

# Activity Pack

January 2021 Issue 1



# **What's in this Pack:**

**Activities and information on...**

## **YOUR WELLBEING**

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## **PUZZLES, TRIVIA & GAMES**

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## **CRAFTS & TASTY RECIPES**

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**TV, INTERNET, BOOKS & RADIO**

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# YOUR WELLBEING: MENTAL AND PHYSICAL HEALTH



## Try These Positive Thoughts & Affirmations

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome



## Calm Your Body and Mind with These Yoga Moves



## How About Getting Out in Nature in a Mindful Way....



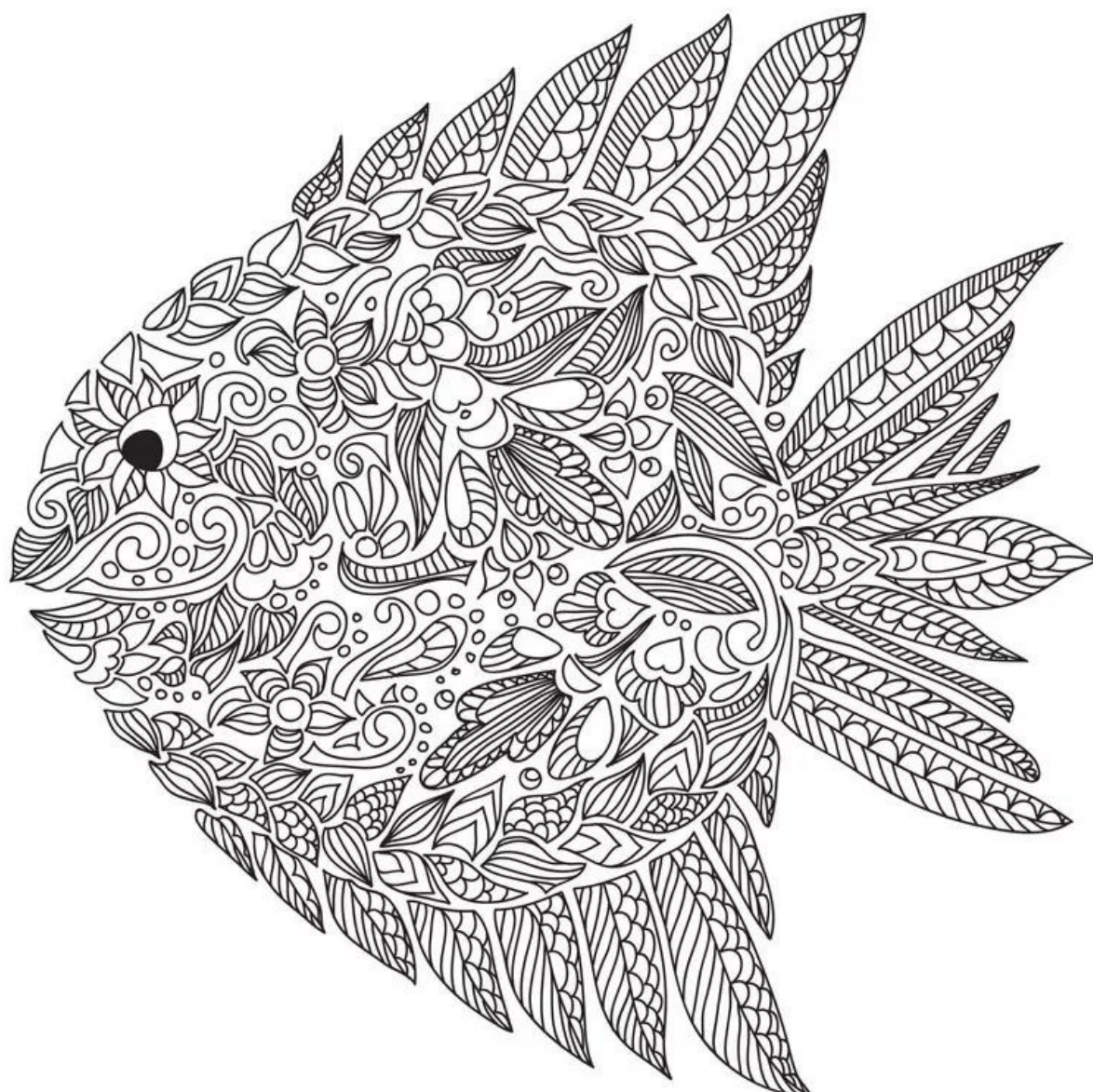
We walk every single day. But generally, we are in so much of a hurry to get to one place or another that we don't really notice much of what is around us. However, when we make the intention to be really present, we can see, hear, feel, and experience more of our environments than we ever do otherwise.

### **What to do:**

- Find a time and place that you can go for a short walk undisturbed and unhurried.
- Set your intention before you begin while taking a few deep breaths. This is not a usual walk, but a mindful walk.
- Walk your route at a slow, easy pace. When you begin walking, bring your awareness to all the sensations you can notice. Is the air warm or cold? Is there a breeze or is it still? What sounds do you hear around you? Birds? Cars? Voices? What are the colours and textures that you see? Allow yourself to fall into a state of curious wonder about your environment and all that makes it up.
- Whenever you get distracted by other thoughts, simply return to one of your senses and notice whatever you can about the present moment.



**Mindful Colouring-in... grab a pen and get colouring!**









# PUZZLES, TRIVIA AND GAMES

## Wellbeing Wordsearch

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

COMFORT	CONTENTMENT	EMPOWERMENT
ENJOYMENT	FRIENDSHIP	HAPPINESS
HEALTHY	HOPE	JOY
LOVE	POSITIVITY	PROSPERITY
SAFETY	TRANQUILLITY	VITALITY

## Find the Objects





## January Quiz

1. The month of January was named by the Romans after which Roman God?  
A. Apollo                      B. Janus                      C. Vulcan
2. What was Janus the Roman God of?  
A. Beginnings and Endings    B. Thunder, Lightning and Storms  
C. Fire
3. What is the Birthstone (Gemstone) of January?  
A. Ruby                      B. Diamond                      C. Garnet
4. What are the two horiscope or zodiac signs of January?  
A. Capricorn and Aquarius    B. Pisces and Aries  
C. Scorpio and Sagittarius
5. Name a plant that flowers between January and April?  
A. Pansy                      B. Rose                      C. Snowdrop
6. How many people form a team in Bobsleigh racing?  
A. 6 or 8                      B. 2 or 4                      C. 3 or 5
7. What is a Piste?  
A. Downhill Ski Trail    B. Ice Hockey boot    C. Ski Jump
8. In which country did Ice Hockey originate?  
A. Russia                      B. Norway                      C. Canada
9. In which year were the first Winter Olympics held?

A. 1924      B. 1944      C. 1964

10. The song lyric "January, Sick and tired you've been hanging me" are by which group?

A. Landing Gear      B. Pilot      C. Air Hostess

11. What song is traditionally sung to ring in the New Year?

A. God Save the Queen      B. Hope of Land and Glory

C. Auld Lang Syne

12. Which city became the first in the world to be lit by gaslight in January 1807?

A. London, England      B. Paris, France

C. New York, America

13. Which months are generally the coldest months in the UK?

A. December and January      B. January and February

C. October and November

14. What is January's Full Moon is often called?

A. The Wolf Moon      B. The Coyote Moon

B. The Bear Moon

15. Name the only three mammals in the U.K. that hybernate in the winter?

A. Bees, Butterflies and Beetles

B. Squirrels, Beavers and Frogs

C. Hedgehogs, Dormice and Bats

16. What do we call the state when animals sleep during the Winter ?  
A. Hibernation   B. Migration   C. Radiation
17. How long does winter last in the Northern hemisphere  
A. September to December   B. November to January  
C. December to March
18. Who released a "A Winters Tale" which reached number 2 in the 1983 UK charts ?  
A. David Cassidy   B. David Essex   C. David Bowie
19. Do snowflakes always have 6 sides?  
A. True   B. False
20. The single 'Frozen' was released in 1998 by which music artist?



Answers:

1. B. Janus
2. A. Beginnings and Endings
3. C. Garnet
4. A. Capricorn and Aquarius
5. C. Snowdrop
6. B. 2 or 4
7. A. Downhill Ski Trail
8. C. Canada
9. A. 1924
10. B. Pilot
11. C. Auld Lang Syne
12. A. London, England
13. B. January and February
14. A. The Wolf Moon
15. C. Hedgehogs, Dormice and Bats
16. A. Hibernation
17. C. December to March
18. B. David Essex
19. A. True
20. B. Madonna

## January Anagram Quiz

January anagram quiz - the following words are jumbled up versions of January and fitness related words and phrases. Can you work out what they are? You may need help with some words so don't forget to ask for help when needed.

1. ANYJURA
2. TWINER
3. FORTS
4. EREXCISE
5. WEN REAY
6. NESSFIT
7. CARINCORP
8. RIFTS NOMTH
9. IKINGS
10. BOBELSIGH
11. CIE TAKINGS
12. WEN S'REAY ERSOLUTION
13. LOAG
14. TOH HOCCOTALE
15. POUS

Answers:

1. JANUARY
2. WINTER
3. FROST
4. EXERCISE
5. NEW YEAR
6. FITNESS
7. CAPRICORN
8. FIRST MONTH
9. SKIING
10. BOBSLEIGH
11. ICE SKATING
12. NEW YEAR'S RESOLUTION
13. GOAL
14. HOT CHOCOLATE
15. SOUP





## How to make: Succulents in Mason Jars (or jam jars)



Simple Mason jar terrariums make great gifts. Mason jars are a perfect planter for quirky succulents. These drought tolerant plants come in so many varieties and colours and sizes. Succulents are very low maintenance.

**To make your own, here is what you will need: (see picture)**

- A Mason jar or used jam jar clean and dry
- Rocks or small pebbles or fine gravel
- Compost
- Succulent plants in different shapes or colours
- Moss for decoration (optional)



**Step 1:**

Place a few rocks or pebbles at the bottom of the jar. Placing the rocks or pebbles at the bottom of the jar followed by planting soil.

**Step 2:**

Add succulent plants to a mason jar by gently placing one of your larger succulent stems in the middle of the jar. Lightly pack it into the soil to hold it in place.

**Step 3:**

Take the other smaller succulents and carefully position them around the larger succulent being used as the centre focal point.

**Step 4:**

Repeat until the surface of the mason jar is nearly full.

**Step 5:**

Continue building around the succulent in the centre of the jar but do not overfill. Once filled, use the moss or small rocks to fill in any spaces not taken up by succulents.

**Completed Project:**

You can wrap some ribbon or string around the jar. You can spruce up the jar however you'd like by adding any type of ribbons or even some paint to the jar, and give as a gift.



## Luxury Hot Chocolate with Marshmallows

Prep: 2 mins

Cook: 5 mins

Easy

Makes 4 mugs or 6 cups

A real treat for chocolate lovers - use 70% cocoa solids or milk chocolate depending on how chocolately you like it.



### Ingredients

600ml milk

142ml pot double cream

100g chopped chocolate

### Method

1. Pour the milk, double cream and chopped chocolate into a pan.
2. Bring gently to the boil, whisking until smooth.
3. Serve in individual cups or mugs topped with mini marshmallows and a little grated chocolate.

## Root vegetable soup



### Preparation time

25 mins

### Cooking time

30 mins to 1 hour

Serves 4

You can use any hard, starchy root vegetables you like for this simple root vegetable soup. Carrots, parsnips, sweet potatoes, squash and celeriac all work well. Serve with warm crusty bread.

## Ingredients

2 tbsp oil (any type)

2 onions, roughly chopped

800g/1lb 12oz root vegetables, any kind (see tip below), peeled and cut into roughly 2cm/ $\frac{3}{4}$ in chunks

2 garlic cloves, thinly sliced

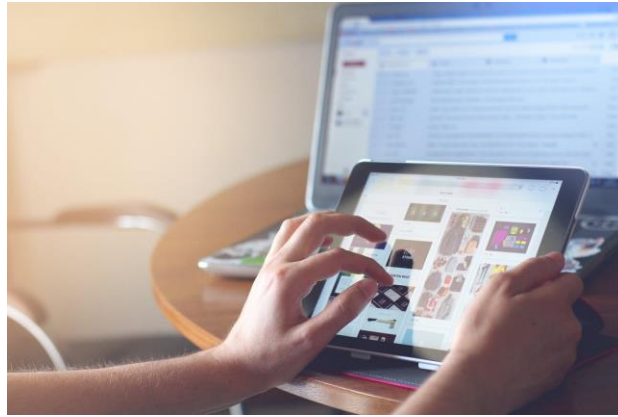
2 chicken or vegetable stock cubes

ground black pepper

freshly chopped parsley, to serve (optional)

## Method

1. Heat the oil in a large non-stick saucepan and gently fry the onions for 6 to 8 minutes, or until softened and beginning to brown, stirring regularly.
2. Add the vegetable chunks and cook for 5 minutes more, stirring occasionally. Stir in the garlic and cook for a minute.
3. Crumble in stock cubes and add 1 litre/ $1\frac{3}{4}$  pints water and bring to the boil. Reduce the heat to a simmer, cover the pan loosely with a lid and cook for about 20 minutes or until the vegetables are very soft, stirring occasionally.
4. Blend the soup with a stick blender until very smooth and season with plenty of ground black pepper. Add a few splashes of boiled water if the soup is too thick.
5. Spoon into bowls, garnish with fresh herbs, serve with bread.



# RESOURCES - TV, INTERNET, BOOKS & RADIO



## COVID - What are the Lockdown Rules in England?

From 5 January 2021, England is in a national lockdown.

### New Lockdown Rules for England.



Stay at home - only leave for work, essential shopping, exercise or medical appointments.



Exercise - you are allowed to exercise once a day, in your local area.

You can exercise on your own, or with people in your household or support bubble.



No household mixing indoors or outdoors except with people in your support bubble or childcare bubble.



Schools are closed, except for vulnerable pupils and children of key workers.

Some schools and universities are offering teaching online.



Non-essential shops, and leisure and entertainment venues are closed.

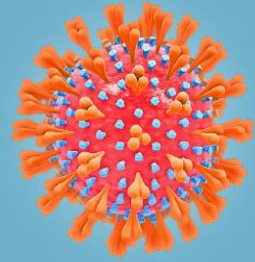


Pubs and restaurants are closed, but takeaway food is allowed.

Source: Gov.UK

# Coronavirus

## Back in lockdown



Covid is spreading fast.  
We are back in lockdown  
and must all stay at home.  
Only go out for

- \* Food shopping
- \* Exercise and wellbeing
- \* Health or care needs
- \* Work if you need to

**If you do go out  
be careful**



Wear a face  
mask to help  
stop spreading  
coronavirus



Keep your  
distance from  
other people



Wash your  
hands to kill  
Covid germs



Get back  
home quickly

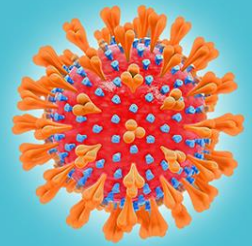


**If you feel unwell  
Stay at home  
Call 111 or your GP  
If life is in danger call 999**



# Coronavirus

## Keeping safe



**Coronavirus or Covid-19** is the illness spreading across the world.

Look out for the signs

- \* **High temperature**
- \* **New cough**
- \* **Loss of taste or smell**

**Don't spread it**



**Wash your hands well**



**Wear a face covering**



**Keep your distance from people**

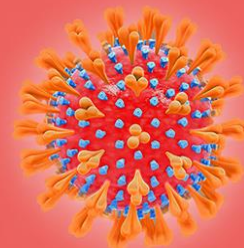


**If you feel unwell  
Stay at home  
Call 111 or your GP**  
**If life is in danger call 999**



# Coronavirus

If you get ill



If you have signs of coronavirus

- \* Stay home for 10 days
- \* Get a test
- \* People you live with must also stay home

## Self isolation



Ask someone to do your shopping

Closed

Tell people not to come in your house or room



Keep toilets, bathrooms and towels clean



Wash your hands a lot



If you feel unwell  
Stay at home  
Call 111 or your GP

If life is in danger call 999



HM Government



## 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.

CORONAVIRUS

**PROTECT  
YOURSELF  
& OTHERS**

**Northamptonshire Adult Learning Service**  
**Wheel of Wellbeing Virtual Workshop Weekend**  
**January 16<sup>th</sup> – 17<sup>th</sup> 2021**



**The Learning for Wellbeing Team** are pleased to launch a weekend of workshops introducing practical, physical and creative ways to support mental health and wellbeing.

A choice of live and recorded options offers the freedom to fit sessions around your weekend commitments.

All sessions incorporate elements of the **Five Ways to Wellbeing**, focusing on the body, mind, environment, people and spirit, to help boost your wellbeing.

There are lots of short sessions over the weekend, including Dance, Pilates, Arts and Crafts, Cookery, Singing, Mindfulness, all of which are **free to access** via Zoom online.

For more information and to book courses, visit:

[www.northamptonshire.gov.uk/councilservices/children-families-education/adultlearning](http://www.northamptonshire.gov.uk/councilservices/children-families-education/adultlearning)

and search "**WW20**" If you need help accessing Zoom or booking sessions, please contact [alsreferrals@northamptonshire.gov.uk](mailto:alsreferrals@northamptonshire.gov.uk) or call 01604 368023





## **Relaxed Sing-a-longs!**

**January 16<sup>th</sup> 2021**

On Saturday 16th January, the Northamptonshire Music and Performing Arts Trust (NMPAT) are hosting their first online Relaxed Sing-a-long of the year!

**The session starts at the usual time of 10:30am, using Zoom.**

These **FREE** sessions have been designed with SEN children in mind, but the sessions are also very much open to all the family... both young and old.

Our team of specialist artists lead you through a wide range of different songs to suit all ages, abilities and interests.

A signer is also present at the session and Makaton symbols are used to help understand the meaning of the song and follow the lyrics.

We encourage parents and carers to help us make the songs more engaging and exciting by using lots of props... sometimes we just use things you can just find around the house.

Once you've registered for the session, we'll send you out a list of what you can use for the session. But don't worry if you can't get hold of everything. The important thing is just to get online with us and have fun!

For more information, and to register, please contact Simon Steptoe: [ssteptoe@nmpat.co.uk](mailto:ssteptoe@nmpat.co.uk)





## Join the RSPB for the Big Garden Birdwatch

**January 29 – 31 2021**

Spend an hour counting the birds in your garden, from your balcony or in your local park – and tell the RSPB what you saw. Simple!



### **How to Take Part:**

#### **Pick a time**

You can choose any hour between 29 and 31 January, so whether you're an early bird or a night owl, you can still take part.



#### **Note down what you see**

Count the birds that land in your garden or park, or on your balcony. Ignore birds that are flying. Just record the highest number of each bird species at any one time – not a running total.

#### **Submit your results**

Online: You can submit your results online at [rspb.org.uk/birdwatch](https://www.rspb.org.uk/birdwatch) from January 29<sup>th</sup> to February 19<sup>th</sup>. By post: If you'd rather send your results by post, use the submission form below. Please post your results before February 15<sup>th</sup>.



To find out more, or sign up online, visit:

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>

10.30am -12pm

£10 per  
session

# Wildlife & Well-Being

Irchester Country Park

2nd and 4th Monday  
each month

Parking  
included

Free  
Carer  
Spaces

## Nature based sessions for adults with additional needs



Email [Educationrangers@northamptonshire.gov.uk](mailto:Educationrangers@northamptonshire.gov.uk)  
for further details

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