



Early **Intervention** Team

Ways to stay occupied whilst being at home

Hello!

We hope you and your family are safe and well. As we're currently under government guidelines to stay at home, we understand that your routine and daily life may have adjusted, so it may have become more challenging for you to fill your time and maintain your wellbeing.

Therefore this pack includes lots of activities to keep you occupied during this time, we hope it helps!

If you have any questions about this pack then please let us know.

From everyone at the Early Intervention Team

Tel: 01782 275098



Quarantine Routine!

Below is an example with some of how you can maintain a routine whilst staying home, You could follow this one, or you could create your own daily routine that will help you to fill your time and stay well.

7am: WAKE UP

- Make the bed
- Stretch
- Skin Care/wash/shower
- Get dressed
- Eat Breakfast
- Take medication

8am- SOMETHING FOR THE SOUL

- Meditate
- Mindfulness
- Read a book/magazine/blog post

8.30-11.30- SOMETHING FOR THE BRAIN

- Do a crossword/ wordsearch
- Watch something educational on TV or Youtube
- Do some research
- Complete a puzzle

12:00-13:00- LUNCHTIME

Catch the EIT blog post for some new health eating ideas!

1pm-1.30pm- SPEND TIME OUTSIDE

- Sit in the garden
- Go for a walk/run/jog
- Do a workout outside
- Sunbathe!

1.30-2.30pm- Something for the body

- Yoga
- HIIT workout (See Joe Wicks Youtube Channel)
- Walk
- Stretch
- Weights

2:30-3:00pm- SOMETHING PRODUCTIVE (DO A CHORE!)

- Hoover 2 rooms
- Wash the dishes
- Clear out a draw

3:00-4:00pm- Something for the Heart

- Bake
- Paint
- Gardening
- Cook

4pm-6pm- SOMETHING FUN

- Be lazy!! Watch TV/Netflix binge
- Board games
- Talk to friends on the phone
- Skype
- Playstation/XBOX

6pm-7pm- Dinner Time!

Time to enjoy a hearty meal

9pm-10pm- WINDING DOWN TIME

- Take Medication
- Shower/bath
- Facemask
- Journal/ write down what you have enjoyed about today
- Go to sleep

Word Search 1

Wellbeing Word Search

X D Z E Y V Z O X K E L D S H L M X F K P L S L
X B M K H U M A E S G F G W A N S M E T L O E O
S H G C Z N W I O Y P M K O W F G P R D P Z L C
S C V M D Z F P L Y O S G K Z A P T A M M C F G
E S R H D I R W T N E M Y O J N E X C W U N A P
N V L X W U S T K Q N F H Y V F K S F C Z T P F
D U G Y P M O T H Z L I I P V U S A L M E T P B
E F Y N T Z E V M R R E V O C S I D E D C M R F
T E Z L B U U T E A S G W P L H H J S B A J E K
C D B Q B M A L P D E Q I C S A C K C G O S C Q
E K G S V O A E X O M A Q Y W Y L S M K D W I C
N D W S C X T C B O S K T M S S O T O H B I A K
N A X F A J C A T L S I V Y M P R Y J O E S T W
O M C T C N S B E Y V S T U X P F X P E L D I R
C X I E E F C L H I U S E I J W U U G H I O O Y
T O M N L H P X T L B J R E V F N Z K H E M N S
N B T D R V T C W S D Q T S C I G P Q F V S U C
J V E M H T A C B Z R W B T N I T N Y S E V H T
Y B S B G E H V V G H M P U X J H Y N K X A O L
P L J Z V A A E K S X S B J J W G R D F A S P O
U U G M N S D L A B A Z W B M C X W V O X U N E
D B N G O O A P T K O V C V X Y D G E E I T E N
S E E C P F W N G H X M Y E I N S P I R E U Q H
W E L L B E I N G B M P G B I U V N K H V D H B

relaxation believe positivity activity selfcare connectedness fun discover change
purpose beauty selfappreciation enjoyment goal wellbeing health wisdom inspire

Word Search 2

SELF CARE

W F T S E L B M U H S L M B P H L
G O E P O S D E T R U S T I N G S
T C I U P C P L E U L A V A A I E
M U R E M L I B L O V E Z W C I L
I S E T A Q F A Q H N S M M C I F
E E L N B H O T L Y Y U I R O N C
C L A S C O Q P O G I Y N E U D A
N F X G M P F E K I D M D S N E R
E I A S N A R C N E Q L F P T P E
D M T T S I N C V N U A U E A E G
I A I R L E T A Y E S C L C B N A
F G O O E N N R G H K Q N T I D R
N E N F E K S E O E W I E A L E U
O K S M P U V W R P M W S T I N O
C V R O X U E F B A P E S F T T C
J P F C O R L M N B W U N A Y Z X
B K T S M E M O R Y S A S T Y S Y

Acceptable Accountability Awareness Calm Comfort Confidence
Courage Focus Humble Hygiene Independent Love Management
Memory Mindfulness Plan relaxation Respect Self Image Selfcare
Shower Sleep Social Supporting Trusting Value

Word Search 3

Wellness Recovery Action Plan

H P E R S O N A L R E S P O N S I B I L I T Y Z
T T S I L E C N A N E T N I A M Y L I A D N B V
L B C E T A T I D E M E P O H U D U C G T P B E
A R A T I A C T I O N P L A N T R T P N J O D S
E E R G L S T H N W E L L N E S S Z S N O S G L
H A E K J D N P S N S W R E M O U P P S U I C E
O T P R Z M U G Q E J O M V F I I W W E R T R E
C H R F A V A X I U L O O K W H K A N L N I E P
U I O L O C U V L S H F I Y S F L I O F A V A F
D N V P J C F H O B G N E N K A M R I A L E T A
D G I E M Q U L H I D N O S S X E K T D I T I M
L E D E H E Q S E N D I I Y T Q D W A V N H V I
I X E R A S V I E S T I T N B E W C X O G O I L
N E R S C I R S I A M H N E R R E P A C S U T Y
G R S U K C S I L R S Z L G S A R M L A E G Y S
P C H P J R J E Y O E I M W C R W V E C P H S J
E I H P X E R V C T I D I E T R J Y R Y B T I T
T S F O A X A P E H R L L W S Y I N L U W S Q S
S E Y R T E Q R T U A F N L M I Y S H R V A Y E
I S S T R E S S R E D U C T I O N O I M A V H R
C Q S L O O T S S E N L L E W Q I F M S K E Z U
V P Y M U S I C Q J U T R O P P U S K H X E P T
J S S R E G G I R T O E D U C A T I O N X F R A
Y M T F W Z V Z L T B V I S U A L I Z A T I O N

action plan acts of kindness avoiding crisis boundaries breathing exercises care providers
creativity cuddling pets daily maintenance list diet early warning signs education exercise
family focus health home hope journaling meditate music nature peer support
personal responsibility positive thoughts relationships relaxation self advocacy self care
self esteem sleep stress reduction support triggers visualization wellness wellness tools

Word Search 4

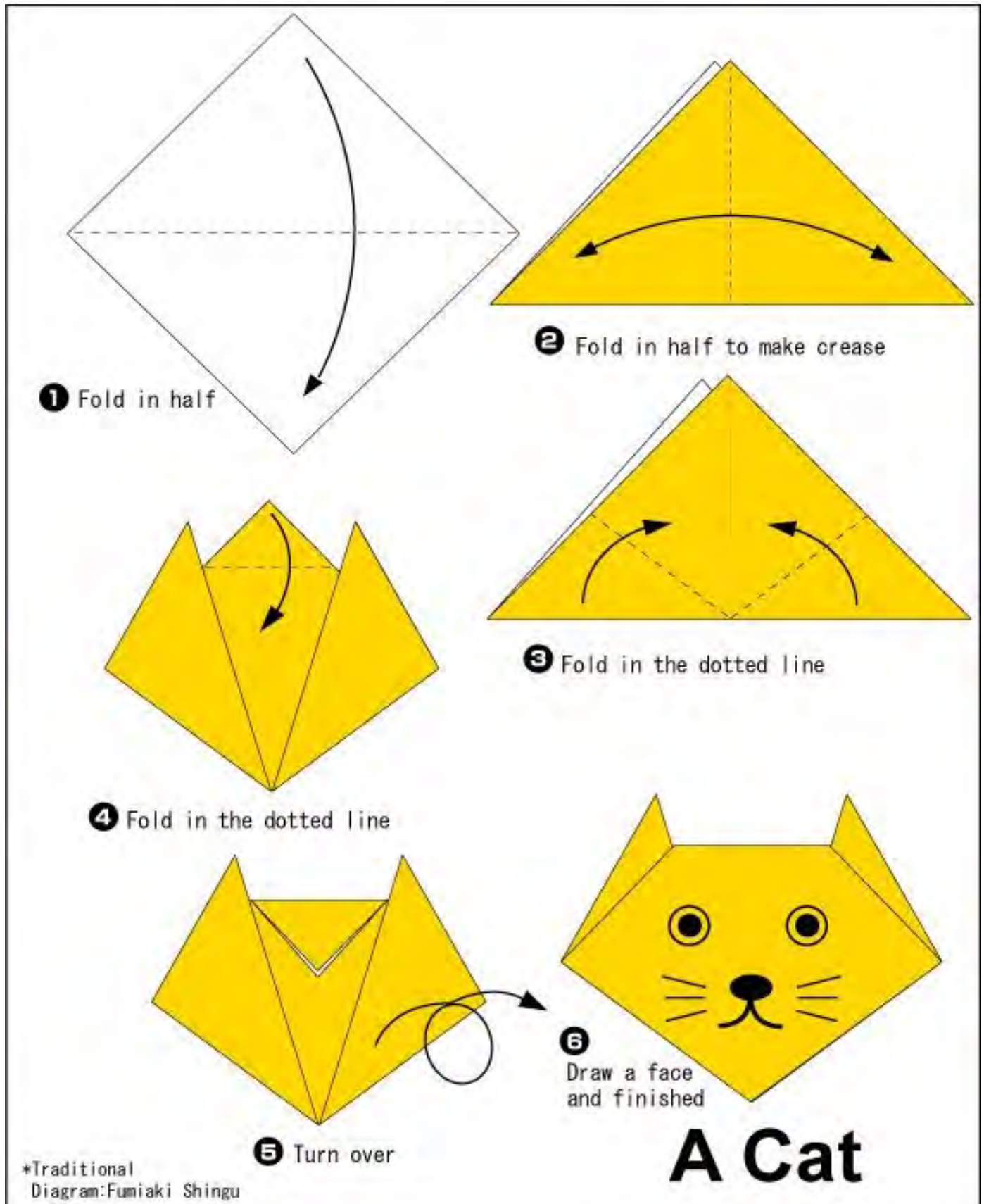
Words of Self Empowerment

Y Q S H G M C R E A T I V E N X E F E C V X E D
E R U A X B M O H D A Y O Y E W N C X S F R N E
E X O P J O C H E E R F U L P H E O Q U O G T L
R T E P C L M Z N C P Q V L O N R N U O E L H I
F E G Y M D Z N F A I T H F U L G F I L C O U G
V I A O P A S S I O N A T E X O I I S E P W S H
E U R U J E L B A T R O F M O C Z D I V G I I T
C Q U D K U W E M P O W E R E D E E T R P N A F
P A O E V I T P E C E R T S X L D N E A R G S U
A R C P D N I K E L B A V O L U U T Q M O B T L
S M E B N I M A G I C A L T Y E H F S R U O I Y
H U A C R A E L C F O C U S E D Y O E L D K C R
O M O Z I O P T I M I S T I C P I Q U C Q J I A
P M M I I O D E T I C X E J O N N F D R A M Z N
E T A K C N U Y I C V Q Q S S B Y E E X S E I I
F E C G Z A G S L A K K I P Y A N S Z J U Y P D
U V P K N L R U R L Y T I S L E I G S C O K M R
L I Z O S I F G O M I R A P T L N F M R L S F O
C S W W W Y F W Q V E E I H I I E A A D U I G A
E I T K O E N I E D D L G E V Y H D N A B R L R
O C B J S G R U C L O I N O V P I M O X A F L T
S E T V N B A F F E L T L T W A R Y B Y F L A X
H D Y N A M I C U N N K I T N A I L L I R B U E
E M O S E W A R E L B T O T A P P R E C I A T E

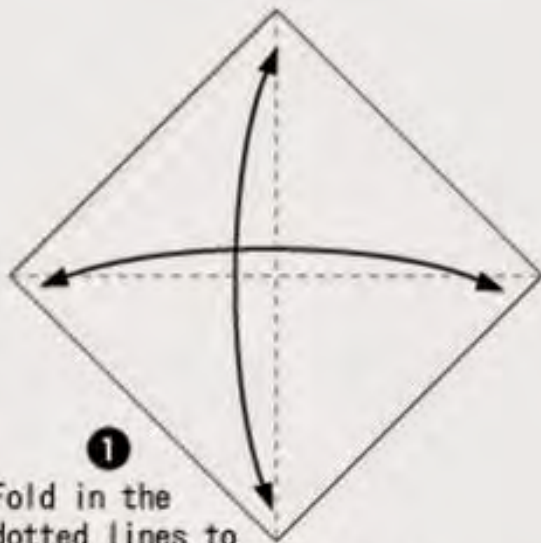
RESILIENT RECEPTIVE RADIANT QUIET PROUD PRECIOUS POWERFUL POSITIVE
PLAYFUL PEACEFUL PASSIONATE OPTIMISTIC OPEN NOBLE MARVELOUS
MAGNIFICENT MAGICAL LOVABLE LOVING KIND JOYFUL JAZZED INSPIRED
FAITHFUL HOPEFUL HAPPY GRACIOUS GLOWING FUN FRISKY FREE
FOCUSED FABULOUS EXTRAORDINARY EXQUISITE EXCITED ENTHUSIASTIC
ENLIGHTENED ENERGIZED EMPOWERED EASY DYNAMIC DELIGHTFUL DECISIVE
CREATIVE COURAGEOUS CONFIDENT COMFORTABLE CLEAR CHEERFUL CALM
BRILLIANT BOLD AWESOME APPRECIATE AMAZING

Origami

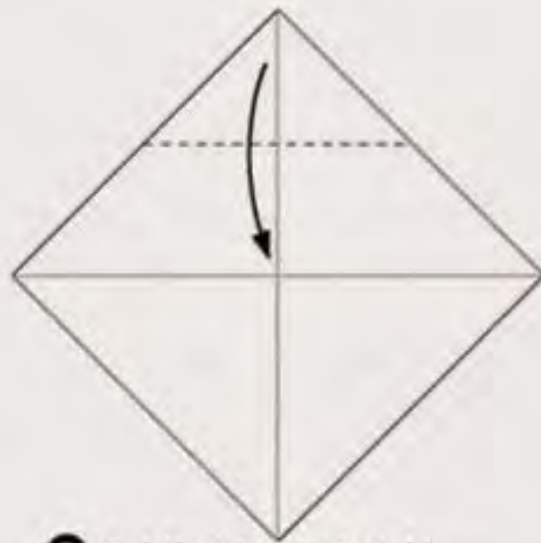
Origami is “the art of paper folding”. Have a go and see what you can create! The paper needs to be square shaped. Page 11 has some squares that you can cut out to complete this activity. Good luck!



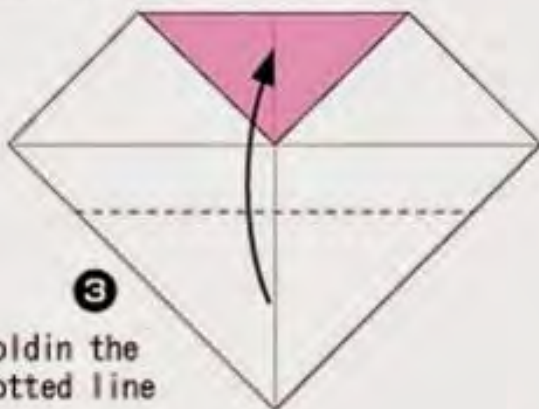
Origami 2



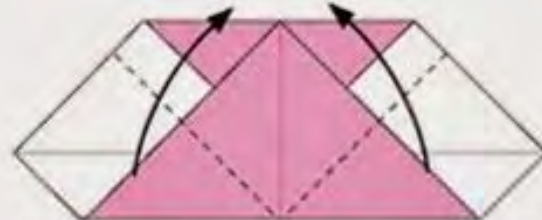
Fold in the dotted lines to make creases and fold back



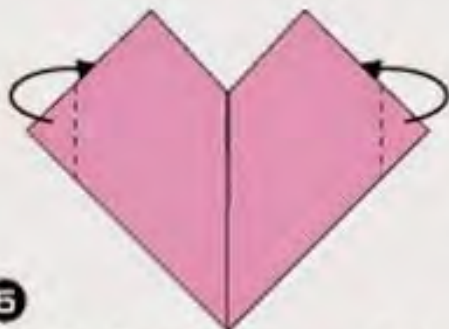
Fold in the dotted line



Fold in the dotted line



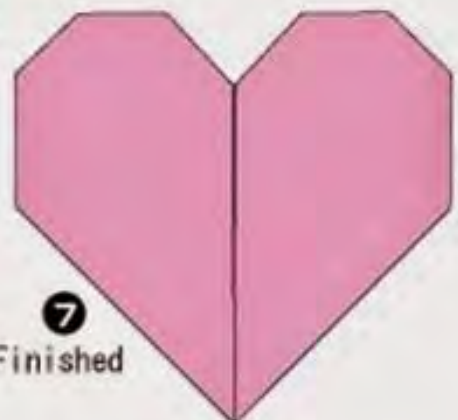
Fold in the dotted lines



Fold backward in the dotted lines

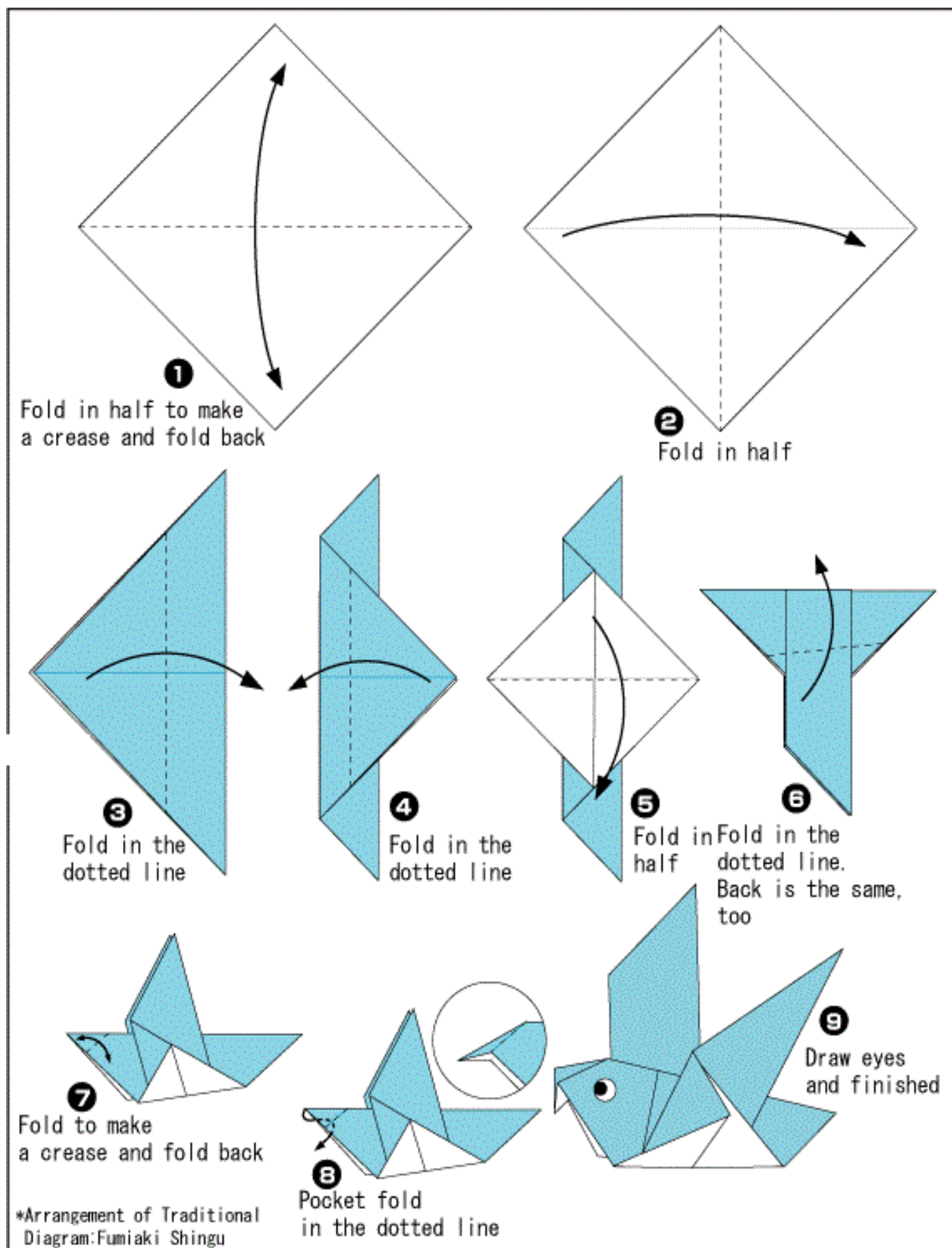


Fold backward in the dotted lines



Finished

Origami 3



Blank Paper for Origami

Positive Affirmations

Below are a list of positive phrases you can use to remind yourself of how great you are— the more you repeat them, the more they stay with you! You can simply read them from here, or cut them out and put them in different spots around your home as a random pick-me-up.

I am
Positive

I am
clever

I am
brave

I am
wonderful

I am
powerful

I am
successful

I am
strong

I am
okay

I am
happy

I am
kind

I am
amazing

I am
confident

Sudoku

				4				5
		3	5		1		9	
	2		9					7
		1					6	3
		2		3		8		
3	4					2		
8					5		2	
	6		3		7	9		
9				6				

9					2			1
	4		1	5				
	3		4			7		
	1				5			6
4		3				2		9
6			8				1	
		5			4		9	
				9	1		3	
1			7					5

4		1		8			7	
				7	6			
7	5	8						
			1	3		7		
6			2		9			3
		9		5	7			
						3	1	9
			7	1				
	4			9		5		7

4	3		1				8	
1				3			5	
			9					
3							6	
	9	7	4		2	5	3	
	2							7
					8			
	7			6				2
	6				1		4	9

Gratitude

Another way to keep the positive vibes flowing is to remember all the good things in your life. This could be anything from appreciating a cup of coffee, to being grateful for a friend in your life. Use this space to write down all the things you are grateful for.

This image shows a single sheet of white paper with horizontal black lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

20 SELFCARE TIPS FOR A TOUGH DAY

AS WE HAVE ALL ADJUSTED TO STAYING AT HOME. IT IS INNEVITABLE THAT SOME DAYS MAY BE TOUGH. HERE ARE SOME FUN SELF CARE ACTIVITIES TO PERK YOU UP!

1. HAVE A BREAK FROM SOCIAL MEDIA
2. TAKE A NAP
3. DECLUTTER YOUR CUPBOARDS
4. GET SOME FRESH AIR, GO FOR A WALK OR OPEN THE WINDOWS.
5. PUT ON YOUR FAVOURITE MUSIC, GET UP AND DANCE
6. CALL A FRIEND
7. WATCH CAT/DOG/BLOOPER VIDEOS ON YOUTUBE
8. COOK YOUR FAVOURITE MEAL
9. MOVE YOUR BODY, STRETCH, GO FOR A RUN, DANCE ETC
10. HAVE A BIG GLASS OF WATER
11. PUT ON HUMAN CLOTHES NOT JUST PJ'S
12. CHANGE YOUR BEDDING
13. TREAT YOURSELF TO SOMETHING NICE
14. HAVE A BATH OR EXTRA LONG SHOWER
15. READ A BOOK
16. FIND A NEW HOBBY
17. TRY A GUIDED MEDITATION
18. TAKE THREE DEEP SLOW BREATHS
19. WATCH THE CHESTER ZOO LIVESTREAM OR TAKE A VIRTUAL MUSEUM TOUR.
20. MAKE SOME EXCITING PLANS FOR WHEN WE ARE UN-GROUNDED.

BRAIN TEASERS

(ANSWERS AT BOTTOM OF PAGE)

1. WHAT KIND OF CHEESE IS MADE BACKWARDS?
2. IN A ONE-STORY PINK HOUSE, THERE WAS A PINK PERSON, A PINK CAT, A PINK FISH, A PINK COMPUTER, A PINK CHAIR, A PINK TABLE, A PINK TELEPHONE, A PINK SHOWER — EVERYTHING WAS PINK! WHAT COLOR WERE THE STAIRS?
3. WHEN YOU HAVE ME, YOU IMMEDIATELY FEEL LIKE SHARING ME. BUT, IF YOU DO SHARE ME, YOU DO NOT HAVE ME. WHAT AM I?
4. WHAT CAN YOU HOLD WITHOUT EVER TOUCHING OR USING YOUR HANDS?
5. WHAT CAN BE SEEN ONCE IN A MINUTE, TWICE IN A MOMENT, AND NEVER IN A THOUSAND YEARS?
6. THE MORE YOU TAKE OUT OF IT, THE BIGGER IT BECOMES. WHAT IS IT?
7. WHAT'S FULL OF HOLES BUT STILL HOLDS WATER?
8. HOW CAN YOU THROW A BALL AS HARD AS YOU CAN, ONLY TO HAVE IT COME BACK TO YOU, EVEN IF IT DOESN'T BOUNCE OFF ANYTHING?

1. EDAM 2. THERE WERE NO
ANY STAIRS, IT WAS A
ONE-STORY HOUSE 3. A
SECRET 4. YOUR BREATH 5.
THE LETTER M 6. A M 7. A
SPONGE 8. THROW THE BALL
STRAIGHT UP IN THE AIR

Recipes

The next few pages include some simple recipes that you can make at home. You may already have some of the ingredients in your cupboard, or you can add them to your essential shop.

We have provided written instructions. If you are unsure of any of the instructions in the recipe, you have a dietary requirement and require support choosing an alternative ingredient, or you require the instructions in a different format (visual, audio, on coloured backing, etc), then please contact us and we'll be happy to support you. Finally, please be careful when using kitchen appliances, and be sure to switch all appliances off when you have finished cooking.



Crispy Chickpea Snack

Ingredients:-

1 Tin of Chickpeas

1 tablespoon of Olive Oil

1 teaspoon of Salt

Directions:-

Drain chickpeas in a sieve and rinse thoroughly with cold water.

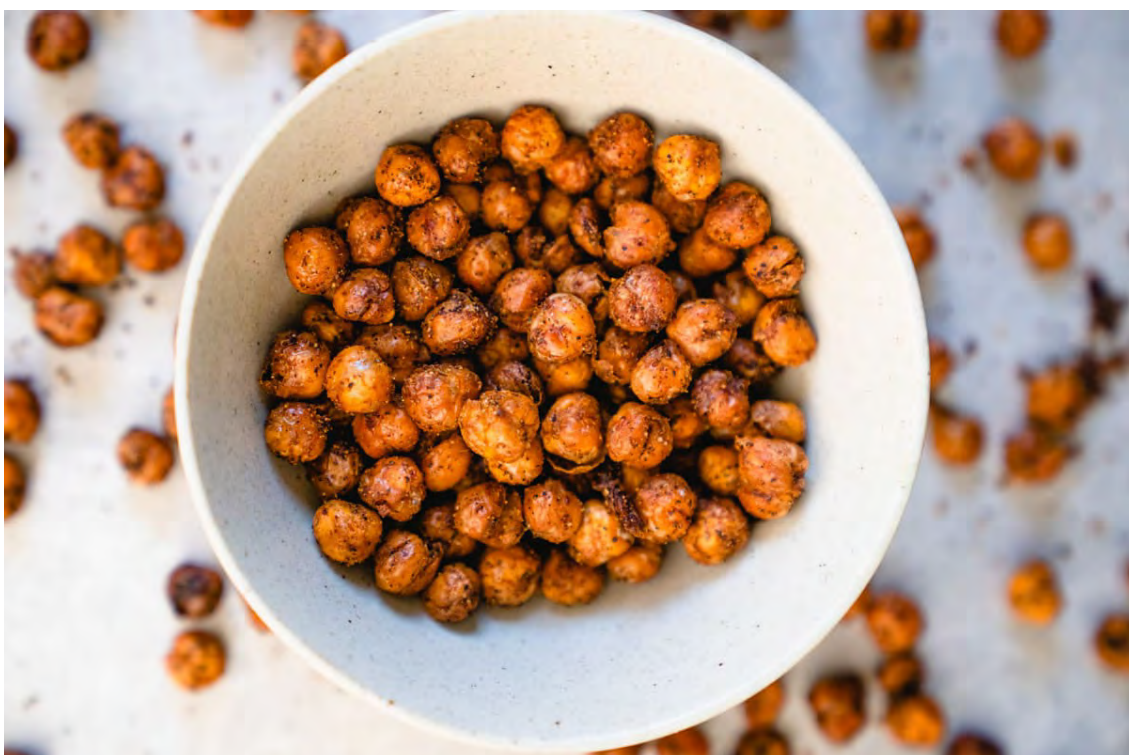
Place on kitchen roll/clean tea towel until dry

Place Olive oil and salt in a bowl and add chickpeas. Shake until evenly coated

Place on a baking tray and bake for 45 minutes – Gas 4/175/160 Fan

Shake every 10-15 mins until cooked

You can add more or less salt to suit your own personal taste or try different flavourings such as – cayenne pepper, garlic powder, cumin etc



Tuna Pasta Bake – serves 4

Ingredients:-

- 1 Small onion
- 5 Mushrooms (optional)
- 1 can of Sweetcorn or 150g of frozen
- 1 can of Chopped Tomatoes
- 3 Tablespoons of Tomato Puree or ketchup
- 1 can of Tuna drained
- 1 pack of Plain Crisps
- 100g of Mature Cheese or cheese you prefer
- 300g of Penne Pasta

Directions:-

Boil pasta in water until tender and drain

Fry onions in the oil for 5 minutes

Add mushrooms and fry for 5 minutes

Add tinned tomatoes, puree and sweetcorn and stir for 2-3 minutes

Add the cooked pasta to the sauce and stir

Flake the tin of drained Tuna with a fork and stir

Transfer all the mixture to an ovenproof dish

Crush the packet of crisps and sprinkle over the top

Sprinkle over the grated cheese and place under grill until cheese is melted & golden brown



Rocky Road

Ingredients:-

200g Digestive Biscuits

135g butter/margarine

200g of Dark Chocolate

2-3 tablespoons of golden syrup

100g mini marshmallows

Directions:-

Grease an 18cm square baking tin

Crush the biscuits to a mixture of dust and 50pence size pieces

Melt the butter in a saucepan over a low heat, then add the chocolate and syrup and stir until smooth

Remove from the heat and allow to cool

Stir in biscuits and mini marshmallows and stir until all coated in the chocolate mixture

Pour into the tin and smooth and chill in the fridge for minimum 2 hours then cut into 12 pieces.

You can add up to 100g of additional ingredients such as nuts, popcorn, dried fruit, etc if preferred.



Pictionary!

Print these off, cut them out and put them in a hat/bowl/bag/ something you can mix them up in. Make two teams, the drawer picks a paper from the bag and draw whatever is written on the paper. Everyone else has 1 minute to guess. Whichever team gets the most right wins!

Abraham Lincoln	Kiss	Pigtails
Brain	Kitten	Playground
Bubble bath	Kiwi	Pumpkin pie
Buckle	Lipstick	Raindrop
Bus	Lobster	Robot
Car accident	Lollipop	Sand castle
Castle	Magnet	Slipper
Chain saw	Megaphone	Snowball
Circus tent	Mermaid	Sprinkler
Computer	Minivan	Statue of Liberty
Crib	Mount Rushmore	Tadpole
Dragon	Music	Teepee
Dumbbell	North pole	Telescope
Eel	Nurse	Train
Ferris wheel	Owl	Tricycle
Flag	Pacifier	Tutu
Junk mail	Piano	

Mindful Colouring

Colouring is a relaxing and calming activity that allows you to be creative and fill your time. The next few pages include some patterns that you can colour using the pencils provided in the pack.

