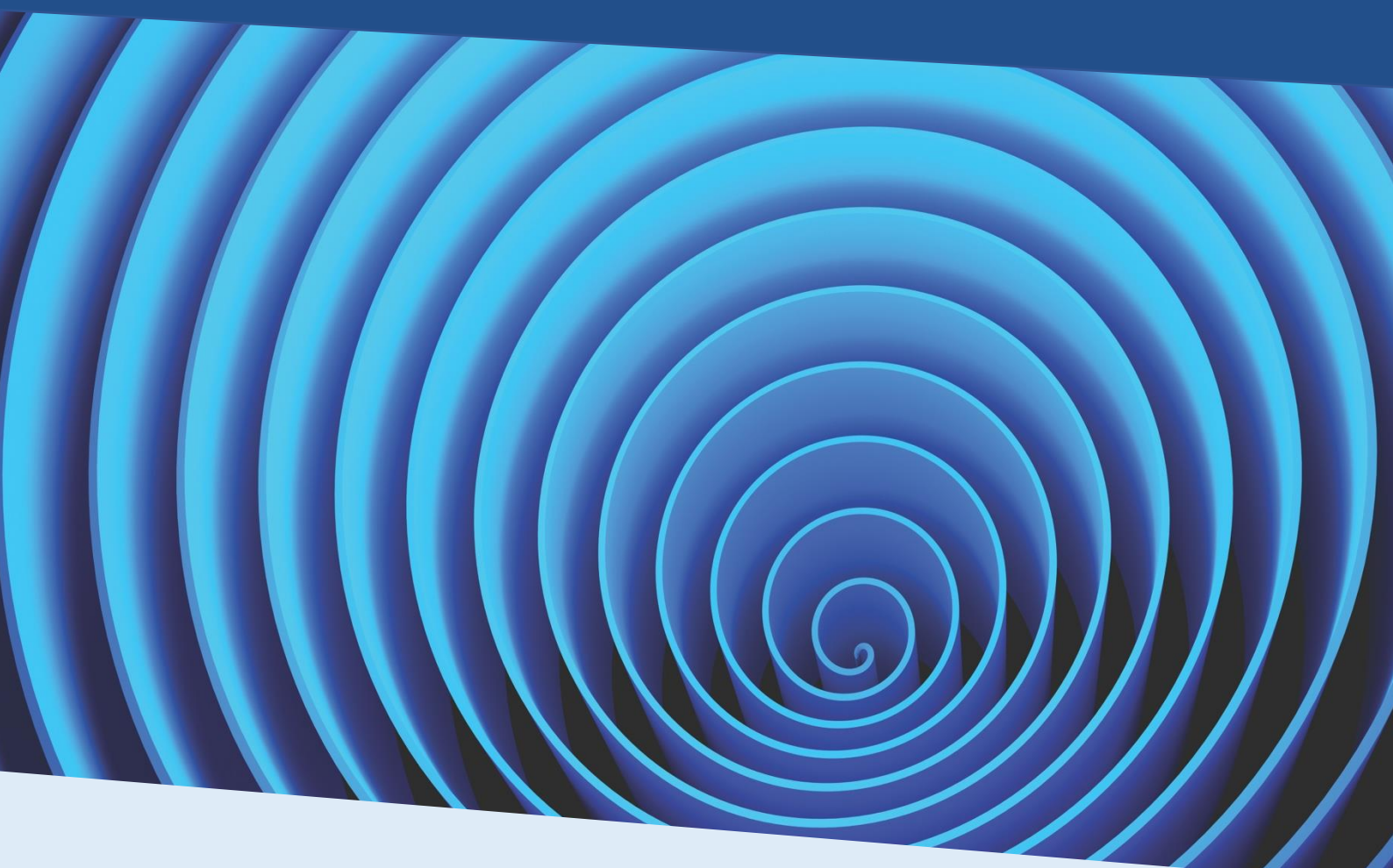


# Activity Pack

**Type of Pack:**    Distraction



Prison:  
Name:  
Location:



**Prison  
Education**



Contents page AKA your list of

# ***ACTION PACKS PACKED FULL OF ACTION***

## **PUZZLE OVER TIME**

3. Warm your eyes up with a word-search!
4. Musical Word-searches for the selectors.
5. Sudokus and stories.
6. Sudokus and stories... but harder!
7. A crossword to concentrate on.
8. A dot to dot to dot to dot.

## **THE QUIZ IS ON**

9. The alphabet quiz!
10. The second half of the alphabet quiz and answers, don't peak!
11. The history quiz.
12. Pub quiz without the pub.

## **DIY ACTIVITIES**

13. Crazy colouring to soothe the soul!
14. Draw a dog to kickstart that illustrator career!
15. Start your own comic strip, beginning with your own face as a cartoon.
16. How to begin writing your book.

## **GAME ON**

17. Guess the gibberish
18. Finish that poem

## **LOLS AND GOSS**

19. Ooo what's been going on!

## **Storytime**

20. Cosy classic time with 'The Wind in the Willows' by Kenneth Grahame.
21. A sneaky snippet of a new release!
22. A little library history!
23. Astronaut training.

## ***Foods and Moves***

24. Easy does it' workouts from Darbee.com to burn off the Isolation canteen.
25. Time for a coffee!
26. Meditation, breathing exercises to help us all relax after watching the news.

## *Get away*

27. Responsible tourism
28. Picture present.

**PUZZLE**

**OVER**

**THIS**

## Harry Potter

Why not time  
yourself on each  
Word search?  
See if your neighbour  
is faster!

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

RAVENCLAW  
ALBUS  
HIPPOGRIFF  
HERMIONE  
HAGRID  
POTTER  
DARK ARTS  
HUFFLEPUFF  
GRANGER  
WEASLEY  
HARRY  
SCAR  
J.K. ROWLING  
DUMBLEDORE  
RONALD

## The Simpsons Characters

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

NELSON  
RALPH  
OTTO  
PATTY  
BART  
SIDESHOW BOB  
LENNY  
HOMER  
KRUSTY  
WILLIE  
NED  
SMITHERS  
CLETUS  
GRAMPA  
SELMA  
MOE  
MARGE  
BARNEY  
APU  
CARL

Find the names faster than a DJ on Spotify!

## Famous Singers with One Name

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

MADONNA  
USHER  
AALIYAH  
MOBY  
TIMBALAND  
DUFFY  
STING  
TIFFANY  
YAZZ  
SEAL  
SHAGGY  
MIKA  
EMINEM  
LUDACRIS  
DIDO  
BEYONCE  
BONO  
PITBULL  
AKON  
ADELE

## Rappers

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

KANYE WEST  
FUTURE  
ACE HOOD  
RICK ROSS  
JUICY J  
WIZ KHALIFA  
TYGA  
YOUNG DRO  
DRAKE  
JAY-Z  
LIL BOOSIE  
LIL JON  
LIL WAYNE  
YOUNG JEEZY

Can you name at least on song for each musician?

Can you sing any of the words?

## Soak in this sudoku!

### The Rules of Sudoku

Each row, column, and nonet must contain each number (typically 1 to 9) exactly once.

						3		
6	1		8		2	9		
			1		6			
8	9							
5								
		7		5	4		3	
				7		1	9	
						4		8
		4	6	8				7

#165538

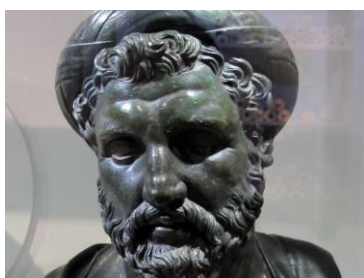
Difficulty: easy

				5		8		
4							7	
1					2		3	
2	8					6		
6							4	
			1		4	9	2	
7	9		6			3		
	3		2					
				8	1			

#44509

Difficulty: easy

## Are you all feeling like Pythagoras? Try out the harder ones on page 6!



The most famous result attributed to Pythagoras is the Pythagorean theorem: for a right-angle triangle, the sum of the sides of the two shorter legs that join to form the right angle is equal to the square of the long side opposite that angle.

Gory fact! – He was taken out on a boat and murdered by drowning!

7	5	2	1	8	6	4	3	9
8	9	4	6	2	3	1	5	7
3	6	1	5	7	4	9	8	2
6	3	8	4	5	2	7	6	1
1	2	7	8	9	6	3	4	5
5	4	9	3	1	7	2	6	8
2	8	5	9	4	1	6	7	3
4	7	6	2	3	8	5	1	9
9	1	3	7	6	5	8	2	4

Solution of sudoku #165538:

9	6	7	1	8	3	2	4	5
4	5	1	7	6	2	9	3	8
2	8	3	5	4	9	1	6	7
8	2	6	4	9	1	5	7	3
3	4	5	8	7	2	6	1	9
7	1	9	6	3	5	4	8	2
5	3	4	2	7	6	8	9	1
6	7	2	9	1	8	3	5	4
1	9	8	3	5	4	7	2	6

Solution of sudoku #44509:

SU DO (k) U think your hard enough for these ones?

								8
3		7		4				5
			9		8		1	
	1						7	
	5	4		3	7	2		
		5		6				
2		1	7					9
	3	9			2			

#119705

Difficulty: hard

	2		1		6			3
	5					2		
6		4						
		7						
			9			3		1
	8				2			
2			7			6		
				4		9	5	
5		8		3				

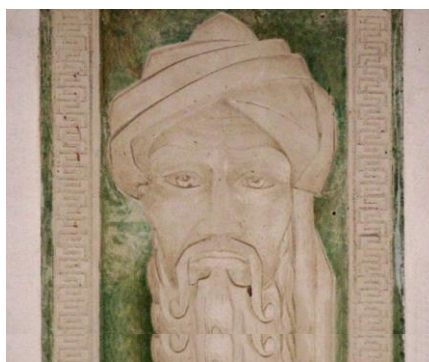
#198493

Difficulty: hard

### Did you know?

[Al-Khwarizmi](#) was a ninth-century mathematician who created many of the most basic techniques for how we perform calculations.

His writings introduced the Hindu-Arabic decimal number system we use today in Europe, and this system makes it far easier to add, subtract, multiply, and divide quantities of any size than using Roman numerals or other non-positional systems.



7	5	9	2	1	4	6	3	8
4	6	3	5	8	7	1	9	2
1	2	8	6	3	5	7	4	9
9	8	2	7	3	1	4	5	6
3	7	4	5	2	9	8	1	6
6	1	4	8	5	9	3	2	7
2	4	1	3	7	8	6	9	5
5	9	6	1	4	2	7	8	3
8	3	7	9	6	5	2	4	1

Solution of sudoku #119705:

2	7	1	9	3	6	8	4	5
8	5	6	1	4	2	9	3	7
4	3	9	5	8	7	1	6	2
6	9	2	7	1	4	5	8	3
1	8	3	7	5	9	2	6	4
5	2	4	8	6	3	7	1	9
9	1	8	3	2	5	4	7	6
7	6	4	9	8	3	5	1	2
3	4	5	6	7	1	9	2	8

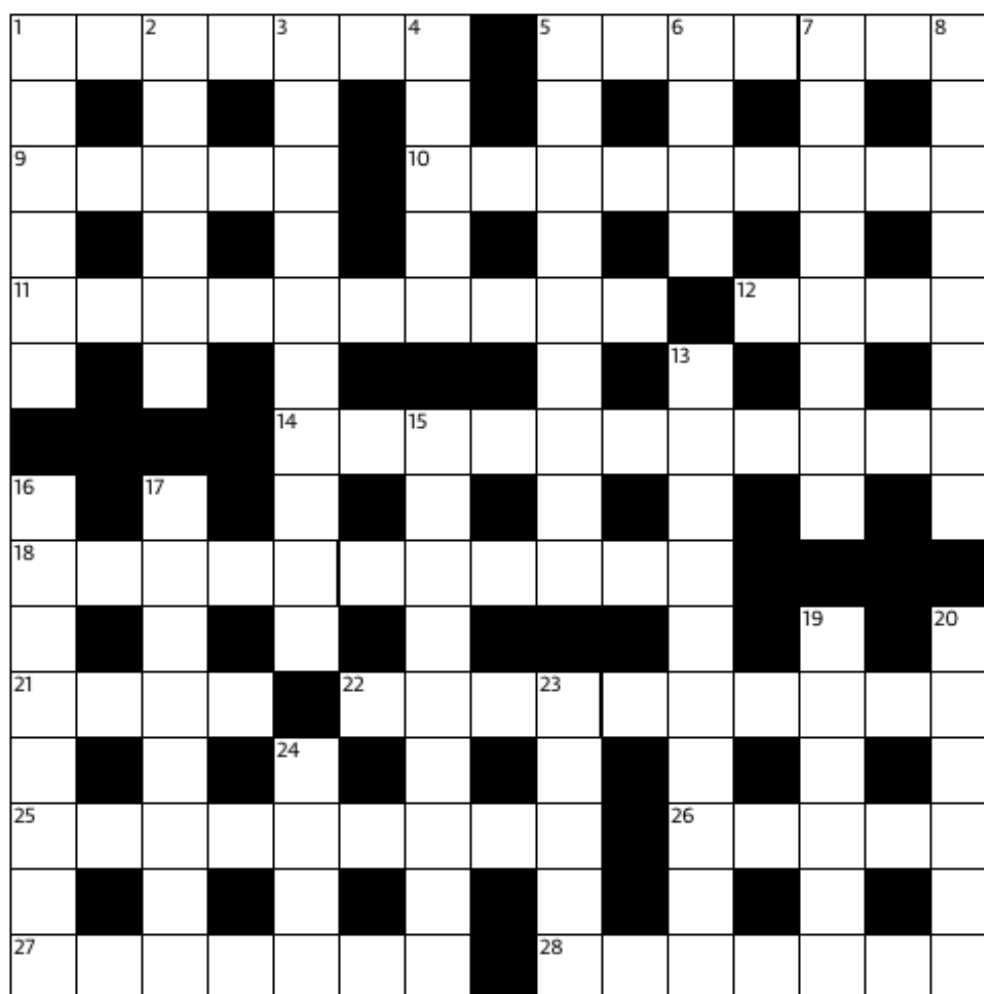
Solution of sudoku #198493:



## Time for a crossword and cup of tea?

### DOWN

- 1 True Conservative shape (6)
- 2 Pinch article about one empty vehicle (6)
- 3 Entranced by time before spring (10)
- 4 Leaders of yesteryear approach captain helming tourist vessel (5)
- 5 Curtains put up across mantle regularly pulled apart (9)
- 6 Notice of death from mosquito bite (4)
- 7 Non-physical complaint head of medicine dismissed wrongly (8)
- 8 Old record those people keep for study of religion (8)
- 13 Tender name broadcast as expression of love (10)
- 15 Hooligans drop onto a path leading south (9)
- 16 Crazy mount rearing following quiet procedure (8)
- 17 Love calling for exclusion (8)
- 19 Den raised after a bit of excitement in the air (6)
- 20 Fool rejects shuffling with no clubs (6)
- 23 English opening race perhaps (5)
- 24 Clean with volcanic dust (4)

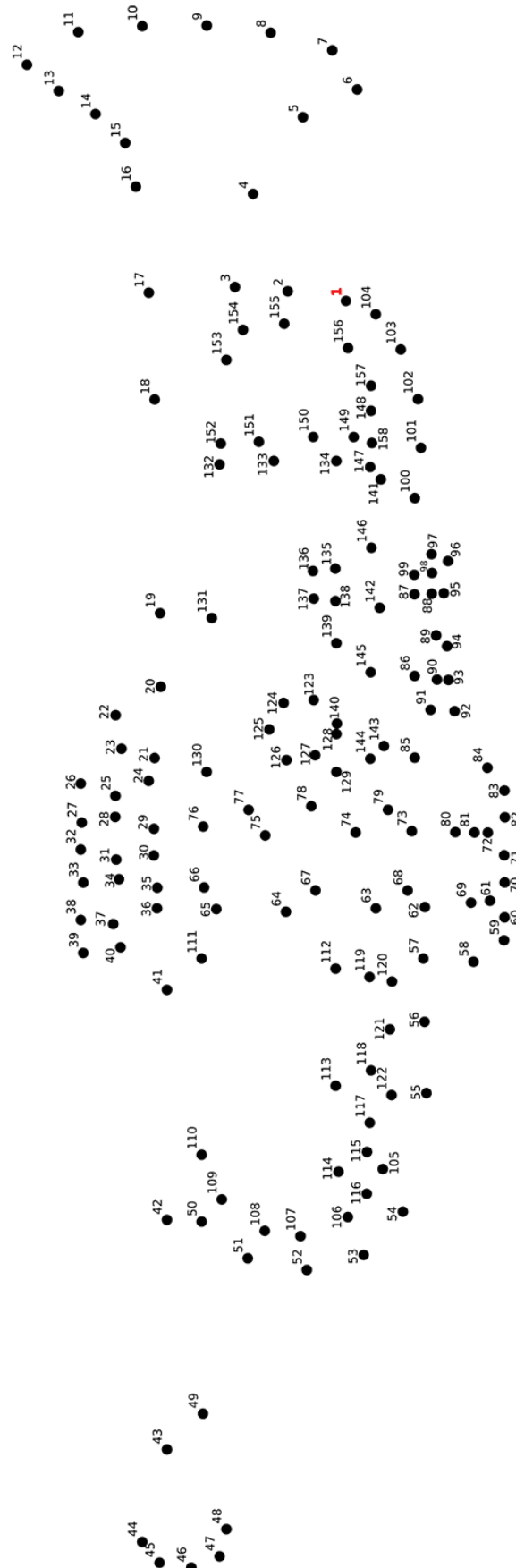


### ACROSS

- 1 Meet South African model returning before start of fashion year (7)
- 5 Try getting place in athletic 23 (4,3)
- 9 Join university side, leaving in the morning (5)
- 10 Charm hostage over a time (9)
- 11 Party has a politician that's informative (10)
- 12 Heat black fossil fuel (4)
- 14 Remaining excellent (11)
- 18 Firework in love story about foreign land (5,6)
- 21 Works a treat, reversing to include charge (4)
- 22 No pay rise, as few agree arrangement before final letter to Europe (4,6)
- 25 Feature sensible dinner service (9)
- 26 Old first to be present (5)
- 27 Left top off groups of bananas as meals (7)
- 28 Nominal time in strange ritual (7)



**This dot to dot is not as easy as all dat!**





# THE QUIZ IS ON

**Alpha-Bet Crew Don Exquisite Feathers or Gel pens cos Here It's Jolly Kwiz Lockdown time...**

**Ok I cheated there but I bet you do better on this alphabet themed quiz (correct spelling)!**

Alphabet Quiz - the first letter of the answer follows the alphabet - A-Z (where the answer is a name, it is the 1st letter of the surname)

- A. What 2 countries begin but don't end with the letter 'a'?
- B. Who wrote the novel 'The Da Vinci Code'?
- C. Diamond is a form of what element?
- D. Born in 1996, what name was given to the world's first cloned sheep?
- E. What are the names of the 5 UK prisons beginning with the letter 'e'?
- F. Who played Princess Leia in the original 'Star Wars' trilogy?
- G. What are the names of the UK's overseas territories located in Europe?
- H. What type of crab uses discarded shells to protect their soft bodies?
- I. What imperial measurement is equal to 2.54cm?
- J. What name is given to a young kangaroo?
- K. What traditional Japanese garment is secured by a sash called an obi?
- L. The adjective 'hepatic' relates to which organ in the body?

- M. Oktoberfest is an annual beer festival held in which European city?
- N. Which actor won his first Oscar for 'One Flew Over The Cuckoo's Nest'?
- O. Which US athlete won four gold medals at the 1936 Berlin Olympics?
- P. What name is given to a harmless pill, used as a control when testing new drugs?
- Q. What is the name of Australia's national airline?
- R. In the cartoon series, Wile E. Coyote attempted to catch which bird?
- S. Which U.S. singer/songwriter is nicknamed 'The Boss'?
- T. What 'Doctor Who' spin-off series is an anagram of 'Doctor Who'?
- U. What 2007 Rihanna song, featuring Jay-Z, topped the singles charts in the U.S. and U.K. (amongst others)?
- V. Shakespeare's 'Romeo and Juliet' is set in what Italian city?
- W. What is the name of the cowboy voiced by Tom Hanks in the 'Toy Story' films?
- X. What word is used for an intense dislike or fear of people from other countries?
- Y. Often found in church graveyards, what trees belong to the Taxus genus?
- Z. What 2012 Kathryn Bigelow film was about the decade long hunt for Osama Bin Laden?

A Afghanistan and Azerbaijan/B Dan Brown/C Carbon/D Dolly/E Exeter, East Sutton Park  
 Eastwood Park, Elmley, Erlestoke/F Carrie Fisher/G Gibraltar, Isle of Man, Channel Islands  
 and Dhekelia and Akrotiri bases in Southern Cyprus. /H Hermit crab/I Inch/J Joey/K  
 Kimono/L Liver/M Munich/N Jack Nicholson/O Jesse Owens/P Placebo/Q Quantas/R Road  
 Runner/S Bruce Springsteen/T Torchwood/U Umbrella/V Verona/W Woody/X  
 Xenophobia/Y Yew/Z Zero Dark Thirty

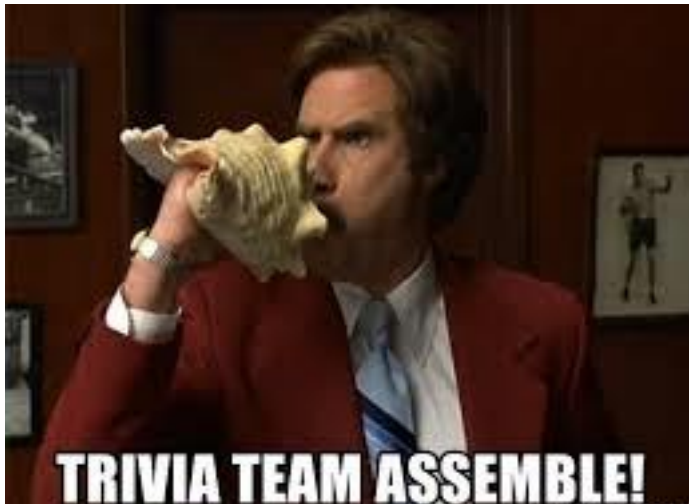
Answers



1. Which English king died in 1066, leaving no heir to the throne?
2. Neil Armstrong, Buzz Aldrin and...? Who was the third astronaut involved in the Apollo 11 mission that landed on the moon?
3. What was Matthew Hopkins famous for in the 17th century?
4. In what century did the Peasants' Revolt take place?
5. During the US civil rights movement in the 1960s, who said: "We declare our right on this earth...to be a human being...by any means necessary"?
6. Who was the wife of the future Henry VIII's older brother, Arthur?
7. What is trepanning?
8. In which decade did the potato famine strike Ireland?
9. Who led the Scottish army to victory over the English at the battle of Bannockburn in 1314?
10. What were the four humours that the ancient Greeks believed made up the body and determined illness?

**History quiz answers**

1. Edward the Confessor
2. Michael Collins
3. He was a witch-finder
4. The 14th century
5. Malcolm X
6. Catherine of Aragon
7. The drilling of holes in the head and scraping or cutting of the skull
8. 1840s
9. Robert the Bruce
10. Blood, phlegm, black bile, yellow bile



**By team we mean tea and biscuits!**

1. In which 1995 film does farmer Arthur Hoggett say "*That'll do, pig. That'll do.*"?
2. Queen Victoria belonged to which ruling house of the British monarchy; Hanover or Stuart?
3. Which British band released the album 'A Rush of Blood to the Head' in 2002?
4. Which Scottish snooker player lost three consecutive World Championship finals between 2017 and 2019?
5. 'Bartolomew JoJo' are the given names of which Simpsons character?
6. Which western astrological sign is represented by the twins Castor and Pollux?
7. Which Lancastrian painter was best known for painting 'matchstick men'?
8. Which Tolstoy novel begins "*All happy families are alike; each unhappy family is unhappy in its own way.*"
9. Which English singer had her first UK number single with 'Burn' in 2013?
10. Llyn Tegid is the largest lake in which UK nation?

**Answers.**

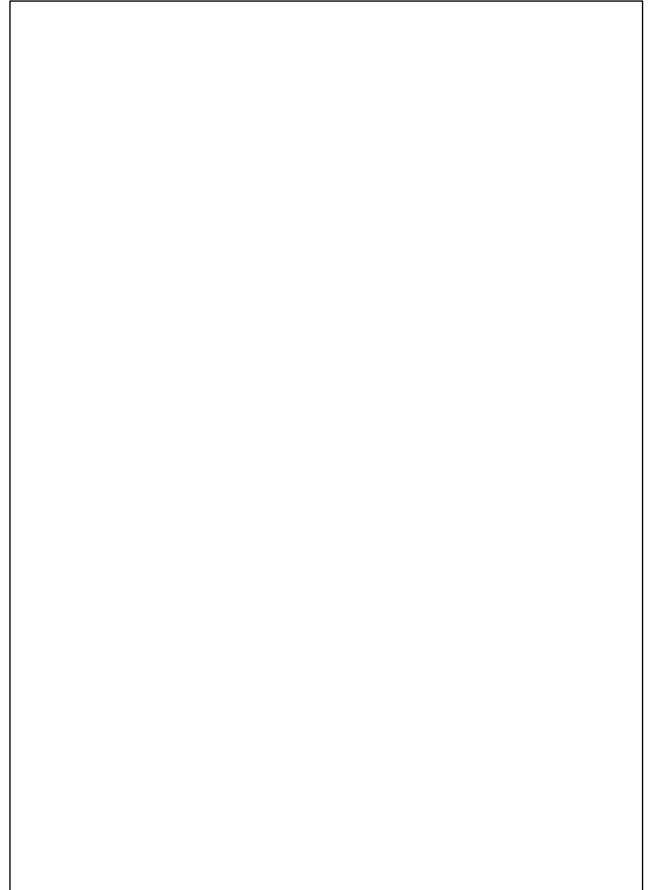
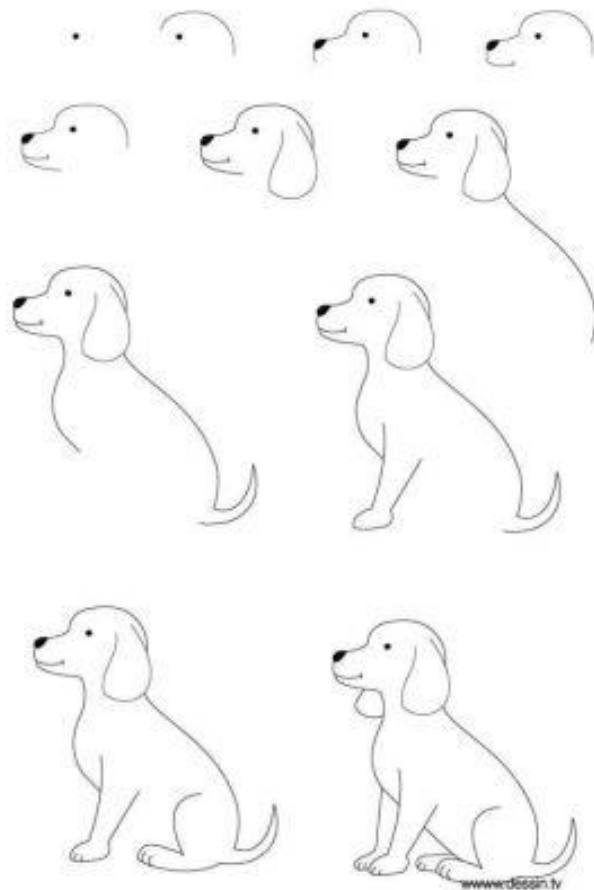
1. Babe
2. Hanover
3. Coldplay
4. John Higgins
5. Bart Simpson
6. Gemini
7. L.S. Lowry
8. Anna Karenina
9. Ellie Goulding
10. Wales

# DIY ACTIVITIES

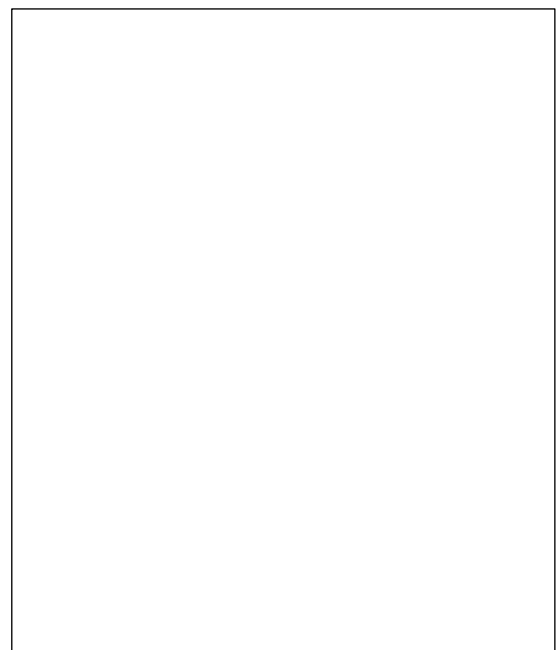
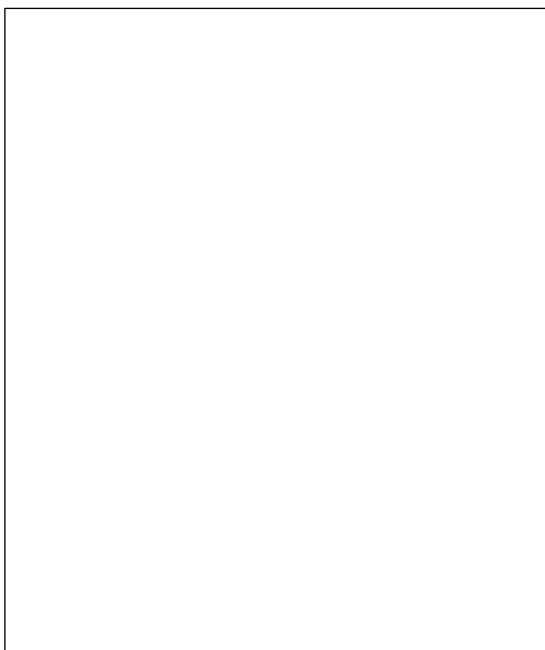
Colour yourself calm!



Have a go at drawing this dog! If we can manage this we all be illustrators in no time!



I've given us a few extra boxes for practise...



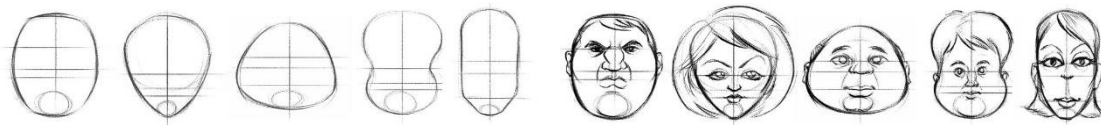


## Start the comic strip with stage one: Your head as a cartoon...this could've been how Stan Lee started.

The art of cartoon and caricature is often about exaggeration. Once you find the basic shapes and foundation pieces of the face, you can tweak them to make them more cartoon-y. Practice drawing different face shapes and fitting the features into the shape you created.

### Vary the Shape but Maintain the Centre-line

You can move most of the construction lines around, but don't mess too much with the centre-line. It's an important anchor for the rest of the structure.



**Look in the mirror** reference for creating these cartoon features.

#### Step 1: Draw the Structure

Draw the profile line of the face. Begin at the eyebrow, then draw the cheek, jaw and chin. Vary the line width for interest. Thicker lines attract attention.

#### Step 2: Add Hair

Add the hairline around the face. Then add the silhouette shape of the hair. Use a "V" shape to indicate a part in the hair.

#### Step 3: Start Adding Features

Draw the eyes. Draw the far eyebrow first, then the near one. Continue with the far eye, then the near one.

#### Step 4: Add More Features

Draw the nose. Start at the bridge by the eyebrow and work your way down to the tip of the nose. Add the near nostril, then the far one if you can see it. Add any decorative strokes that will help define the nose.

#### Step 5: Finish and Refine the Features

Draw the mouth area. There is no opening in this model's expressive grin, so you will simply draw the top lip, then the bottom one.

#### Step 6: Add the Neck

Complete the sketch by first drawing the neck and collar. Go to the top of the sketch and work your way down adding decorative strokes. Look for anything you may have skipped: freckles, earrings, strokes in the hair, glasses and so on.



**Next let's try and write a bestseller starting with 'Writing something from nothing.'**

I know something about ...

Five things you know about.	Five things you do not know about.

*Use one of these as an opening line and describe it in further detail.*

Snipping snippets.

*These are opening lines to famous books, finish of the sentence however you want.*

The Wizard of Oz

Dorothy lived in the midst of the great Kansas prairies,

1984 George Orwell

It was a bright cold day in April and the clocks were striking thirteen

The crown road by Iain Banks

It was the day my grandmother exploded

**GAME ON**

## Guess the gibberish

Read out the gibberish on the left, to yourself, and draw a line to the correct phrase on the right.

My elks ache brim saul dubai's tooth uh yod	Attention deficit disorder
Fish hits bin hers	Mirror selfie
Boy full leash awe	But first let me take a selfie
Hat ten shunned deaf asset tis hoarder	Cardi b
Buffer toil led meat ache us elf fee	In west Philadelphia born and raised
Hen newest fill led dale fear por hand raced	Attack of the clones
Dawn dutch mice tough	My milkshake brings all the boys to the yard
A taco think loans	Bye Felicia
Mere ores elf free	Don't touch my stuff
Cart he pea	Fidget spinners

**Answers**  
 My elks ache brim saul dubai's tooth uh yod+My Milkshake brings all the boys to the yard/Fish hits bin hers+Fidget spinners/Boy full leash awe+Bye Felicia/  
 Hat ten shunned deaf asset tis hoarder+Attention deficit disorder/  
 Buffer toil led meat ache us elf fee+But first let me take a selfie/  
 Hen newest fill led dale fear por hand raced+In west Philadelphia born and raised  
 Daw dutch mice tough+Don't touch my stuff/A taco think loans+Attack of the clones/Cart he pea+Cardi B

## Practise your profound poetry and finish the line!

'No Man is an Island' John Dunne

No man is an island, entire of itself \_\_\_\_\_

'Stopping by woods on a snowy evening' Robert Frost

The woods are lovely, dark and deep, But I have promises to keep \_\_\_\_\_

'Still I rise' Maya Angelou

Does my sassiness upset you? Why are you beset with gloom? \_\_\_\_\_

'Remember' Christina Georgina Rossetti

Yet if you should forget me for a while, And afterwards remember \_\_\_\_\_

'Sonny's lettah' Linton Kwesi Johnson

Soh mi jook one in him eye, an him started to cry, mi tump on in him mout \_\_\_\_\_

Did you get the line right or made your own up?  
Do you prefer your own to the original? If so...go on Shakespeare with  
your bad self!  
Why not send us your lines on page 28?

**Actual line:**

1. Every man is a piece of the continent, a part of the main.  
2. And miles to go before I sleep, and miles to go before I sleep.  
3. 'cause I walk like I've got oil wells pumping in my living room.  
4. do not grieve: For if the darkness and corruption leave A vestige of the thoughts that once I had.  
5. an him started to shout, mi kick one pan him shin, an him started to spin.

# LOLS AND GOSS

## Lockdown cinema!

Reach for the sky  
Tue 5 May  
1pm-3.10pm  
BBC Two

Biopic of Second World War  
hero Douglas Bader. A plane  
crash in 1931 cost the  
aspiring pilot both his legs!



## Psst!

I heard Maya Jama  
might be on Strictly  
come dancing this  
year!



## Radio 1's tune of the week:

Rise by Jonas Blue  
'We hit the bottom,  
this it goes up'



When you just sat down and  
someone calls your name. **Draw  
your expression below**



'Can you feel? that days gettin' shorter'  
Christina Quarles

If lockdown is keeping you up at night,  
tune into BBC 1extra on Tuesday 5th  
May at 3:00am to listen again to DJ  
Target with Yxng Bane and Kali Uchis!



# Storytime

## THE RIVER BANK

The Mole had been working very hard all the morning, spring-cleaning his little home. First with brooms, then with dusters; then on ladders and steps and chairs, with a brush and a pail of whitewash; till he had dust in his throat and eyes, and splashes of whitewash all over his black



fur, and an aching back and weary arms. Spring was moving in the air above and in the earth below and around him, penetrating even his dark and lowly little house with its spirit of divine discontent and longing. It was small wonder, then, that he suddenly flung down his brush on the floor, said 'Bother!' and 'O blow!' and also 'Hang spring-cleaning!' and bolted out of the house without even waiting to put on his coat. Something up above was calling him imperiously, and he made for the steep little tunnel which answered in his case to the gravelled carriage-drive owned by animals whose residences are nearer to the sun and air. So he scraped and scratched and scabbled and scrooged and then he scrooged again and scabbled and scratched and scraped, working busily with his little paws and muttering to himself, 'Up we go! Up we go!' till at last, pop! his snout came out into the sunlight, and he found himself rolling in the warm grass of a great meadow. 'This is fine!' he said to himself. 'This is better than whitewashing!' The sunshine struck hot on his fur, soft breezes caressed his heated brow, and after the seclusion of the cellarage he had lived in so long the carol of happy birds fell on his dulled hearing almost like a shout. Jumping off all his four legs at once, in the joy of living and the delight of spring without its cleaning, he pursued his way across the meadow till he reached the hedge on the further side.

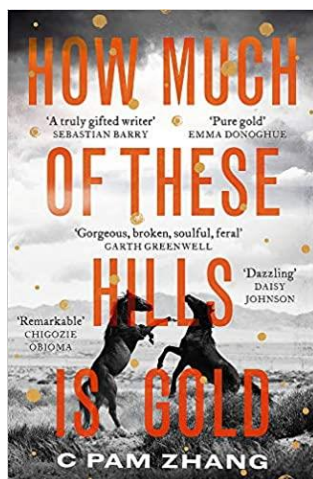
'Hold up!' said an elderly rabbit at the gap. 'Sixpence for the privilege of passing by the private road!' He was bowled over in an instant by the impatient and contemptuous Mole, who trotted along the side of the hedge chaffing the other rabbits as they peeped hurriedly from their holes to see what the row was about. 'Onion-sauce! Onion-sauce!' he remarked jeeringly, and was gone before they could think of a thoroughly satisfactory reply. Then they all started grumbling at each other. 'How STUPID you are! Why didn't you tell him——' 'Well, why didn't YOU say——' 'You might have reminded him——' and so on, in the usual way; but, of course, it was then much too late, as is always the case. It all seemed too good to be true. Hither and thither through the meadows he rambled busily, along the hedgerows, across the copses, finding everywhere birds building, flowers budding, leaves thrusting—everything happy, and progressive, and occupied. And instead of having an uneasy conscience pricking him and whispering 'whitewash!' he somehow could only feel how jolly it was to be the only idle dog among all these busy citizens. After all, the best part of a holiday is perhaps not so much to be resting yourself, as to see all the other fellows busy working.



## What's new on the shelves?

### HOW MUCH OF THESE HILLS IS GOLD by C PAM ZHANG

Set in California during the Gold Rush, C Pam Zhang's debut novel, **How Much of These Hills Is Gold** (April 7), follows two orphaned siblings with an electric, jangly energy.



Six days a week Lucy wakes first. It's the hour of the mole, an absolute dark, as she slips past her sleeping family.

Sam in the loft bed beside her, Ba and Ma on a mattress at the foot of the ladder—she circumvents them by memory as much as by sight, as she circumvents the heaped clothes, the empty flour sacks, the sheets, broom handles, trunks. The house has the close, stale musk of an animal's burrow. Last week a tub of creek water overturned, not improving the odor.

Once, Ma might have made it inviting. A bunch of sweet grasses, a strategically spread cloth. But for weeks now her beauty's been worn thin by a sickness that makes her retch up her food. Her beauty now hardly covers her bones. In this light, the shape of her skull is visible.

Nowadays her sole occupation is sleep. Her cheeks look ever more gouged, as if something nibbles her in the night. She hasn't eaten a proper meal in weeks. Says she can stomach only meat, which they lack the coin to buy.

Ba promised meat when they got to this big new mine, and a garden, good clothes, proper horses, school. Too many men beat them here. Wages are lower than promised. With Ma sick, it's Lucy who puts off school to accompany Ba to the mine, Lucy who wakes first, fixes breakfast.

She sets a pan on the stove. Too loud—Ma stirs at the clang. If woken, Ma argues endlessly with Ba. **The girls are hungry. / I'd be earning more if we'd gotten here sooner. / But we didn't. / Not on my account. / Say what you mean. / All I mean is this taking sick was awful inconvenient. / You think I did this on purpose? / Sometimes, qin ai de, you can be right stubborn.**

Quiet, quiet, Lucy presses potatoes into the pan with her palms. The oil scalds, but at least there's no hissing, no noise. Two potatoes in a cloth for her and Ba, one on the table for Sam. She leaves a hopeful fourth on the stove for Ma.

Ba splits from Lucy at the mine, heading down the main shaft with the men. That leaves Lucy to face her tunnel alone.

Six days a week she looks East. The sky is still a bruise's deep blue, yet she lingers as if she could call the sunrise. She crawls down once she convinces herself of what moles don't need. Colors disappear, then sounds. The black is entire by time she reaches her door. Nothing else for a long time, until the first knock.

Miners emerge as Lucy drags the heavy door open. Walls reappear at the slice of their lanterns, the textures of rock and cloth and skin. When her grip fails, she wedges an arm into the gap. She fixes her eyes on a strip of yellow cloth and hardly feels the pain. It's nothing compared to the pain of the miners leaving, sight snuffed out.

**If you enjoyed this you can put a catalogue order in!**

**It's on Amazon with the ISBN number 978-0349011462**

## A little bit of library history! Who else is missing their library in lockdown?

### The untold story of the rebel librarian and the steel baron.



#### By Katie West Sussex Library Service

Marian Frost was an unconventional Victorian librarian from Sussex who wanted to change her community's relationship with books.

Libraries in Victorian Britain were not always welcoming places.

An 1850 Act of Parliament allowed boroughs to build free public libraries. Yet politicians worried about costs and the social transformations these new institutions might bring. They imposed strict conditions on how much money could be spent.

Libraries were particularly intimidating for women. Books were often not freely available, and visitors had to ask staff for individual volumes. Many male librarians worried that the wrong books might corrupt female minds.

In 1897 Marian became Assistant Librarian in a cramped, run-down library in Worthing. She soon learned of a philanthropist who was spending his vast wealth opening new libraries. Steel baron Andrew Carnegie began life as a penniless Scot and made a fortune in America. He was a man of paradoxes; a harsh employer and ruthless capitalist, but also one of the most charitable men who ever lived.

Carnegie donated over 56 million dollars to build more than 2,500 libraries around the world. His legacies include the renowned Carnegie Hall in New York.

The young Marian wrote to Carnegie in 1902, arguing the people of Worthing deserved better access to books. She stated that a good library was **"as necessary to the mental and moral health of the citizens as good sanitary arrangements, water supply and street lighting"**

Carnegie declined her first request for money because Worthing already had a public library. Marian appealed again.

Marian's tenacity was

rewarded in 1903. Carnegie agreed to grant Worthing £6,200 towards the cost of a new library – the equivalent of around half a million pounds today.

As with many of Carnegie's donations, the money came with conditions. The town had to pay for the upkeep of the library and provide a site for the new building. They also had to supply most of the workforce from among the local unemployed. Carnegie's contribution did not pay for the library outright, but it did give Worthing Council the impetus to fulfil Marian's vision.

By 1919 Marian was running the largest public library in the country, staffed entirely by women.

Marian's pioneering attitude changed not only local libraries, but also opportunities for women in the workplace; one of the few jobs for women at this time that garnered respectability and a genuine intellectual challenge.

Marian's legacy lives on through the dedicated public librarians who follow in her footsteps.

## **An astronaut's guide to surviving isolation**

By Tiffanie 9th April 2020

**Much of the world is having to learn fast about self-isolation. What tips can we glean from those who do it for a living? In 2017, I tried to live like an astronaut.**

I didn't float around in weightlessness, conduct any ground-breaking experiments or see the Earth from space. But I did spend two days confined to my apartment, where I worked, worked out, and limited my meals to freeze dried food from a pouch. It was an attempt to explore the effects of living in isolation from society and confined in the same place 24 hours a day, like astronauts do aboard the International Space Station, or may one day do on Mars.

Fast-forward to 2020. Millions of us are socially distancing around the globe in an attempt to slow the spread of coronavirus and no longer have to imagine what it's like to spend the vast majority of the day in our homes.

As we grapple with our new routines, what advice can we glean from people who have already spent months in isolation? To find out, we caught up with two Nasa experts. The first is Kjell Lindgren, an astronaut who spent 141 days in space aboard the International Space Station (ISS) in 2015 with five crewmates. The second is Jocelyn Dunn, a human performance engineer who spent eight months living inside a dome habitat with five fellow volunteers as part of a [Hawaii Space Exploration Analog and Simulation](#) (Hi-Seas) mission in 2014 and 2015. Here's what they suggest.



**Basically, we're all  
training to be astronauts!**

### **Stay busy and make a schedule**

On ISS, astronauts' days are scheduled down to five-minute increments with time for experiments, maintenance, conference calls, meals, working out and more. But even at home, Lindgren says it's helpful to stay busy with meaningful work, even if it's not your usual gig. “

In her forthcoming research Dunn and her colleagues also looked at how different crews on four, eight and 12-month missions spent their time and self-organised in the habitat, which included less than 1,500 sq ft (139 sq m) of living space. The results suggest that given autonomy, most people spent about the same amount of time on different activities.

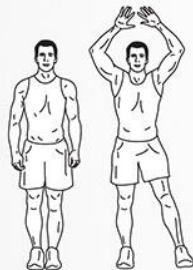
In the habitat, participants spent about seven to eight hours on sleep, three to four hours on leisure activities, three to four hours on personal projects, an hour and a half working out, two hours on meals and half an hour on personal hygiene (which is low because shower time was extremely limited to simulate what life would be like on Mars).

# ***Foods and Moves***

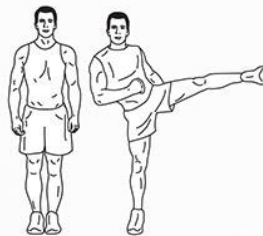
## **EASY DOES IT**

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

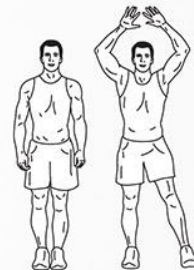
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 step jacks



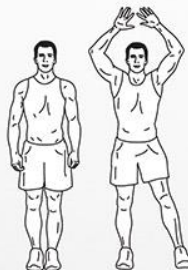
20 side leg raises



10 step jacks



20 raised arm circles



10 step jacks



20 raised arm circles

## **Whilst in quarantine lots of people have been making a Dalgona Coffee aka 'Whipped Coffee'**

Here's the recipe for you to try, you can still make it without a whisk!  
Just whip it extra hard with your cutlery and new strong arms from doing the 20 arm circles in from page 24!



### **Ingredients**

- 2 tbsp instant [coffee](#) or espresso powder
- 2 tbsp [sugar](#)
- 2 tbsp very hot water
- 400ml/14fl oz [milk](#)

## Method

1. Add the instant coffee, sugar and hot water to a medium mixing bowl. Using an electric hand-held mixer, whip the coffee mixture until it is light brown, fluffy and holds stiff peaks when the whisk is removed.
2. Heat the milk, if desired, and divide between two heatproof glasses. Spoon dollops of the frothed coffee mixture on top and smooth out with a spoon. Serve.

## FACT TIME

### **Nutritional benefits of coffee**

There are two main factors that could be considered benefits to drinking coffee. The first is associated with its high antioxidant status. Antioxidants are important for health as they prevent our cells from being oxidised by toxins, chemicals and inflammation.

Coffee, in addition, does contain some B vitamins, magnesium and potassium.

### **Are there any risks in drinking coffee & how much is too much?**

The NHS currently do not set limits for coffee consumption for most people, but they do advise pregnant women to limit their caffeine intake to 200mg per day. This is the equivalent to two mugs of instant coffee but less than two mugs of filter coffee.

Caffeine is a stimulant and everyone reacts differently to it. People who are more sensitive to caffeine or who drink a lot of caffeinated drinks sometimes report dizziness, tremors and insomnia as side effects.



## Soothing Rhythm Breathing

1. I am going to focus only on my breathing, and how I am breathing: (pause for a moment)

2. My breathing is going to slow down by me controlling it:

Breathe in slowly, through your nose, for a count of 4: 1....2....3...4

Hold the breath in for a count of 2: 1...2

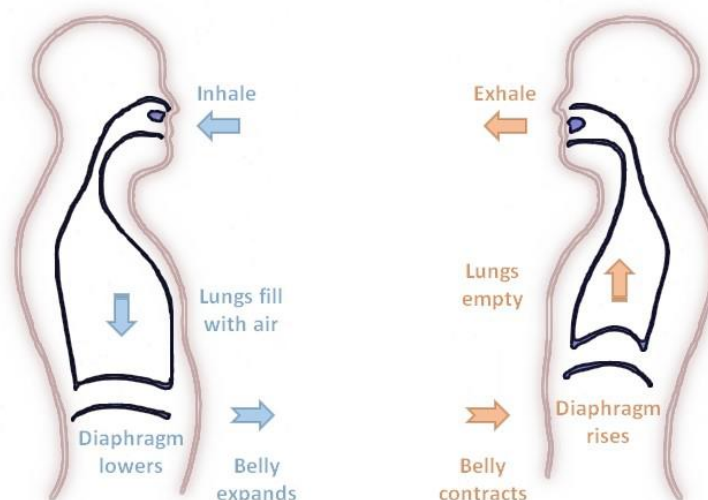
Very slowly, exhale the air through your mouth - like blowing out a candle - for a count of 6: 1...2...3...4...5...6

Repeat a few times to get used to this method.

3. Now I will focus on where in my body I am breathing from: is it my diaphragm (tummy) or my chest area? If you are breathing is high, in your chest area, gently re-direct lower down to your diaphragm. The image below explains how.

### Tips:

- How we breathe is more important than you may think. Once we are aware of this it can help us in situations where we feel anxious, tense, irritable or ready to explode!
- For soothing rhythm breathing always breathe in through the nose and out of the mouth.
- The breath out is always longer than the breath in.
- Practice Soothing Rhythm Breathing for about 4-5mins daily or whenever you feel it can help



# Get away

## A beginner's guide to responsible tourism

Global responses to the COVID-19 pandemic have led to a dramatic decline in travel and tourism over the past few months. Whilst the environmental impacts are largely positive, and many marine ecosystems are already looking much healthier for example, millions of people around the world risk losing their livelihoods as a direct result of travel bans and hotel and restaurant closures. However, it is important we don't return to 'business as usual' when this is all over but use this time-out to reflect and plan for making travel and tourism more responsible and sustainable, to the benefit of all involved.

Put simply, responsible tourism is about "making better places for people to live in and better places for people to visit." It is about increasing the benefits tourism can bring to a destination, whilst at the same time minimising the negative impacts that accompany tourism development. All types of tourism have the potential to be more responsible – from all-inclusive beach holidays, to nature retreats and city breaks.

In many countries, and especially in developing countries, tourism represents a vital source of income and is an important vehicle for local economic development. In Kenya for example, the total contribution of travel and tourism to GDP was 9.8% in 2016, according to the World Travel and Tourism Council.

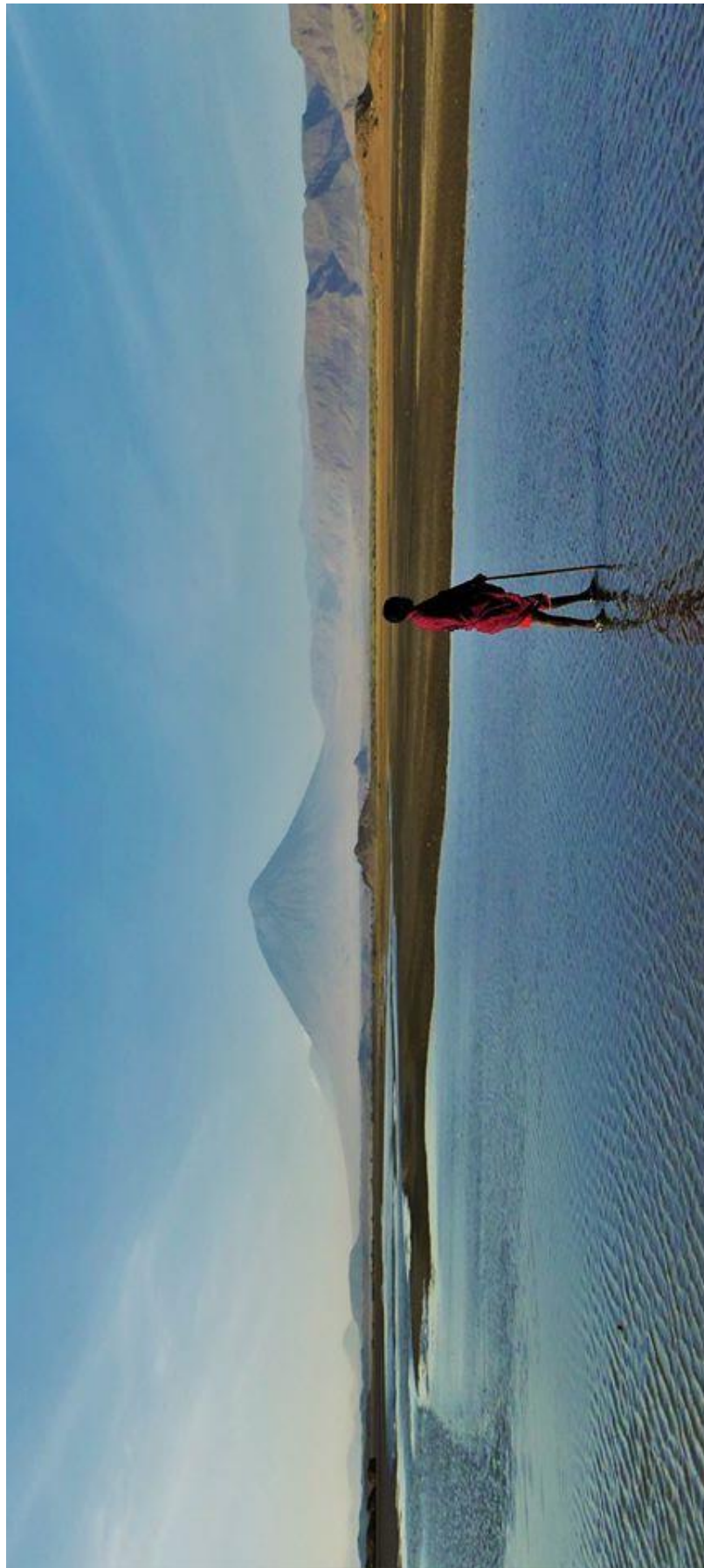
When managed properly, tourism is a catalyst for economic growth via local job creation, investment opportunities, improved infrastructure and local supply chain linkages. It can also increase the funds available for the conservation of natural and cultural heritage, and perhaps more importantly, provide a sound economic incentive for preserving stunning landscapes, wildlife, marine ecosystems and the like – which are often at the core of what a tourist destination has to offer. Tourism can even revitalise traditional cultures and inject a new sense of pride into local communities.

However, tourism can also have many negative impacts. These include the loss of natural habitats and increased pressure on natural resources, poorly paid and often seasonal jobs, a move away from traditional earnings in favour of the tourist dollar, more pressure on sometimes limited infrastructure and price increases/ land speculation which impact on local populations.

From these few examples, we can see that the impacts of tourism are often double-faceted. Proper planning by national and local governments and private sector businesses is essential to ensuring that the positive outweighs the negative – and community engagement is paramount to ensuring that the needs of local communities are also addressed.

Over the next few weeks, we will look in more detail at what various stakeholders can do to help make tourism more responsible – and in particular what role tourists themselves can play to help make holiday destinations better places to live and better places to visit.

Here's a little picture present of the Lake Natron on the Kenya / Tanzania border.



**How did you find your activity pack?**

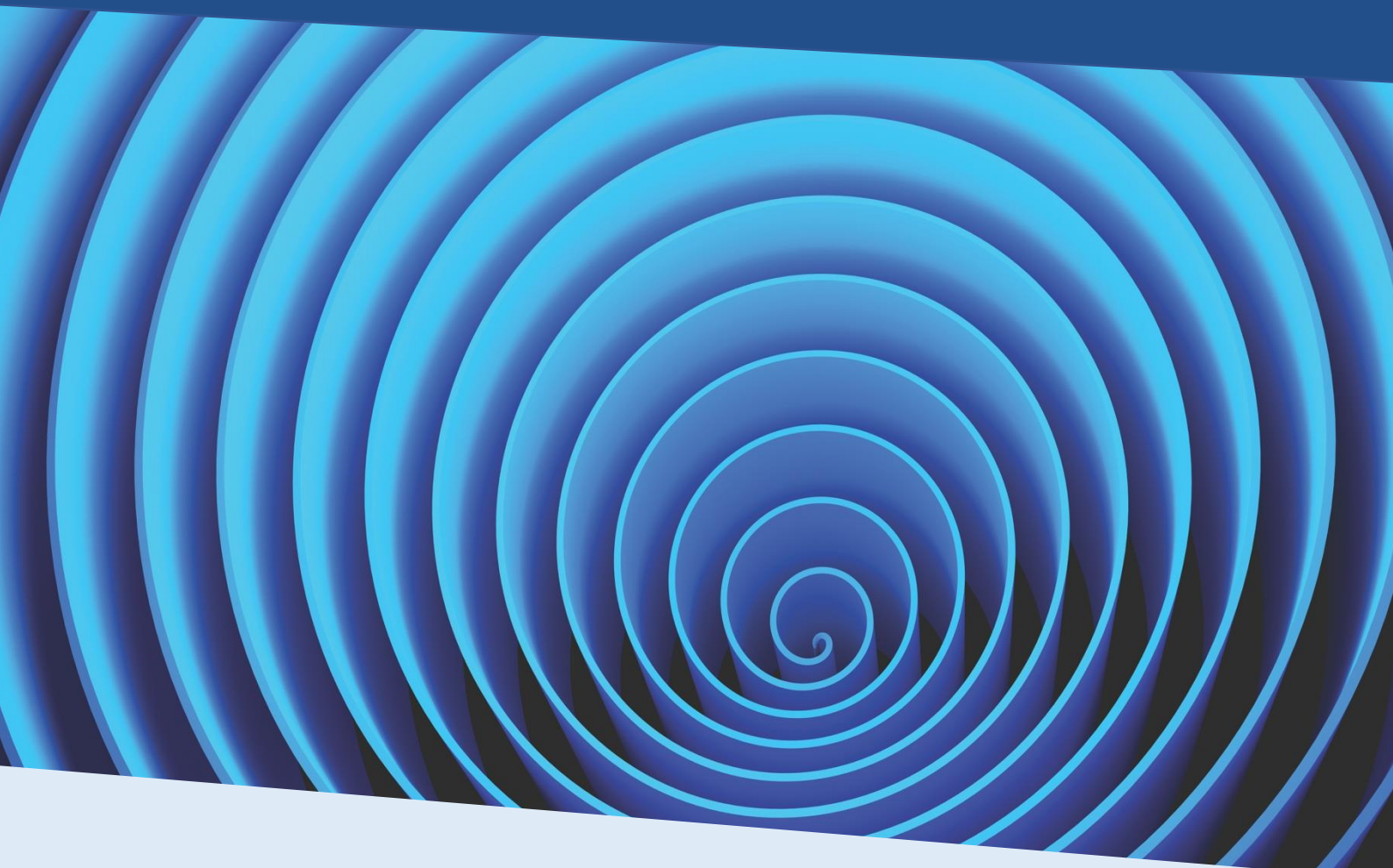


Please let us know what you have enjoyed and what you would like to see more of!

We'd also love to see any of your completed work so attach it here to send it in!

Pull out this page, attach to an App and send to the Head of Learning and Skills or Weston College.





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**Prison  
Education**

