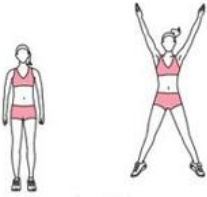

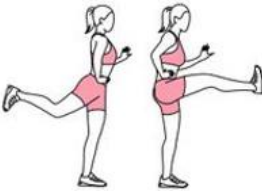
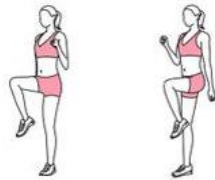

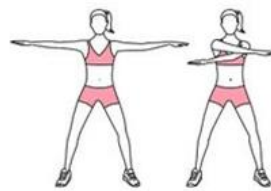
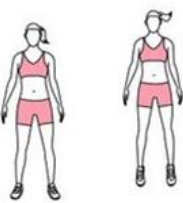
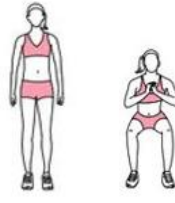


Week Beginning Monday 13th April

Monday

Fun Fit Time

🕒 Time to work off those chocolate eggs! Start with Warm Ups

<p>Jumping Jacks</p> 	<p>Walking lunge with trunk rotation</p> 
<p>Leg swings</p> 	<p>High knees</p> 
<p>Heel to buttocks</p> 	<p>Arm Swings</p> 
<p>Ankle hops</p> 	<p>Squats</p> 

🕒 Now put a song on of your choice - whatever makes you feel good and have a good dance

- 🎯 Who likes take-away meals? Make your own healthy, home-cooked take-away style meal (e.g. Chinese, pizza, curry, burger). Did you enjoy it? (🗒 If you haven't got the ingredients in you could write down the recipe and draw a picture)

Tuesday

Skills Day

🎵 **Making Music Project** = Practice the songs, dance routines and lines for 'Neverland' (Members of Making Music Project Only – these will be emailed out to you on Monday). **Keep Practicing**

✂️ **Day or Week Activity - ISOLATION BINGO!**

Can you get a line?

There are 25 things to do on the Bingo grid.

If you complete 5 you will get a line - across the page, up, down, or from corner to corner.

Once you get a line - why not carry on and try to get the full house....and complete all 25!

Good luck and let us know when you get BINGO!!!!!! What about others in your household – can they get a line or a full house!

Go for a walk	Take a relaxing bath	Write in a journal/diary	Do some origami	Watch a movie
Clean something (car/house)	Wash your hands for 20seconds	Cook a meal	Work out/ exercise	Read a book
Play a board game	Cuddle your pet/walk your dog	Make a scrap book of photos/ memories	Listen to a podcast	Message a friend who you haven't spoken to in a while
Call a friend on facetime/ zoom/skype	Do some art work/ colouring in	Learn a new skill	Bake a cake	Listen to music & dance around the house
Organise your wardrobe	Go in the garden	Ride your bike	Write a letter to a family member	Complete a puzzle

Social Time

✂️ **17:30 - 18:00 All Ages Zoom Activity with Lucy HOME SCAVENGER HUNT-** you will need to download the 'Zoom' App to your PC, Laptop, Tablet or Phone. Limited Places, please text 07808 842 205 to book in by Monday please. An opportunity to have fun with friends.

Wednesday

Walking Wednesday

🚶 Yes, its that day of the week again! Time to get out for a walk and share your photos. Remember if you can't get out have a look around the garden or go up and down the stairs. Let's walk to better Well-being.



Well Done Wednesday

👍 Give a hand around the house and garden. What will you do to deserve a thumbs up and a big well done? We have been impressed with everything you have been doing! If helping in the garden, show us which tools you use.

Social Time

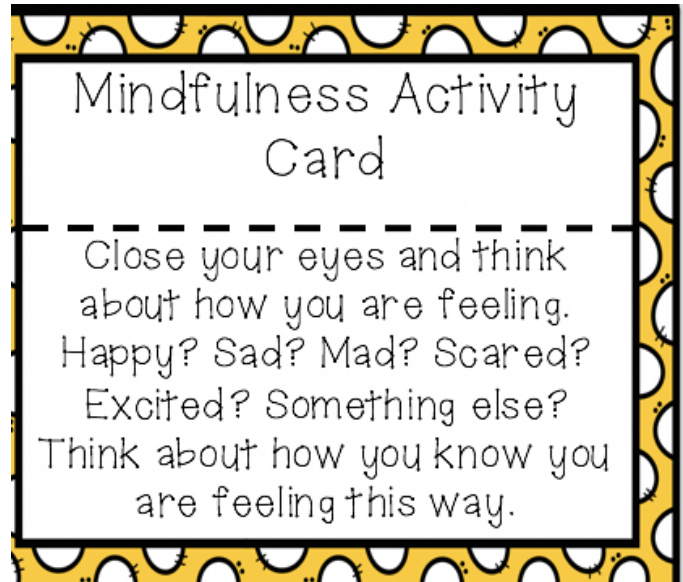
WhatsApp Sessions 15-20 minute slots between 5pm and 6pm for 3 members at a time with a member of staff

You will need to download the 'WhatsApp' App to your, Tablet or Phone. Limited Places. Please text 07808 842 205 to book in by Tuesday. An opportunity to chat with friends and have fun.

Thursday

Fun Fit

🧘 Wellbeing & Mindfulness - have a go at this week's activities:

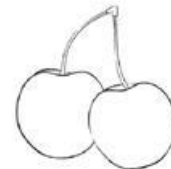
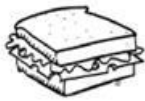


🍷 Eat Well - Have a go at the Healthy Foods Activity Sheet

It is important to know which foods are healthy and which ones are unhealthy for you:

Healthy foods

1. Colour the foods that are healthy.
2. Circle the foods that you like.
3. Put an **x** on the foods that are not healthy.



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What healthy, tasty main meal could you make to include these three food items - tinned tomatoes, onion and a red pepper? Have a look at some recipe books or online. Make a plan of how to make your meal or draw a picture of what the dish would look like?



Social Time

- 📞 Telephone 'call in' hour 6pm to 7pm for different groups - a chance to have a chat with staff. If you are already on the list you will receive a text with staff member and time. If you would like to be added to the call list please text 07808 842 205 before Wednesday. (Please note the phone call may be from a different mobile number, parents/carers should check incoming phone call).

Friday

Accreditation Day

- 😊 **ASDAN Accreditation Challenges - open to all Project Members**

ASDAN HISTORY SHORT COURSE - Module 2: British History

We should have been visiting Eden Camp today to learn about World War 2 and enjoy exploring and having a look around. Have a go at some of the activities below from their website:

<https://www.edencamp.co.uk/schools/isolation-home-activities/>

ASDAN GARDENING SHORT COURSE - Module 1: Planting in the garden

- 😊 Design and make your own garden in a shoe box or other container
- 😊 How are your seeds coming along?

ASDAN LIVING INDEPENDENTLY SHORT COURSE - Module 7: Practical Cooking

- 😊 Over the next few weeks show us how you develop your cooking skills and use the right piece of kitchen equipment for different practical cooking tasks. Tick off your skills on the attached 'Practical Cooking Skills' sheet. You made already have tried some of them and shared photos.

Friday Funday

- 😊 Design a Clown - design (draw) what you think would make a great clown or act out a clown act.
- 😊 Make us smile! Pull a Silly face, wear a funny outfit or do a crazy walk. Make us all happy with your silliness!



Saturday

Act of Kindness Day

Thinking of Others - Record a message for your friends at Cheesies or write a message and take a photo - keep it positive - we will make it into a short video for everyone.

Flowers have different meanings. Find out about some of them and the tradition of flower giving. Then have a go at flower arranging and 'say it with flowers'. If you can't get real flowers, make some from clay, paper or tissue paper and give them as a gift.

Sunday

Social Time

- ① Telephone 'call in' hour for different groups - a chance to have a chat with staff - please text 07808 842 205 before Saturday to let us know if you would like to receive a phone call from one of our members of staff (please note the phone call may be from a different mobile number). Time Slot will be 4pm to 5pm.

Challenge - Pause for Thought!

- ? **Memories** - we all love memories, can you think of 5 amazing memories that make you happy? You can share them with us or keep them to yourself.

All of the Activities and Challenges can be used towards either ASDAN, Health & Wellbeing Awards & Accreditation or Pawprint Badges. Please photograph everything as evidence, you can either share on our Facebook Group or email.

Extra Fun Activities and Votes will be posted to the Facebook Group throughout the week.

ASDAN LIVING INDEPENDENTLY SHORT COURSE

★ Module 7 - Practical Cooking Skills Sheet ★

Name:

Over the next few weeks show us how you develop your cooking skills and use the right piece of kitchen equipment for the following practical cooking techniques;

Cooking skills & techniques		✓
Preparation:	• Weighing and measuring ingredients	
	• Preparing fruit and vegetables	
	• Following a recipe	
	• Mixing	
	• Using a knife correctly	
Baking	• Creaming method	
	• Rubbing-in method	
	• Melting method	
	• Kneading and proving	
Cooking	• Boiling and simmering	
	• Frying	
	• Grilling	
	• Poaching	
	• Roasting	
	• Steaming	



Tick off the techniques as you do them and share the photos on the member's page or by email. You may already have tried some of these skills and put them on the member's page. Mandy will add these photos to your ASDAN portfolio. When you have ticked off all the cooking skills, share the completed sheet.

GOOD LUCK!