

# STAYING HOME, STAYING SAFE, KEEPING HAPPY MAGAZINE

## ISSUE 4

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.

### Mental Health Awareness Week

Did you know that this week is **Mental Health Awareness Week** and the theme is; **the importance of being kind.**

#### The benefits of kindness



Being kind can significantly improve our physical and emotional wellbeing - whether we are giving or receiving it.

There have even been scientific studies into the effects of kindness, showing that acts of kindness help your immune system, reduces stress, gives you energy and are good for your heart!

The power of being kind goes even further, it has been proven to slow ageing, improve relationships and it's contagious!

And don't forget to be kind to yourself as well! If you want to find out more see the link: [www.bbc.co.uk/newsround/52557800](http://www.bbc.co.uk/newsround/52557800)



## Some Happy News

### Zoo puts on a virtual tour



### Penguins are part of Chester Zoo's virtual tour









Like most places in the UK, zoos are currently closed. Visitors may not be able to take a trip to see their favourite animals at the moment, but bosses at Chester Zoo have managed to find a way to bring the zoo right into people's homes!

They have been hosting a virtual zoo on Facebook, giving children (and adults!) the chance to get a glance of all their favourite animals.

Animal lovers have been able to see pandas, giraffes, elephants, butterflies, bears, tigers, penguins and lots of exotic fish in the aquarium.

The live tour was on Friday 15<sup>th</sup> May but you can watch the videos by following the link: [www.chesterzoo.org/virtual-zoo-2/](http://www.chesterzoo.org/virtual-zoo-2/)

## Daily Exercises

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p><b>Upward Facing Dog</b> Hold for 15 seconds</p>	 <p><b>High Knees</b> 20 times, taking turns with each knee</p>	 <p><b>Chair Pose</b> Hold for 30 seconds</p>	 <p><b>Lunge</b> 10 times each leg</p>
FRIDAY	SATURDAY	SUNDAY	BONUS!
 <p><b>Warrior 2</b> Hold for 15 seconds each side</p>	 <p><b>Squat</b> 10 times</p>	 <p><b>Forward Bend</b> Hold for 30 seconds (You can bend your knees)</p>	 <p><b>Jumping Jacks</b> 20 times</p>

## Fun Craft Activity

### Tissue paper butterfly

#### **You will need:**

Card, glue, scissors, pipe cleaner, tissue paper



#### **What to do:**

1. Cut out a butterfly shape from card.
2. Cut or tear tissue paper into small pieces.
3. Working in small sections apply glue to the butterfly.
4. Scrunch pieces of tissue paper and stick to the butterfly covering the entire butterfly.
5. Fold pipe cleaner in 1/2 and curl ends to form antenna. Tape or glue to the back of butterfly at the fold.



## Recipe Idea

### Chocolate Rice Krispie Cakes



**Time:** 15 to 20 minutes

#### **You will need:**

- 60g or 2 oz unsalted butter
- 3 table spoons golden syrup
- 1 x 100g bar milk or dark chocolate
- 90g or 3 oz Rice Krispies
- Fairy cake cases

#### **What to do:**

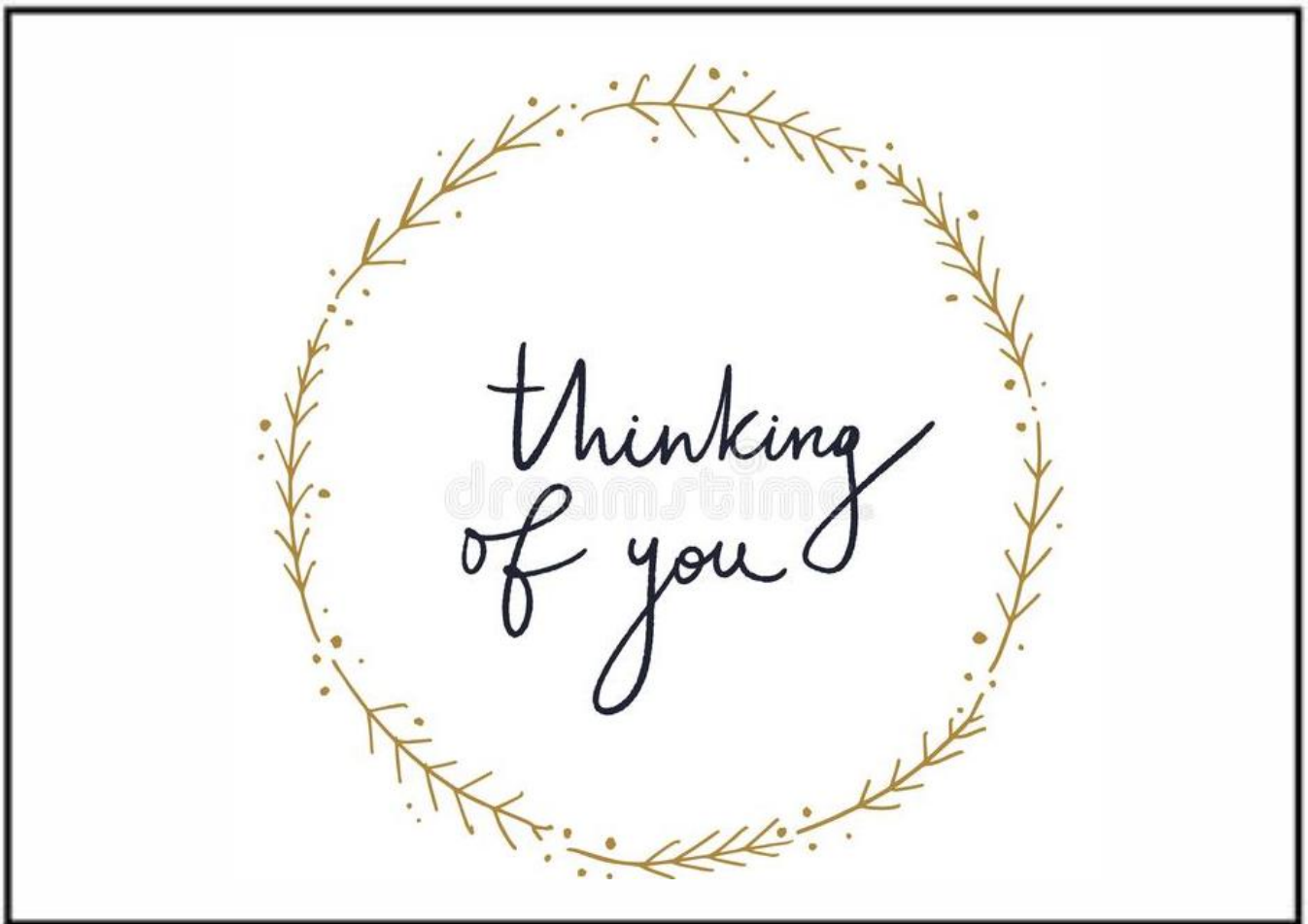
1. Carefully melt chocolate in a heatproof bowl and gently melt in 10-second bursts in the microwave.
2. Add the butter, cut in to small pieces, stir in till melted
3. Add the syrup, stir
4. Add the Rice Krispies and stir in to the chocolate mix, Gently
5. Spoon the mixture into 10 – 12 fairy cake cases
6. Leave to cool
7. Eat within five days if kept in airtight container.

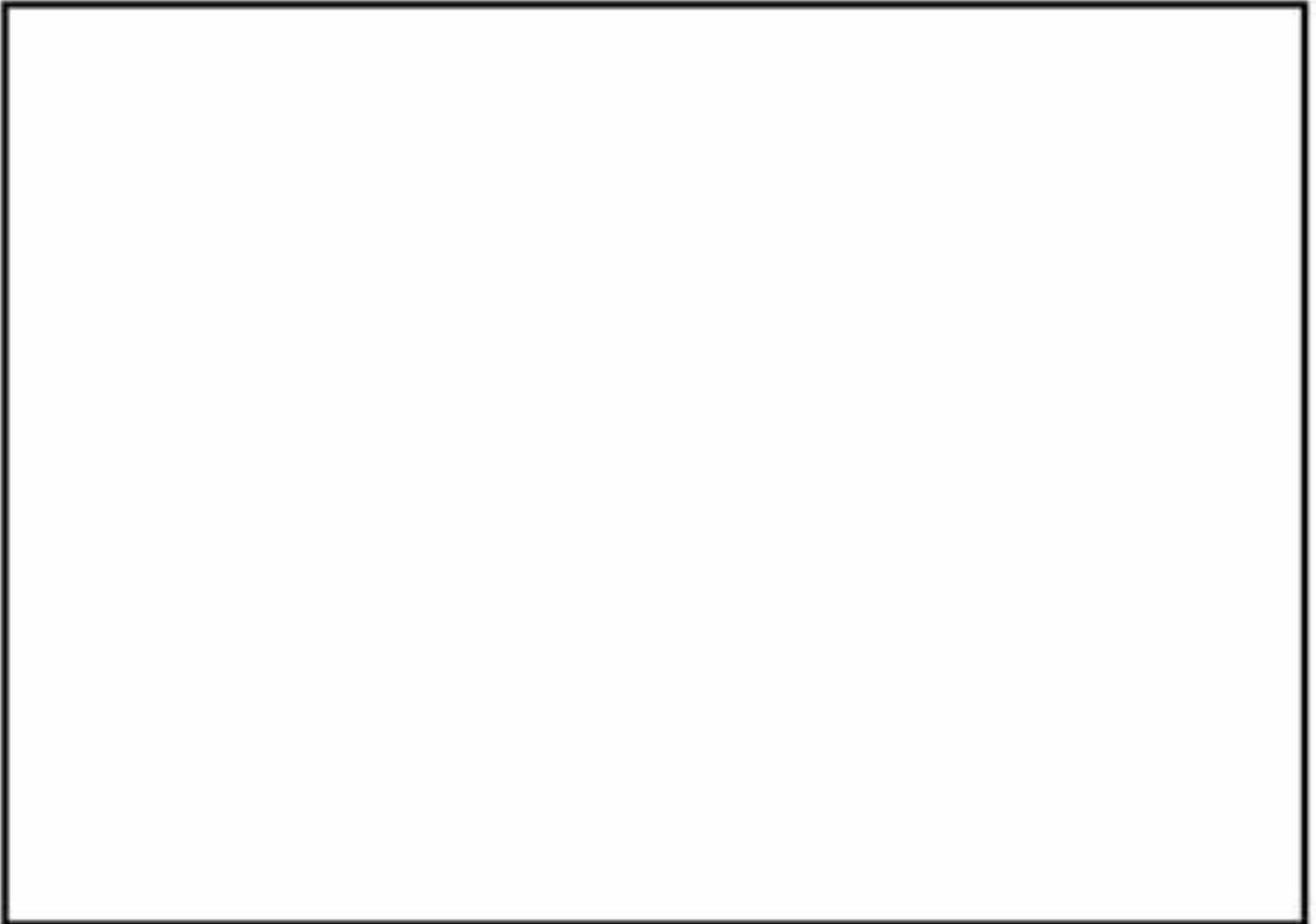
## More Activities


### Send a postcard to a friend:

As an act of kindness you could send a postcard to someone you care about and cannot see at the moment. The postcard templates can be cut out and stuck onto some card (such as an empty cereal box cut up). You can stick on a photograph, picture or even create your own piece of art by drawing, painting or making a collage. The card below has a ready-made message or you can use the blank card and write your own message. If you cannot get to the post office and don't have any stamps, you can order them online using the links at the end of the magazine.

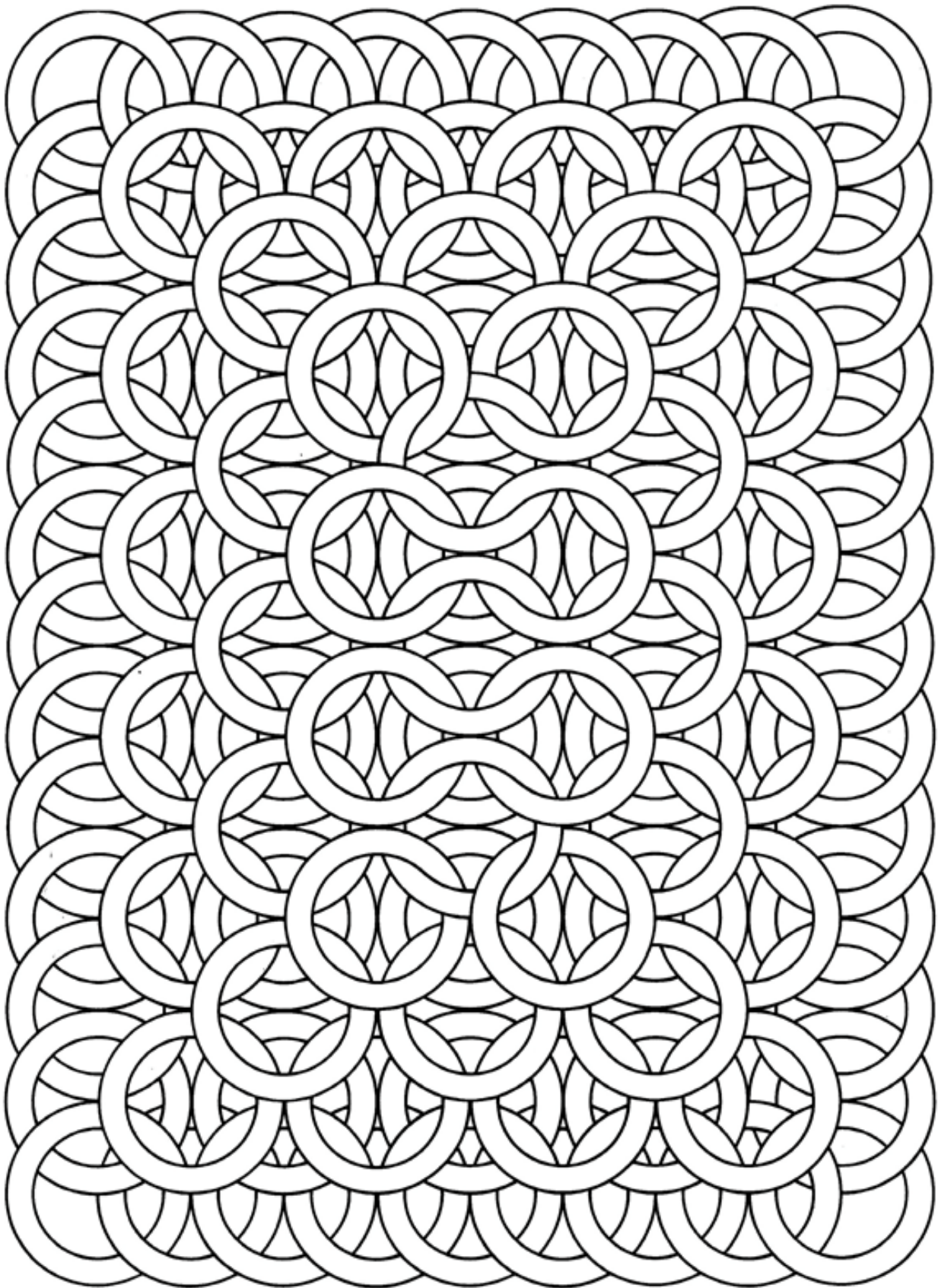
Front example:





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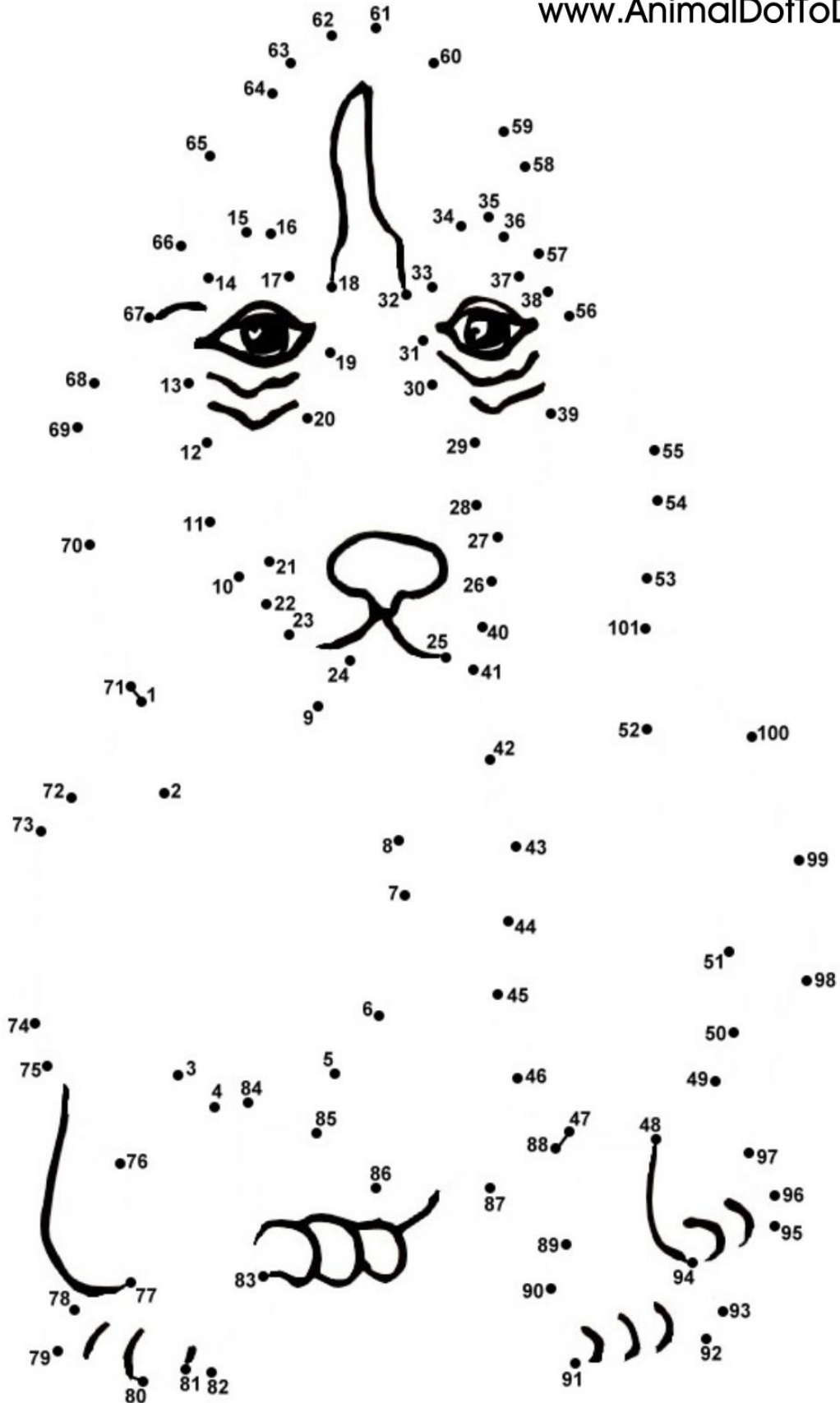
## Colouring in





# Dot to Dot

[www.AnimalDotToDots.com](http://www.AnimalDotToDots.com)



## Word Search-Trees

Find the tree words below in the grid:



bark  
 branches  
 cone  
 flower  
 fruit  
 leaves  
 needles  
 nut  
 oak

oxygen  
 palm  
 pine  
 roots  
 seed  
 sunlight  
 trunk  
 water  
 wood

## Guided Imagery



Guided imagery is a way of helping to reduce stress. You can trick your brain into feeling relaxed by imagining you are in a very relaxed and calm environment. 'Guided' means that you listen to another person read out a script (like a story) that helps you imagine yourself in a place where you would usually feel relaxed. You can find some examples of this on the website below.

[www.generationcalm.com/blog/what-is-guided-imagery-the-ultimate-guide/](http://www.generationcalm.com/blog/what-is-guided-imagery-the-ultimate-guide/)

Or if you have someone with you who is willing to, they can read out the script below about being on a lovely beach. The script should be read slowly using a nice, calm and gentle voice, with some pauses to allow you time to imagine yourself in this place.

To give guided imagery a try, follow these steps:

1. Find a comfortable place to sit or lie down.
2. Start by just taking a few deep breaths to help you relax.
3. Close your eyes if you can.
4. Start listening to the person reading out the script (either using the website and YouTube links above or using the script below) about being somewhere relaxing.
5. Imagine you are in this place, hearing the sounds, seeing and feeling all the things mentioned, smelling the smells.

## Guided Imagery: The Beach



For a few moments allow yourself to take several nice, long, deep breaths. Notice the cool air coming in, filling your lungs, and the soothing warm air going out. Just let all your thoughts float away as you bring your attention to your breathing... in and out.

You might mentally scan your body and notice if you're holding any tension in your muscles. If you are, just gently let all that tension melt away with every out breath.... bring your attention to your breathing, in and out.... in and out... let yourself feel more and more comfortable sitting where you are.

In your mind's eye you see yourself descending down a long, narrow, wooden stairway towards a beautiful, inviting beach. Your bare feet feel the rough weathered steps, and with each step, you feel more and more tension gently melting away from your body.

As you continue down the stairway, you notice how the bright white sand stretches down the shoreline as far as you can see. The ocean is a deep shade of blue with the fine white crests of the waves sweeping towards the shore. You reach the end of the stairway and step down, sinking into the warm soothing sand. As you rub the sand lightly between your toes, a soothing sensation of relaxation gently melts through your entire body. The roaring sounds of the sea's surf, the waves crashing over each other, calms your mind and allows you to feel even more relaxed.

You begin walking slowly towards the edge of the water and notice the warm sun on your face and shoulders. The salty smell of

the sea air invigorates you, and you take in a deep breath... breathe slowly out... and feel more relaxed and refreshed.

Finally, you reach the water's edge and you gladly invite the waves to flow over your toes and ankles. You watch the waves glide smoothly towards you, gently sweeping around your feet, and the trails of sea water that flow slowly back out again. The cool water feels soft and comforting as you enjoy a few moments allowing yourself to gaze out on the far reaching horizon.

Overhead, you notice two seagulls gracefully soaring high above the ocean waters, and you can hear their soft cries becoming faint as they glide away. And all of these sights, sounds, and sensations allow you to let go and relax more and more.








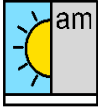
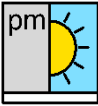

After a moment you begin strolling down the beach at the water's edge. You feel a cool gentle breeze pressing lightly against your back, and with every step you feel yourself relaxing more and more. As you walk down the beach you notice the details of sights and sounds around you, and soothing sensations of the sun, the breeze, and the sand below your feet.

As you continue your leisurely walk down the beach, you notice a colourful beach chair resting in a nice peaceful spot where the powdery soft sand lies undisturbed. You approach this comfortable looking beach chair, then you sit down, lie back, and settle in. You take in a long deep breath, breathe slowly out, and feel even more relaxed and comfortable resting in your chair. For a few moments more, let yourself enjoy the sights and sounds of this beautiful day on the beach. And, when you feel ready, you can gently bring your attention back to the room... still letting yourself feel nice and comfortable sitting where you are.

By: Prentiss Price, Ph.D.

If you enjoyed this then try another one about a woodland walk by following the link in the reference section.

## My Weekly Planner

	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 	SATURDAY 	SUNDAY 
<b>MORNING</b> 							
<b>AFTERNOON</b> 							
<b>EVENING</b> 							

## References

Adult colouring pages

<https://www.happinessishomemade.net/free-adult-coloring-pages/>

Dot to dot: <https://www.animaldottodots.com/medium>

Word search: <https://thewordsearch.com/puzzle/273/harry-styles/downloadable/>

Chocolate rice Krispies:

<https://www.funkidslive.com/food/chocolate-rice-krispie-cakes/>

Buy stamps online at:

<https://www.royalmail.com/business/tools-services/royal-mail-direct>

<https://www.ryman.co.uk/1st-class-postage-stamps-book-of-12-conditions-apply>

Guided Imagery: [https://cpb-us-](https://cpb-us-w2.wpmucdn.com/u.osu.edu/dist/4/25032/files/2018/05/guided-imagery-the-beach-2cmov8y.pdf)

[w2.wpmucdn.com/u.osu.edu/dist/4/25032/files/2018/05/guided-imagery-the-beach-2cmov8y.pdf](https://cpb-us-w2.wpmucdn.com/u.osu.edu/dist/4/25032/files/2018/05/guided-imagery-the-beach-2cmov8y.pdf)

Woodland walk:

<https://wholesomeresources.com/3207/woodland-walk-free-guided-imagery-script/>

Makton symbols: [www.makaton.org](http://www.makaton.org)

**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.