



ACTIVITY & WELL-BEING PACK



This pack is designed to keep your mind and body active.

Activities

Page 3: Word searches.

Pages 4 – 5: Mazes.

Pages 6 – 8: General knowledge quiz.

Pages 9 – 10: Spot the difference.

Pages 11 – 14: Logo quiz.

Pages 15 – 16: Vehicle design.

Pages 17 – 18: Who am I? quiz

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Page 20: Spot the letters.

Well-being

Page 22: NHS breathing exercise.

Page 23: Mindfulness exercises.

Page 24: Progressive Muscle relaxation.

Page 25: Stretches.

WORD SEARCHES

Find the listed words in the grids.

Car Parts

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

ENGINE
GEARS
PETROL
KEYS
PEDALS
HEADLIGHTS
AXLE
SEATBELT
BOOT
EXHAUST
SUNROOF
DOOR
TYRE
RADIO
MIRROR
BUMPER
BRAKES
BONNET
WHEEL
WINDSCREEN

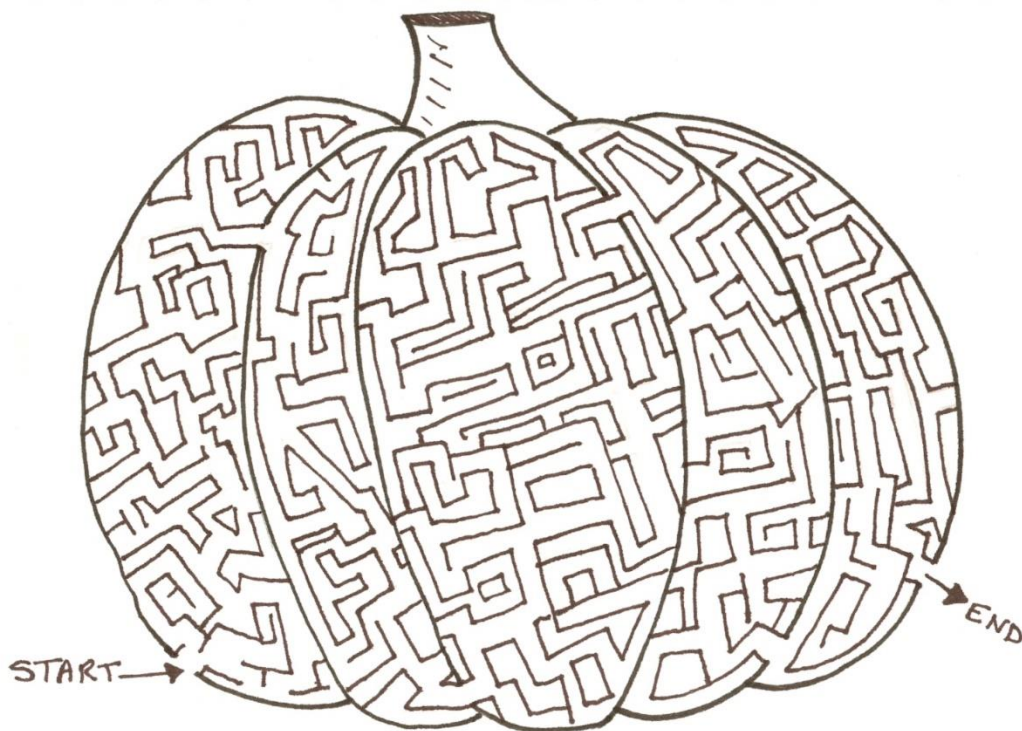
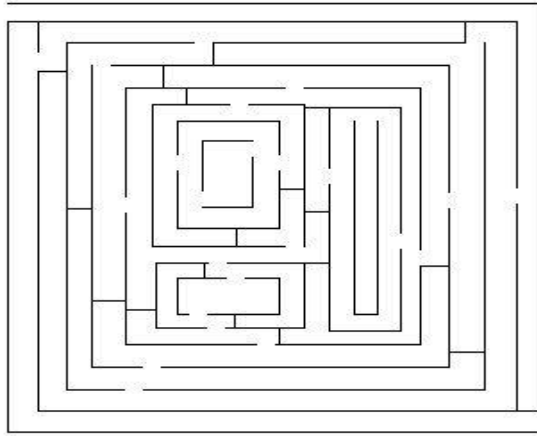
Associated with the Gym

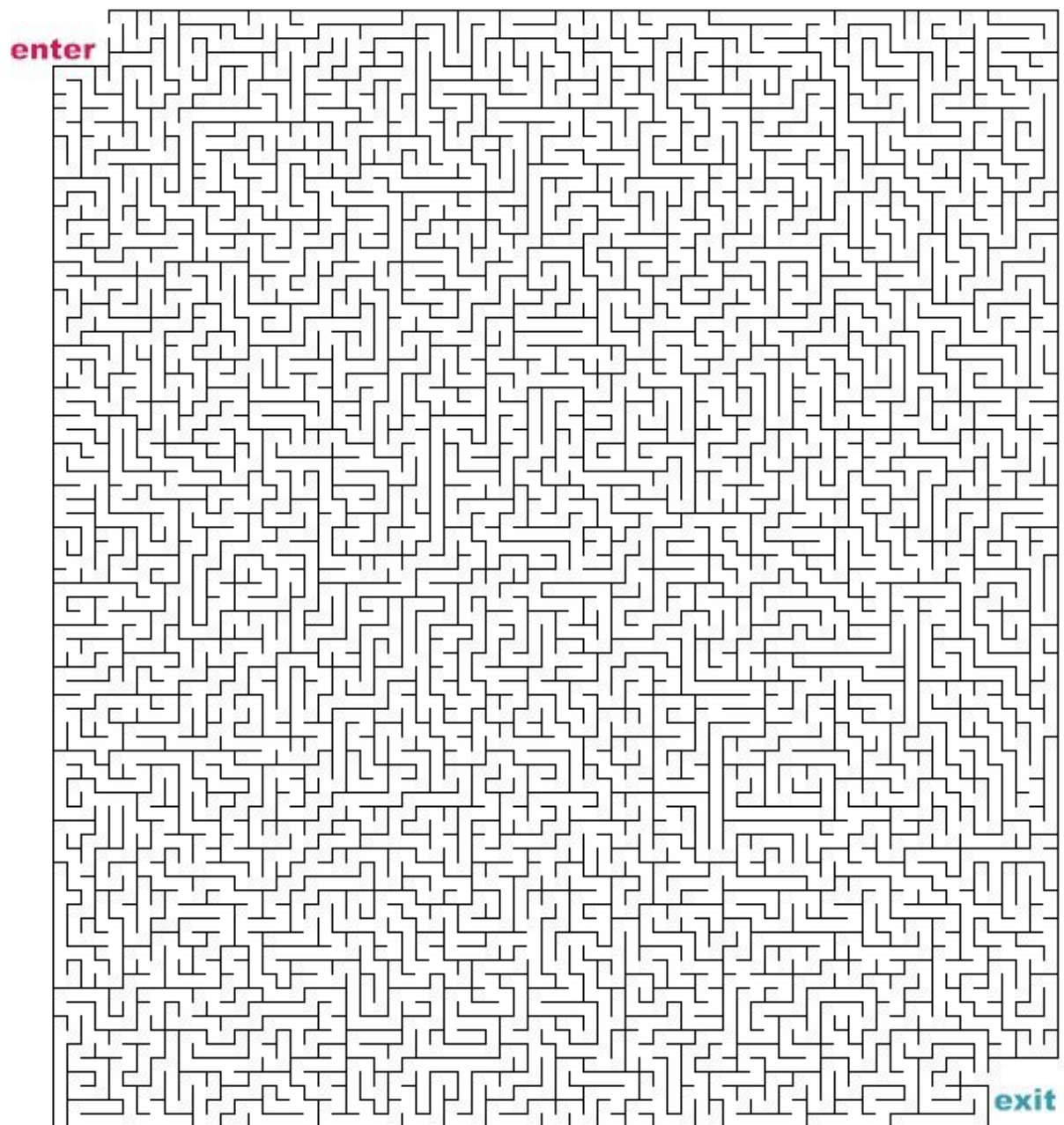
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E	U	L	A	C	I	T	P	I	L	L	E	I	D
S	T	N	H	E	G	I	E	S	A	U	N	A	S
B	T	B	L	G	P	C	R	U	N	C	H	E	S
A	H	E	R	L	L	I	M	D	A	E	R	T	W
R	S	S	P	E	R	H	O	T	T	U	B	I	B
B	C	R	C	P	G	R	R	M	M	C	M	I	L
E	I	E	I	C	E	A	C	A	I	G	K	L	L
L	B	W	R	G	T	R	P	L	N	E	I	I	E
L	O	O	C	G	W	W	E	I	G	H	T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

STEPPER
CRUNCHES
JOGGING
TREADMILL
BIKE
HOT TUB
WEIGHTS
WARM-UP
AEROBICS
ELLIPTICAL
BARBELL
DUMBBELL
SHOWERS
GYM
SAUNA
PILATES
CIRCUIT

MAZES

Find your way through the mazes. Draw a line from the start to the finish.





GENERAL KNOWLEDGE QUIZ



Answer these questions yourself or ask your pad mate.
Answers on Page 8.

1. How many holes are there in a standard ten pin bowling ball?

Answer: _____

2. Where is the smallest bone in the human body?

Answer: _____

3. Which well known brand uses the motto "Just Do It"?

Answer: _____

4. Is hot air lighter or heavier than cold air?

Answer: _____

5. Which famous fast food chain uses the motto "I'm Lovin' It"?

Answer: _____

6. Name three English counties beginning with "S"

Answer: _____

7. What is the biggest man-made structure on earth?

Answer: _____

8. What is the fastest breed of dog?

Answer: _____

9. Which two elements make up water?

Answer: _____

10. Which two letters are worth the most in the board game Scrabble?

Answer: _____

11. What is 60% of 40?

Answer: _____

12. What are the names of the four oceans of the world?

Answer: _____

13. What makes up 80% of the human brain?

Answer: _____

14. What occurs once in a minute, twice in a week and once in a year?

Answer: _____

15. Which German city was divided by a wall?

Answer: _____

16. How many players are there in a rugby team?

Answer: _____

17. What planet does Superman come from?

Answer: _____

18. What is the largest vegetable?

Answer: _____

19. Which mammal cannot jump?

Answer: _____

20. Which vitamin is the only one that you won't find in an egg?

Answer: _____

GENERAL KNOWLEDGE QUIZ ANSWERS



1. Three
2. In the ear
3. Nike
4. Lighter
5. McDonalds
6. Shropshire, Somerset, Staffordshire, Suffolk, Sussex, Surrey
7. Great Wall of China
8. Greyhound
9. Oxygen and Hydrogen
10. Q and Z
11. 24
12. Pacific, Atlantic, Indian and Arctic
13. Water
14. The letter "E"
15. Berlin
16. 13
17. Krypton
18. Pumpkin
19. Elephant
20. Vitamin C

SPOT THE DIFFERENCE

Compare the two pictures and circle the differences

SPOT THE FIVE DIFFERENCES



SPOT THE SIX DIFFERENCES



ComParrot

by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Cloud is missing. 2. Part of umbrella is missing. 3. Triangle pattern on bucket is missing. 4. Center of starfish is missing. 5. Sail on boat is colored in. 6. Stripe on towel is missing. 7. Palm tree on cliff has moved. 8. Dolphin in water has moved. 9. Shell has moved. 10. Flag on boat is reversed. 11. Surfer is facing opposite direction. 12. Tail on iguana design is different.

ComParrot

by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Hair on right is missing. 2. Snow on mountain is missing. 3. Pack pocket detail is missing. 4. Top of nut is missing. 5. Stripe on pocket is missing. 6. Tree knothole is colored in. 7. Toe on boot is colored in. 8. Flowers have moved. 9. Bush detail above boot has moved. 10. Stick is longer. 11. Stump knothole is flipped. 12. Pack flap is longer.

ComParrot

by Bonnie Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Line on man's right shoe is missing. 2. Circle on sneaker missing. 3. Line under dog's nose missing. 4. Line on bottom of man's shoe missing. 5. Man's watch is black. 6. Dot on shirt is colored in. 7. Post on sign colored in. 8. Bandage on leg moved. 9. Group of trees moved. 10. Tail on dog is facing down. 11. Pocket on shorts is longer. 12. Pants are shorter.

LOGO QUIZ

Name the company logos.

Answers on Page 14.



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



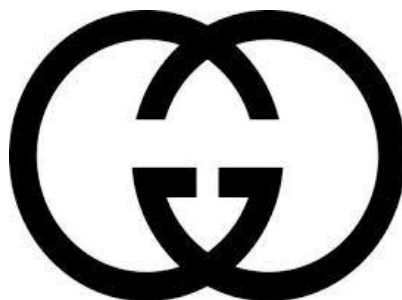
9 _____



10 _____



11 _____



12 _____



13 _____



14 _____



15 _____



16 _____



17 _____



18 _____



19 _____



20 _____



21 _____



19 _____



20 _____



21 _____



22 _____



23 _____



24 _____

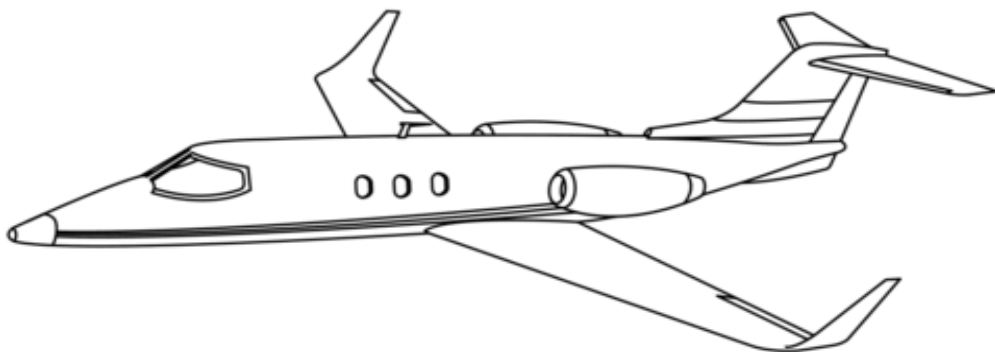
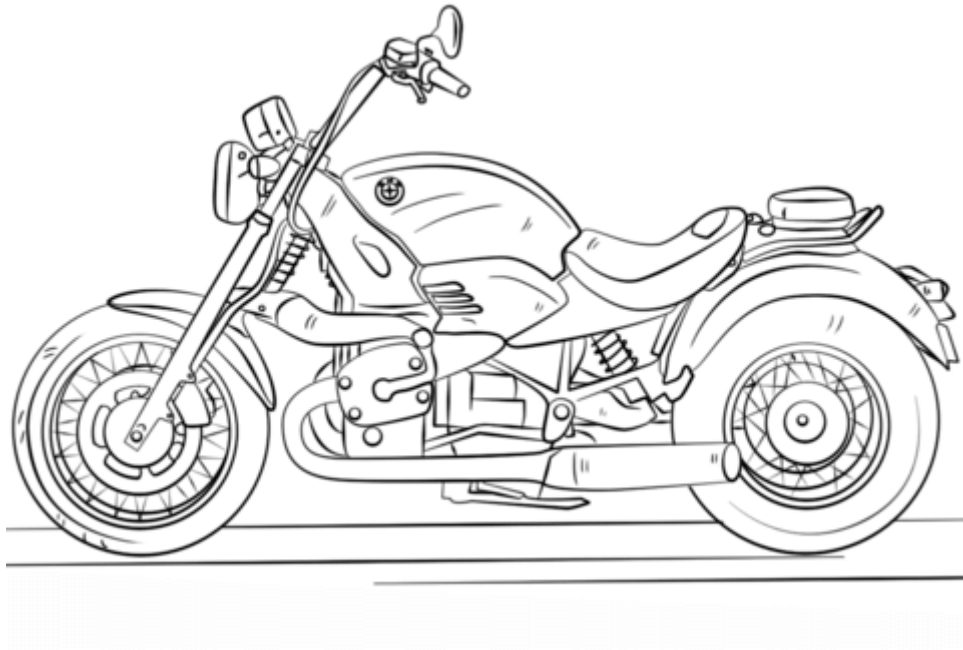
LOGO QUIZ ANSWERS

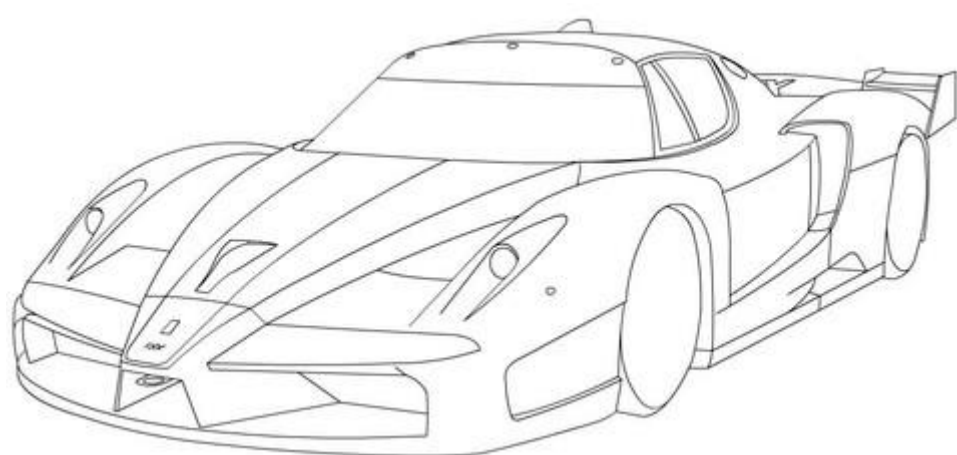
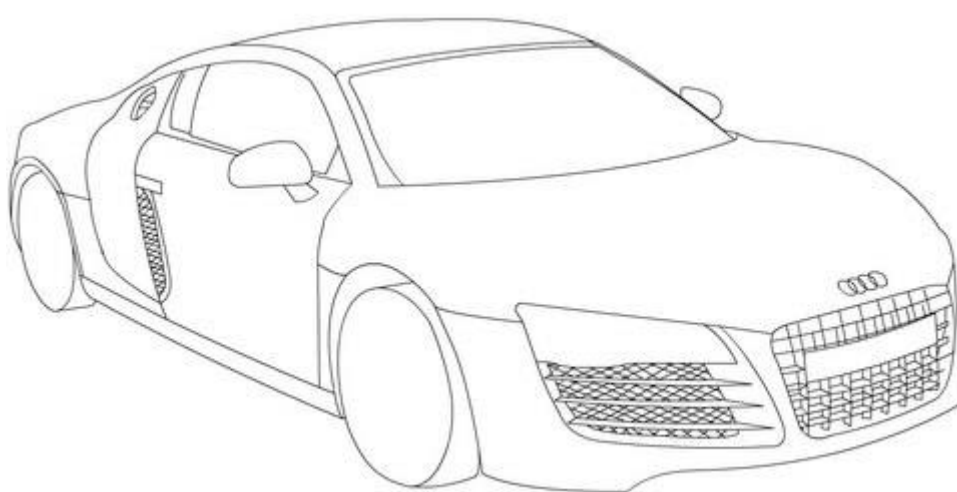
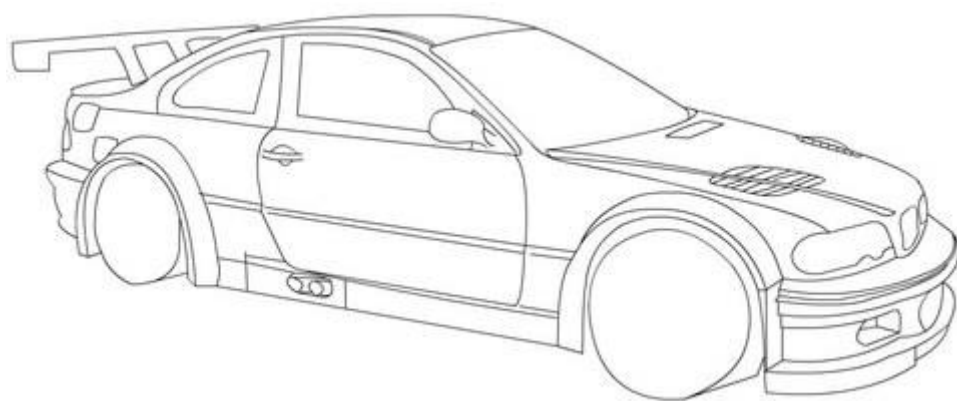


1. Nike
2. McDonalds
3. Amazon
4. Starbucks
5. Michelin
6. Adidas
7. Microsoft
8. Apple
9. Cadburys
10. Kellogg's
11. LaCoste
12. Gucci
13. Timbaland
14. Mercedes
15. Volkswagon
16. Disney
17. Subway
18. Oakley
19. Reebok
20. B.P
21. Warner Brothers
22. Facebook
23. Dominos
24. Pringles
25. Quiksilver
26. Jon Deere
27. HMV

VEHICLE DESIGN

Design your own vehicle by colouring/shading.





WHO AM I?

Can you name the famous person from 3 facts? You can try to answer these yourself or ask your pad mate.

Answers are on Page 18.

1. I was born in 1963 in Brooklyn, New York.
2. I grew up to be a famous basketball player.
3. I have my own line of trainers.

Answer:

1. I have been on "I'm a celebrity get me out of here."
2. I have a famous son.
3. I am a former football manager and player.

Answer:

1. I am married to a famous rapper.
2. My father was a lawyer.
3. My family are well known for their reality TV show.

Answer:

1. I studied physics and chemistry at Oxford University.
2. I developed theories about black holes and how the world began.
3. I used a computer to communicate.

Answer:

1. One of my famous quotes is, "When they go low, we go high."
2. I have a famous husband, who is known worldwide.
3. I am a former First Lady.

Answer:

1. I first appeared in Detective Comics in 1939.
2. I don't have any superpowers.
3. I live a double life.

Answer:

1. I was lead singer of a rock band.
2. One of my most famous songs is confusing and makes little sense.
3. My life has been made into a biopic.

Answer:

WHO AM I?

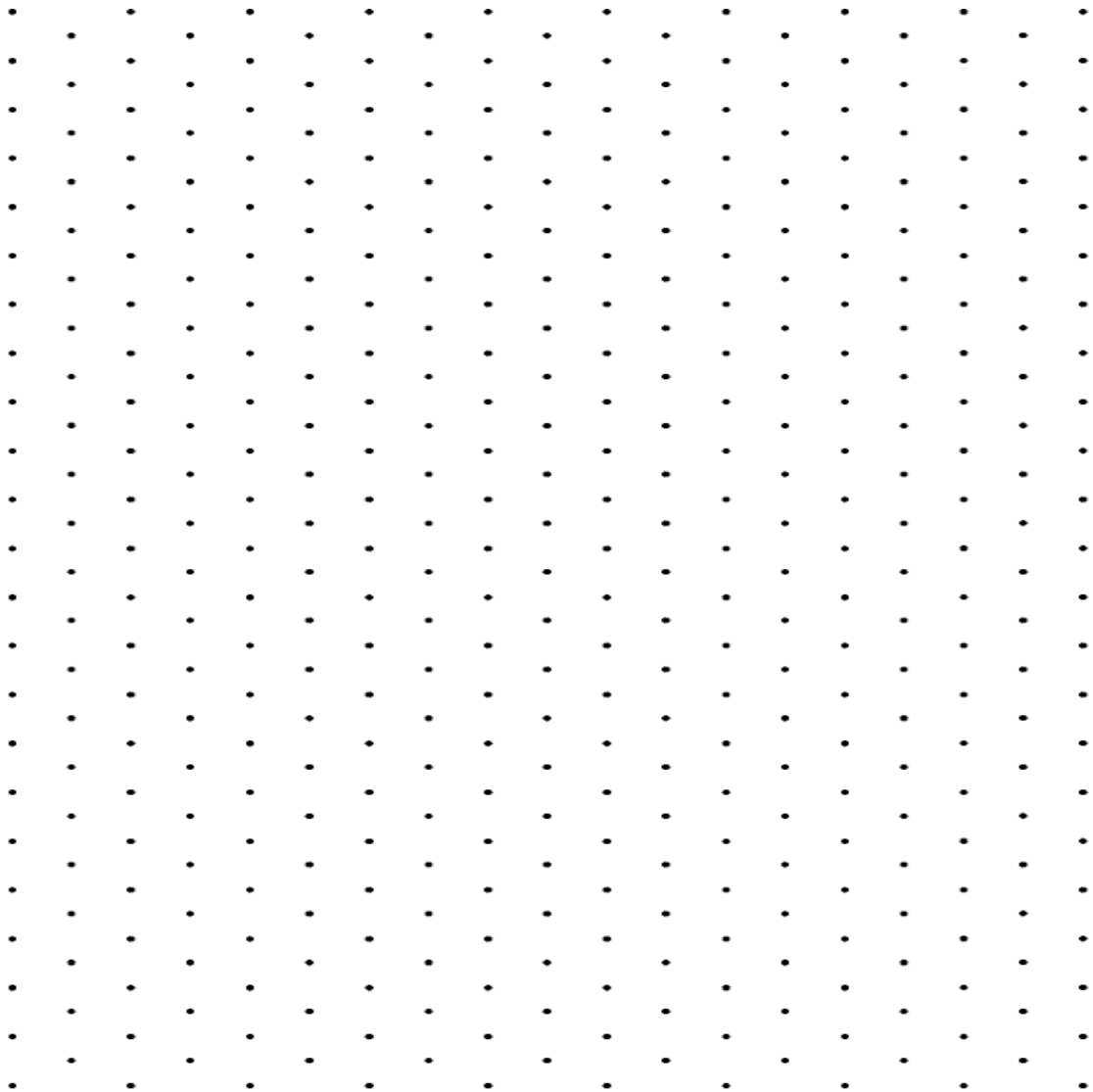
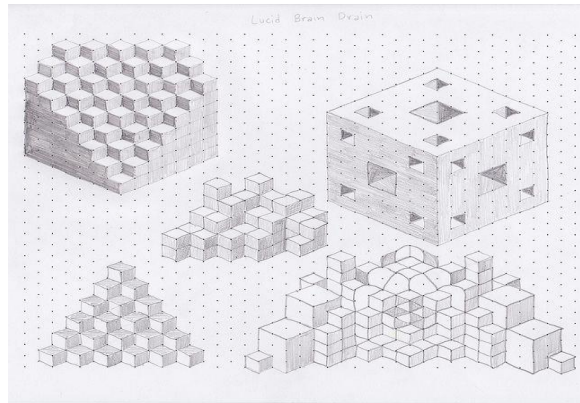
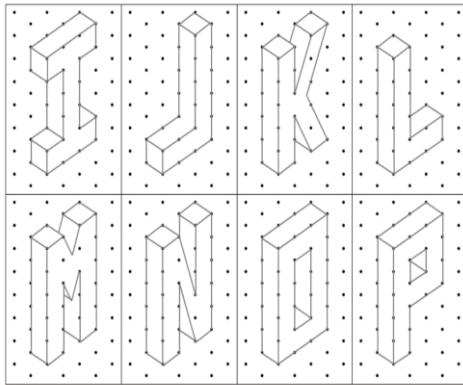
ANSWERS

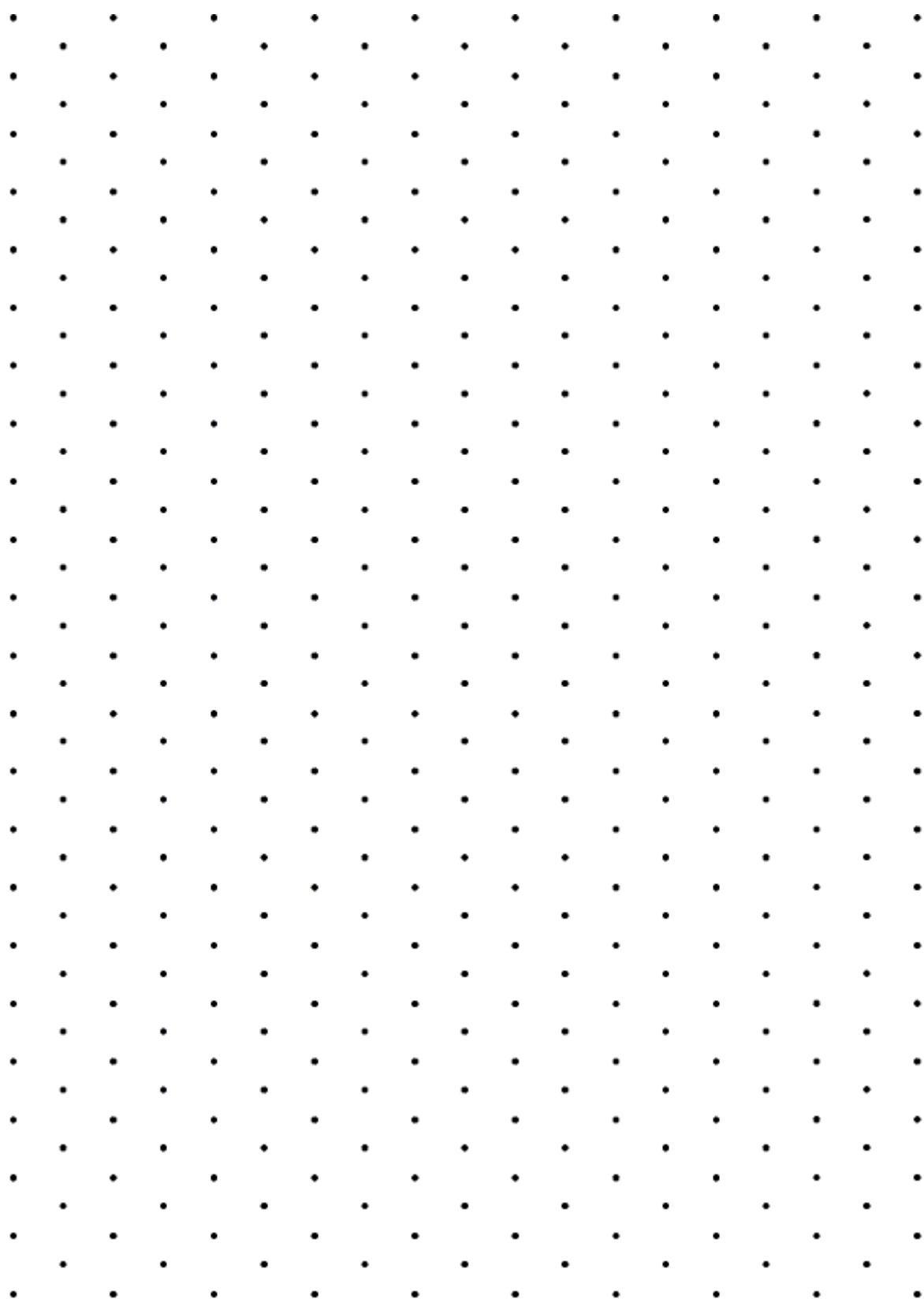


1. Michael Jordan
2. Harry Rednapp
3. Kim Kardashian
4. Stephen Hawking
5. Michelle Obama
6. Batman
7. Freddie Mercury

SHAPE DOODLES

Use the dotted paper to doodle. Below are some examples of what can be done.





SPOT THE LETTERS

**CAN YOU SPOT THE
DIFFERENT LETTER?**

MMMMMMMMMMMMMMMMMMMMMMMMMMMM
MMMMMMMMMMMMMMMMMMMMMMMMMMMM
MMMMMMMMMMMMMMMMMMMMMMMMMMMM
MMMMMMMMMMMMMMMMMMMMMMMMMMMM
MMMMMMMMMMMMMMMMMMMMMMMMMMMM
MMMMMMMMMMMMMMMMMMMMMMMMMMMM
MMMMMMMMMMMMMMMMMMMMMMMMMMMM
MMMMMMMMMMMMMMMMMMMMMMMMMMMM

How many b's can you spot?

dddddddddddddddddddddddddddddd
dddddddddddddddddddddddddddddd
dddddddddddddddddddddddddddbdd
dddddddddddddddddddddddddddddd
dddddddbdddbdddbdddbdddbdddbdd
dddddddddddddddddddddddddddddd
dddddddddddddddddddddddddddddd
dddddddbdddbdddbdddbdddbdddbdd
dddddddddddddddddddddddddddbdd
dddddddddddddddddddddddddddddd

WELL-BEING

Here are some quick exercises which may help with your mental and physical health.

****Do not complete any of the exercises if you have any health / medical concerns or illnesses****

NHS breathing exercise

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed.

Make yourself as comfortable as you can.

If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor or bed.

If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for 3 to 5 minutes.

Mindfulness exercises

Mindfulness exercises help you to pay attention to the present moment – free from distraction or judgement. They help us to be aware of our thoughts and feelings without getting caught up in them. Mindfulness can be helpful when faced with challenging circumstances or difficult situations.

Mindfulness doesn't eliminate stress or other difficulties but it increases the chances that we can react more calmly. Becoming more mindful can change our mindset and perspective.

Mindful observation

This can help you to appreciate simple elements of your environment.

1. Choose an object and focus on watching it for a couple of minutes. This could be something outside of your window or something in your cell.



2. Don't do anything except notice the thing you are looking at. Relax into watching for as long as your concentration allows.
3. Look at this object as if you are seeing it for the first time. Visually explore every aspect of the object. Notice colours, textures, how the light reflects off its surfaces. Let go of any judgements that come into your head, and just observe.

Mindful appreciation

This can help you to appreciate the seemingly insignificant things in life, the things that rarely get a second thought but support your existence (e.g. electricity boils the kettle; your clothes keep you warm).

1. Make a daily list of 5 things that you appreciate. This can either be in your head or you can make a note of them somewhere.



Progressive muscle relaxation

This can be helpful for relieving tension in the body and helping you to relax.

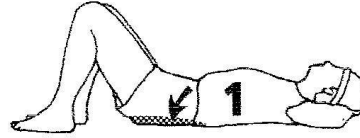


Stretches

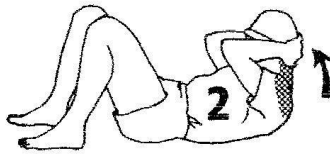
Stretches for the **Neck, Shoulders & Arms**

Approximately 5 Minutes

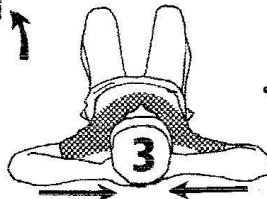
Many people carry stress in their neck and shoulder area. This stretching routine will help with that problem. Do these stretches throughout the day. Breathe deeply and relax.



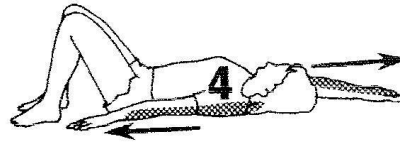
5-6 seconds



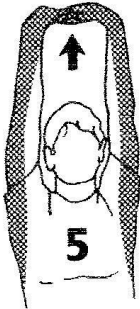
3-5 seconds
2 times



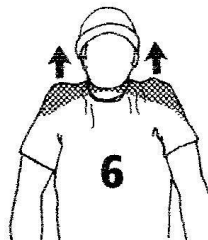
5-6 seconds
2 times



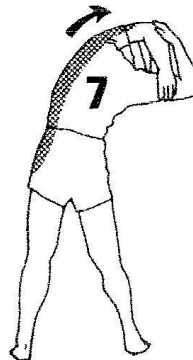
8-10 seconds
each side



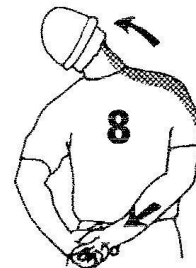
10 seconds
2 times



5 seconds
2 times



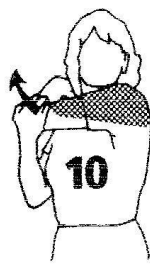
8-10 seconds
each side



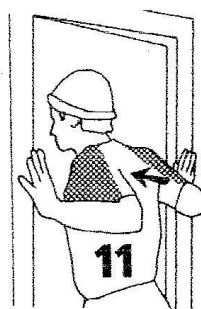
8-10 seconds
each side
2 times



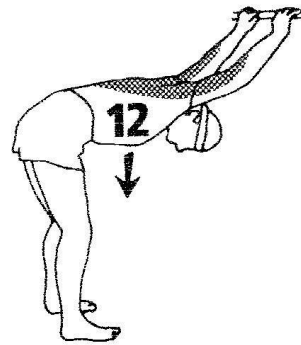
15 seconds
each arm
2 times



15-20 seconds
each arm



15-20 seconds



15-20 seconds