

Monday

Get up & Move with today's Fitness Challenge - you can ;
 Spell your name out & do the fitness move for each letter
 Choose a the name of your favourite Celebrity or Character
 Choose the name of a friend or family member

The Fitness Alphabet

A = 5 sit-ups	J = 10 row the boats (sit on the floor & rown back & forth)	S = 5 lunges
B = 3 lunges on each leg	K = 3 press-ups	T = 5 squats
C = 8 star jumps	L = 10 burpees	U = 10 Flap your arms like wings
D = 5 squats	M = 10 second wall-sit	V = 5 High Kicks
E = 10 step-ups	N = 30 sec run on spot	W = 5 press ups
F = 2 x shuttle runs (run to one end of the garden or room & back)	O = 10 Flap your arms like wings	X = 5 burpees
G = 8 bunny jumps	P = 10 row the boats (sit on the floor & rown back & forth)	Y = 10 Bunny Jumps
H = 20 mini jump up & down on the spot	Q = 2 x shuttle runs (run to one end of the garden or room & back)	Z = 10 second wall sit
I = 10 Boxer Punches	R = 15 Boxer Punches	

So for example the name Bryce would be a circuit of:

3 Lunges on each leg
 15 Boxer Punches
 5 Sit Ups
 8 Star Jumps
 10 Step Ups

Always have at least 30 seconds in between activities and you can build up the amount of sets you do of any particular circuit.

Send in pictures of you completing some of the spelling challenges to our private [facebook](#) group CWP Members Only or email cwyproject@gmail.com

Good luck.

Cookery Activities

Have a look back at all of the things you have cooked over the last 9 weeks.

Choose your 4 favourite.

ASDAN Independent Living/Pawprints

Cookery Activities

Competition

Design a Cupcake

Staff will choose the top 3 designs and winners will receive a prize

ASDAN Independent Living/Pawprints

Tuesday

 Skills Day **ASDAN**

Research Time

How did your street get its name?

Do you know when was it built and who/what was it named after?

What would you name a street now and why?

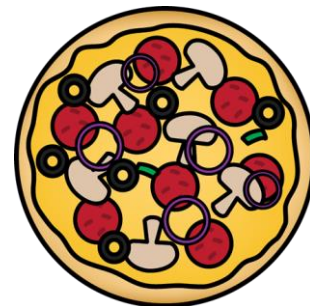


PERFECT PIZZAS



Design a Pizza and share with the group

Best Design will win a prize!




























Social Time

- ① **17:30 - 18:00 All Ages Zoom Activity with Lucy DISCO!** - 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

🚶 Why not see what you can find on our Nature Scavenger Hunt today while out on your walk or in your garden?

worm  <input type="checkbox"/>	leaf  <input type="checkbox"/>	insect  <input type="checkbox"/>	grass  <input type="checkbox"/>	flower  <input type="checkbox"/>
twig  <input type="checkbox"/>	bush  <input type="checkbox"/>	rocks  <input type="checkbox"/>	bird  <input type="checkbox"/>	squirrel  <input type="checkbox"/>
river  <input type="checkbox"/>	field or meadow  <input type="checkbox"/>	tree  <input type="checkbox"/>	cloud  <input type="checkbox"/>	spider  <input type="checkbox"/>
dirt  <input type="checkbox"/>	ant  <input type="checkbox"/>	butterfly  <input type="checkbox"/>	mushroom  <input type="checkbox"/>	dew  <input type="checkbox"/>
web  <input type="checkbox"/>	breeze  <input type="checkbox"/>	branch  <input type="checkbox"/>	nest  <input type="checkbox"/>	stones  <input type="checkbox"/>

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

Skills & Learning

We have had lots of great visits to Beamish Museum with Cheesy Waffles and Wider World.

- What is your favourite part of Beamish Museum and why?
- Is there anything else you would like to see at the museum?



👉 Sharing Information Share your Cookery Worksheets on Health & Safety in the Kitchen with the rest of the group

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 Wednesday Morning.

Friday

☺ Fun Friday

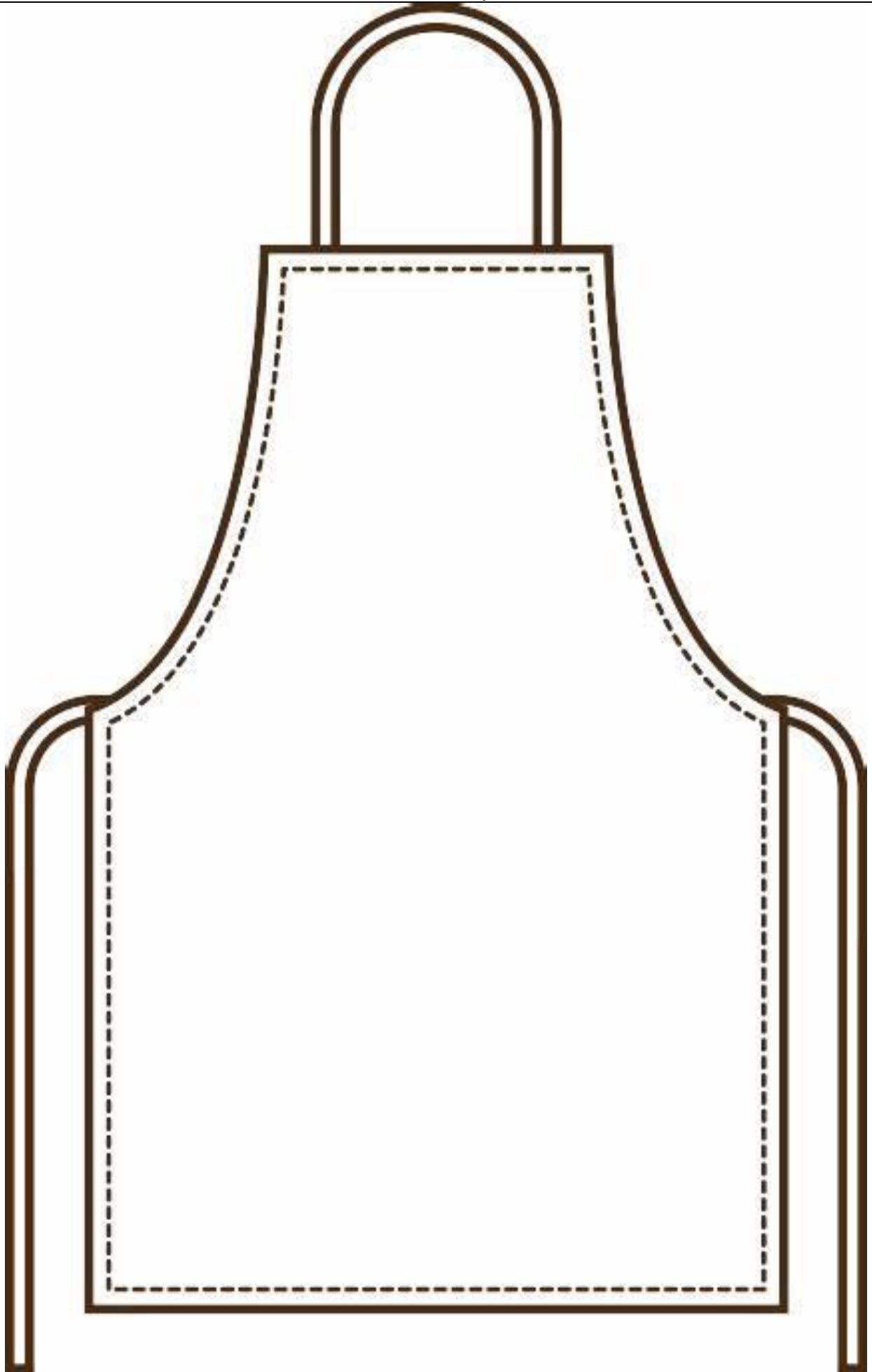
What makes you laugh?

- TV Programme or Movie
- Song
- Game/Activity
- Person



Have you got a joke you can tell everyone?

Saturday



Have a go at designing an Apron

Sunday

♥ Family Day

Enjoy a chilled out day, what will you do?

Watch TV

Have a pamper session

Enjoy a family meal

Listen to your favourite music, Play a game

Go for a walk

Do some exercise.

Whatever you do, we hope you have a lovely day 😊

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.**

PHOTO CHALLENGE

Asdan/Pawprints



What are you having for a meal today?

Take a Photo & share with the group



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