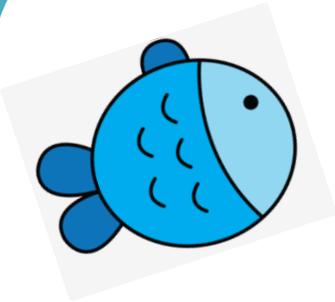


STAYING HOME, STAYING SAFE, KEEPING HAPPY MAGAZINE

ISSUE 13

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.

Theme of the week



This week our theme is sea life. It will be **National Marine Week on 25th July - 9th August 2020.** Check



out the Wildlife Trust website below. They have some great activity sheets such as 'Things to see by the sea' that you can print and also useful information about things such as rock pooling, some of which we have put in the magazine for you:

www.wildlifetrusts.org/get-involved/campaign/national-marine-week

You can also go onto the Kent Wildlife Trust website to find out more about local events:

www.kentwildlifetrust.org.uk/things-do

How to go rockpooling



You will need:

- Buckets or clear Tupperware containers



- A field guide or ID sheet



- Sturdy footwear



- Camera and/or pens and paper



- An adult to help you keep an eye on the tide

Don't take living plants and animals home with you

- 1 Half fill your buckets or containers with sea water. Have more than one to keep bad tempered animals apart!
- 2 Use your hands to carefully lift crabs, starfish and other sea creatures into your containers. Watch out for spines and pincers! Don't handle animals unless you have been shown how to do so.

- 3 Only keep animals in buckets for a short time and keep them out of the sun. The water will warm up quickly and oxygen will get used up fast by scared animals.
- 4 Use a guide to identify your creatures. Take notes, sketch or photograph them.
- 5 Return the animals to where you found them when you've finished looking and wash your hands before eating.

Never put fish in a bucket with anemones or jellyfish (or parts of a jellyfish) as these will sting the fish.

Don't prise limpets, anemones or seaweed from their rocky homes

Replace rocks to the same position once you've looked underneath

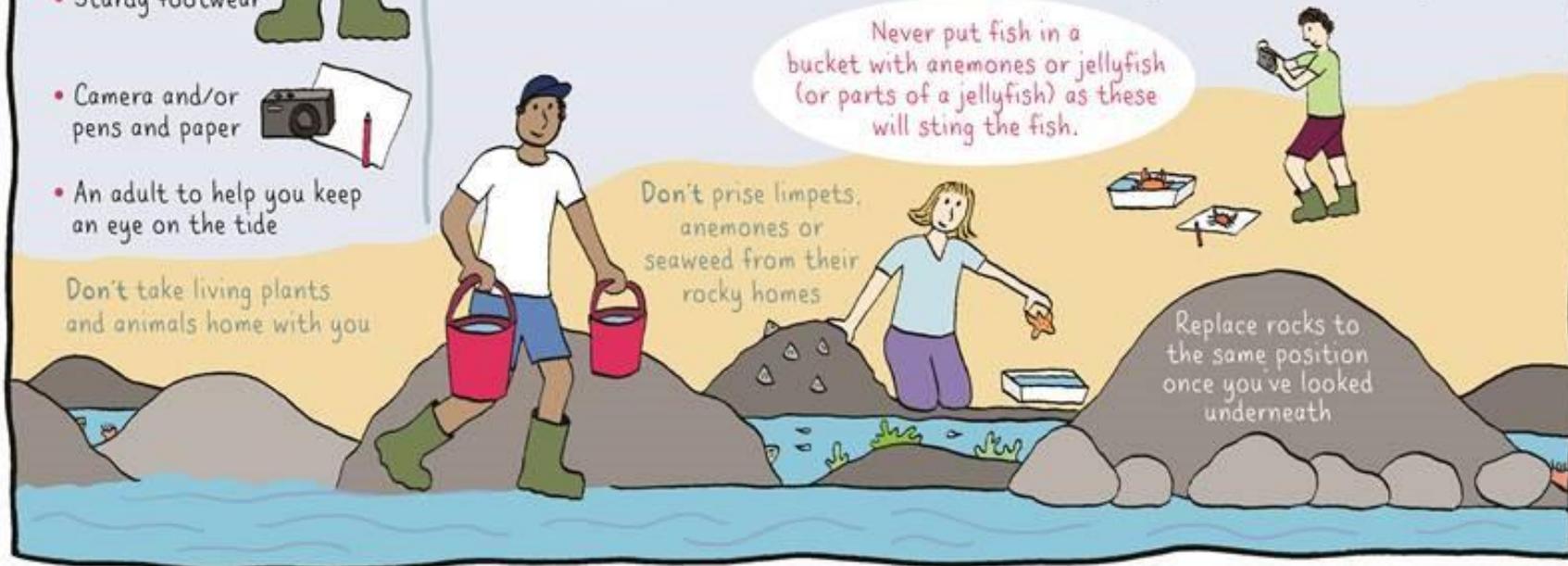


Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 1015

The sea and me



Even if you live far from the sea, there's lots you can do every day to make our sea healthier...

1 Say no to straws!

Straws never decompose and have been found in the stomachs of marine animals. If you really want to use a straw, then get a reusable metal one.



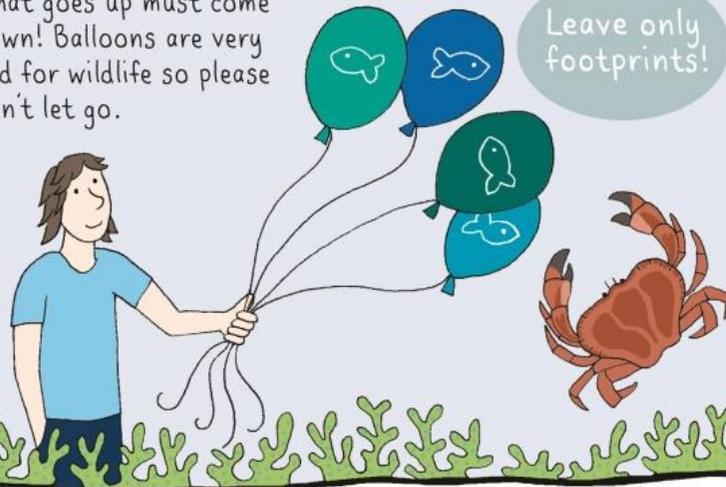
3 Think reusable

Take shopping bags out with you, and buy a reusable water bottle.



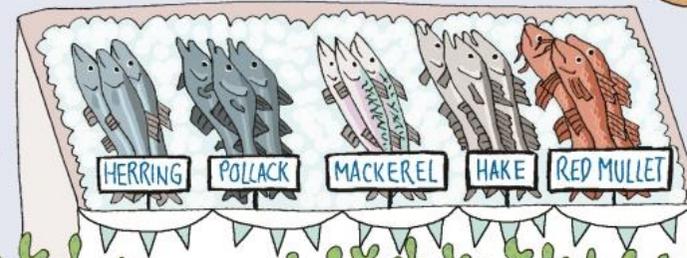
2 Don't let go

What goes up must come down! Balloons are very bad for wildlife so please don't let go.



4 Say yes to sustainable fish

Where you can, choose fish caught locally, in season and using the best methods. Find out more at cornwallgoodseafoodguide.org.uk



Fun Craft Activity

Under the Sea Stained Glass

You will need:

Black card
Different coloured tissue
paper
Glue
Clear contact paper
(sticky on one side)



What to do:

- First cut out 2 black rectangles and ocean animal shapes from black card.
- Stick one rectangle on contact paper.
- Fill in the rest of the contact paper with tissue paper squares.
- Glue the animals and the second rectangle on top.
- Finally place another sheet of contact paper on top. Display in a sunny window

Tip: You can print some free templates from the website (see link in references)



Recipe Idea

The Ultimate Fish Finger Sandwich

You will need:

Two slices of soft, white farmhouse bread
4 good quality fish fingers
Butter
Handful of crisp salad leaves
Dollop of tartare sauce
Dollop of ketchup (on the side)



What to do:

- Grill your fish fingers according to the packet instructions
- Generously butter one slice of bread.
- Lay your fish fingers on the bread and scatter your leaves on top.
- Smear a spoonful of tartare sauce on the other slice and then squish it down on top of the sandwich.
- Put a dollop of ketchup on the side for dunking.

Bonus butty extra

After you've buttered one slice of bread, you can also scatter a handful of grated cheese on there – before you lay the fish fingers on top and finish off the rest of the sandwich. The cheese will melt and you'll realise that one of the nation's best butties just got even more delicious!

More Activities

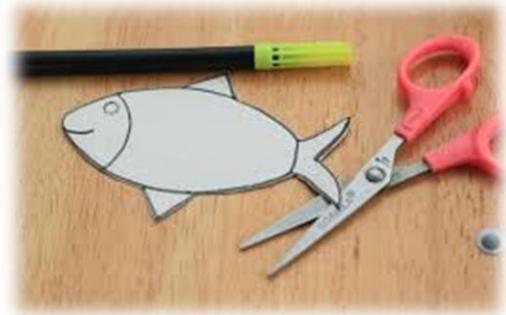
Let's go fishing game!

What you need:

Fish shapes cut out of card

Glue Glitter

Paint/crayons



Scraps of felt/material/shiny paper/feathers

Stickers/sequins, stick on jewels

Large paper clips

Small garden cane with string tied on

Small horseshoe shaped magnet tied onto the end,

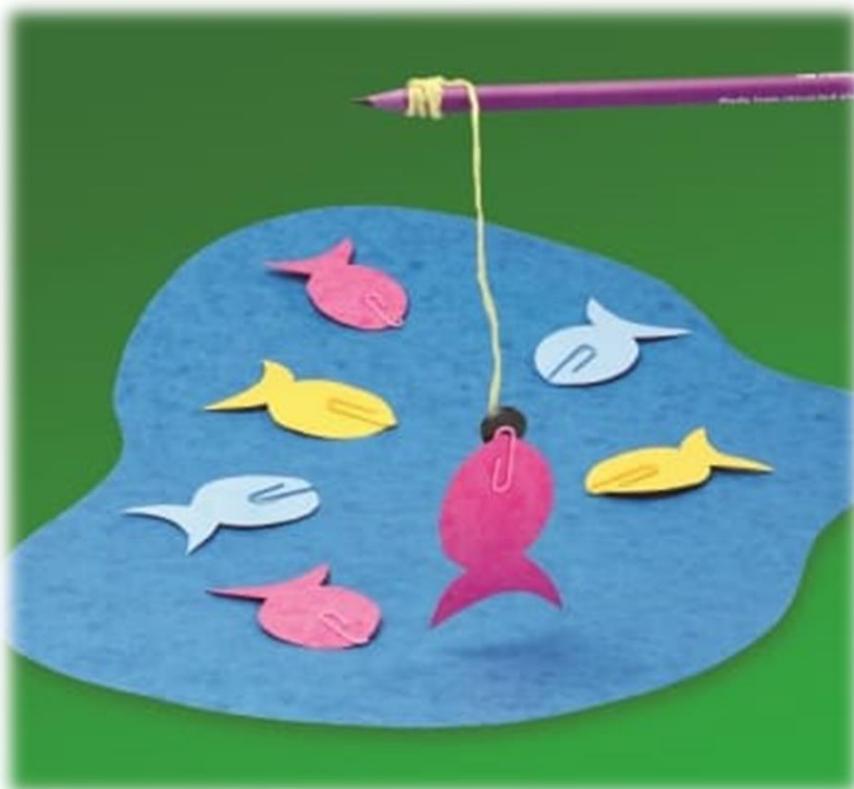
Large piece of card or blue material, large shells, stones, material to look like seaweed

Tip: Don't stick anything too heavy onto the fish or it will be too heavy for the magnet to pick up.



What to do:

- Have a supply of different shaped fish cut out of card
- Have all decorating materials ready to use to choose from - e.g. glitter, stickers, materials, feather, paints
- Choose a fish and then decorate using the available materials
- Add large paper clip to the end of the fish when decorated
- Put the large piece of card or material on the floor. Decorate it to look like the bottom of the sea by placing pebbles, sea shells, and different material as seaweed etc. onto the card/material. If you live near the beach you could collect some shells and stones on your walk to use.
- Now go fishing. Using the prepared cane with magnet 'catch' the fish by touching the paper clip with the magnet. You could add numbers onto the back of the fish to see who gets the highest number.



Ocean Animal Word Search

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

CLAM
CRAB
EEL
GROUPER
JELLYFISH

PORPOISE
SEA
SEAWEED
SHARK
SQUID

STARFISH
STINGRAY
SWORDFISH
WHALE
LOBSTER



Colouring



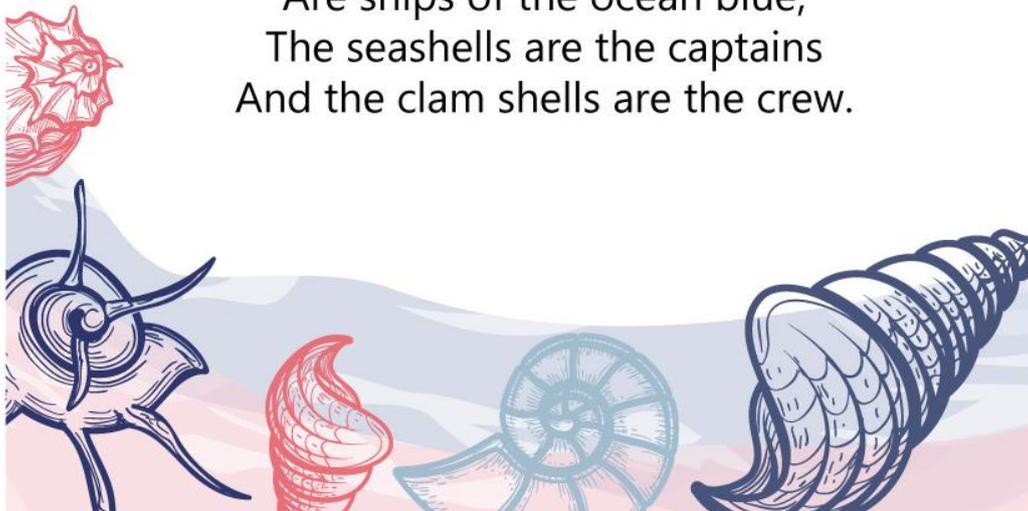
Something to make you Smile

A Seashore Song

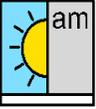
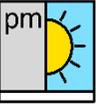
by Lenore Hetrick

The little waves of water
Ripple over the thirsting sands;
The little shafts of sunlight
Sail off to distant lands.

The little clam and seashells
Are ships of the ocean blue,
The seashells are the captains
And the clam shells are the crew.



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

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