

STAYING HOME, STAYING SAFE, KEEPING HAPPY MAGAZINE

ISSUE 6

HEALTHY EATING

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.

FEELING HEALTHY AND WELL

This issue is all about **health eating** and how you can make some healthier choices.

We have found some funny photographs of some 'interesting' shaped fruit and vegetables. We hope they bring a smile to your face!



DAILY EXERCISES

Chair Exercises

WORKOUT @ darebee.com

3 sets | up to 2 minutes rest between sets

www.nhs.uk



20 chest expansions



20 side arm raises



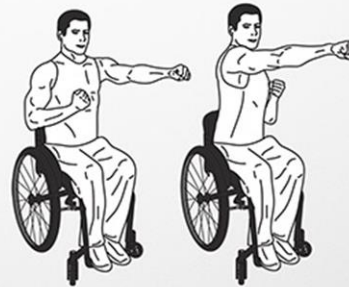
10 dives



10 raised arm circles
5 clockwise / 5 counterclockwise



20 overhead punches



20 punches

FUN CRAFT ACTIVITY

How to turn a T-Shirt Into a tote bag without sewing!

You will need:

- an old t-shirt
- scissors

Though you can do this with any t-shirt, the thicker the t-shirt fabric, the stronger the bag; just be careful that you don't choose a t-shirt that has been worn threadbare!

What to do:

Start by cutting the sleeves off of the shirt

Then cut out the neck of the shirt. Instead of cutting the neck exactly around the stitching, you can cut a little bit lower down into the shirt so that the opening of your tote bag is large enough to get stuff inside.



Now cut a fringe and tie up the bottom!

First, decide how long you want the bag to be. As you use it the fabric will stretch out a bit; it might be too long if you use the full length of the t-shirt.

The longer you cut the fringe, the shorter the bag.

Make sure your fringes are about 3/4" wide and that you're cutting through both the top and bottom layers of the t-shirt as you go.



Then start tying your fringes together. As you tie them together the fringes will help close up the bottom of the bag, but there will still be holes between each set of tied fringes.

To fix this, just lay out your tied fringes as shown in the photo to the right (one fringe going up out of the knot and one fringe going down out of the knot), then tie the "top" fringe from one pair to the "bottom" fringe from the pair next to it. This will close up those gaps between the pairs of fringes.



It should look something like this once you have closed the gaps.

Just keep tying pairs of fringes together, then tying the top fringe from one pair to the bottom fringe of the next pair to close the gaps. Once all your fringes are tied and all your gaps

are closed, you're done!

If you don't want to leave the fringes hanging down you can tuck them up inside the bag, or cut them off.

You could use your new bag when you next go shopping for your healthy fruit and vegetables!

RECIPE IDEA

Something fruity for a healthy breakfast or pudding

Fruit and Yoghurt Layer

You will need:

- A selection of fruit such as banana, apple, grapes, kiwi, apple, raspberries, strawberries, blueberries, melon, pineapple, peach
- Natural yoghurt
- Runny honey
- Low sugar granola

What to do:

- Peel any fruit if necessary, then chop into bite sized pieces
- Place a spoonful of fruit in the bottom of a bowl or to make it more fun, use empty, clean jam jars
- Add a spoonful of yoghurt then another layer of fruit, and so on until you have filled the bowl
- Add a spoonful of granola and a squeeze of runny honey on top and enjoy!



FRUIT WORD SEARCH



c	b	a	n	a	n	a	k	i	w	i	v
y	o	s	t	r	a	w	b	e	r	r	y
o	r	e	i	s	m	k	n	w	w	c	w
r	a	p	p	l	e	w	p	f	a	f	d
a	z	p	l	u	m	n	u	e	t	h	p
n	l	j	u	c	m	z	z	r	e	k	e
g	t	o	z	h	c	i	e	u	r	d	l
e	p	u	q	e	y	r	x	o	m	x	k
v	q	q	g	r	a	p	e	i	e	b	u
k	b	j	o	r	s	y	g	l	l	x	a
t	s	m	v	y	m	s	w	d	o	q	p
a	f	r	u	i	t	j	n	g	n	b	a



Fruit
Strawberry
Banana
Orange
Apple



Grape
Plum
Kiwi
Watermelon
Cherry





TIPS FOR HEALTHY EATING

Sugar swap ideas



Drinks swaps

✗	✓
Cola Milkshakes Fizzy drinks Juice drinks 	Water Sugar free drinks No added sugar drinks Skimmed milk 

Breakfast swaps

✗	✓
Frosted flakes Honey crunch cereal Chocolate cereal Bacon or Sausage sandwich 	No added sugar muesli Porridge Wheat biscuit cereal Fat free yogurt and fruit Shredded wholegrain cereal 

Snack swaps

✗	✓
<p>Chocolate bars Doughnuts Biscuits High in fat yogurts</p> 	<p>Fresh fruit Tinned fruit Lower-fat hummus with chopped vegetables Low fat yoghurt Sugar-free jelly</p> 

Something you might like to buy/borrow?

Cook and Eat cook books have been created to help people with learning disabilities cook more meals, with less help. There are four books which include recipes for baking as well as making small and larger meals. You can borrow these books from your local library or buy them online.

<https://www.southwestyorkshire.nhs.uk/get-involved/eyup-charity/support-eyup/cook-and-eat-easy-read-books/>



SOMETHING TO MAKE YOU SMILE

From 'The Pooh Book of Quotations' by A.A.Milne

Pooh always liked a little something at eleven o'clock in the morning, and he was very glad to see Rabbit getting out the plates and mugs; and when Rabbit said 'Honey or condensed milk with your bread?' he was so excited that he said, 'Both' and then, so as not to seem greedy, he added, 'But don't bother about the bread, please'. And for a long time after that he said nothing.....until at last, humming to himself in a rather sticky voice, he got up, shook Rabbit lovingly by the paw, and said that he must be going on.

'Well, good-bye, if you're sure you won't have any more'.

'Is there any more?' asked Pooh quickly.

Rabbit took the covers off the dishes, and said, 'No, there wasn't'.

'I thought not', said Pooh, nodding to himself.



JOKES

**Did you hear the
rumour about
butter?**

**Well, I'm not going
to spread it!**

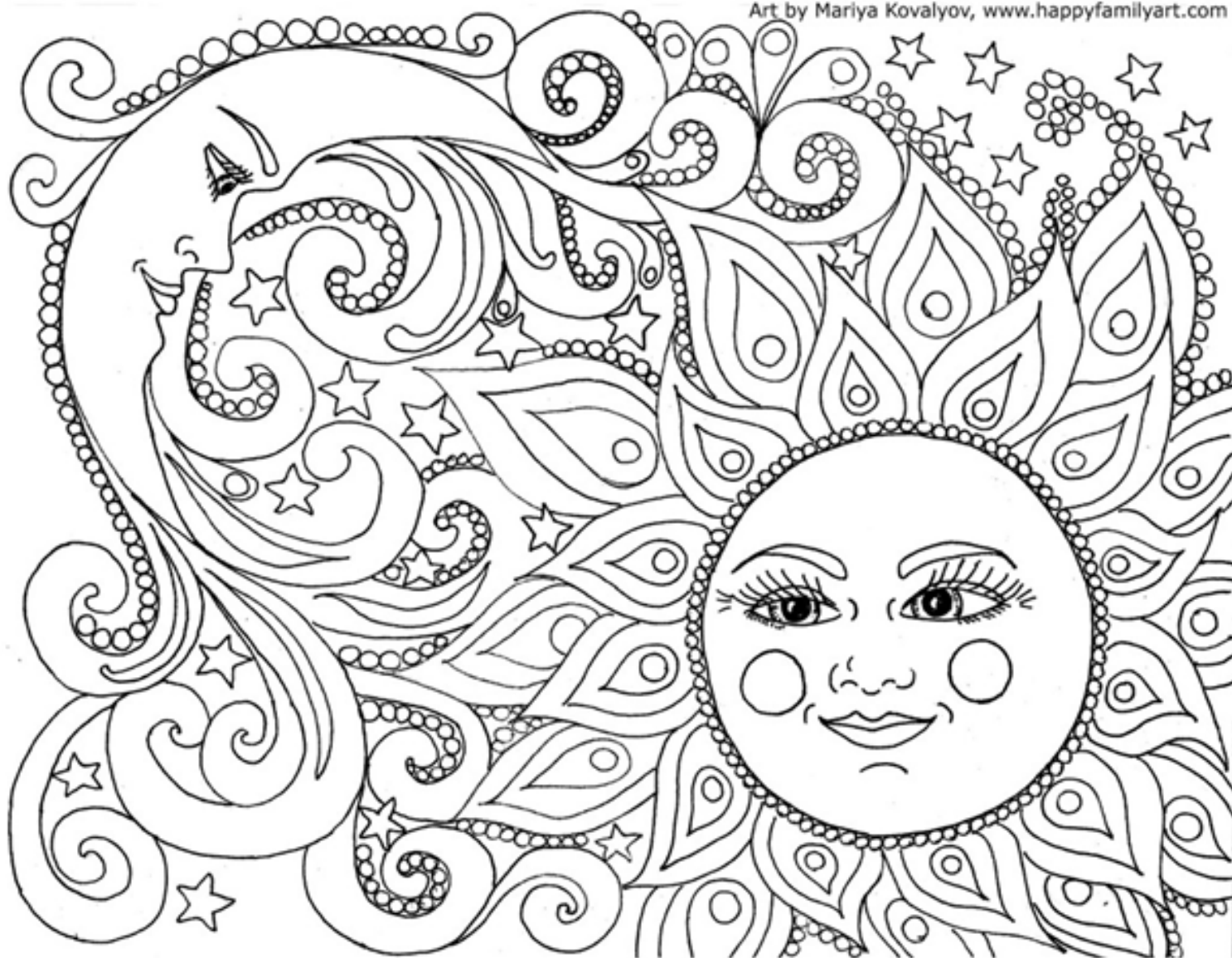
**Why shouldn't
you tell an egg a
joke?**

**Because it might
crack up!**








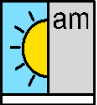
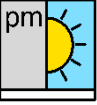

**I keep trying to
lose weight...
but it keeps
finding me.**

COLOURING

Art by Mariya Kovalyov, www.happyfamilyart.com



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

<https://metro.co.uk/>

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids#all-swaps>

How to turn a a tshirt into a tote bag- by Jessi Wohlwend:

<https://www.practicallyfunctional.com/how-to-turn-a-t-shirt-into-a-tote-bag-without-sewing/>