

STAYING HOME, STAYING SAFE, KEEPING HAPPY MAGAZINE

ISSUE 2

Our Occupational Therapists from the Community Learning Disability Team have put together a short magazine to help you stay home, stay safe and keep happy. This includes some happy news and some fun activities to help you to stay active, relaxed and happy in this difficult time. Each issue there will also be a blank weekly planner you can fill in.

Some Happy News









In many countries people have been told to stay at home to try to stop the spread of coronavirus, which means far fewer people are out and about. And when humans are away, the animals come out to play!

Lots of creatures, from deer and goats to monkeys and even a puma, have been making an appearance in places you wouldn't normally expect to see them.

Some have come to big towns and cities in search of food, while others look like they're making the most of their freedom with humans out of the picture.



Daily Exercises

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p>Warrior 2 Hold for 15 seconds each side</p>	 <p>High Knees 20 times, taking turns with each knee</p>	 <p>Plank Hold for 30 seconds</p>	 <p>Forward Bend Hold for 30 seconds (You can bend your knees)</p>
FRIDAY	SATURDAY	SUNDAY	BONUS!
 <p>Squat 10 times</p>	 <p>Downward Facing Dog Hold for 30 seconds (You can bend your knees)</p>	 <p>Chair Pose Hold for 30 seconds</p>	 <p>Jumping Jacks 20 times</p>

Fun Craft Activity

Homemade Fat Cake – Bird Feed

You will need:

- Suet or lard
- Assorted nuts and seeds
- An old yoghurt pot



What to do:

1. Melt the suet or lard in a bowl (you can use vegetarian lard).
2. Mix in seeds, nuts, oatmeal, dried fruit, cheese or cake.
3. Meanwhile, make a small hole in the base of a yoghurt pot and run a string through.
4. When you tip the mixture into the yoghurt pot, be sure to run the tail of the string through the centre of the mixture so that it will be firmly fixed in the middle when set.
5. Leave in the fridge until set.
6. When the cake is set you can pop it out of the yoghurt pot and hang it in your garden. Alternatively, simply turn the pot out onto your bird table, or leave it out for birds in another container, such as a cup or empty coconut shell.

REMEMBER: Don't use cooking fat in bird feeders as the meat juices are not good for birds' feathers. Avoid margarines, vegetable oils, milk, desiccated coconut and any mouldy food. If using peanuts, salted or dry roasted peanuts should not be used. Peanuts can be toxic and kill birds, so buy from a reputable dealer to guarantee freedom from aflatoxin. You can find more guidance on what to give birds and buy bird seed mixes from the RSPB Shop.

Recipe Idea

Flapjack

You will need:

- 100g butter or margarine
- 100g soft brown sugar
- 3 tablespoons golden syrup
- 225g rolled oats
- 20cm square tin lined with grease proof paper



What to do:

1. Turn on oven 180c/350f/Gas 4
2. Melt butter with sugar and syrup in saucepan over low heat.
3. Add the oats and mix thoroughly
4. Put mixture in your tin and smooth the top
5. Bake in oven for 20-30 minutes until golden brown on top
6. Cut into slices while still warm then allow to cool completely before removing from tin.

Top tip!

Stand the tablespoon in a mug of boiling water for a minute before using to scoop out the syrup. The syrup will then slide off the spoon really easily.

More Activities

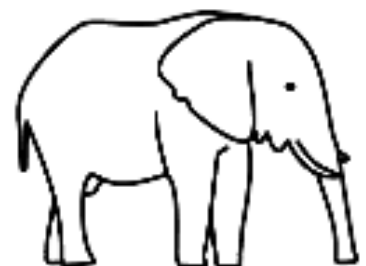
Zoo Animal Word Search

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

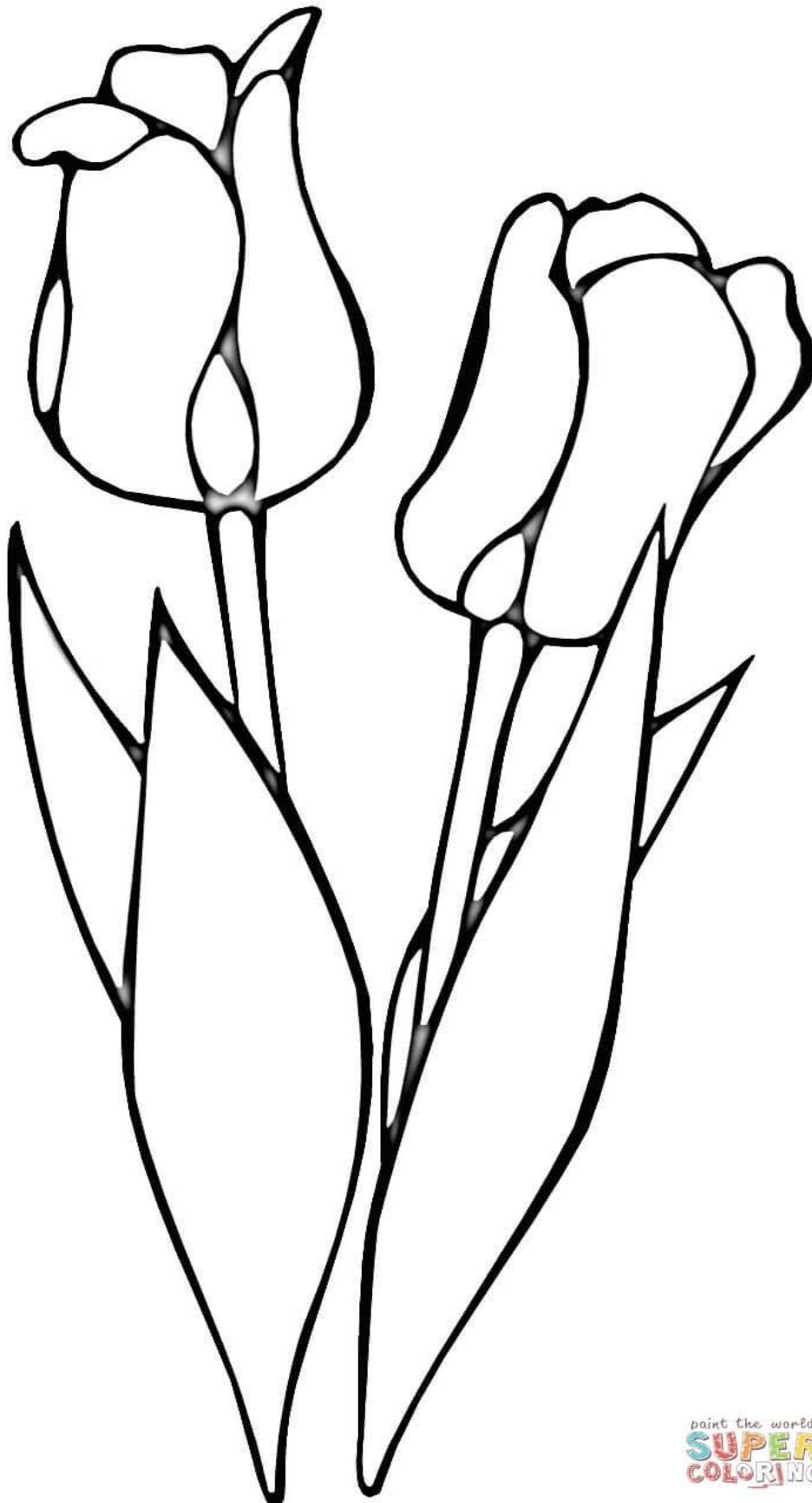


Word List

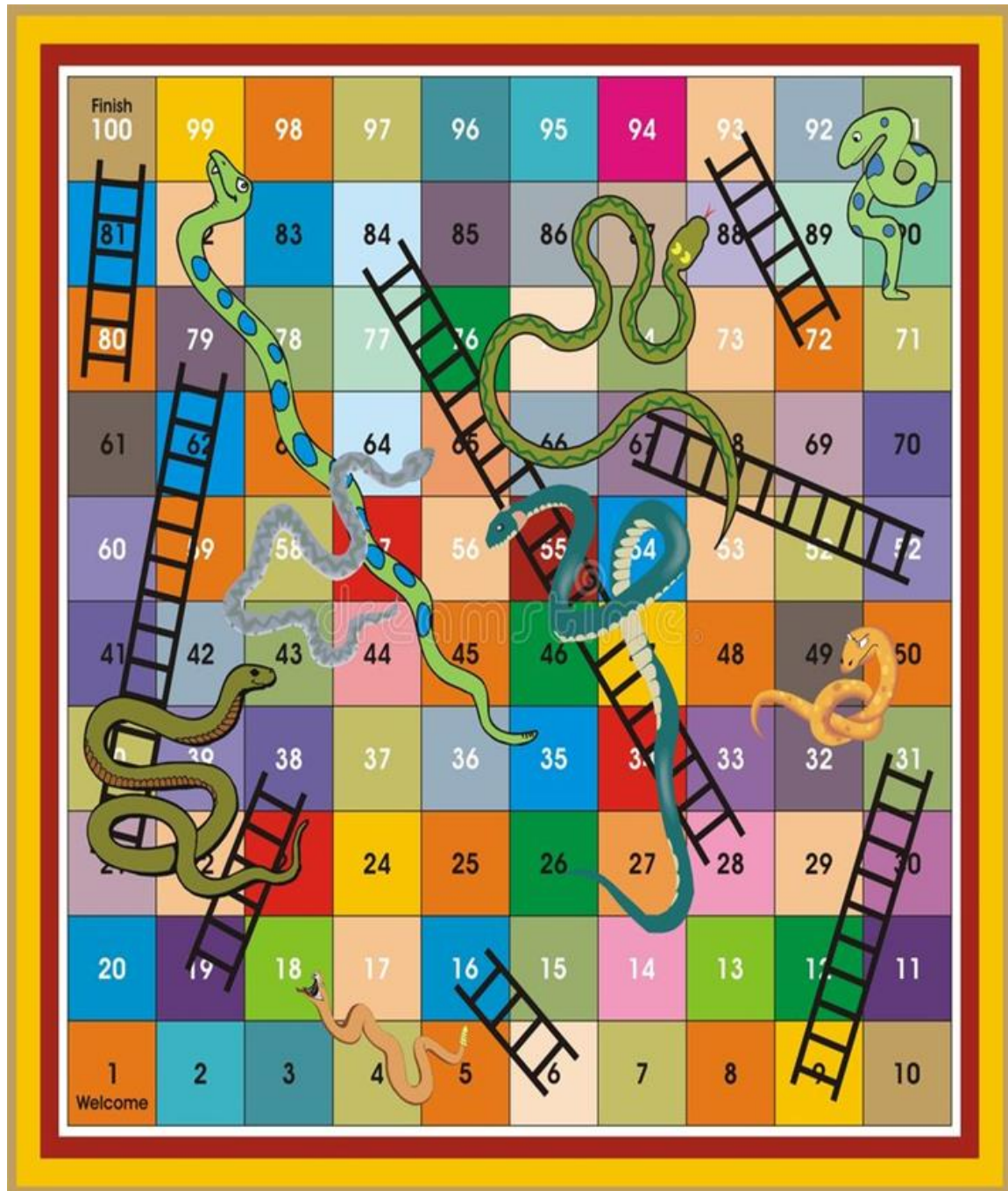
BEAR	GORILLA	MONKEY
CHIMPANZEE	HIPPOPOTAMUS	OTTER
CROCODILE	KANGAROO	PENGUIN
ELK	KOALA	WILDEBEEST
FOX	LEOPARD	ZEBRA



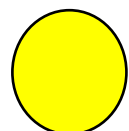
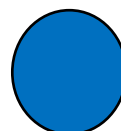
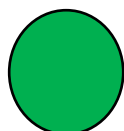
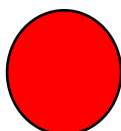
Colouring



Snakes & Ladders Game



Cut out the counters below and all you need is a dice



Something to make you Smile

Jokes

**Why did the fish blush?
Because it saw the ocean's bottom!!**








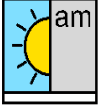
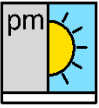

**What do you call a donkey with 3 legs?
A wonkey donkey!**

**What did one toilet say to the other?
You look a bit flushed!**

**Why did the banana go to the hospital?
Because it wasn't peeling very well!!!!**

**Person 1: Knock-knock.
Person 2: Who's there?
Person 1: Cow says.
Person 2: Cow says who?
Person 1: No, silly! A cow says
"Mooooo!"**

My Weekly Planner

	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 	SATURDAY 	SUNDAY 
MORNING 							
AFTERNOON 							
EVENING 							

DISCLAIMER: This magazine is being produced by the OT team to help keep you busy. We will try our best to acknowledge where we have obtained the ideas from for the magazine. We are not endorsing any websites or products and the Trust do not accept any responsibility should any injuries or incidents occur whilst doing these activities.

References

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