

# STAYING HOME, STAYING SAFE, KEEPING HAPPY MAGAZINE

## ISSUE 11

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

Amused Dad Films Adorable Wild Critters Playing on His Kids' Play Set  
By Good News Network - Jul 1, 2020



When English wildlife photographer Robert Fuller bought a second-hand playground for his daughters, he assumed that they would be the only ones to put it to good use.

Over the course of the last few years, however, Fuller has spotted a number of different animals playing on the jungle gym. As a means of capturing the furry visitors in action, he set up several hidden cameras around the play set—and the results are adorable. Go to: <https://youtu.be/GM0 IOqOK0c>

## Tips to keep cool

Wear sun cream with a sun protection factor (SPF) of 15 or more.



Drink plenty of fluids such as water or squash.



Wear sunglasses and a hat  
Make sure you choose sun glasses that protect your eyes from UV rays.



Cool down after being in the sun by having a cool bath or shower,



Splash yourself with cool water or cool your skin with a cold wet cloth.

Stay in the shade between 11-3



Keeping curtains closed  
You could use a fan to help keep you cool inside.



Wear natural fibres (e.g. cotton) and loose, baggy clothes



Don't exercise too much in hot weather. Take rests and drink plenty.



## Fun Craft Activity

### Leaf printing art

#### **You will need:**

- Blank paper
- Crayons
- Chosen leaves



#### **What to do:**

- Collect fallen leaves from your garden or when out during your daily exercise.
- Place the leaves under a piece of blank paper.
- Rub different coloured crayons over the top, revealing the leaf imprint.
- Frame on your wall or use the decorated paper to make something else like a card to send someone.



## Recipe Ideas

### Ice Lollies

#### Strawberry milk pops

These are as creamy as ice cream but lower in fat

#### **You will need:**

400g ripe Strawberries

200ml semi-skimmed milk

405g can light condensed milk



#### **What to do:**

1. Hull strawberries and blitz in a food processor until smooth. Mix in milk and condensed milk.
2. Pour the mixture into 12 ice-lolly moulds and attach the tops. Freeze for a minimum of 4 hrs until solid. Warm the moulds with your hands or under warm water to release the pops. Will keep in the freezer for up to 2 months.

Recipe from Good Food magazine, June 2012

## Sunshine Lollies

These refreshing lollies are a low-calorie treat. They're also vegan and gluten-free.

### **You will need:**

5 large carrots

Juice of 3 large oranges, zest of 1

1 satsuma, peeled then chopped (optional)

### **What to do:**

1. Finely grate the carrots and place in the middle of a clean tea towel. Gather up the towel, and squeeze the carrot juice into a jug, discarding the pulp.
2. Add the orange juice and top up with a little cold water if needed to make up 360ml liquid. Stir in the orange zest and satsuma pieces, if using. Pour into lolly moulds and freeze overnight



Recipe from Good Food magazine, June 2016

## Tropical Granola Lollies

### **You will need:**

2 large mangoes, peeled, destoned and roughly chopped

2 large ripe bananas

8 tbsp coconut milk

100g granola

100g dark chocolate



### **What to do:**

1. Purée the mango, banana and coconut milk in a blender until rich and smooth. Pour the mixture into lolly moulds and freeze overnight.
2. The next day, whizz the granola slightly in a small food processor to remove any large lumps (or tip into a bowl and bash with the end of a rolling pin), then tip into a bowl.
3. Melt the chocolate in a heatproof bowl set over a pan of simmering water, making sure the base of the bowl isn't in contact with the water.
4. Remove the lollies from their moulds. Dip the tops one at a time in the chocolate, then into the granola. Place on a tray lined with baking parchment to set – they will set very quickly. Eat immediately or freeze until needed.

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*Recipe from Good Food magazine, June 2016*

## More Activities

### Colour bingo

If you are tired of the same daily walk or games in the garden, why not have a go at colour bingo?

#### **What you need:**

Empty cardboard egg box  
or piece of card

Paints



#### **What to do:**

- Paint some colourful splodges on a piece of card or inside the sections of an egg box, then see if you can find natural items to match!
- The winner is the first to find them all. To make it more of a challenge, you could even hunt for different shades of the same colour.

**What natural things can you find to  
match the colours?**

## Colouring



## Word search



# Summer Search

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

August

beach

bikini

boat

camping

fan

fishing



hat

hot

ice cream

July

June

lotion

mosquito

shorts

sunburn

sunglasses

suntan

swimming

tent

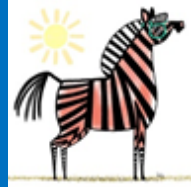
vacation



## Something to make you Smile

**Q: What's black and white and red all over?**

**A zebra with sunburn!**



**Q: What's the best day to go to the beach?**

**SUN day!**



**Q: What do you get when you combine an elephant with a fish?**








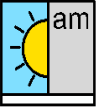
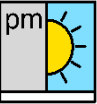

**Swimming trunks!**

**Q: What do you say to a sweaty puppy?**

**You are one hot dog!**



## My Weekly Planner

	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 	SATURDAY 	SUNDAY 
<b>MORNING</b> 							
<b>AFTERNOON</b> 							
<b>EVENING</b> 							

**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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