

# Activity Pack

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

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## 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 Answers

### Finish the saying

As good as \_\_\_\_\_ *Gold* \_\_\_\_\_

As right as \_\_\_\_\_ *Rain* \_\_\_\_\_

As daft as \_\_\_\_\_ *a brush* \_\_\_\_\_

As cool as \_\_\_\_\_ *a cucumber* \_\_\_\_\_

### Questions

Who was the first man on the moon? *Neil Armstrong*

Which musical features the songs 'Climb every mountain' and 'Do-re-mi'?  
*Sound of music*

In what country can you visit Machu Pichu? *Peru*

Who wrote Cathy come home? *Jeremy Sandford*

What is the pub called in EastEnders? *The Queen Vic*

Who was the second President of the United states? *John Adams*

Which football team is nicknamed the Iron? *Scunthorpe United*

### How many can you get?

### Name all the countries in the European Union

Austria, Belgium, Bulgaria, Croatia, Republic of Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain and Sweden.

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

backed, blacked, bract, cracked, fact, hacked, jacked, lacked, packed, pact, racked, sacked, slacked, smacked, snacked, stacked, tacked, tact, tracked, tract, whacked, wracked, abstract, attacked, attract, co-act, detract, diffract, distract, enact, exact, extract, impact, infract, intact, out-act, protract, react, redact, refract, repacked, retract, subtract, transact, unbacked, unpacked, abreact, incompact, inexact, interact, precontract, re-enact, underact, counterattacked, overreact (55 words)

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

Peter Bonetti, Paul Robinson, Ray Clements, Robert Green, David James, Richard Wright, Jimmy Rimmer, Nigel Spink, Peter Shilton, David Seaman

**Name all the Broadway plays of Tennessee Williams**

Camino Real, Orpheus Descending, Out Cry, Period of Adjustment, Summer and Smoke, Sweet Bird of Youth, The Milk Train Doesn't Stop Here Anymore, Night of Iguana, You Touched Me

## 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!

A man walked into a bar

Ouch

How do oceans say hello to each other?

They wave

What did one plate say to the other plate?

Dinner is on me!

Why did the mushroom go to the party?

Because he is a fun-gi

Why shouldn't you write with a broken pencil?

Because it's pointless!

What's a cow's favourite holiday?

Moo Year's Day

## 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.**



**A.** Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.

**B.** Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.

**C.** Repeat on the right side. Do 5 times on each side.

## Hip marching



**This exercise will strengthen hips and thighs, and improve flexibility.**

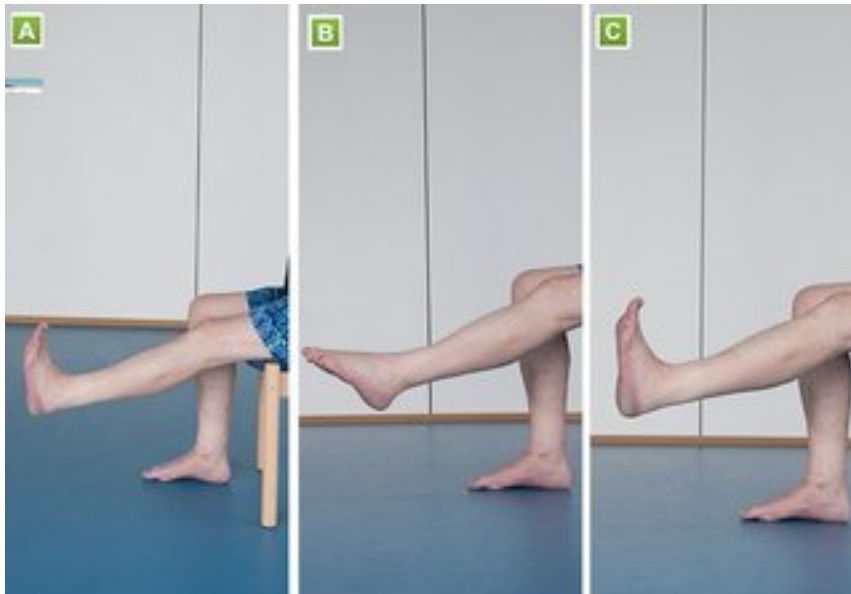
**A.** Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.

**B.** Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.

**C.** Repeat with the opposite leg.

Do 5 lifts with each leg.

## Ankle stretch



**This stretch will improve ankle flexibility and lower the risk of developing a blood clot.**

**A.** Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.

**B.** With your leg straight and raised, point your toes away from you.

**C.** Point your toes back towards you. Try 2 sets of 5 stretches with each foot

## Arm raises



**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.

## Mindfulness

Practicing mindfulness could include:

- Writing down 3 things that you have achieved today
- Writing down your thoughts and feelings in a diary
- Engaging all your senses when doing an activity.
- Breath in for 4 seconds, hold your breath for 7 seconds and breathe out for 8 seconds. Repeat up to 4 times.
- Lie down and count your breaths until you reach 10 then start again. If you become distracted just start from 1. Repeat for to 5 times.

## Hand Massage

Why not give yourself a hand massage?

1. Shake your hands and wiggle your fingers
2. Pinch the tips of each of your fingers for a second.
3. Move along the inside and outside of your palms using your thumb
4. Use circular motions on the palm of your hands using your thumb
5. Pinch up and down your fingers from the bottom to the top.
6. Turn your hand over
7. Go to the space between your thumb and index finger, pinch here.
8. At the space between your thumb and index finger use a circular motion
9. Shake your hands and wiggle your fingers

## **How to talk to more than one person on your phone**

1. Call your first friend.
2. Let your first friend know you are setting up a call between a few of you.
3. Tap the call button (the one you use to make the call or the one with a plus sign next to it) this should put the first caller on hold.
4. Wait to hear 3 brief tones followed by the dial tone.
5. Dial the second friend's number (you may need to press your call number again)
6. Talk to the second friend
7. Press the call button again to merge the calls or to return to the original
8. Speak to your friends
9. After the call put the phone down as usual. (If one caller ends the call and the others don't the remaining callers will still be able to talk)

## **Journaling**

Why not journal? Grab a few pieces of paper and just write. Below are a few questions to get you started. The aim is to just write and not judge what you are writing in any way.

This could include writing down the following daily:

- Write about 3 things you are grateful for today
- Where do you see yourself in a year's time?
- What 3 things are you looking forward to the most?
- What do you love about yourself?
- What do you love about someone else in your life?

## **Squiggle drawing**

Why not squiggle draw? It starts with just drawing a squiggle on a page and then you need to turn that squiggle into a picture of something.

## **Something to Colour in**



**Poetry**

**Finish the following sentences:**

**Name of your Poem-**

It feels.....

It tastes.....

It smells.....

It looks.....

It sounds.....

Or

Listen to the radio and write down the first line of 10 song they play below.  
Reorder these into a poem.