



Workbridge Activity Pack

Issue 9

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Autumn Wordsearch

Instructions: Try to find all of the hidden Autumn/Fall words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)

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

Word List

ACORN	FALL	PEARS
APPLE	HARVEST	PUMPKIN
BROWN	NUT	SCARECROW
COZY	ORANGE	SWEATER

Here's a few of the first pumpkins grown by service users at Workbridge Garden Centre....



September and Autumn Quiz

1. Name the Gemstone for the month of September.

A. Sapphire

B. Emerald

C. Amber

2. Who released the top ten hit in 1978 called "September"?

A. Fire, Snow & Ice

B. Earth, Wind & Fire

C. Wind, Gale & Blizzard

3. What famous world championship is held every year in October in county of Northamptonshire, England?

A. Chestnut

B. Acorn

C. Conker

4. During which month does summer end and Autumn begin?

A. October

B. November

C. September

5. In Autumn do you turn the clocks forward or back?

A. Back

B. Forward

6. Which month do Americans celebrate Thanksgiving?

A. September

B. November

C. October

7. Squash is harvested in the Autumn.

Which of these is not a variety of squash?

A. Spaghetti

B. Summer

C. Aubergine

8. Why do the leaves change colour in Autumn?

A. The leaves lose chlorophyll and other pigments are exposed when the weather turns cold.

B. Because they look pretty.

C. No particular reason

9. Which of these animals hibernate in the Autumn in the UK?

A. Hedgehogs

B. Bees

C. Bats

D. All of them

10. Why do certain animals hibernate in the Autumn?

A. Because they are tired

B. Because food supplies become scarce during the winter months.

11. Every year we have a Harvest festival in our schools and churches. Do you know why?

A. All B. It's a celebration of food grown on the land.

C. Its traditionally held on or near the Sunday of the harvest moon.

D. Its giving thanks for successful harvests since Pagan times.

E. Its celebrated by singing, praying, and decorating churches with food, usually during September or October.

12. What day is Halloween celebrated every year?

A. 29th

B. 31st

C. 30th

13. Where did the tradition of Halloween originate from?

A. The Harvest Festival

B. The World Conker Championships

C. The tradition originated from an ancient Celtic festival where people lit bonfires and wore costumes to ward off ghosts.

14. What was the evening before Halloween known as?

A. All Hallows Eve

B. Jack 'O Lantern Eve

C. Pumpkin Eve

15. Where do Pumpkins originally come from?

A. UK

B. Mexico

C. Australia

16. Are pumpkins a fruit or a vegetable?

A. Fruit

B. Vegetable

17. What is the Autumn Equinox?

A. A type of wolf

B. A phase of the moon

C. The official

beginning of Autumn (the days get shorter in the northern hemisphere).

18. Name the popular seasonal fruit in the UK at Autumn?

A. Oranges

B. Apples

C. Pineapple

19. What is a Harvest Moon?

A. The full moon closest to the Autumn Equinox

B. The full moon closest to Thanksgiving

C. The full moon closest to Harvest

20. Guy Fawkes was at the centre of which plot to assassinate King James I of England in 1605?

A. The Great Fire of London

B. The Battle of Naseby

C. The Gun Powder Plot

21. What is the traditional name for a pumpkin with a face carved into it?

A. Jack O' Lantern

B. Jake O' Lantern

C. John O' Lantern

Bonus Question:

Which song in 1973 was a hit for Bobby Pickett and the Crypt-Kickers?

A. Monsters Inc.

B. Monster Mash

C. Monster Shuffle

Answers:

1. A. Sapphire	9. D. All of them	17. C. The Official beginning of Autumn
2. B. Earth, Wind & Fire	10. B. Because food supplies become scarce during the Winter months.	18. B. Apples
3. C. Conker	11. A. All	19. A. The full moon closest to the Autumn Equinox
4. C. September	12. B. 31st	20. C. The Gun Powder Plot
5. A. Back (spring forward, autumn back)	13. C. The tradition originated from an Ancient Celtic festival where people lit bonfires and wore costumes to ward off ghosts.	21. A. Jack O' Lantern
6. B. November	14. A. All Hallows Eve	Bonus Question: B. Monster Mash
7. C. Aubergine	15. B. Mexico	
8. A. The leaves lose chlorophyll and other pigments are exposed when the weather turns cold.	16. A. Fruit	

Mindfulness Colouring

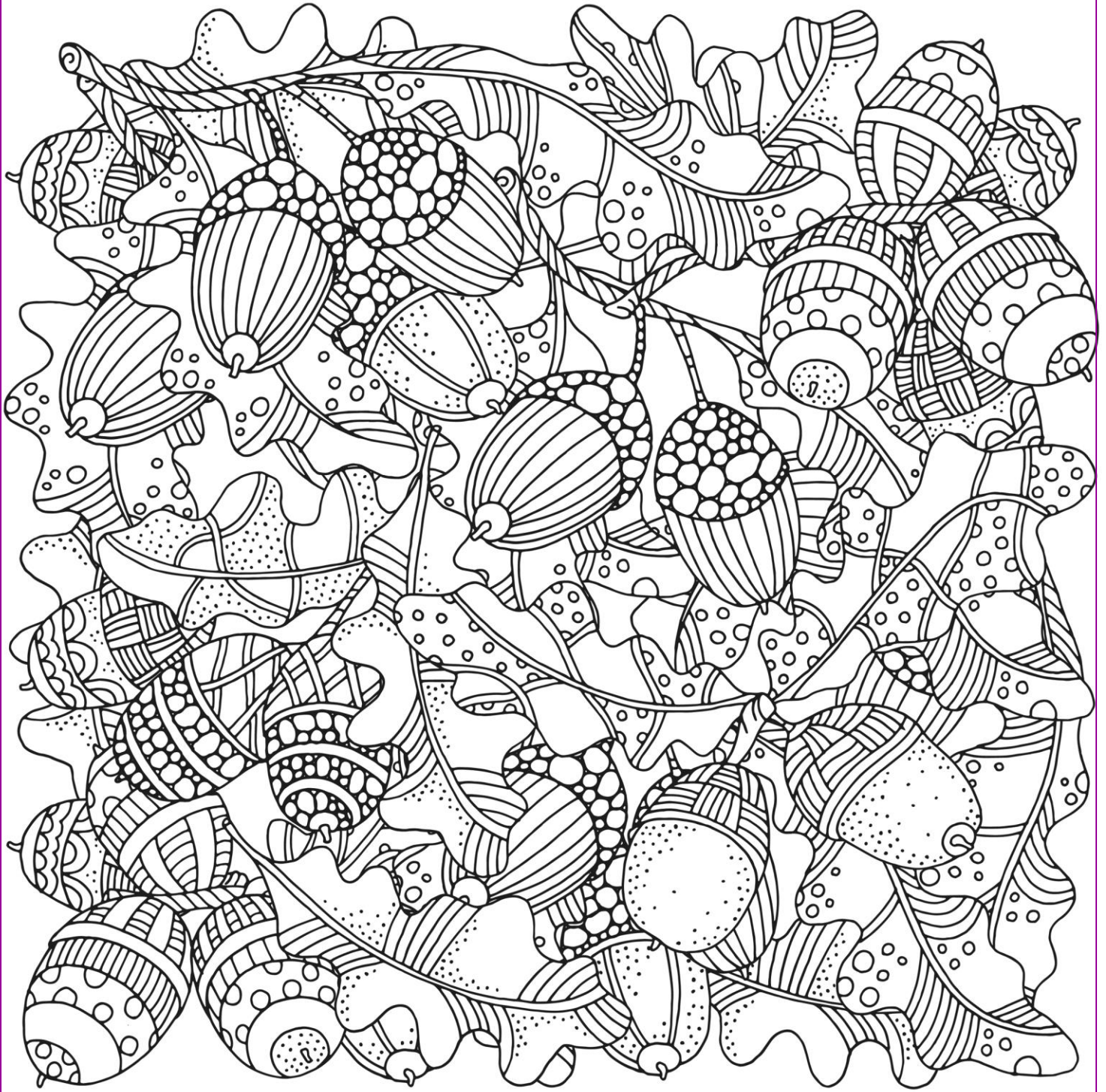


Autumn Joke:

Q: Why did the scarecrow win the Nobel Prize?

A: Because he was out-standing in his field.





Help keep the birds happy in the garden...

Make a Bird Fat Ball



Step 1:

Place your wild bird seed in a bowl. You can buy bird seed from many garden centres, pet shops and supermarkets in the pet food aisle.

Mix two parts bird seed to one part lard you can use your yoghurt pot to measure this, fill two thirds with bird seed and one third with lard.

Step 2:

Mix your bird seed and softened lard together in a large bowl. Some melt the lard in a saucepan then cool until you can safely mold it. However it may be safer to take the lard out of your fridge to bring it to room temperature. You can use spoons, some people find it easier to use your hands.

Mix the seeds into the lard to blend them together, and the fat will bind the loose seed. You're aiming for an even spread of feed through the lard to make a fat ball that will be firm once molded together.

Step 3:

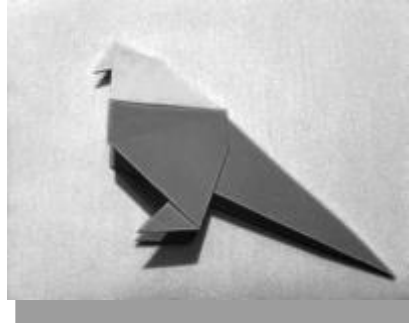
Now this part is your choice. You can either make balls or shapes that you can make using cookie cutters, which you'll then hang from string, or you can push the mix into yoghurt pots.

To make the balls you want to use your hands to shape into a ball and then cut it in half. Tie a knot in some string to make a loop, embed it and then press the ball back together.

For the yoghurt containers, poke a hole in the bottom of the pot and tie a string inside so it'll hang upside down. Then fill the pot with the mix. You can also attach the string onto the lip of the pot, if you'd rather it hang sideways.

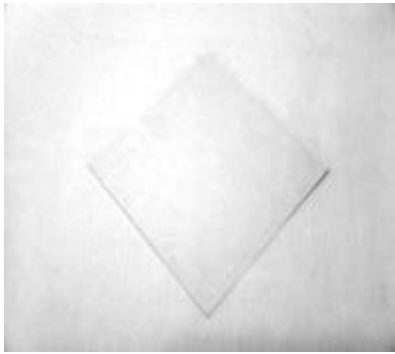
What you will need	
1 x packet of Lard soft at room temperature	1 x spoon
1 x 750g of Wild bird seed	String or twine
1 x mixing bowl	1 x empty and washed yoghurt pot or a cookie cutter

Simple Origami Raven

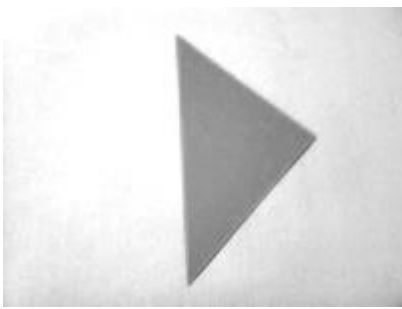


'And the Raven, never flitting, still is sitting, *still* is sitting
On the pallid bust of Pallas just above my chamber door...'

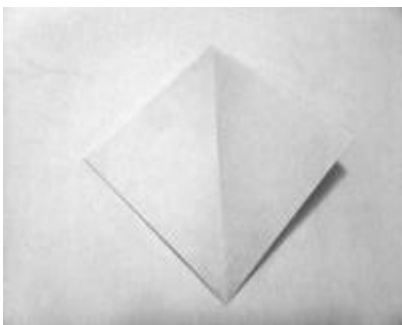
Make an origami raven for Halloween! Learn how to make this simple traditional origami raven to set a scary scene as the nights draw in.

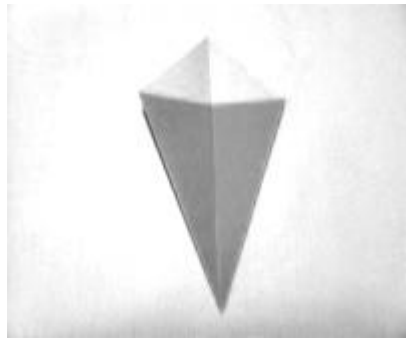


Step 1: Start with a square piece of origami paper. I recommend using real origami paper, but if you only have regular 8.5x11 paper, make sure to trim it square. The diagram shows two-sided origami paper with the lighter colour face up, but you can use plain paper if you prefer.

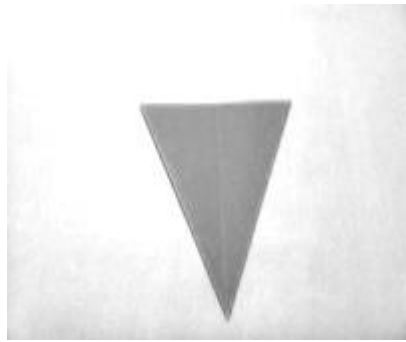


Step 2: Fold the left half to the right, corner to corner, then unfold.

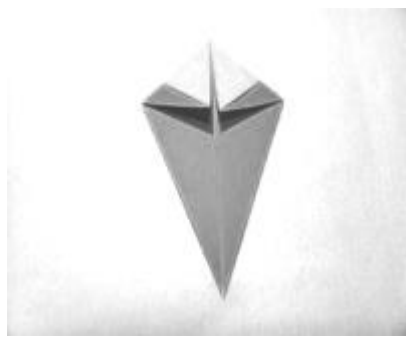




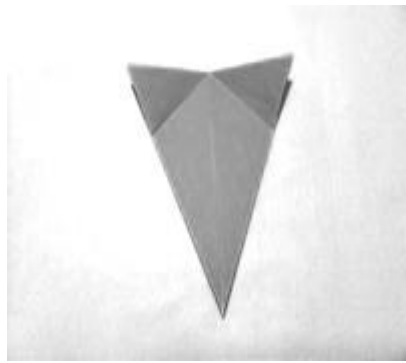
Step 3: Fold the lower half of both sides to line up with the centre.



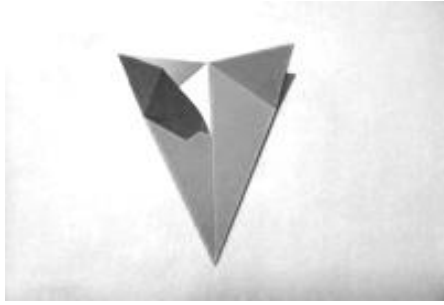
Step 4: Fold the top part back so that all you see are the previously folded flaps.



Step 5: Grab the top corners of both sides and fold them to the centre, then unfold.



Just like before, this is so we can get the crease.

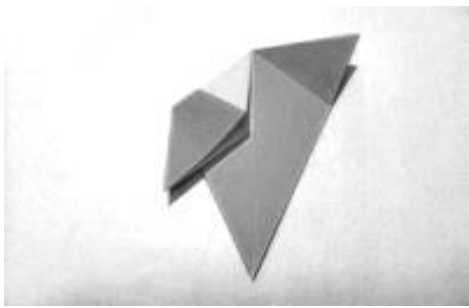


Step 8: This step is a little tricky but it's not hard.

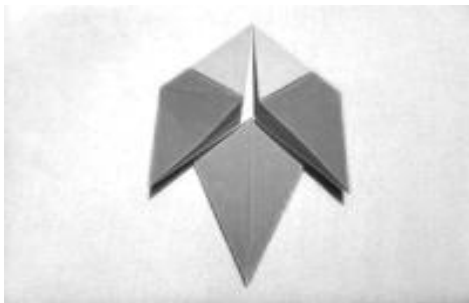
First, peel open the left flap from the centre like you see in the picture.



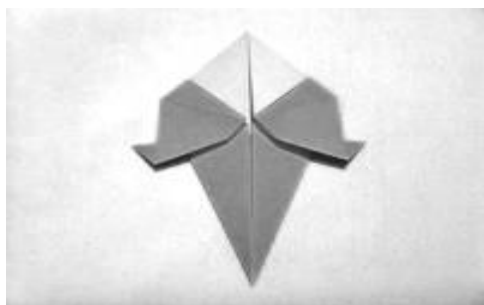
Then, take the corner of that flap and pinch both sides of it as in the second picture.



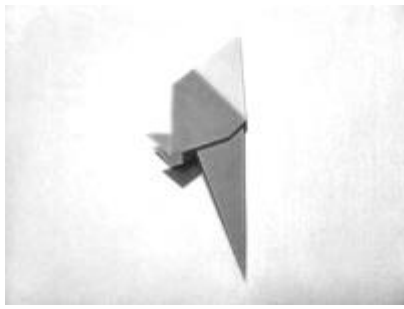
After pinching the sides together to meet at the corner continue to crease the left edge, folding the whole piece down as in the third picture in this step.



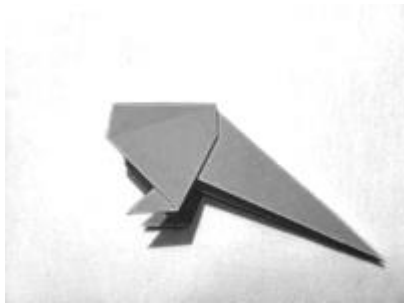
Step 9: Do the same thing to the right side and your paper should look like this.



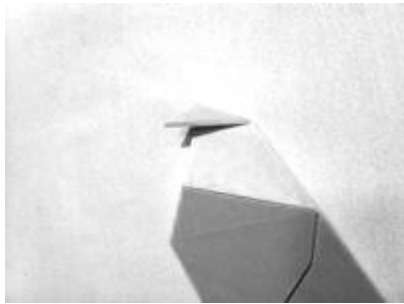
Step 10: Take the bottom corners of each flap and fold three-quarters of it backwards.



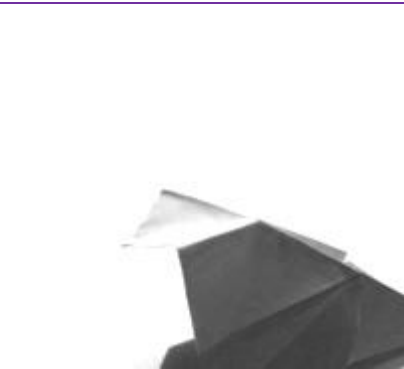
Step 11: Now fold the whole piece in half by folding the right side under the left.



Step 12: Rotate the paper anticlockwise (to the left) just a little bit and you'll see the raven taking shape.

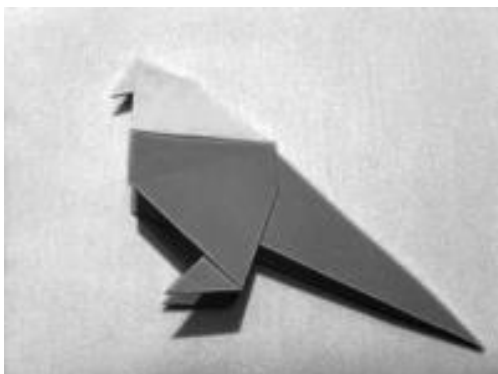


Step 13: Grab about a third of the head and fold it down sideways. This will prepare you for the next step.



Step 14: Now open the top corner so you can push the head in to where you creased it in the previous step.

Then do an inside reverse fold so the head will sink in, and crease the left and right sides together to hold it in place.



When you're done, you can stand your raven up on a ledge - as long as there is room for her tail!

This bird works well as a decoration, a fun little gift or to add interest to greeting cards.