

STAYING HOME, STAYING SAFE, KEEPING HAPPY MAGAZINE

ISSUE 3

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

Staff at Dudley Zoo accepted Folly Farm's dance challenge












Zookeepers are finding a new way to keep their spirits up amid the coronavirus lockdown measures. While visitors are told to stay away from zoos, staff are continuing to muck out and feed the animals they care for.

However, there is now a new item on their to-do list - dancing. And it's no funky chicken. The contest to show off their moves is part of a trending TikTok challenge that involves dancing to Blinding Lights, by The Weekend.

Folly Farm in Tenby, Pembrokeshire, is among those competing after one of their keepers posted a short video on the social media app www.facebook.com/watch/?v=2593306207604255

Daily Tai Chi Exercises

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Raise arms 	Open Chest 	Paint a rainbow 	Separate clouds 
FRIDAY	SATURDAY	SUNDAY	BONUS!
Balance a ball 	Fly like a goose 	Turn waist and push palm 	Deep breathing 1. Close your eyes  2. Breathe deeply through your nose (count to 5) 3. Slowly let the air out through your mouth 

There are Tai Chi videos available on YouTube showing you the exercises (see references for a link).

Fun Craft Activity

An activity idea for your daily walk:

Flower and leaf pressing

With thanks to Lisa Hendry at the Natural History Museum website for these instructions. See their website below for further tips on pressing flowers and a video to watch on how to do it. The website also has other fun activity ideas you might want to try.



Website:

www.nhm.ac.uk/discover/how-to-press-flowers.html

You will need:

- A collection of flowers and leaves
- Books
- Newspaper
- Card
- PVA glue



What to do:

1. In a spot where you have permission to pick flowers, carefully pick a section from a plant. Try not to damage other flowers or take too many.
2. Make sure the flowers and leaves are completely dry before pressing. Open a book and line it with newspaper. Place your flowers (as flat as you can) on the page.
3. Carefully close the book and weight it down - additional heavy books work well as weights.

4. Store this pile in a warm, dry place and check on your flower specimens daily.

5. Once your flowers are dry, (depending on what plant you are pressing and the drying conditions, it can take from just a couple of days to a few weeks for your specimen to dry completely.) Carefully remove them.

6. You can then create your own flower collection or make some beautiful art. Use glue to mount the pressed flowers on card.

- Turn them into a framed picture.
- Decorate bookmarks and photo frames.
- Create unique cards to send to friends and family.



Make your own 'putty'

You will need:

- 1 3/4 cup of water
- 1 cup of white PVA glue
- Craft stick or plastic spoon
- 2 bowls
- 1 tsp borax
- Food colouring of choice
- An Air tight container



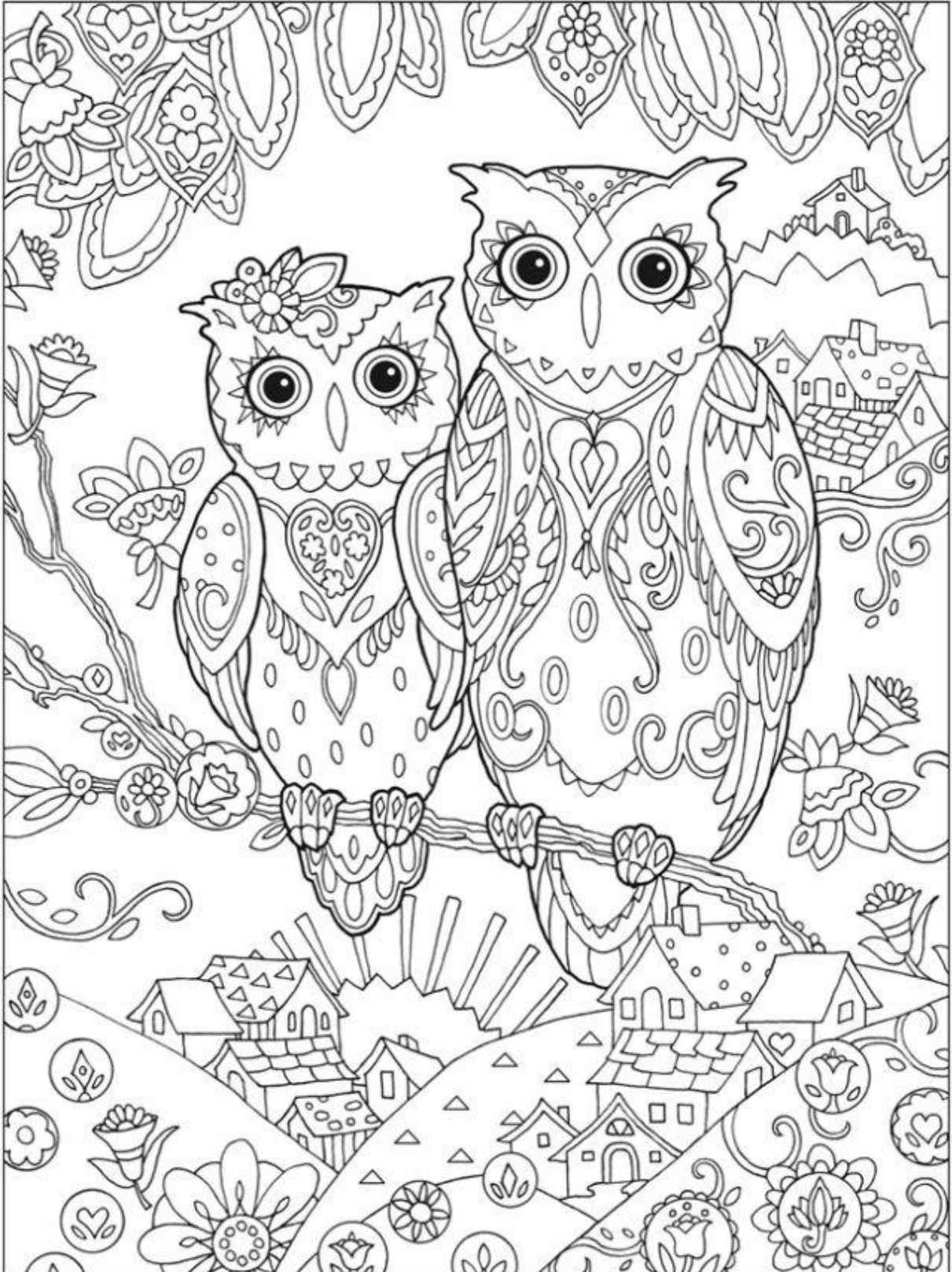
What to do:

- Combine $\frac{3}{4}$ cup water and 1 cup of white school glue in a bowl.
- Mix the two ingredients together with a plastic spoon or craft stick.
- Shake or mix 1 cup of water and 1 tsp of borax in a separate bowl until it's fully dissolved.
- Slowly pour the borax water mixture into the bowl of glue water, and mix the two together until a ball of putty is formed.
- Add food colouring of choice.
- You can use your hands to combine the two mixtures.



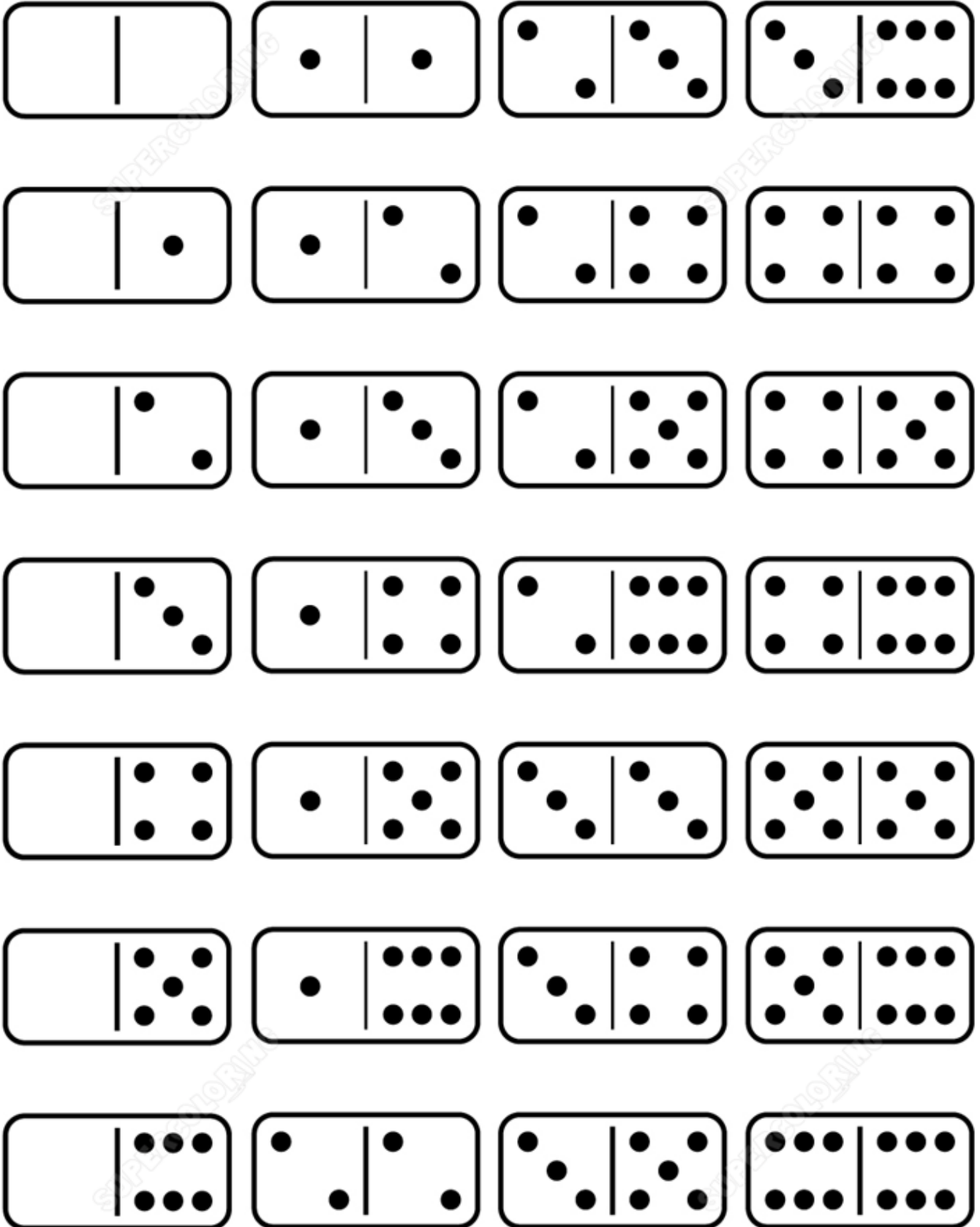
More Activities

Colouring



Dominoes

Cut out and enjoy!



Something to make you Smile

I eat my peas with honey
I've done it all my life
It makes the peas taste funny
But it keeps them on the knife!

Why did the melon jump into the lake?
It wanted to be a water-melon.


How does the ocean say hello?
It waves.

Why did the toilet roll roll down the hill?
To get to the bottom!!



Nature Hunt

Things to look out for on your walk...

 <p>Pine cone</p>	 <p>Feather</p>	 <p>Butterfly</p>
 <p>Dandelion</p>	 <p>Blossom</p>	 <p>Nettles</p>
 <p>Tree</p>	 <p>Cloud</p>	 <p>Grass</p>
 <p>Lilac</p>	 <p>Cobweb</p>	 <p>Bee</p>
 <p>Green leaf</p>	 <p>Bird</p>	 <p>Squirrel</p>

Calming box Feeling stressed?

Try creating a calming box



www.getselfhelp.co.uk/emergency.htm

Get a box or a bag. You can decorate this if you wish and put a label on it.

Collect together items that you meaningful to you or things you know will help you feel calmer and happier. If you cannot put the item in the bag or box, then perhaps use a reminder of the item, for example, a picture of an iPod, computer or games machine. Include items that will help soothe all your senses.










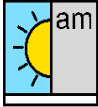
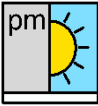

Vision: photo album, DVD, book or magazine, a picture of a beautiful safe place, a reminder for a funny or inspiring YouTube video, a walk or sit in the park or garden.

Hearing: soothing or inspiring music on CD or mp3 player, recordings of a friend's voice, reminder of phone numbers to ring, a talking book.

Smell or taste: oils, fruity snack or treat, favourite perfume, a sachet of coffee or ready prepared cake mix.

Touch: soft woolly socks or blanket, teddy bear, comforter, weighted vest or blanket, hand or foot lotion, massage oil, warm bubble bath, nail varnish, make-up.

My Weekly Planner

	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 	SATURDAY 	SUNDAY 
MORNING 							
AFTERNOON 							
EVENING 							

References

Tai Chi video:

<https://www.youtube.com/watch?v=cEOS2zoyQw4>

<https://www.nhm.ac.uk/discover/how-to-press-flowers.html>

Mindful colouring picture:

<https://misscaly.wordpress.com/2016/02/29/8-free-printable-mindful-colouring-pages/>

Dominoes:

https://www.bubblefoundation.org.uk/news/isolation-tips-free-downloads?gclid=EAlalQobChMlxc-LIKql6QIVDM53Ch28mAhXEAAAYAiAAEgKVmvD_BwE

Calming Box:

www.getselfhelp.co.uk/emergency.htm

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