

STAYING HOME, STAYING SAFE, KEEPING HAPPY MAGAZINE ISSUE 8

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.



It's Learning Disability Week!



The theme of the week is: The Importance of Friendships during Lockdown. Don't forget to check out the Mencap website to find out what is going on and how you can get involved.

www.mencap.org.uk/get-involved/learning-disability-week-2020

ACTS OF KINDNESS

Think of a kind act that you can do each day. This can be for someone else but also for you! Below are some ideas for you.

<p>Give someone a nice compliment.</p>	<p>Hold a door open for someone.</p>	<p>Phone or facetime a friend who might be lonely.</p>	<p>Smile at someone.</p>
<p>Share something you have baked with a friend.</p>	<p>Offer to make someone a drink.</p>	<p>Ask someone if you can do something to help them.</p>	<p>Say thank you to someone who has helped you in some way.</p>
<p>Spend 10 minutes sitting with your eyes closed and just think about nothing except breathing in and out slowly.</p>	<p>Have a walk and listen to the bird song, notice the breeze on your face, smile at someone.</p>	<p>Let someone go in front of you in a queue.</p>	<p>Make a small gift or send a postcard for someone you care about (see pebble painting in this magazine and postcard template in issue 4).</p>

Fun Craft Activity

Pebble Decorating

You will need:

Some smooth pebbles
Paint and brushes
Glitter
Stickers



What to do:

- Wash the pebbles clean
- Leave them to dry.
- Once clean, decorate each one using paints, glitter glue or stickers.
- Look at the shape of the pebble. If it reminds you of an animal you could paint the animal on the pebble
- You can even put a message on them
- Add a layer of varnish as well if you can; this will help the decoration last



Now you can place them around the house, on your garden wall or in the garden, or better still give them to people as friendship tokens.

Recipe Idea

Recipe for Fifteens

This is something you can make and share with friends.

You will need:

15 digestive biscuits
15 marshmallows chopped up
15 glace cherries cut in half
About 200ml condensed milk
100g desiccated coconut



What to do:

1. Crush the digestive biscuits in a bowl
2. Chop the marshmallows into 4 pieces and add to the bowl
3. Add the cherries and 175 ml of the condensed milk
4. Mix well until you have a sticky mixture. If it is too dry add some more of the condensed milk.
5. Sprinkle most of the coconut over a large piece of cling film (or foil).
6. Tip the mixture onto the coconut and shape into a long sausage, about 30 x 5cm.
7. Sprinkle more coconut over the top of it and wrap the cling film tightly around, twisting the ends together.
8. Leave in the fridge to chill for 4-6 hrs, then cut into 15 slices and serve. Will keep in the fridge for up to 1 week wrapped in cling film.

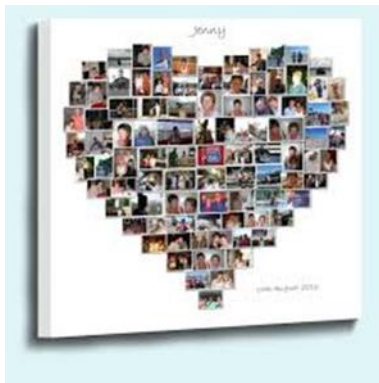


More Activities

What does friendship mean to you?



Can you create something that shows this? You could do a drawing or painting, make a collage (e.g. made up of lots of photographs of people that are important to you).



Write a poem or story, or make anything you like that you think shows what friendship is and why it is important.

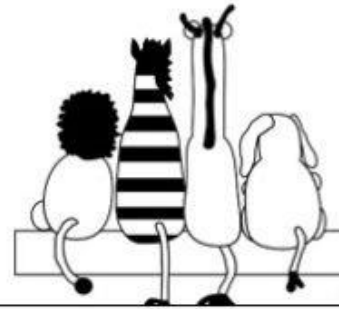
Here are some pictures to give you inspiration and more friendship inspired art ideas to help you!



Word Search

Name: _____

Friendship Word Search



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

CARING
BEST FRIEND
LAUGHTER
TRUST
SHARE

CONFIDE
MEMORIES
RESPECT
LISTENS
LIKE

UNDERSTANDING
SPECIAL
CO OPERATES
KINDNESS
HELPS



Freindship Rainbow

You will need:

A large sheet of white card
Paper in all the colours of the rainbow
Pencil
Glue



What to do:

1. Place your hand on the coloured paper and draw around your hand or ask someone else to do this.
2. Cut this out and use it as your template to keep drawing around your hand on the coloured paper until you have lots of hand shapes.
3. Cut out the handprints from the coloured paper. Arrange the red handprints in an arch and glue down the palms where they overlap, leaving the fingers loose.
4. Arrange the orange hands in an arch underneath, overlapping the fingers with the palms of the red arch. Glue down by the palms.
5. Carry on, colour by colour until the rainbow is complete.

Friendship Wreath

You will need:

Large piece of paper or card
Pencil
Scissors
Washable paint and brushes

What to do:

1. Draw a large circle on the paper or card
2. Draw a smaller circle in the middle and write 'Friendship wreath' around the small circle
3. Paint hands with the paint and then print the hand onto the circle on the paper all around the smaller circle
4. Cut around the hand prints and hang on door to welcome people



Something to make you Smile

A Friend

*A friend is someone we turn to
when our spirits need a lift.*

*A friend is someone we treasure,
for friendship is a gift.*

*A friend is someone who fills our
lives with beauty, joy and grace.*

*A friend makes the world we live
in, a better and happier place.*

www.Daveswordsofwisdom.com

Thank you for being my friend.



FRIENDSHIP RAINBOW

by: Christopher Robin

At the end of this rainbow
With light in your eyes
You will see much magic
Bringing greatest surprise.

A story of old
At the end of this Rainbow
A wish and a song
Just to help you along.

A pot of gold
At the end of this Rainbow
Colors and hue
Painted radiantly true.

At the end of this Rainbow
Your dreams may come true
The end of this rainbow
My friendship is for YOU.

- mileth -

- mileth -

My friendship is for YOU
The end of this rainbow
Your dreams may come true
At the end of this rainbow








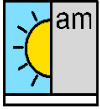
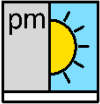

*"Good friends are like stars.
You don't always see them,
But you know they're always there."*

- Unknown



Clivedon Press

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.

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