Take a look at these flags for inspiration....



Sicily, in Italy



Guam



US Virgin Islands



Swaziland / Kingdom of Eswatini



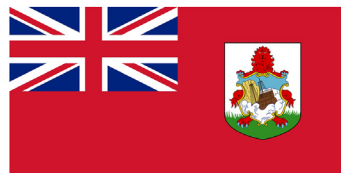
The Jolly Roger  
(pirates)



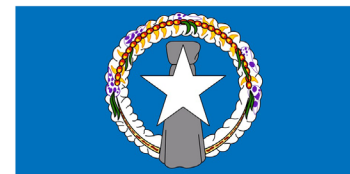
Friesland (a Dutch  
province)



UK coat of arms



Bermuda



Northern Mariana Islands



Nepal



Mozambique



German Coat of Arms

# Challenging Negative Thoughts

How we think can influence how we feel. How we feel can then influence how we think and a vicious cycle can be created. During difficult times in our lives, our thinking can be unhelpful to our wellbeing.

**Answer the following questions to assess your thought:**

- ◆ Is there substantial evidence for my thought?
  
  
  
  
  
  
  
  
  
  
- ◆ Is there evidence *contrary* to my thought?
  
  
  
  
  
  
  
  
  
  
- ◆ Am I attempting to interpret this situation without all the evidence?
  
  
  
  
  
  
  
  
  
  
- ◆ What would a friend think about this situation?
  
  
  
  
  
  
  
  
  
  
- ◆ If I look at the situation positively, how is it different?
  
  
  
  
  
  
  
  
  
  
- ◆ Will this matter a year from now? How about five years from now?

# Limericks



A wonderful bird is the pelican,  
His bill holds more than his belican.  
He can take in his beak,  
Enough food for a week,  
But I'm damned if I see how the  
helican.

by Dixon Lanier Merritt

How do I write  
a limerick?

The Girl and the rain

A girl who did not like the rain,  
Left England to live out in Spain,  
She thought life was a peach,  
As she lazed on a beach,  
And she never saw London again.



A Limerick has 5 lines. Lines 1,2 and 5 rhyme; lines 3 and 4 rhyme. (If you want to be really exact, make lines 1, 2, and 5 have 8 – 9 syllables (that means sounds in a word, for example, 'lim-er-ick' has 3 syllables), and lines 3 and 4 have 5-6 syllables). See if you can find the pattern in the limericks on this page.

Try this exercise if you don't know where to start. What words can go in the blanks?

There was an old man who was tall  
He was nearly as big as a \_\_\_\_\_  
He fell deep in \_\_\_\_\_  
So he bought her a dove  
And they lived in a house that was \_\_\_\_\_

Now try your own, starting with 'There was a...'

Make your own picture to go with one of these limericks. Or your own limerick! Here's one I did recently during lockdown of a limerick by Edward Lear.



# The Life of Frida Kahlo

Frida Kahlo was a painter who lived from 1907-1954. When we talk about people who lived in the past or things that happened in the past we change the form of verbs to the Past Simple. Here are some examples:

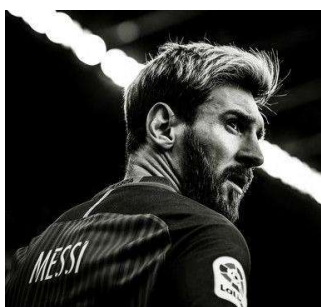


Present	Past
I am	I was
There are	They were
I go	I went

**Read about Frida's life. Change the verbs in brackets into the past tense**

Frida Kahlo 1) was (be) a Mexican painter. She  
 2) \_\_\_\_\_ (be) born in Mexico City in 1907. She  
 3) \_\_\_\_\_ (paint) many self-portraits and paintings of Mexican folklore.  
 Frida 4) \_\_\_\_\_ (go) to the prestigious Escuela Preparatoria in Mexico City in 1922.  
 At that time, there 5) \_\_\_\_\_ (not be) many girls at this school. In 1925, at the age of  
 eighteen, Frida 6) \_\_\_\_\_ (have) a terrible traffic accident. She 7) \_\_\_\_\_ (not  
 can) walk for a long time, so she 8) \_\_\_\_\_ (start) painting.  
 In 1929 she 9) \_\_\_\_\_ (marry) the painter Diego Rivera. The next year they  
 10) \_\_\_\_\_ (move) to New York, but Frida 11) \_\_\_\_\_ (not be) happy there.  
 They 12) \_\_\_\_\_ (return) to Mexico in 1935. Frida 13) \_\_\_\_\_ (win) a national  
 art prize in 1946, and she 14) \_\_\_\_\_ (become) famous in Mexico. She  
 15) \_\_\_\_\_ (die) in 1954, when she 16) \_\_\_\_\_ (be) 47 years old. Frida is celebrated  
 around the world as a very important and influential artist.

**Think of someone you are interested in and write about their life. Here are some ideas of people you could choose...**



Lionel Mess



Rupaul



Jimi Hendrix



Awkwafina

Answers: 1.was	2.was	3.painted	4.went	5.were not	6.had
7.could not	8.started	9.married	10.moved	11.was not	12.returned
13.won	14.became	15.died	16.was		

## Puzzle Page

### Painters word search

Can you find the painters in the box? They may be horizontal, vertical, diagonal, forwards or backwards.



BOTTICELLI, CANALETTO, CEZANNE, CONSTABLE, DALI, DA VINCI, DEGAS, GAINSBOROUGH, GAUGUIN, GOYA, HOLBEIN, KLIMT, MANET, MATISSE, MICHELANGELO, MONET, PICASSO, POLLOCK, RAPHAEL, REMBRANDT, Renoir, TURNER. VAN GOGH.

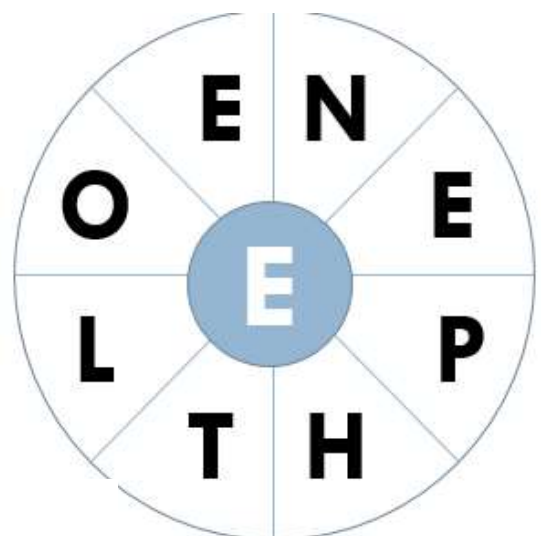
Available from: <http://www.puzzlechoice.com>

### Word Wheel

Find as many words as possible using the letters in the wheel. Each word must use the central letter and at least 2 others. Letters can be only used once. There's a 9 letter word (clue, it helps us communicate)

#### Targets

Good 10+  
Excellent 15+  
Outstanding 20+

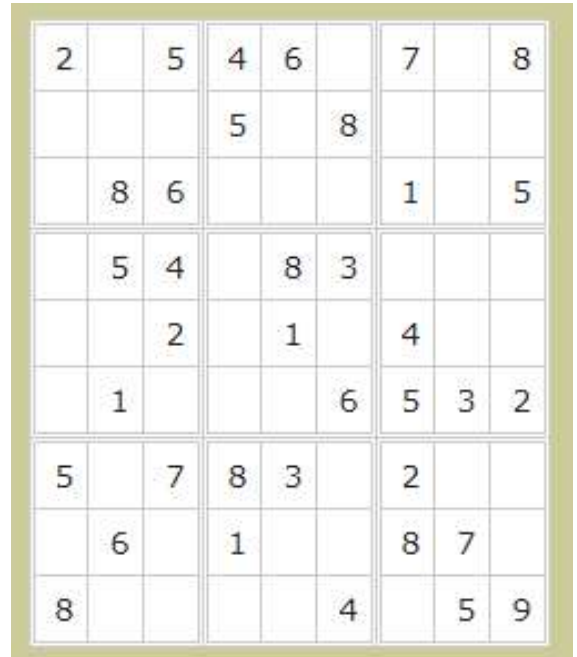


Available from:

<https://www.tes.com/teaching-resource/word-wheel-6426166>

### Sudoku

Fill in the empty spaces of a 9x9 grid with numbers 1-9 in such a manner 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/>

# 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/>

