

STAYING HOME, STAYING SAFE, KEEPING HAPPY MAGAZINE

ISSUE 12

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.

Things to look at:



Check out this website '[Sensory at Home](#)' for some fun ideas for things to do at home. Follow the link below for a great game which can be played indoors or outdoors and is good exercise too!











<https://www.facebook.com/groups/sensorystuckathome/permalink/344496143193610/>

Bird spotting

Put a tick in the box when you have spotted the bird



Blackbird	Blue Tit	Sparrow	Robin
 <input data-bbox="405 767 472 831" type="checkbox"/>	 <input data-bbox="869 767 936 831" type="checkbox"/>	 <input data-bbox="1346 767 1413 831" type="checkbox"/>	 <input data-bbox="1794 767 1861 831" type="checkbox"/>
Magpie	Woodpigeon	Ring Neck Dove	Chaffinch
 <input data-bbox="405 1289 472 1353" type="checkbox"/>	 <input data-bbox="869 1289 936 1353" type="checkbox"/>	 <input data-bbox="1346 1289 1413 1353" type="checkbox"/>	 <input data-bbox="1794 1289 1861 1353" type="checkbox"/>



Fun Craft Activity

How to make a bug hotel

What you need:

All you have to do is look round your house for an unwanted box or draw, look in your recycling for empty cans, cardboard, glass jars and plastic bottles, look outside and find some nature materials. It is as simple as that. Once you start thinking about what you can use, you'll find that is all you can see!

Here are some ideas of things you can use:



Natural Materials

Leaves
Pinecones
Bark & Twigs
Flowers
Moss
Wood Chips
Nut Shells
Bamboo
Grass
Tree Stumps
Stones
Shells
Twine

Recyclables

Toilet Paper Roll
Scrap Paper
Bricks
Palettes / Skids
Cardboard
Plastic Bottles / Milk Cartons
Drain Pipes
Popsicle Sticks
Rope
Chicken Wire
Plant Pots
Old Drawers or Photo Frames
Old Tires

What type of bugs might move into my Bug Hotel?

Wood Lice
Snails
Bumble Bees
Hedgehogs

Ants
Slugs
Butterflies
Ladybugs

Beetles
Frogs / Toads
Grasshoppers
Worms



What to do:

1. Go out into your gardens, parks, countryside and find some nature to collect. Take a bag and pick up anything you think you might be able to use. Have a look at the table above for some Nature ideas.
2. Now go into your recycling and through your house to see if you can repurpose any items. It could be as big as a drawer, or as small as a shoebox. You will need something like a box or bottle in shape to pack your bug house up. Keep in mind it will need to be waterproof, as it'll be outside rain or shine! Have a look at the Recyclable table for some ideas. We have used a house shaped photo frame and a milk carton for these Bug Hotel bases. To use the frame, the backing was removed, but kept the glass. This way, we can quietly examine the inside of the hotel after the Bugs start to move in! If you use a plastic jug, you can achieve the same affect!
3. Start to build up your Bug Hotel with all the items you have collected. Be inventive! There is no right or wrong.
4. Once you are satisfied it is packed sufficiently full. Take a step back and admire your handiwork!
5. Find somewhere in the garden or your balcony to put it. Remember to go and check up on it after a few weeks and see who has moved in. Just remember to be really careful not to scare them; we don't want them to move out after we have made it so welcoming.



Recipe Idea

Banana Bread

You will need:

210g butter

3 eggs

210g caster sugar

210g self raising flour

3 bananas

1 ½ teaspoons of baking powder

Baking tray

Mixing bowl and wooden spoon

Scales

Cup for the eggs

Oven gloves



What to do:

- Preheat the oven to 200 degrees.
- Measure all your ingredients and crack the eggs into a cup, make sure there are no egg shells!
- Add the flour and baking powder into a mixing bowl.
- Then add the butter and the eggs and mix.
- Add the sugar.
- Mash the bananas and add to the mix.
- Mix until smooth and thick.
- Grease a baking tray and pour the mixture in it.
- Cook in oven for 30 mins.
- Using your oven gloves, carefully get it out of the oven and leave it to cool. Enjoy!

**THANK
YOU**

A big thank you to Rachel and Katie for sharing this recipe with us, and to Seth for typing it up.

More Activities

Leaf Matching

- On your walk collect as many different types of leaves that you can find, making sure you have 2 of each leaf type.
- At home cut up some cardboard into squares
- Stick one leaf on each square.
- Once the glue is dry, spread the cards out on a table and then try and match the leaves in pairs.
- See who can match the most pairs.



Word Search



Flowers, Insects & Arachnids



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

BEEES	FLOWERS	ROSES
BEETLE	IMPORTANT	SCORPION
BUGS	INSECTS	SPIDER
BUTTERFLY	MOSQUITO	STING
DAISY	NECTAR	VASE
FLIES	POLLINATOR	WORKERS



Something to make you Smile

NATURE'S WAY

by Lenore Hetrick

The little tree by the old road fence
Grew in the summer sun.
"I want to grow tall," said the little tree,
"And growing is so much fun."

The little brook running beneath the bridge
Babbled and sang all day.
"I want to become a river," it said,
"So I'm hastening on my way."








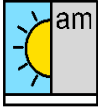
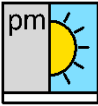

The little bird fluttered from out the nest,
And flew far across the yard.
"I'll be a big bird," said she and twittered,
"If each day I try real hard."

The little boy stood on his tiptoes and stretched.
"I'm just like the rest," said he,
"I want to grow up and see the big world -
And the sooner the better for me!"

Mother Nature smiled at all her fledglings,
But she did not bid them stay.
She knew that to live and grow and age
Is forever Nature's way.



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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<https://www.treevalleyacademy.com/flowers-insects-word-search/>