

# STAYING HOME, STAYING SAFE, KEEPING HAPPY MAGAZINE

## ISSUE 1

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









Some people living in Belper in Derbyshire have found an interesting way to stay happy and entertained during the coronavirus lockdown...

They have been make moo-ing sound out of their windows!



Every day at 6:30 pm people lean out of their house windows and shout 'moo'. Some people have even been using microphones to make their moo-ing louder!

## Daily Exercises

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p><b>Jumping Jacks</b> 20 times</p>	 <p><b>Downward Facing Dog</b> Hold for 30 seconds (You can bend your knees)</p>	 <p><b>Push-up</b> 5 or 10 times</p>	 <p><b>Chair Pose</b> Hold for 30 seconds</p>
FRIDAY	SATURDAY	SUNDAY	BONUS!
 <p><b>Bridge Pose</b> Hold for 15 seconds</p>	 <p><b>Lunge</b> 10 times each leg</p>	 <p><b>Upward Facing Dog</b> Hold for 15 seconds</p>	 <p><b>Plank</b> Hold for 30 seconds</p>

## Fun Craft Activity

### Rolled Paper Beads

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

- String
- A4 coloured paper or pages cut out of old magazines
- Glue stick or double sided sticky tape
- Ruler
- Pencil
- Scissors
- Knitting needle or bamboo skewer



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

1. Draw lines along the length of the paper, using pencil and ruler. They can be parallel or at angles to one another (so they taper at one end).
2. Cut out the strips.
3. Roll out the strips tightly around a knitting needle or sc sewer and then stick the end of the paper down with glue.
4. Make lots of these 'beads' then thread them on to a length of string to make a necklace, or on a cord of elastic to make a stretchy bracelet.

**Handy hint!** Stick a length of double sided sticky tape along one of the shorter edges of a sheet of paper. Once the strips have been cut, roll the bead from the untaped end.

## Recipe Idea

### Microwave Mug Cake

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

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp vegetable oil or sunflower oil
- few drops of vanilla essence or other essence (orange or peppermint work well)
- 2 tbsp chocolate chips (optional)



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

1. Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.
2. Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.
3. Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.
4. Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.

## More Activities

### SPOT THE DIFFERENCES

### BEACH

- Find all seven differences in the pictures.





# Spring



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



BIRDS

BLOSSOM

BUGS

BUNNY

BUTTERFLY

CALF

CATERPILLAR

CHICKS

FLOWERS

FROG

GARDEN

GRASS

HATCH

INSECTS

LADYBUG

LAMB

NATURE

NEST

RABBIT

ROBIN

SNAIL

SPRING








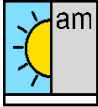
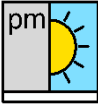

SPROUT

TULIP

WORM



## My Weekly Planner

	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 	SATURDAY 	SUNDAY 
MORNING 							
AFTERNOON 							
EVENING 							

## References

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