



Issue 3 February 2021

# Happy News

from Workbridge

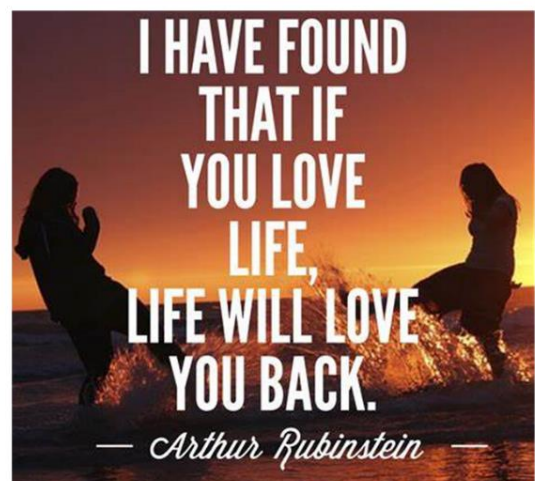
*"You have the power to change someone's day with your smile."*

*Full to the brim with activities and positive stories, made by the Workbridge Team!*

A giraffe that got stuck in flood water in Kenya was floated to safety by boat.



*He's happy to be back on dry land!*



**Keep going!**

We hope you enjoy this activity pack and we will be in touch again soon.



Man with metal detector finds gold figurine in Northamptonshire field... but could it be part of King Henry 8th's crown?

[www.bbc.co.uk](http://www.bbc.co.uk)



**Chat with Workbridge staff during lockdown**

**Call us in the week on 01604 872770**

# Activity Pack

February 2021 Issue 3



**Activities and information on...**

## **YOUR WELLBEING**

(page 3)

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## **PUZZLES, TRIVIA & GAMES**

(page 6)

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## **CRAFTS & TASTY RECIPES**

(page 9)

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## **RESOURCES -**

Useful information (page 18)

## YOUR WELLBEING:

### Why Not Try Some Mindfulness Breathing?

#### *Preparation*

Sit or lie in a comfortable position. You may choose to close your eyes or keep them open, if you are feeling tired it may be useful to let just a little bit of light in to keep you alert.

#### *The Breath*

Begin by gently moving your attention onto the process of breathing. Notice the sensations of each breath as it happens, whether you focus on the rise and fall of your chest or abdomen, or on the feeling of the breath at the nostrils. Really feel what it is like to breathe, just observing it as it happens.

As you engage in this exercise you may find that your mind wanders, caught by thoughts or by noises in the room, or bodily sensations. When you notice that this happens, know that this is okay, and simply notice the distraction but gently bring your attention back to the breath.

#### *Ending the exercise*

Take a few moments to yourself, connecting with your experience in the present moment. Expand your awareness from the breath into the space around you, and as you feel comfortable to do so, opening your eyes and bringing the exercise to a close.

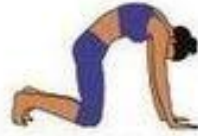
#### *Reflections*

Take a few moments to think about what your experience was in this exercise, and how you feel in the present moment.

## Yoga poses...



Child's pose



Cat Pose



Cow Pose



Downward Dog



Mountain Pose



Side Stretch



Back Bend



Forward Fold



Chaturanga



Cobra Pose



Downward Dog



Warrior I



Pyramid pose



Warrior III



Yogi Squat



Seated Twist



Forehead to Knee



Savasana



## Mindful Colouring.....



# PUZZLES, TRIVIA AND GAMES

## Try this Book Lovers' Word search

AMAZON  
ANTAGONIST  
AUTHOR  
BESTSELLER  
BLOG  
BLURB  
BOOKMARK  
BOOKSTORE  
CHAPTER  
CHARACTER  
CLASSIC  
CLIMAX  
CONTENTS  
COVER  
DESIGNER  
EDITION  
EDITOR  
FANTASY  
FICTION  
FONT  
GLOSSARY  
GRAMMAR  
HERO  
INDEX  
ISBN  
JUSTIFIED  
KINDLE  
LEAF

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

MARGINS  
MYSTERY  
NICHE  
OUTLINE  
PAGE  
PLOT  
POEM  
POET  
PROTAGONIST  
PUBLISH  
QUOTE  
READ  
REVIEW  
ROMANCE  
SERIES  
SETTING  
SPINE  
SUSPENSE  
SYNOPSIS  
TITLE  
TRILOGY  
TYPE  
TYPO  
UNIT  
VOLUME  
WORDS  
WRITER



## Sudoku Challenge!

		6					5	2
	1		5				3	8
					1			
			6					
2			3		7	4		
		9		4				
		1						4
3					4			7
	8	2	1					3

		3				7		
	2		5					
				7		8	1	
					4			
6	7					9		
9			7	5				6
5	6						4	
			2					7
3	4		1					5

## Answers:

8	7	6	4	3	9	1	5	2
9	1	4	5	6	2	7	3	8
5	2	3	7	8	1	9	4	6
1	4	7	6	9	8	3	2	5
2	5	8	3	1	7	4	6	9
6	3	9	2	4	5	8	7	1
7	6	1	9	5	3	2	8	4
3	9	5	8	2	4	6	1	7
4	8	2	1	7	6	5	9	3

1	8	3	4	2	6	7	5	9
7	2	9	5	8	1	4	6	3
4	5	6	3	7	9	8	1	2
2	3	8	6	9	4	5	7	1
6	7	5	8	1	3	9	2	4
9	1	4	7	5	2	3	8	6
5	6	2	9	3	7	1	4	8
8	9	1	2	4	5	6	3	7
3	4	7	1	6	8	2	9	5

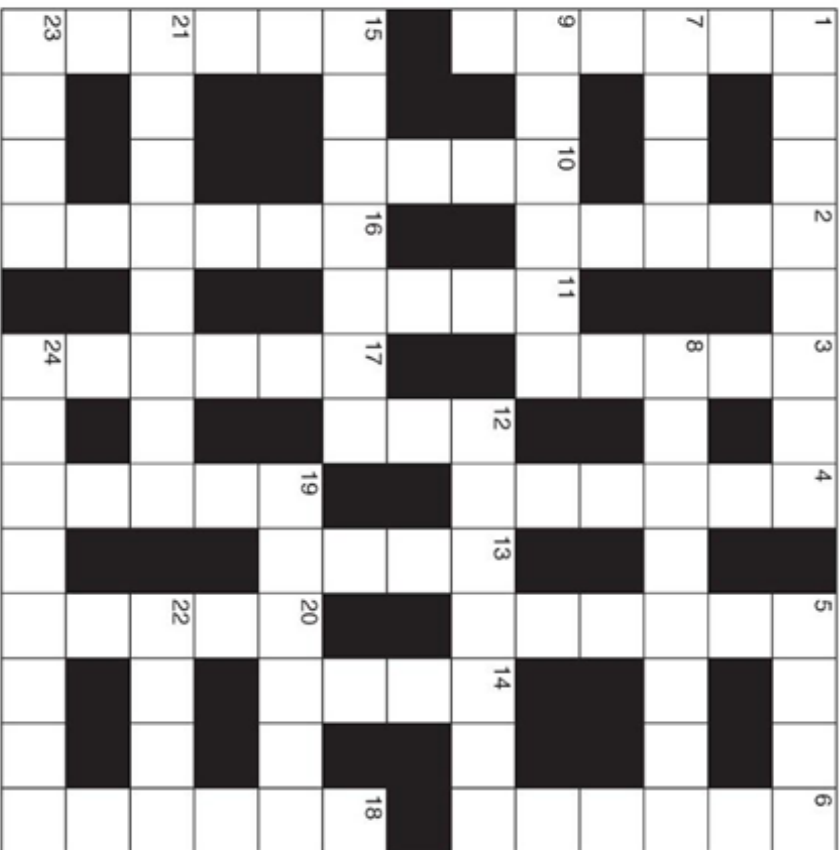
# Around The World

## ACROSS

- US volcano, Mount ... (2,6)
- Supersonic planes
- Taj Mahal city
- Cambridge & Oxford universities
- Treeless Arctic zone
- Coniferous tree found in Europe
- Vienna is there
- Croatian capital
- Peninsula in southwest England
- Manchurian river
- Central attraction of Piccadilly Circus
- Region that includes Japan, China and Korea (4,4)

## DOWN

- Roughly built settlements, ... towns
- Large African antelope
- Nasty disease named after a river in the Democratic Republic of the Congo, ... virus
- Underground train system
- City of northwest India
- People from Stockholm
- Scotland's monster lake, Loch ...
- German industrial region
- Washington-based spy group (1,1,1)
- Italy's Leaning Tower of ...
- Kuwaiti ruler



- Native American tribe
- Earth's glacial period (3,3)
- Sport played at Wimbledon
- Portugal and Spain
- West African nation

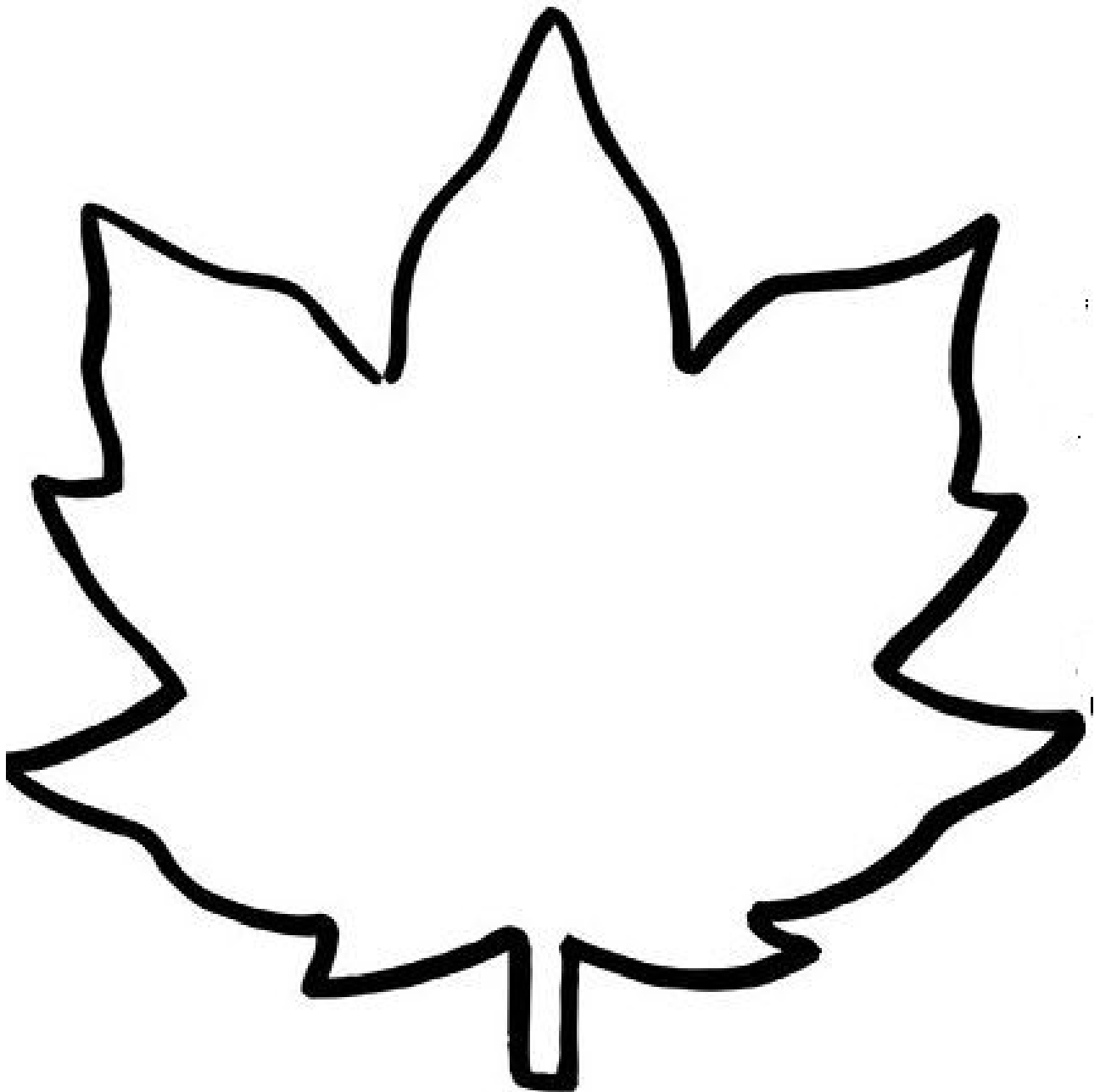
Have a Go at this Crossword.....



## CRAFTS & TASTY RECIPES

### Gratitude Tree Activity

*Cut out and write a message inside*



Leaf Template

1. Cut out the leaf template above

Blank page for leaf template

**Send your completed leaf back to Workbridge:**

Activity Packs F/A Alex Simmons, Workbridge, The Braye Centre, Northampton,  
NN4 7AD



2. Write a message for something that you are grateful for on your paper leaf.

3. Send your leaf into Workbridge staff to display it when you return.

## Two-minute breakfast smoothie



Prep: 2 mins

Easy

Serves 2

Whizz up a low fat breakfast smoothie in no time. Use banana with other soft fruit, plus honey for a little sweetness and oats for slow-release fuel

## Ingredients

1 banana

1 tbsp porridge oats



80g soft fruit fresh or frozen (whatever you have - strawberries, blueberries, mango all work well)

150ml milk

1 tsp honey

1 tsp vanilla extract

## Method

### STEP 1

Put all the ingredients in a blender and whizz for 1 minute until smooth.

### STEP 2

Pour the banana oat smoothie into two glasses to serve.

## Veggie toad-in-the-hole



Prep: 10 mins

Cook: 40 mins

Plus resting the batter

Easy

Serves 4

Use vegetarian sausages to make this veggie toad-in-the-hole  
Serve with vegetables and veggie gravy

## Ingredients

2 tbsp oil	<b>For the batter:</b>
8 vegetarian sausages	4 medium eggs
	325ml semi skimmed milk
	250g plain flour

## Method

### STEP 1

To make the batter, beat the eggs and milk together in a bowl, add 1 tsp salt, then beat again and leave to stand for 30 mins. Tip in the plain flour and beat well with a whisk until smooth.

### STEP 2

Heat oven to 220C/200C fan/gas 7. Pour 2 tbsp oil in a roasting tin, coat the sausages in the oil and roast them in the oven for about 8-10 mins.

### STEP 3

Stir the batter, then remove the tin from the oven and pour the batter over the hot oil and sausages. Put the tin back in the oven and cook for 10 mins, then turn the temperature down to 180C/160C fan/gas 4 and cook for a further 25-30 mins or until the batter is golden brown and cooked through.

### STEP 4

Test with a knife in the centre to check it's cooked. If the knife is fairly clear then the batter is cooked. If not cook for a few minutes longer.

## Carrot and Oatmeal Cookies



Preparation time: 20 minutes

Cooking time: 12-14 minutes

Total time: 34 minutes

12-14 cookies

### Ingredients

120g butter, softened	$\frac{1}{2}$ tsp ground cinnamon
100g light brown soft sugar	$\frac{1}{4}$ tsp ground ginger
50g caster sugar	$\frac{1}{4}$ tsp baking powder
1 x Egg	$\frac{1}{4}$ tsp bicarbonate of soda
125g plain flour	75g carrots, peeled
125g rolled oats	50g walnuts, finely chopped

### Method

1. Combine the butter and both sugars in a bowl. Beat for a few minutes then add the egg and mix again.
2. In a separate bowl, mix together the flour, oats, cinnamon, ginger, baking powder and bicarbonate of soda. Once combined, add to the wet mixture and mix until a thick dough forms.
3. Grate the carrots and put into a sieve, then squeeze firmly over the sink to remove some moisture. Add the squeezed carrots to the cookie dough with the walnut pieces, then stir. Chill the dough, covered, for at least 30 minutes.



4. Preheat the oven to 180°C, gas mark 4 and line 2 large cookie sheets or baking trays with baking parchment. Use a dessert spoon to scoop balls of dough and roll between your hands to shape. Arrange on the baking tray, allowing room to spread out.

5. Bake the cookies for 12-14 minutes for soft cookies. Allow to cool briefly on the tray, then transfer to a cooling rack to cool completely.

**TIP:** Adding dried fruits makes a lovely addition to these cookies.

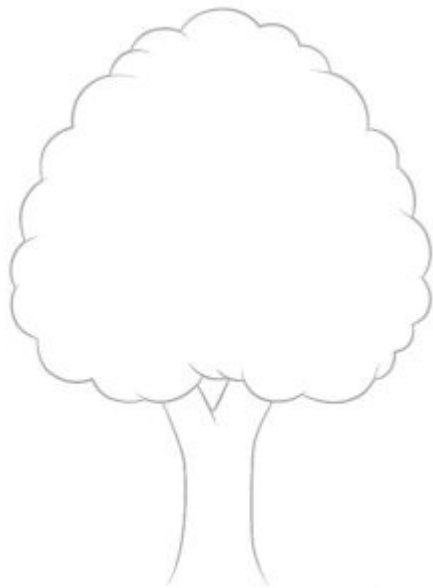
## Art Project: How to Draw a Tree in 6 easy steps



### Step 1: Draw the Tree trunk

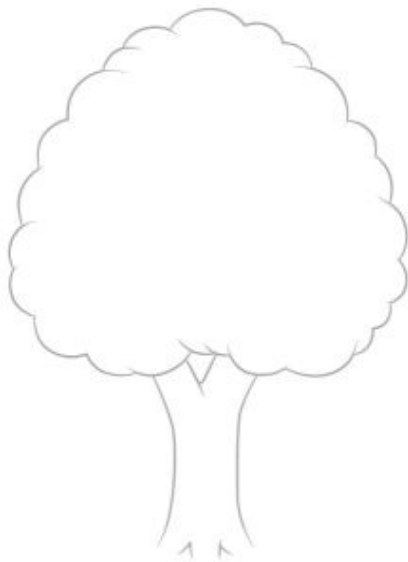
Start the drawing of the tree with the trunk (leave enough room for the top half of the tree branches and leaves).

Draw it splitting into two large branches near the very top. Make one slightly thinner and one slightly thicker so that the tree looks a bit more natural.



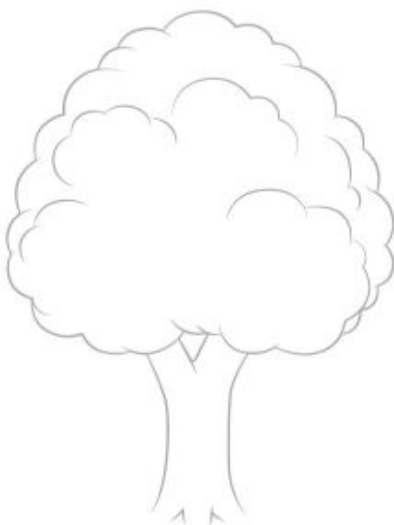
### **Step 2: Add the tree top**

Outline and draw the leaves as a sort of cloud shape above the trunk. Draw the entire top of tree in small curves of slightly varying size.



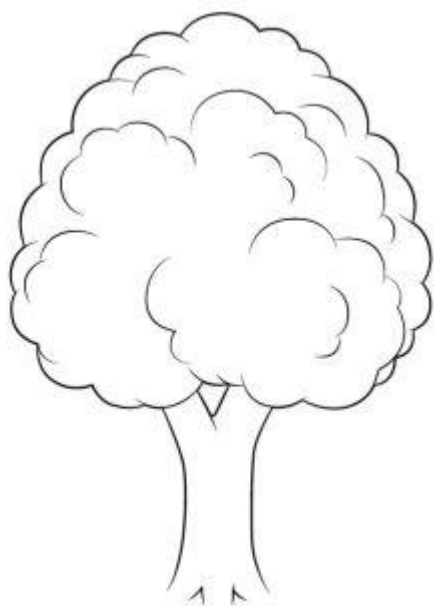
### **Step 3: Draw the roots of the tree**

At the bottom of the trunk add a hint of the roots by draw a few lines to split it up.



### **Step 4: Add the tree leaves**

By drawing inside the outline of the leaves draw a few more sets of curves (sort of like smaller clouds) to give the tree some more "volume".



### **Step 5: Finally to finish the tree drawing**

Add a few even smaller curves inside the tree top and go over the drawing with darker pencil lines. Note that it looks a bit like a broccoli.



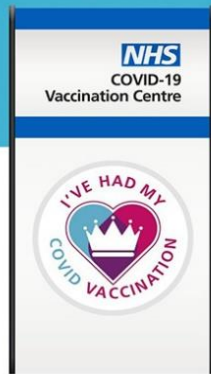
### **Step 6: Colour the Tree**

Finish off the drawing by adding some colour to the tree. Just make the leaves green and the trunk brown. You can do this with coloured pencils, felt tips or paint.



## RESOURCES - TV, INTERNET, BOOKS & RADIO

# Coronavirus Vaccine



**Protect yourself and others by getting the COVID-19 vaccine when it is your turn**



**1**  
Wait for a phone call or letter from your GP



**2**  
Phone the number on the letter to book an appointment



**3**  
Make a note of when and where to go



**4**  
It may be at hospital, GP, a pharmacy or a Vaccination Centre



**5**  
On the day, make sure you are on time



**6**  
Talk about any worries or concerns



**7**  
Sign the consent form if you agree to be vaccinated



**8**  
The injection will all be over quickly



**9**  
Wait 15 minutes to make sure you don't have a bad reaction



**10**  
You will get a card telling you when to come back



**11**  
Make sure you go to your second appointment



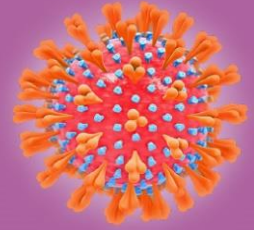
**12**  
It takes a few weeks for the vaccine to protect you - keep wearing a mask



**Remember - It takes two doses to be fully protected**

# Coronavirus

## Being on your own



If you are on your own make sure you have

- \* Food and supplies
- \* Medicine
- \* Phone credit
- \* Support

## Taking care



Get a food delivery to your home



Keep in touch with people



Do things you enjoy - music, puzzles, films

Exercise if you feel well enough

Don't be afraid to ask for help!



**Coronavirus symptoms?**

**Do not visit A&E or your GP**  
**Stay at home and call 111**

**If life is in danger call 999**



## Coronavirus

**Wash your hands with soap and water more often for 20 seconds**



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.  
Dry hands thoroughly.



## Lockdown Learning - BBC Bitesize

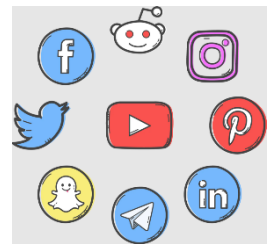
The BBC is bringing hundreds of educational resources together to help keep our minds active as the third national lockdown gets under way.



On TV



Online



social media

Aimed at all ages and abilities, there's lots of brilliant content to help you learn at home.

Find out more at:

[www.bbc.co.uk/iplayer/search?q=bitesize+daily](http://www.bbc.co.uk/iplayer/search?q=bitesize+daily)