

Week Beginning Monday 6th April

Monday

Fun Fit Time

Have a go at today's Exercises to Keep Fit & Healthy, why don't you put a song on that you like while you work out to get you motivated? You can do each exercise once or do a few times if you're feeling fit!



Knee Hugs
10 secs each



Butterfly Stretch
20 secs



20
Arm Circles



15 Jumping
Jacks



Knee Hugs
10 secs each



Walk
1 Lap

Choose a piece of fruit or a vegetable, describe what it looks like - shape and colour, feels like - texture, tastes like sweet, sour, nice, not nice. (Can be used for ASDAN Challenge)

Tuesday

Skills Day

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).

Art Attack - Countdown to Easter, make some Easter craft - what about cards for friends and family. (Pawprint Badge Members - have a look at the list that Lucy has sent you for more ideas).

Social Time

- 🕒 **17:30 - 18:00 Over 18s Zoom Chat & Activity with Lucy** - you will need to download the 'Zoom' App to your PC, Laptop, Tablet or Phone. Limited Places (10), please text 07808 842 205 to book in. An opportunity to chat with friends.

Wednesday

Walking Wednesday

🚶 Going for a walk makes you feel better, puts you in a good mood and clears your head. If you can't get out for a walk try having a look around the garden or going up and down the stairs. Let's walk to better Well-being.



Well Done Wednesday

- 👍 Give a hand around the house, what will you do to deserve a thumbs up and a big well done?

Social Time

17:15 - 17:30 Girls Group Whats App Session with Lucy

17:45 - 18:00 Ladies Group Whats App Session with Lucy

17:15 - 17:30 Lads Group Whats App Session with Bryce

17:45 - 18:00 Mens Group Whats App Session with Bryce

You will need to download the 'Whats App' App to your, Tablet or Phone. Limited Places (3 per session) please text 07808 842 205 to book in. An opportunity to chat with friends.

Thursday



Inhale Fully

Place your Hands on your Belly.
Inhale and Blow Up your Balloon.
Feel your Belly and Lungs Expand.



Exhale Fully

Blow Out all of the Air in your Belly and Lungs.
Feel Your Balloon Deflate.
Notice how you Feel.

Fun Fit

🧘 Wellbeing & Mindfulness
Balloon Breaths - have a go at this sitting down on a chair or on the floor, repeat 3 or 4 times then try it standing up, as you breathe in raise your arms up and out to the sides, as you breathe out lower your arms to your sides.

🍷 Eat Well - what is in the food you eat, get some tins or packets out of the cupboards (Soup, Baked Beans, Crisps, Biscuits etc.) & have a look at what is in them - Fat, Sugar, Salt. See if you can find any more information on the internet.

Challenge = Brilliant Blue Day

- ❖ April is Autism Awareness Month - Lets get Blue to raise awareness and celebrate all of our wonderful members. Dress in blue if you can or get crafty and make something blue or perhaps find something blue.

Social Time

- ① Telephone 'call in' hour for different groups - a chance to have a chat with staff - please text 07808 842 205 before Wednesday 8th April 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, parents/carers should check incoming phone call). Time Slot will be 6pm to 7pm on Thursday 2nd April.

Friday

Accreditation Day

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

ASDAN LIVING INDEPENDENTLY SHORT COURSE

- 🎯 **Module 6 - Cooking on a Budget Challenge**

What food would you make if you were having a get together with friends? Make a plan and some of the food, if you have ingredients at hand. What else would you like do with your friends?

ASDAN GARDENING SHORT COURSE

- 🌱 **Module 1 - Planting in the garden**

Sow some seeds in your garden or in a plant pot. If you don't have seeds you could look after plants already in your garden or a house plant. Share the steps you take to look after the seeds or plants and show how they grow (can also be used as Pawprint Badge Activity).

Please share photos of your completed challenges through our CWP Members Facebook Group or email Mandy (thewiderworldproject@gmail.com). Mandy will add the evidence photos of your challenges to your own ASDAN activity log. If any other timetable activities link to ASDAN, these will also be included in your log, for example this week's Monday Fun Fit Time healthy eating activity. When enough challenges are completed you will be presented with an ASDAN Module Certificate and your achievements celebrated on the CWP Members Facebook Group. Keep any work or projects you do all together in a file.

**Well Done to everyone for completing your
ASDAN challenges last week**



Friday Funday

- ☺ Can you decorate an egg or just an egg shape drawn or printed on paper ready for Easter (Can be used for Pawprint Badge Challenge)
- ☺ Make us smile! WWP have been looking at music hall and entertainment during WW1 for a Heritage project. Share a performance of choice or circus act to make our day. You can make up one of your own or let us know about an entertainer that you really like.



Saturday

Act of Kindness Day

Thinking of Others - We have lots of things to entertain us now - movie channels, social media, our CWP groups, etc. But what did older family and friends do for entertainment when they were your age? Did they go to the cinema or dances? What games did they play? Did they go to groups? Ask your parents/carers, ring or text other family members (Can be used for ASDAN)

Sunday - Happy Easter

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 11th April to let us know if you would like to receive a phone call from one of our members or staff (please note the phone call may be from a different mobile number). Time Slot will be 4pm to 5pm on Sunday 12th April.

Challenge

- ? Easter Sunday Egg Roll - Use boiled eggs if you have them, if not you can use stones, scrunched up paper, tin cans etc. Have a competition with family and see who can roll them the furthest across your garden (Can be used for Pawprint Badge Challenge)

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.