

February Activity Pack

Filled with lots of valentines themed quizzes, colouring, recipes, poems and much more.

Created by the Age UK Shropshire Telford & Wrekin Day Services Team



February Alphabet Challenge

Can you think of a word or phrase associated with February beginning with the following letters...

D.....

R.....

I.....

F.....

T.....

S.....

O.....

F.....

S.....

N.....

O.....

W.....

D.....

R.....

O.....

P.....

S.....





February Quiz

- 1 Who was the legendary Benedictine monk who invented champagne?
- 2 Which was Shakespeare's most romantic play?
- 3 What kind of flowers are traditionally given to symbolise love?
- 4 What other gift sometimes accompanies a bouquet of red roses?
- 5 What day is Valentine's Day held on?
- 6 Which Roman god was either depicted as a plump cherub with a bow and arrow, or as a handsome teenager?
- 7 Which Roman goddess was Cupid's mother?
- 8 If you're quick to show your feelings, where do you wear your heart?
- 9 Which fruit is sometimes called a love apple?
- 10 Who once said 'to love oneself is the beginning of a lifelong romance'?
- 11 Which star sign are you if your birthday is on St. Valentine's Day?
- 12 According to an old English tradition, what is supposed to happen to the first man a woman sees on Valentine's Day?
- 13 What is the flower for the month of February?
- 14 What day comes after Shrove Tuesday?
- 15 Why do we celebrate Pancake Day or Shrove Tuesday?



Hits from the Blitz

Sent to us by Anne Bullock.

Can you name the well-known songs from these clues?

1. Mind the poacher doesn't catch you.
2. It's a dry day, so we can..?
3. The first thing you see when approaching our British coast from France.
4. I want a fresh boiled egg.
5. I'd like to introduce you to the forces.
6. Perhaps this makes it easier to keep going.
7. Look the Navy is here.
8. It's so hot, but you can be sure that...
9. It doesn't matter what you are doing, its 5 o'clock and...
10. It's been a wonderful night my darling, so...

Jack the Cat part 4

One morning, Jack woke up rather late. He had been prowling about during the night, round and about the Dingle, dabbing his paw in the water in the hope of catching a fish!

He had said "Goodnight," to the lady who always sat by the water, but she hadn't answered him. She never said a word. As soon as Jack awoke, he knew it was going to be a good day. The sun was warm on his black coat and the flowers were all beautiful in the sunshine. "I wonder if this is my very own garden?" thought Jack.

Suddenly, Jack heard the sound of bells. They were the bells of St Chad's church that was just across the road from Jack's garden. "Funny," thought Jack, "I'm sure it's not Sunday. There are too many people about. I wonder why they are ringing the bells?"

He walked up the path, past the man who had wings, and through the enormous blue gates of the park. Here he hesitated in case the ice cream van was about, but no, there was no sign of it today.

Jack looked up to see which picture was showing on the traffic lights. He liked the green one best because he knew he'd be safe to cross the road to St Chad's if that one was flashing. Several people crossed the road with him. They looked very smart and some had flowers growing out of their jackets!

He watched whilst they chatted together on the church steps. "No chance of food here," thought Jack, as everybody went inside. Suddenly a shiny car drew up and a beautiful woman stepped out. She was dressed all in white with a long white scarf that went right down to the ground behind her. She looked so happy and she smiled at Jack. "A lucky black cat," she said "all except for the little white blob on his nose! How lovely!"

Jack felt quite warm inside. "I'd love to live in a house with friendly people like that," he thought. The lady walked slowly into the church just as Jack heard the organ start to play. "I wonder what all the fuss is about?" thought Jack, "she must be very special". Jack sat on a little pile of dried leaves that the wind had blown into a corner of the car park and waited patiently for all the people to come out of the church. He wanted to see the lady in white again.

Presently he heard the organ playing loudly. The doors opened and the lady came out with a man at her side. "I wonder if she found him in this church?" Jack thought. Everybody seemed very happy. Several people held boxes up to their faces and said "smile please!"

Jack was beginning to feel very hungry. He was thinking that he would have to go down to Claremont Bank and visit the café. Suddenly he heard a kind voice! "Hello Jack, would you like a saucer of milk and a currant bun?" it said.



The voice came from a man who was dressed all in black except for a white collar. Jack followed him through the church door and into a little room where he enjoyed his bun and milk. "What a lucky cat I am," said Jack, as he curled up on the man's lap.

Now one day, Jack wasn't so lucky. It was a dismal day when he awoke. His bed under the hedge was not so cosy as it used to be. The leaves on the hedge were not green anymore and they let the rain through. He had been thinking for a while that he would soon have to find another home. Today was the sort of day to go home hunting!

Breakfast was easy! Someone had dropped a sandwich under a nearby hedge, so after eating that snack, Jack was ready to be off. Up through the Quarry he went and down the hill to the church where he sometimes had a saucer of milk and a currant bun. "Not today though," thought Jack, "I'm home hunting!"

He walked up Pride Hill until he noticed something unusual. Something very unusual for Jack. A man was holding strings attached to lots of brightly coloured balloons. They rustled against each other as they floated above the man's head. "I wonder what do you do with those?" thought Jack. "Balloons!" shouted the man.

There were so many things in town that he didn't understand. "Look at those doors, they open without anyone pushing them! How clever!" He crept cautiously up to the big doors but they didn't open for cats and he bumped his nose on the glass!

"I'll have a look in here for a home," thought Jack, and he waited for a person to make the doors open for him. As soon as he was inside, Jack knew he'd made a mistake. It was all so big! There were so many shops inside. He had to dodge so many people. A noise made him look up and there was another surprise, a moving picture!

"Oh dear," thought Jack, "I won't find a new home here. Perhaps I'm not quite so lucky today." He rushed into a shop to avoid a pushchair and there he really had a shock! All along the walls were boxes with pictures in them, pictures that moved, again!

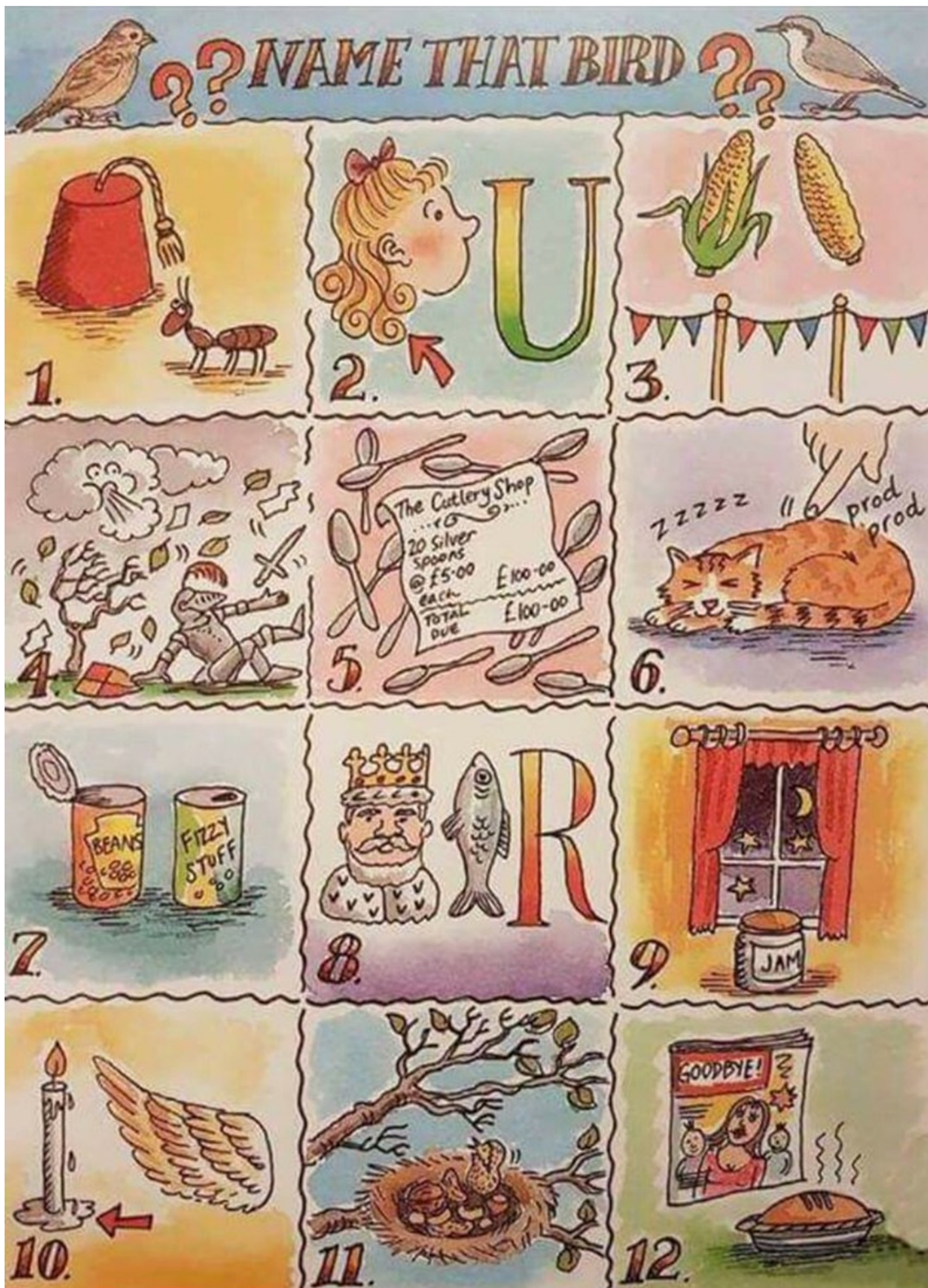
This time they were pictures that he recognised, pictures of a postman and his cat. Jack looked at the black and white cats, all in a row in the boxes on the walls. He thought the cat looked much bigger than him "oh dear," thought Jack, "I am very scared and I'm lost! What shall I do?" Jack's black fur stood up on his back, his tail was up in the air and he ran!

He ran and ran out of the shop, along the big hallway, and up to the doors that opened on their own. "Help, oh help," he meowed, "I'm scared!"

A big hand came to pick him up and a big voice said, "Why, hello Jack. Are you lost?" It was the tall man who often rang a bell and shouted as he walked along Pride Hill. He wore bright clothes and a beautiful hat. "I'll take you back to the Quarry," he said, "and we'll have a drink of milk and a bun on the way. How about that?"

Jack was very pleased to feel safe again and he was very pleased to have some food. "I haven't found a new home yet," he thought to himself. "Perhaps I'll do that another day."








February

By George Hill, Shrewsbury

Stormy winds and dashing rain
Are the order of the day,
But take heart my friends be thankful
That 'Spring' is on its way.

Brave snowdrops ignore the weather
And dance about my gate,
The shrubs are already budding up
Let us all anticipate,
The glorious sights of Summer
Those warm and balmy days,
The flower scented evenings
Carried on Summer haze.

Close your eyes and imagine
This wonderful time with me,
And the most amazing thing my friends
It's absolutely free!



When You Are Old

William Butler Yeats



When you are old and grey and full of sleep,
And nodding by the fire, take down this book,
And slowly read, and dream of the soft look
Your eyes had once, and of their shadows deep;

How many loved your moments of glad grace,
And loved your beauty with love false or true,
But one man loved the pilgrim soul in you,
And loved the sorrows of your changing face;



And bending down beside the glowing bars,
Murmur, a little sadly, how Love fled
And paced upon the mountains overhead
And hid his face amid a crowd of stars.

First Love

John Clare



I ne're was struck before that hour
With love so sudden and so sweet,
Her face bloomed like a sweet flower
And stole my heart away complete.
My face turned pale as deadly pale,
My legs refused to walk away,
And when she looked, what could I ail?
My life and all seemed turned to clay.

And then my blood rushed to my face
And took my eyesight quite away,
The trees and bushes round the place
Seemed midnight at noonday.
I could not see a single thing,
Words from my eyes did start
They spoke as chords do from the string,
And blood burnt around my heart.



Are flowers the winter's choice?
Is love's bed always snow?
Not love's appeals to know.
I never saw so sweet a face
As that I stood before.
My heart has left its dwelling-place
And can return no more.



Valentines Word Search

F	V	S	K	I	S	S
M	L	W	N	S	O	H
C	E	O	G	O	C	E
A	S	O	W	U	W	A
R	O	H	P	E	H	R
D	R	I	D	E	R	T
D	D	E	V	O	L	S

CARD
HEART
LOVE
ROSE

CUPID
HUG
POEM

FLOWERS
KISS
RED

Valentines Word Search

S	R	E	W	O	L	F	L	L	L	S	P	Y	H	Q
W	O	N	S	O	D	R	E	O	P	Y	M	D	T	T
I	S	Z	I	Z	P	A	G	O	V	J	S	Q	D	C
J	E	D	K	F	P	R	E	H	Q	E	P	P	T	Z
R	S	I	B	Y	W	M	X	Z	G	E	Q	D	W	K
C	B	S	E	W	D	Y	K	K	T	Y	O	E	O	H
H	H	A	I	E	W	V	Q	R	F	G	I	G	W	L
T	R	O	R	K	I	B	A	D	E	U	A	G	C	D
W	R	B	C	C	E	E	V	I	B	H	Y	H	J	S
K	D	A	I	O	H	S	F	P	R	E	Y	B	T	U
G	R	Y	E	T	L	Z	F	U	U	P	F	F	G	D
O	K	Y	E	H	V	A	O	C	A	N	I	O	D	I
I	U	E	Q	K	N	J	T	T	R	G	Z	J	J	R
P	W	K	T	D	O	T	E	E	Y	V	Z	G	V	P
S	T	C	A	R	D	V	A	L	E	N	T	I	N	E

CARD
FEBRUARY
HEART
LEAPYEAR
RED
SWEETHEART

CHOCOLATE
FLOWERS
HUG
LOVE
ROSE
VALENTINE

CUPID
GIFTS
KISS
POEM
SNOW



Scotch Pancakes

Scotch pancakes are quick and easy to make, serve with butter and maple syrup for a perfect treat

Ingredients	
200g	Plain Flour
1 tbsp	Baking Powder
1tbsp	Caster Sugar
1sp	Ground Cinnamon
1	Large egg
300ml	Milk
	Pinch of salt and vegetable oil to fry

Method

Step 1

Add the dry ingredients to a mixing bowl. Beat the egg and milk into the mixture with a handheld or electric whisk. Heat a non-stick frying pan over a medium heat and add some oil.

Step 2

Spoon in a small ladleful of batter to make a pancake about 10cm across. Fry for about 1 min until the edges of the pancake are firm and bubbles have started to appear on the surface. Turn over and fry for another 30 secs till golden on both sides. Serve with your favourite toppings.



Easy Chocolate Biscuits

Ingredients	
250g	Butter, softened
350g	Light soft brown sugar
2	Large eggs
350g	Self-raising flour
100g	Cocoa powder
200g	Chocolate chips or chopped chocolate

Method

Step 1

Beat the butter and sugar together with an optional pinch of sea salt in a bowl until light and fluffy, then beat in the eggs one at a time. Sift over the flour and cocoa powder and beat into the butter mix, then fold through the chocolate chips. The mix can be made up to 2 days ahead and chilled or frozen for a month, or used straight away.

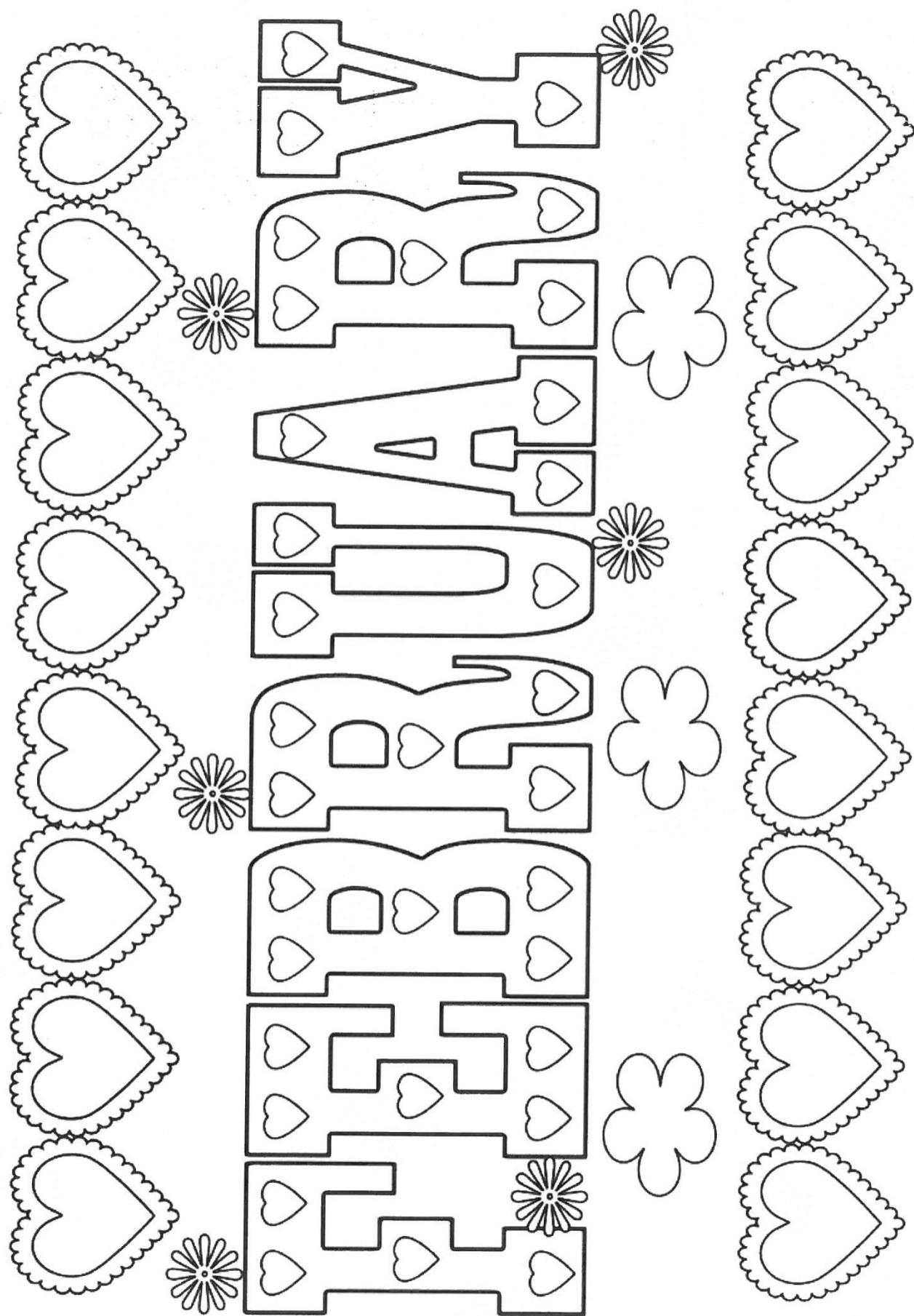
Step 2

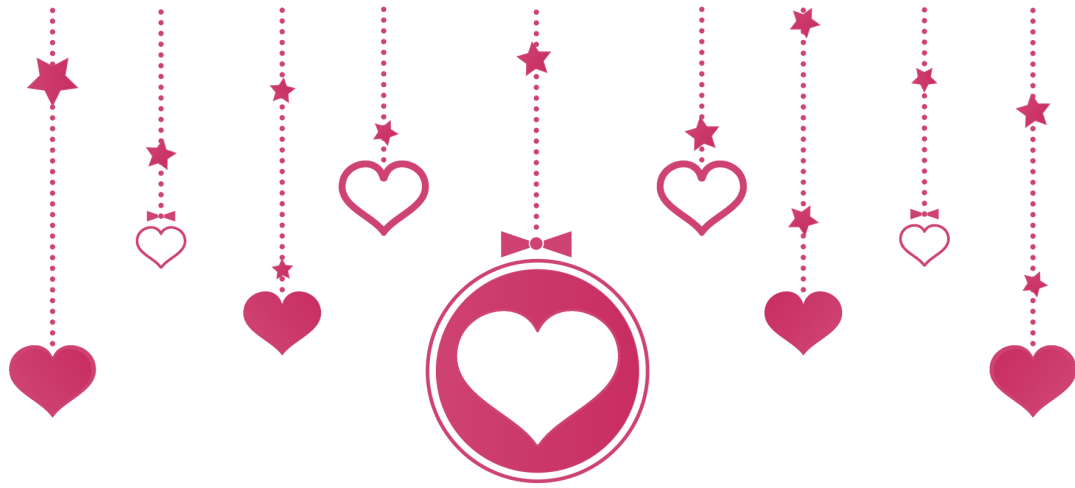
To bake, heat oven to 190C/170C fan/gas 5. If the mix is at room temperature, place evenly spaced spoonful on parchment-lined baking sheets, allowing 2 tablespoons for each cookie. If the mix is fridge cold, you can roll it into 40g balls before baking.

Step 3

Bake for 12-15 minutes until spread out and crusty around the outside. Leave to cool slightly and enjoy warm, or leave to cool completely and eat cold. The biscuits will keep in a tin for three days.







February Quiz Answers

- 1 Dom Perignon.
- 2 Romeo and Juliet.
- 3 Red roses.
- 4 Chocolates.
- 5 February 14th
- 6 Cupid.
- 7 Venus.
- 8 On your sleeve
- 9 Tomato
- 10 Oscar Wilde
- 11 Aquarius
- 12 He marries her
- 13 Violet
- 14 Ash Wednesday
- 15 Pancakes are associated with Shrove Tuesday, the day preceding Lent, because they are a way to use up rich foods such as eggs, milk, and sugar before the fasting season of the 40 days of Lent.



Hits from the Blitz Answers

1. Run, rabbit, run
2. Hang out the washing on the Siegfried line
3. The white cliffs of Dover
4. Hey, little hen
5. This is the Army, Mr Jones
6. Sing as we go
7. The fleet's in port again
8. Mad dogs and Englishmen go out in the midday sun
9. Everything stops for tea
10. Goodnight sweetheart

Name the bird answers:

1. Pheasant
2. Curlew
3. Corn Bunting
4. Nightingale
5. Spoonbill
6. Kittiwake
7. Toucan
8. Kingfisher
9. Nightjar
10. Waxwing
11. Nuthatch
12. Magpie

