

### Monday

Get up & Move with today's Fitness Challenge - Try & do each activity 5 times, take a break and repeat.

#### Sit Ups



With arms across your chest, raise up to your knees and back to the floor = 1 count.

#### Side Steps



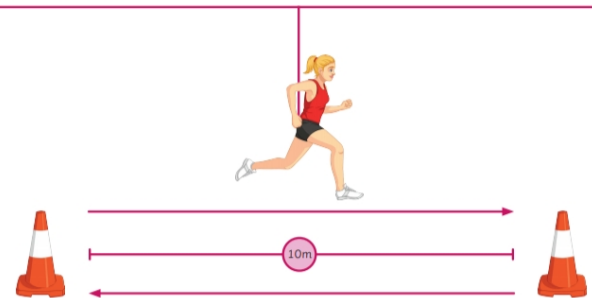
With two feet together, jump side to side over the line. Each jump = 1 count.

#### Star Jumps



Start with your feet shoulder-width apart and arms close to your body. Squat, before jumping as high as possible with your arms and legs spread out. As you land, bring your arms and legs back to the centre = 1 count.

#### Shuttle Runs



Sprint to the cone and back again. One run = 1 count.



Can you mark where the 4 countries are on the map of The United Kingdom & where County Durham is?

**Challenge**

#### Communication

### Competition

Design a Card (you will have one in your postal pack)

Staff will choose the top 2 designs and winners will receive a prize in the post

**ASDAN Independent Living/Pawprints**

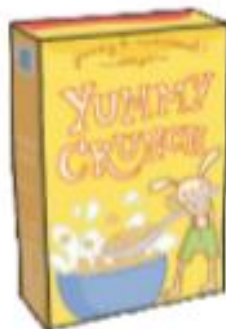
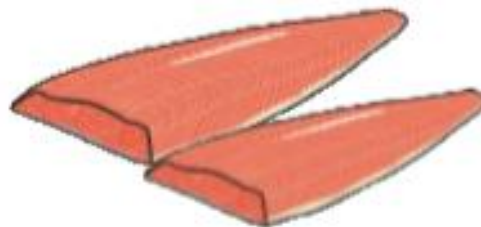
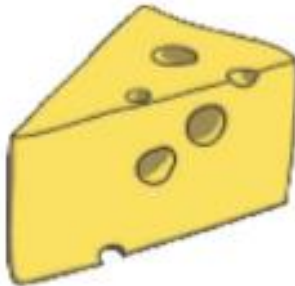
Tuesday

 Skills Day **ASDAN**

## Storing Food Properly – The fridge

It is important that we store food properly so that it stays fresh and good to eat.

Draw a blue circle around the food that needs to be kept in the fridge.



### Sharing Information

Share your Messages  
Colouring in Sheets and  
Rainbow Messages

### Social Time

- ① **17:30 – 18:00 All Ages Zoom Activity with Lucy MOST LIKELY GAME!**  
You will need to download the 'Zoom' App to your PC, Laptop, Tablet or Phone. Please text 07808 842 205 to book in. IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT

## Wednesday

### Walking Wednesday

🚶 Where will you go today?

Can you find any signs of wildlife and Animals?

See if you can find 3 of each

Bird	Butterfly	Insect
Farm Animal	Domestic Pet	

### **Communication**

Text Message – Send a text to the Cheesy Waffles Phone on Wednesday 3<sup>rd</sup> June (07808 842 205)

**ASDAN Independent Living/Pawprints**

### Social Time

① **WhatsApp Chat Session** 15-20-minute slots between 5pm and 6pm for 3 members at a time with a member of staff

IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT. You will receive a WhatsApp message on Wednesday Morning.

## Thursday

♥ Thinking of Others/Communication **ASDAN Independent Living/Pawprints**

A Message for Others – Can you write a note for ‘The Grange Care Home’. We have always visited them with gifts and to song songs for the residents. They are all missing our visits. Send a Photo With a note saying ‘Hello Grange Care Home’ You can be in the photo waving or you can just do a fab coloured in poster for them. We will put all of the photos into a video with music for them to watch at the home. SEE POSTER ON NEXT PAGE

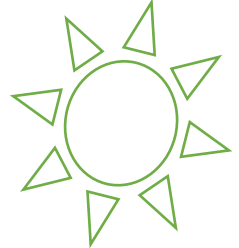
### Social Time

① **WhatsApp Quiz Session 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. Please text 07808 842 205 to book in. **IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT.** You will receive a WhatsApp message on Thursday Morning.



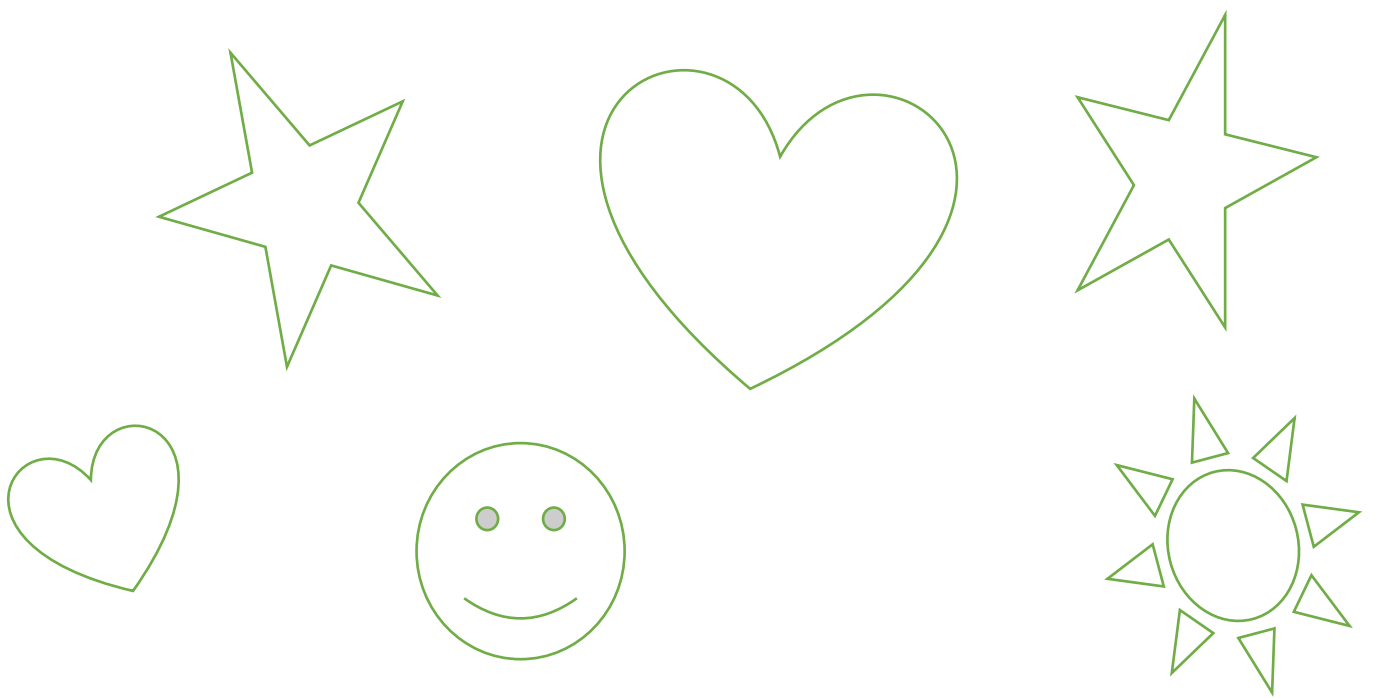
Hello



Belmont



Grange



Why not try saying Hello in other languages ASDAN Independent Living/Pawprints

German



Guten tag

Spanish



Buenos días

Norwegian



God dag

Dutch



Goedemorgen

Italian



Buongiorno

Portuguese



Bom dia

Czech



Dobrý den

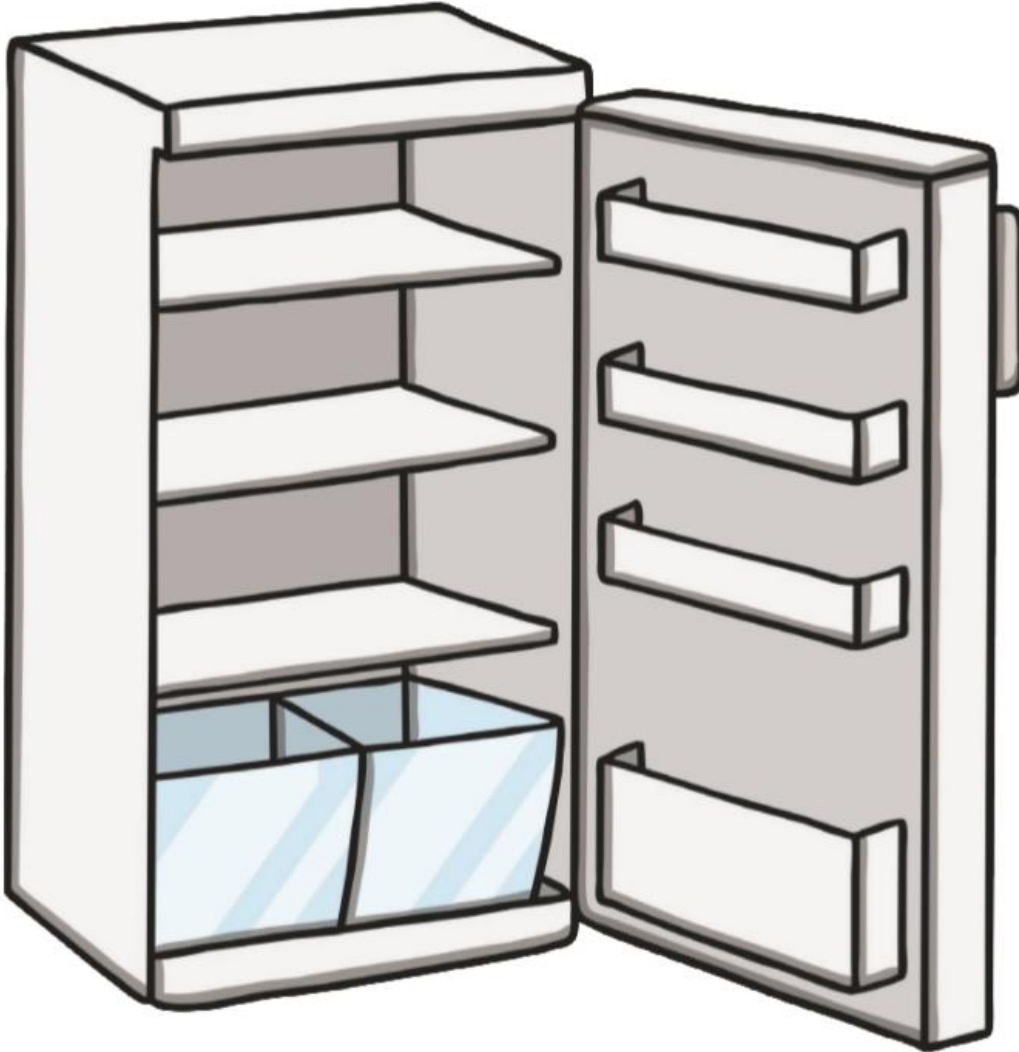
French



Bonjour

Saturday

✂ Have a go at the Learning Sheet Below **ASDAN Independent Living**



Draw a line from the food/drink to where you think it should be kept in the fridge

## Sunday

### 🎵 Music & Wellbeing

Put on a piece of music that you enjoy listening too

Will it be music that makes you get up and dance or Music that you like to sit and chill too?

### Social Time

- ① Telephone 'call in' hour for different groups - a chance to have a chat with staff - please text 07808 842 205 if you would like to receive a phone call (please note the call may be from a different mobile number). Time Slot will be 4pm to 5pm. **IF YOU ALREADY RECEIVE A WEEKLY PHONE CALL YOU WILL AUTOMATICALLY BE ADDED TO THE LIST.**

*We hope you enjoy this week's activities  
If you need any support with them  
Please just get in touch*