





Week Beginning Monday 27th April

When VE Day dawns on Friday 8th May 2020 it will be 75 years since the guns fell silent in Europe marking the end of World War II in Europe. Activities in the timetable over the next 2 weeks will help us commemorate the anniversary and come together to remember, celebrate and honour people who lived and served through WW1 and WW2, also those who work to help others today. (activities can be used towards ASDAN and Paw Prints)

Monday

Fun Fit Time - Get fit with these Pulse Raising Activities

 <p>Pulse Raising</p> <p>marching</p>	 <p>Pulse Raising</p> <p>skipping</p>	 <p>Pulse Raising</p> <p>star jumps</p>	 <p>Pulse Raising</p> <p>bottom kicks</p>
 <p>Pulse Raising</p> <p>mountain climbers</p>	 <p>Pulse Raising</p> <p>high knee kicks</p>	 <p>Pulse Raising</p> <p>squats</p>	 <p>Pulse Raising</p> <p>hopping</p>

🍷 **Food Task** - The potato challenge! Think of all the different ways you can cook a potato. Have a go at cooking a meal that includes potatoes. Potatoes were in short supply during WW2, so people had to use whatever they could get to make meals. **ASDAN and Paw Print**

😊 **A bit of Fun!** - Choose a song that makes you feel happy or good about yourself and let us know which one it is.

Tuesday

Skills Day

? In wartime it was difficult to get resources so people got used to 'make do and mend'. They mended old clothes or made them into something else to use. Can you reuse or recycle an unwanted item from home? This is a good life skill to have and also helps the environment. [ASDAN and Paw Prints](#)

☺ If you have resources for Peg Doll Activity give it a go and let us see what you have done. [ASDAN and Paw Prints](#)

Social Time

☺ **17:30 - 18:00 All Ages Zoom Activity with Lucy Bin Bag Challenge - A bit of fun, come and join Lucy and have fun with your friends. If you haven't already signed up text 07808 842 205 to join in.**

Wednesday

Walking Wednesday

🚶 Yes, it's 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.



SCAVENGER HUNT: While you are out on your walk today, can you find:

Around the Streets:	In the Garden:	In the Country:
1. A Postbox	1. An Insect	1. A Fence or Style
2. A Rainbow Picture	2. A Bird	2. A Creature
3. A Cloud	3. A Cloud	3. A Cloud
4. A Red Car	4. 3 different flowers	4. Wild Flowers
5. A Delivery Van	5. A tree or bush	5. A tree

Well Done Wednesday [ASDAN](#)

👍 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! **Have a look at the attached ASDAN Home Skills sheet for ideas.**

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.

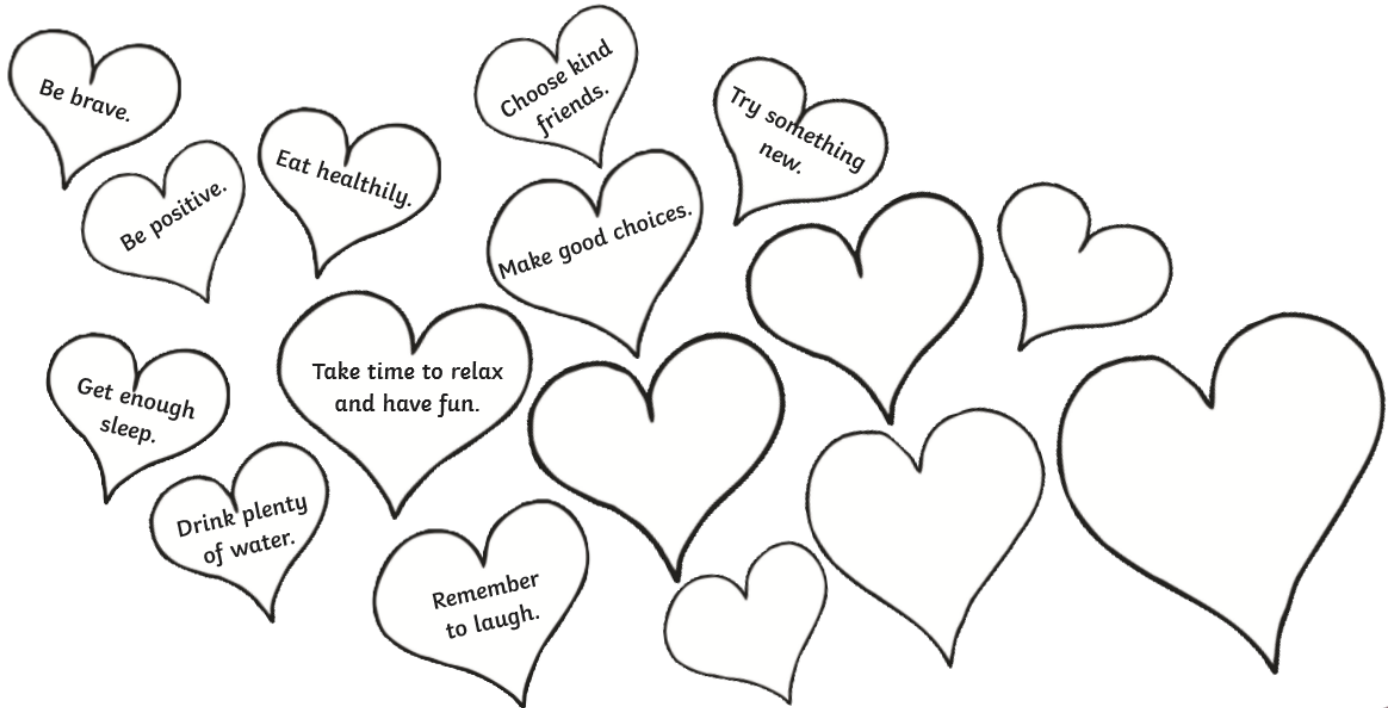
Y Wellbeing & Feelings

How Can You Be Kind to Yourself?

We often think about how we can be kind to others and what effect our behaviour has on other people.

Have you ever thought about how you can be kind to **yourself**? Using the hearts below, write your own ideas about how you can be kind to yourself. Some ideas have been given to start you off.

Once you have recorded these ideas, start to think about how you can carry out these ideas to be kind to yourself.



🕒 During the Second World War food was rationed in Britain. Find out what this means, which foods were rationed and how much of each your family would be given. Find some ration recipes, like corned beef hash, homity pie and Lord Woolton pie. You could have a go at making one of them. What did you think? Did you like it? - If you haven't got the ingredients to make a recipe have a go at drawing one. [ASDAN and Paw Prints](#)

🕒 [War Time Recipe Book](#) will be posted to Facebook Group - Also available on Website

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.

Friday

☺ ASDAN Accreditation Challenges - open to all Project Members

ASDAN HISTORY SHORT COURSE - Module 2: British History

☺ Find out about the History of VE day (The Royal British Legion has a children & young persons presentation) **We will post some links to the Facebook Page - ASDAN and Paw Prints**

☺ Talk to family members or friends who lived through the Second World War (or remember their own older family stories) and ask them to share their memories **ASDAN and Paw Prints**

ASDAN LIVING INDEPENDENTLY SHORT COURSE

- Module 4: A Place of your Own

☺ Over the next few weeks show us how you develop your practical home skills, use appliances and help with tasks at home. Tick off your skills on the attached 'Home Skills' sheet. You may already have helped by doing some of them through the week and share your photos **ASDAN**

Friday Funday

☺ Dancing was very popular during WW2, with dances with the names Lindy Hop, Balboa, St. Louis Shag, Jitterbug, Lindy, West Coast Swing, East Coast Swing, and Murray. Have a look at some of this old style dancing and music. Have a go and share your moves with us! **Some music will be posted to the Facebook Group - ASDAN and Paw Prints**

Saturday

Act of Kindness Day

Thinking of Others - Add your words of thanks to the Royal British Legion VE Day message board. To mark the 75th anniversary of VE Day, they have created a message board so you can join in to remember, celebrate and honour brave men and women of World War 2 and our Armed Forces community today. <https://www.britishlegion.org.uk/get-involved/ways-to-give/march-poppy-press/leave-your-ve-day-message?seg=WPDW3B>

You can upload yourself using the link above or send to us & we will send them on **ASDAN and Paw Prints**

VE Day

v i c t o r y v b d e l
f c e e v b h j n f u i
f h l s w f v h j b r b
i v e a u h j n m c o e
g o b p a r v r v b p r
h p r f v b r a g b e a
t r a a v b n e e v b t
i g t r a v b h n b n i
n f e s t i v a l d o o
g p v b n y v e f v e n
a f v n j k l a o a n r
g e r m a n y v b q d k

victory
europe
liberation
end
surrender

fighting
party
festival
germany
celebrate

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.

Project Members Feedback

We need your feedback on some songs that we can use for a new project. Please let us know:

2 Songs that you think will show friendship:

1. _____

2. _____

2 Songs that you think will make you and other people happy:

1. _____

2. _____

2 Songs that you think will make people come together and be positive:

1. _____

2. _____

2 Songs that you think we can do a group dance to:

1. _____

2. _____

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.



LIVING INDEPENDENTLY SHORT COURSE

★ Module 4 - Home Skills Sheet ★

Name: _____

Over the next few weeks show us how you develop your practical home skills, use appliances and help with tasks at home. Tick off your skills on this 'Home Skills' sheet. You may already have helped by doing some of them and shared photos.

The tasks must be done safely and with the permission of your parent/carer. Just do the tasks appropriate to your own home setting and add extra ones as you try them.

LOOKING AFTER YOUR HOME SKILLS		✓
Show how you safely use these appliances:	• Hoover	
	• Washing Machine	
	• Fridge / Freezer	
	• Toaster	
	• Kettle	
	• Washing up / Drying / Dishwasher	
	• Cooker / Microwave	
Show how you safely carry out these cleaning tasks:	• Cleaning surfaces	
	• Dusting	
	• Keeping your own room clean and tidy	
	• Sweeping	
	• Tidying up	
	• General cleaning jobs	
	• Hanging out the Washing	
• Hoovering		

Helping at home	• Helping in the kitchen	
	• Setting the table / clearing away	
	• Putting shopping away	
	• Recycling	
	• Putting the bins out	
	• Helping wash, dry and put clothes away	
	• Stripping and re-making your bed	
	• Feeding pets	
	• Watering plants	
	• Garden jobs	
	• Washing the car	
Any additional activities	•	
	•	
	•	
	•	
	•	



Tick off the tasks 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 your skills, share the completed sheet.

Don't worry if you can't do them all - just do as many as you can - if you have done any tasks that are not listed - add them to the list.

GOOD LUCK!