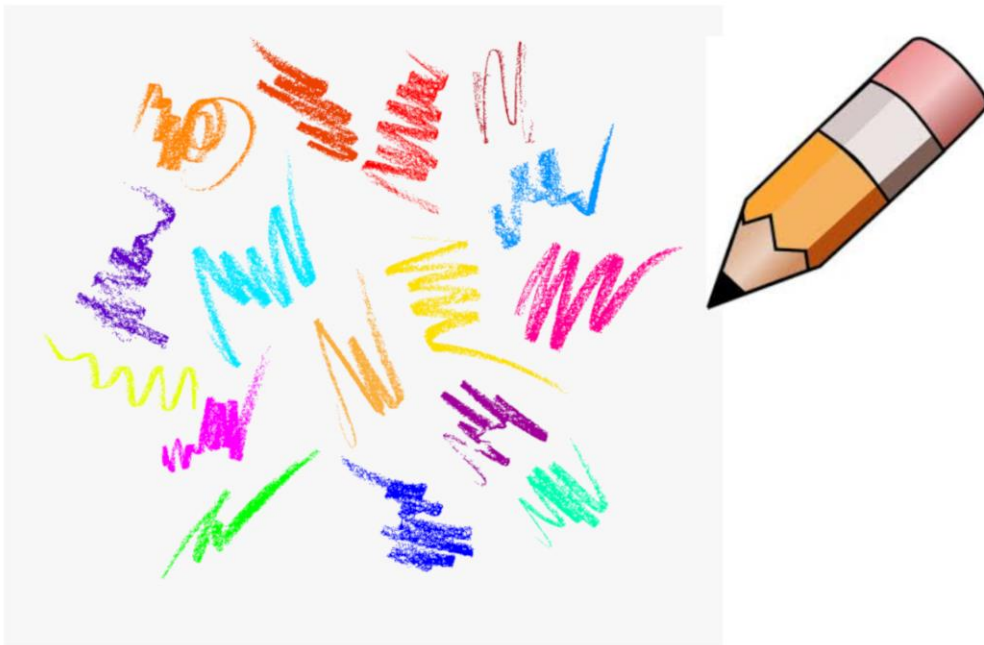


Activity Pack

We know these are difficult times so we thought we would create something to keep you occupied. We hope it helps.



Quiz

Finish the saying

As good as _____

As right as _____

As daft as _____

As cool as _____



Questions

Who was the first man on the moon?

Which musical features the songs 'Climb every mountain' and 'Do-re-mi'?

In what country can you visit Machu Pichu?

Who wrote Cathy come home?

What is the pub called in EastEnders?

Who was the second President of the United states?

Which football team is nicknamed the Iron?

How many can you get?

Name all the countries in the European Union

How many words can you think of that rhymes with act?

Name all the goalkeepers who have played for England from 1966-2011

Name all the Broadway plays of Tennessee Williams

Quiz time. With answers.

Finish the saying

As good as __

As right as __

As daft as __

As cool as __

Questions

- 1 Who was the first man on the moon? *Neil Armstrong*
- 2 Which musical features the songs 'Climb every mountain' and 'Do-re-mi'?
Sound of music
- 3 In what country can you visit Machu Pichu? *Peru*
- 4 Who wrote Cathy come home? *Jeremy Sandford*
- 5 What is the pub called in EastEnders? *The Queen Vic*
- 6 Who was the second President of the United states? *John Adams*

How many can you get?

Gold
Rain
Brush
Cucumber

Answers-
1. Neil Armstrong
2. Sound of Music
3. Peru
4. Jeremy Sandford
5. The Queen Vic
6. John Adams

Jokes

Did you hear about the new restaurant karma?

There isn't a menu, you get what you deserve!

Did you hear about the actor who fell through the floorboards?

He was just going through a stage!

Why don't scientists trust atoms?

Because they make up everything.

Doctor, Doctor I feel like a pair of curtains.

Well pull yourself together!!

Why are pirates, pirates?

Because they ARGH!

Word search

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| d | e | x | c | i | t | e | m | e | n | t | j |
| d | s | s | r | d | t | l | o | o | l | o | |
| x | y | m | f | f | a | v | a | e | y | o | l |
| s | u | d | i | r | o | n | y | u | a | r | a |
| g | l | m | d | l | i | a | c | h | h | t | u |
| i | a | p | n | f | e | r | p | l | g | h | g |
| d | u | o | u | u | i | a | g | p | n | t | h |
| d | e | s | u | n | s | h | i | n | e | g | t |
| y | e | p | o | s | i | t | i | v | e | s | e |
| o | s | d | i | e | d | e | r | o | w | l | r |
| p | y | z | c | u | l | p | j | d | h | i | c |
| p | l | a | n | w | o | b | n | i | a | r | t |
| a | e | d | p | x | v | x | c | h | e | e | r |
| p | f | d | l | e | e | e | t | c | f | c | n |
| y | h | a | p | p | y | f | r | o | l | i | c |

Smile
 Happy
 Rainbow
 Sunshine
 Joy
 Love
 Laughter
 Excitement
 Fun
 Frolic
 Giddy
 Positive
 Dancing
 Cheer
 Peace

Chest stretch



This stretch is good for posture.

A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.

B. Gently push your chest forward and up until you feel a stretch across your chest. Hold for 5 to 10 seconds and repeat 5 times.

Upper-body twist



This stretch will develop and maintain flexibility in the upper back.

This exercise builds shoulder strength.

- A. Sit upright with your arms by your sides.
- B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
- C. Return to the starting position. Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

Neck rotation



This stretch is good for improving neck mobility and flexibility.

- A. Sit upright with your shoulders down. Look straight ahead.
- B. Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position.
- C. Repeat on the right.

Do 3 rotations on each side.

Neck stretch



This stretch is good for loosening tight neck muscles.

- A.** Sitting upright, look straight ahead and hold your left shoulder down with your right hand.
- B.** Slowly tilt your head to the right while holding your shoulder down.
- C.** Repeat on the opposite side.

Hold each stretch for 5 seconds and repeat 3 times on each side.