



ACTIVITY PACK #21

(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

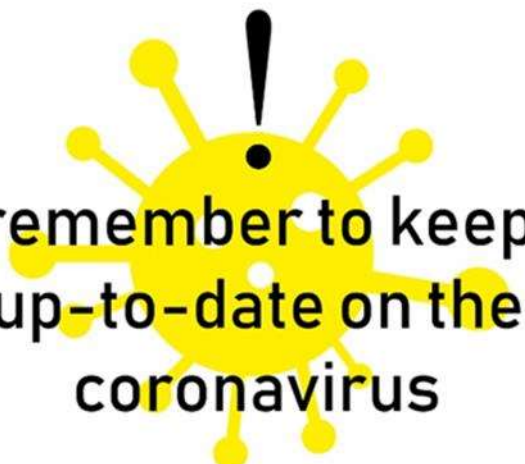
0808 2000 247 A free, confidential service for people experiencing domestic abuse, 24/7.



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 Cont

This is the last pack in this series. Remember to look again at the packs from before. It is surprising how helpful it can be to repeat things after a bit of time. You can access all the old packs on our website: <https://www.providencerow.org.uk/pages/301-covid-19-learning-and-wellbeing-pack>



remember to keep up-to-date on the coronavirus

Learn Japanese

Table of Katakana Letters

Japanese has three kinds of alphabets – they are called kanji, hiragana, and katakana. Katakana, shown here, is usually used for words that come from outside Japan. For example, the word *bus* in Japanese is バス which is pronounced “ba-su”; the name, Boris Johnson, is written ボリス・ジョンソン and pronounced “Bo-ri-su Jon-son”. Japanese and English don’t have the same sounds so you can’t write every name perfectly in Japanese – you have to choose the closest sound if it’s not exactly the same.

So let’s have a go. This is tricky without a Japanese tutor there to help you out but with a bit of patience, you’ll be surprised how well you can do! To start, use the grids on the right with the English sounds written under each Japanese character to match these names in English with the Japanese below:

Stephen,
Mohamed,
London, Anna,
Providence Row
ロンドン
スティーブン
アンナ
プロビデンス・
ロウ
モハメド

Can you write your name now?

	gojūon				
	a-column	i-column	u-column	e-column	o-column
a-row	ア a	イ i	ウ u	エ e	オ o
ka-row	カ ka	キ ki	ク ku	ケ ke	コ ko
sa-row	サ sa	シ shi	ス su	セ se	ソ so
ta-row	タ ta	チ chi	ツ tsu	テ te	ト to
na-row	ナ na	ニ ni	ヌ nu	ネ ne	ノ no
ha-row	ハ ha	ヒ hi	フ fu	ヘ he	ホ ho
ma-row	マ ma	ミ mi	ム mu	メ me	モ mo
ya-row	ヤ ya	イ i	ユ yu	エ e	ヨ yo
ra-row	ラ ra	リ ri	ル ru	レ re	ロ ro
wa-row	ワ wa	イ i	ウ u	エ e	ヲ o
ン n					

	dakuon				
ga-row	ガ ga	ギ gi	グ gu	ゲ ge	ゴ go
za-row	ザ za	ジ ji	ズ zu	ゼ ze	ゾ zo
da-row	ダ da	ヂ ji	ヅ zu	デ de	ド do
ba-row	バ ba	ビ bi	ブ bu	ベ be	ボ bo

	han-dakuon				
pa-row	パ pa	ピ pi	プ pu	ペ pe	ポ po

additional letters for foreign sounds					
ヴ	ァ	ィ	ゥ	ェ	ォ
e.g. ヴィ (vi), ファ (fa), ティ (ti), ドゥ (du), ウェ (we), フォ (fo)					

yōon		
キャ kya	キュ kyu	キョ kyo
シャ sha	シュ shu	ショ sho
チャ cha	チュ chu	チョ cho
ニャ nya	ニュ nyu	ニョ nyo
ヒャ hya	ヒュ hyu	ヒョ hyo
ミャ mya	ミュ myu	ミョ myo
リャ rya	リュ ryu	リョ ryo
ギャ gya	ギュ gyu	ギョ gyo
ジャ ja	ジュ ju	ジョ jo
チャ ja	チュ ju	チョ jo
ビャ bya	ビュ byu	ビョ byo
ピャ pya	ピュ pyu	ピョ pyo
ツ pause (no sound)		

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Learn how to read, write and type Katakana for free at http://www.japanese-lesson.com/characters/katakana/katakana_drill/index.html

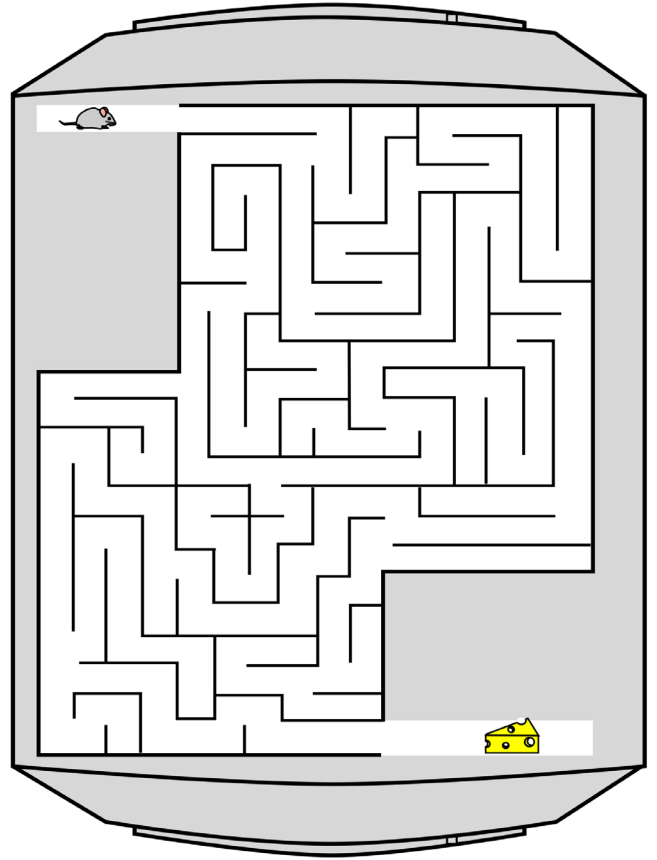
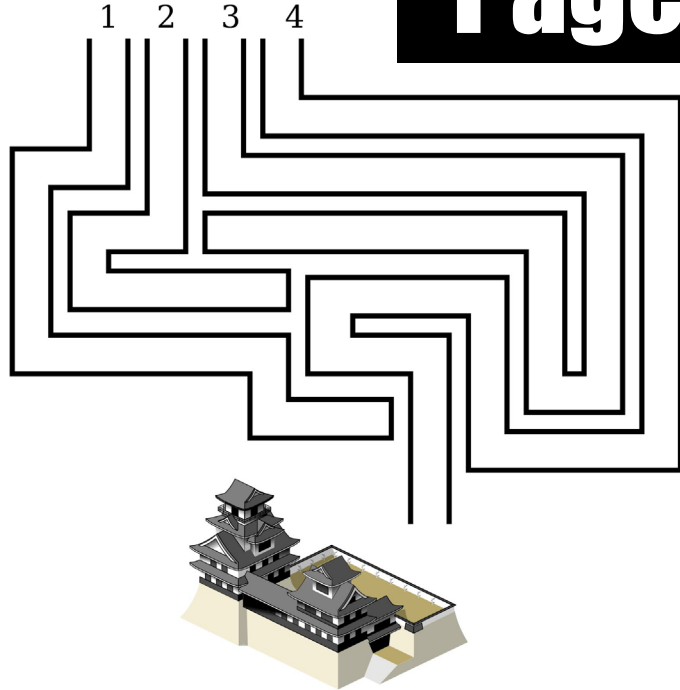
ヴァ va	ワ wa	ファ fa	チャ cha	ダ da	タ ta	ジャ ja	シャ sha
ヴィ vi	ウィ wi	フィ fi	チ chi	ディ di	ティ ti	ジ ji	シ shi
ヴ vu	ウ wu	フ fu	チュ chu	ドウ do	トウ to	ジュ ju	シュ shu
ヴェ ve	ウエ we	フェ fe	チェ che	デ de	テ te	ジェ je	シェ she
ヴォ vo	ウオ wo	フォ fo	チョ cho	ド do	ト to	ジョ jo	ショ sho



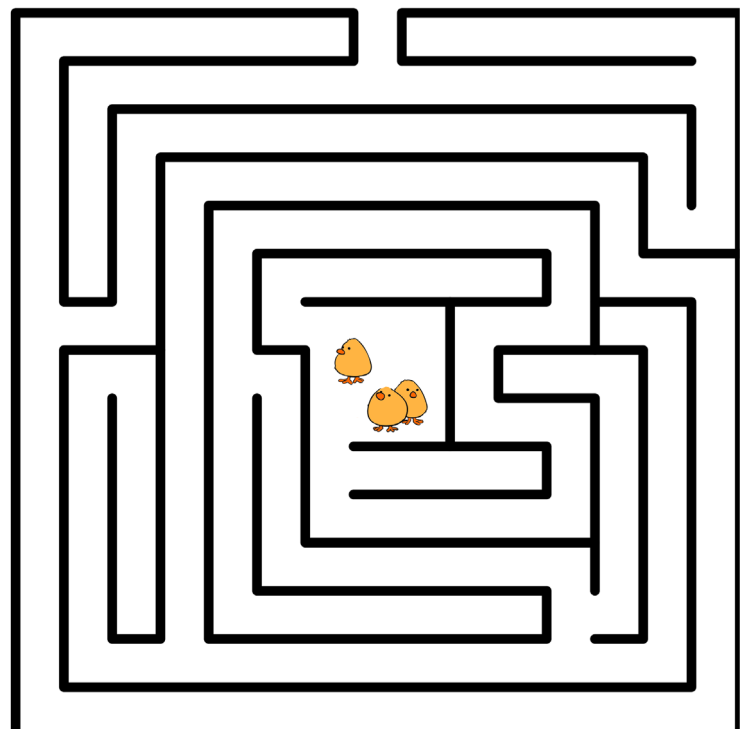
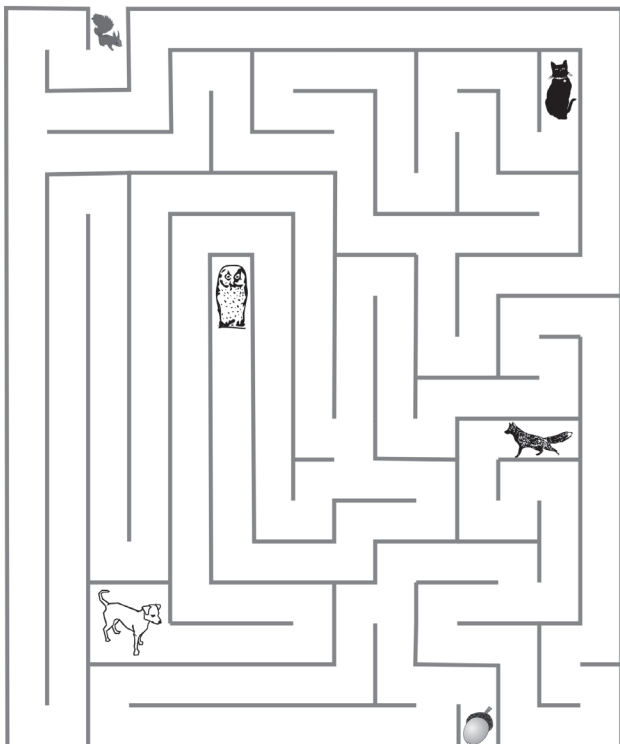
The Maze Page



Help the mouse find the cheese.



Help the squirrel find the acorn.
Watch out for predators!



Future Me – Write Yourself a Letter From you now to you in Six Months Time

2020 will certainly be remembered for a long time for a whole list of reasons. Especially because of coronavirus and lockdown.

What would you like to say to yourself in six months time?. It will be the end of the year or the start of 2021 if you start in the next few weeks – but you can start it at anytime.

What would you like to say to yourself?

What would you like to tell them about NOW?

Would you like to tell them what you have been doing?

Would you like to tell them how you have been feeling?

Would you like to give them any advice?

What things would you tell them have been a challenge?

What would you tell them was positive or surprising?

Take your time...there is no right or wrong way to do this. Write the dates, 6 months from now and then read it on that date!

HAPPY WRITING!!!

Wordless stories

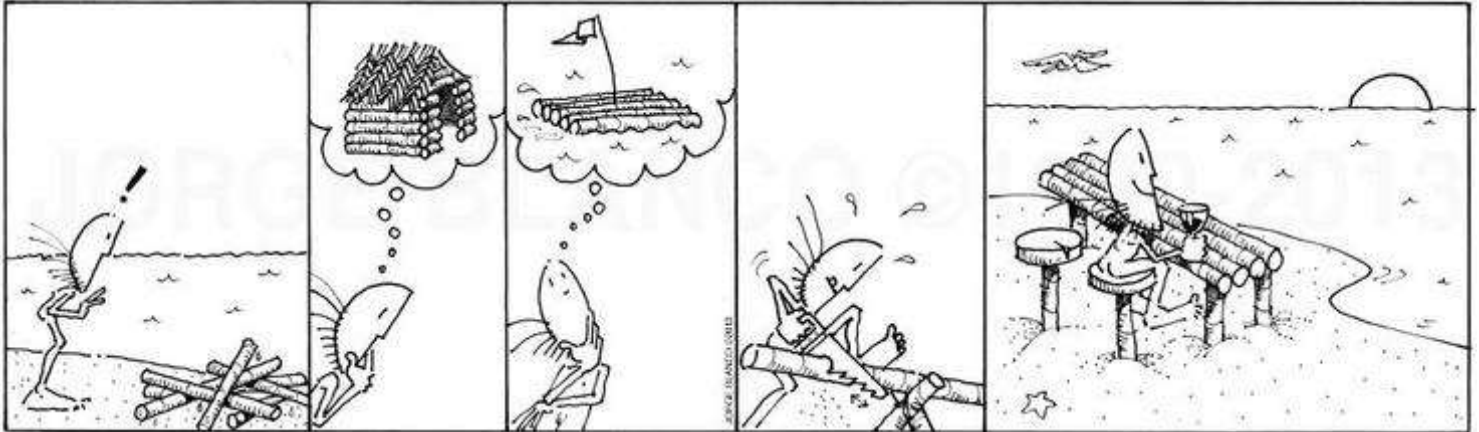
The pictures below tell a story. Look at the pictures and decide what you think the story is. For each one, add your own ideas.

Penman by Gary Blehm



Try to write at least one sentence for each picture, describing what is happening and what the character is doing. When you finish you'll have written a short story!

El Naufrago (The Castaway) by Jorge Blanco



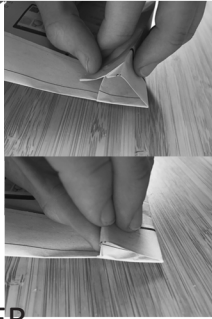
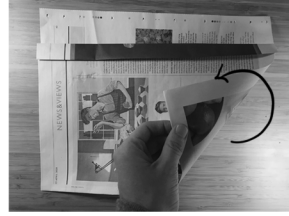
For this story, try to add a bit more detail. Who is the man in the story? Where is he? How did he get there? What are the different things he thinks of doing? Why does he decide to build what he does (and not the other things)?

Colouring in





TURN OVER



PRESS DOWN

HOW TO MAKE A FOLDER
for your art, from a sheet of newspaper



discuss?

your
window?



rework?

What are you
going to do
with your
art?



post?



throw?

or something
else entirely?!

online?



show?



your walls?



a notice-
board?

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/>

