

Information for people who are self-isolating/social distancing

The government is advising everyone to adopt [social distancing](#) measures and stay at home as much as possible.

We know that during this period it's really important that you look after your mental and emotional wellbeing as well as your physical health.

Here are a few ideas for activities to do at home:

- Cook a new recipe
- Do some mindfulness colouring
- Complete a word search puzzle
- Solve a crossword
- Make a collage
- Make a paper mosaic
- Try a mindfulness 3 minute body scan exercise
- Try a relaxation exercise
- Try a breathing exercise to help relaxation
- Try a short mindfulness sounds exercise
- Do a physical workout at home. You can choose to do as much or as little as you want.
 - 6 minute warm up
 - 10 minute cardio workout
 - 10 minute toning exercises
 - 5 minute cool down

Make a microwave cake in a mug (www.bbcgoodfood.com)

Good to make for a treat



Ingredients (serves 1)

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil or sunflower oil
- a few drops of vanilla essence or other essence (orange or peppermint work well)
- 2 tbsp chocolate chips, nuts, or raisins etc (optional)

Method

1. Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the **microwave**) and mix.
 2. Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.
 3. Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.
 4. Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.
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Easy risotto with bacon and peas (www.bbcgoodfood.com)

A simple recipe using just a few ingredients.



Ingredients

- 1 onion
- 2 tbsp olive oil
- knob of butter
- 6 rashers streaky bacon, chopped
- 300g risotto rice
- 1l hot vegetable stock
- 100g frozen peas
- freshly grated parmesan, to serve

Method

1. Finely chop 1 onion. Heat 2 tbsp olive oil and a knob of butter in a pan, add the onions and fry until lightly browned (about 7 minutes).
 2. Add 6 chopped rashers streaky bacon and fry for a further 5 minutes, until it starts to crisp.
 3. Add 300g risotto rice and 1l hot vegetable stock, and bring to the boil. Stir well, then reduce the heat and cook, covered, for 15-20 minutes until the rice is almost tender.
 4. Stir in 100g frozen peas, add a little salt and pepper and cook for a further 3 minutes, until the peas are cooked.
 5. Serve sprinkled with freshly grated parmesan and freshly ground black pepper.
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Banana Ice Cream (www.bbcgoodfood.com)

This is healthy, low-fat and counts as 1 of your 5 a day.



Ingredients (serves 4)

- 4 ripe bananas, cut into chunks
- 3-4 tbsp milk
- 2 tbsp toasted flaked almonds
- 2 tbsp ready-made toffee or chocolate sauce

Method

1. Pop the banana chunks on a flat tray and cover well. Freeze for at least 1 hr, or until frozen through. When ready to eat throw the banana into a food processor and whizz until smooth with enough of the milk to achieve a creamy texture. Scoop into 4 bowls or glasses, then top with the sauce and nuts.
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Sausage, mushroom & tomato pasta

Easy pasta dish



Ingredients (Serves 4)

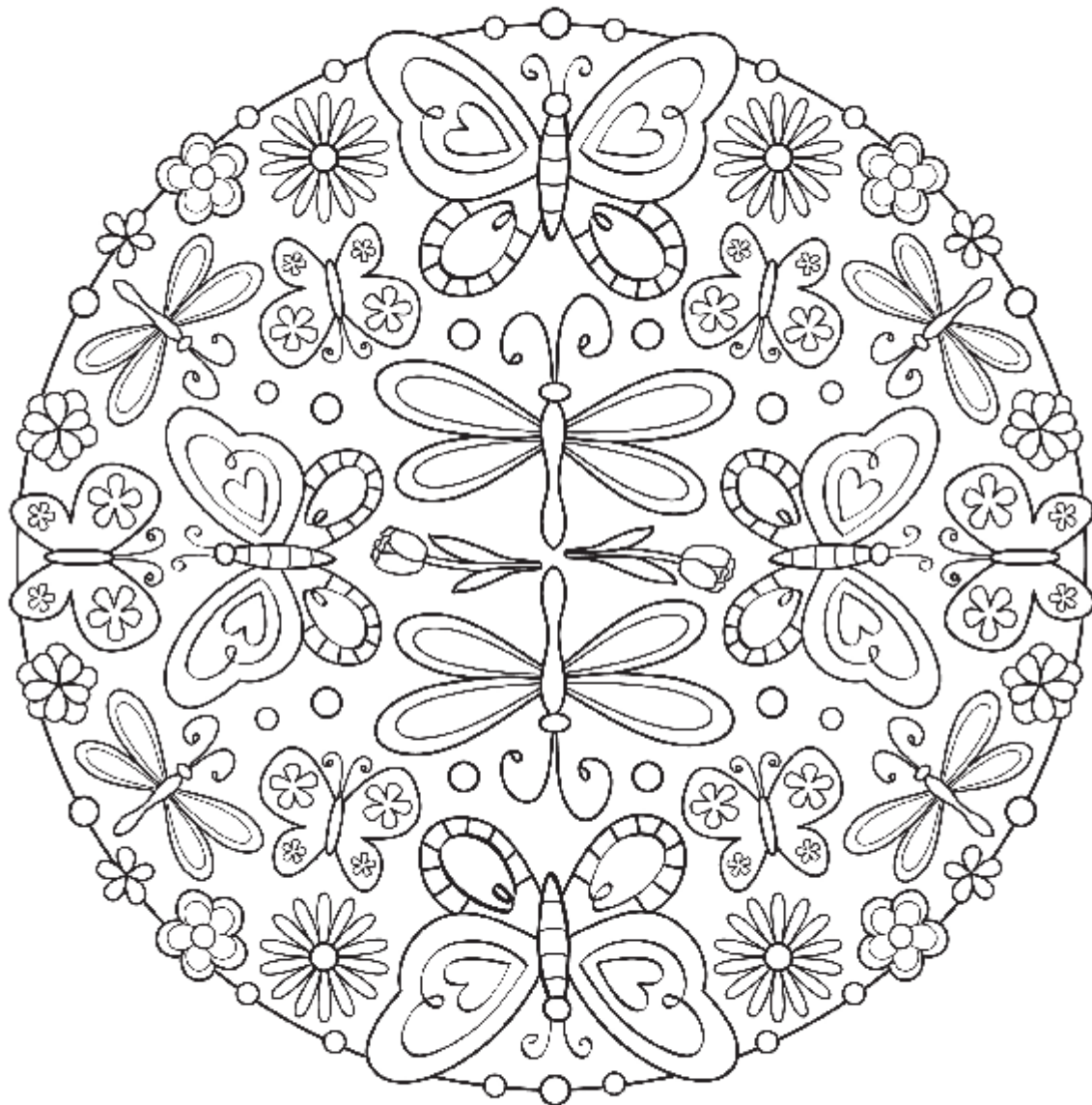
- 400g penne
- 1 tbsp olive or sunflower oil
- 454g pack good-quality sausage, cut into chunky pieces
- 250g chunky chestnut mushroom, halved
- 500g pack cherry tomato
- 2 sprigs rosemary, leaves roughly chopped
- handful flat-leaf parsley, chopped

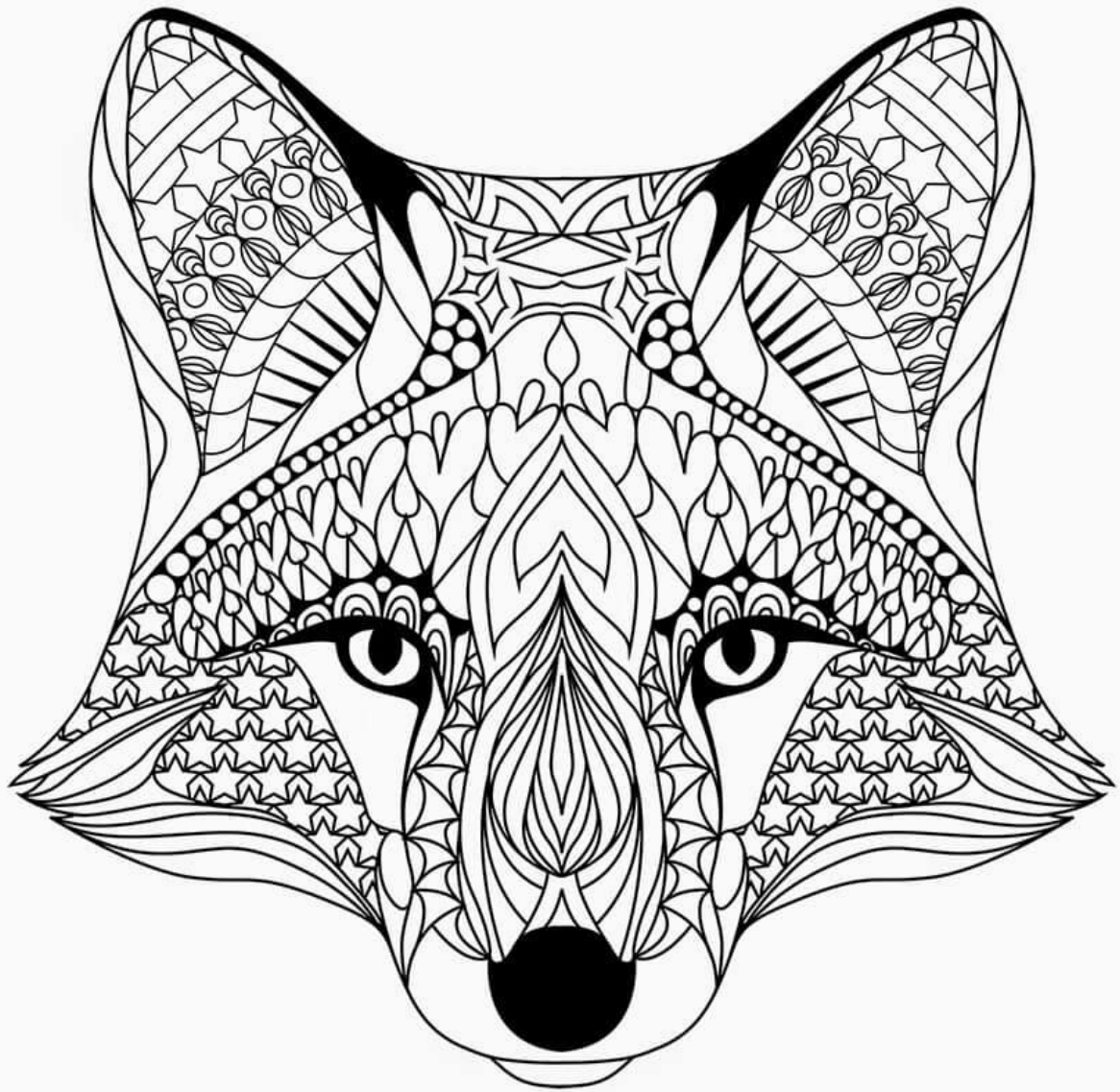
Method

1. Cook pasta according to pack instructions. Heat the oil in a deep frying pan, then fry the sausages and mushrooms for 5 mins until golden. Add the tomatoes and cook for about another 3 mins on a high heat until the tomatoes pop and start to form a sauce. Season to taste, then add the herbs and drained pasta and stir well.
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Mindfulness colouring

Mindfulness colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. We can think 'In this moment, I am colouring in'. This might help to lower anxiety levels and can be a relaxing, soothing activity.





Word searches and crosswords can be a good way to pass the time and distract yourself from what is going on in the media.

Types of Dog

H	G	E	L	P	H	D	U	H	O	T	G	M	E
S	H	E	N	E	U	A	S	C	S	B	I	R	E
R	B	O	X	E	R	C	D	E	A	U	R	R	H
H	N	B	R	L	M	H	D	N	R	L	E	A	R
C	C	O	R	G	I	S	N	I	E	L	I	O	P
O	D	N	U	O	H	H	A	I	H	D	R	R	I
L	R	H	U	R	E	U	S	R	H	O	R	E	N
L	A	R	H	D	D	N	U	B	C	G	E	T	S
I	H	T	A	B	A	D	T	L	S	E	T	T	C
E	E	A	D	A	L	M	A	T	I	A	N	E	H
L	M	A	S	T	I	F	F	H	B	A	H	S	E
S	C	H	I	H	U	A	H	U	A	O	P	S	R
T	E	H	M	I	R	B	E	A	G	L	E	B	A
O	T	L	T	S	M	S	H	E	P	H	E	R	D

DALMATIAN
 DACHSHUND
 BEAGLE
 PINSCHER
 SHEPHERD
 MASTIFF
 SETTER
 CHIHUAHUA
 BULLDOG
 COLLIE
 HOUND
 CORGI
 TERRIER
 BOXER

Fruits

R	A	W	A	Y	R	Y	A	Y	A	P	A	P	B
B	N	E	E	R	L	R	A	B	B	Y	E	E	L
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R	A	A	P	B	E	B	E	P	E	E	T	B	B
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G	E	R	W	L	O	R	E	P	N	R	E	Y	Y
N	P	R	I	B	B	N	M	L	T	T	L	M	M
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R	R	A	R	M	A	E	L	I	M	E	N	E	C
O	G	S	E	G	N	M	P	E	B	R	K	I	T
S	P	L	A	E	E	L	P	P	A	B	E	W	I

- RASPBERRY
- LIME
- BLACKBERRY
- BLUEBERRY
- WATERMELON
- ORANGE
- BANANA
- PAPAYA
- LEMON
- KIWI
- STRAWBERRY
- GRAPE
- APPLE

Across

- 1. Curved doorway
- 5. Con game
- 9. Fast
- 14. Flooring square
- 15. Biblical prophet
- 16. Musical drama
- 17. Cookie cooker
- 18. Banister
- 19. Baseball blunder
- 20. _____ culpa
- 21. Wild
- 22. Fails to exist
- 23. Stress
- 25. Explorer Marco _____
- 27. More tired
- 31. Pester incessantly
- 34. Jeans material
- 37. Retribution
- 39. Dumbstruck
- 40. Tilts
- 41. Stag
- 42. Deep respect
- 44. Throb
- 45. Before, poetically
- 46. Fabric
- 48. Scrape roughly
- 50. Aromatic spice
- 54. Valuable stones
- 56. Horse's chamber
- 59. Gorilla, e.g.
- 60. Bring to mind
- 62. _____ Kudrow of "Friends"

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54	55					56	57	58				59		
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64						65					66			
67						68					69			

Down

- 1. Tiny particles
- 24. Stage remark
- 44. Beatle _____
- 2. Metal bolt
- 25. Wooden fasteners
- McCartney
- 39. Dumbstruck
- 26. Native mineral
- 47. Away from the coast
- 4. Coop dweller
- 28. Occurrence
- 49. Requested
- 5. Tranquil
- 29. Freedom from war
- 51. Newswoman _____
- 6. Russian ruler
- 30. Not outer
- Shriver
- 42. Deep respect
- 32. High cards
- 52. Heroic tales
- 44. Throb
- 33. Richard _____ of "Chicago"
- 53. Migratory birds
- 45. Before, poetically
- 34. Venture
- 54. Acquires
- 46. Fabric
- 35. Water jug
- 55. Satan's specialty
- 48. Scrape roughly
- 36. At no time hereafter
- 56. Messy fellow
- 50. Aromatic spice
- 38. Mature
- 57. Clock info
- 54. Valuable stones
- 40. Bound
- 58. Adrift
- 56. Horse's chamber
- 43. Den and study (abbr.)
- 61. Tricky curve
- 59. Gorilla, e.g.
- 63. And so forth (Abbr.)
- 60. Bring to mind
- 62. _____ Kudrow of "Friends"

Across continued

- 63. _____ Canal
- 64. Grows weary
- 65. Forewarning
- 66. Twitches
- 67. Winter toys
- 68. Necklace part
- 69. Valise

Make a Collage



Not sure what to do with those magazines and junk mail scattered around the house? Take a pair of scissors, and let your imagination run wild.

Cut out things that interest you and group them according to colour.

Then make a picture using your cut-outs.

How to Make Mosaic Art

Making mosaics are fun and can be done in a variety of ways. This one is simple and can be done with supplies you most likely have lying around your house.

You will need :

- A page from a coloring book
- Various colors of paper
- Scissors
- Glue stick

Step 1 - Choose a picture from a coloring book that you would like to use as your design. Ones that have more space to color in would be best. This will allow for more mosaic pieces to fill in the space.



Step 2 - Cut the paper into small pieces. Depending on the child's age and dexterity the size of these pieces could range in size. Again, you will want the pieces to be able to fit within the design you are working with. Use scissors that are age appropriate for the child cutting the colored paper. Cut paper into strips and then into squares, rectangles or triangles.



Step 3- Glue the pieces of the colored cut paper to your chosen design. Use the glue stick on the background then arrange the cut pieces of paper in the color combination of your choice.

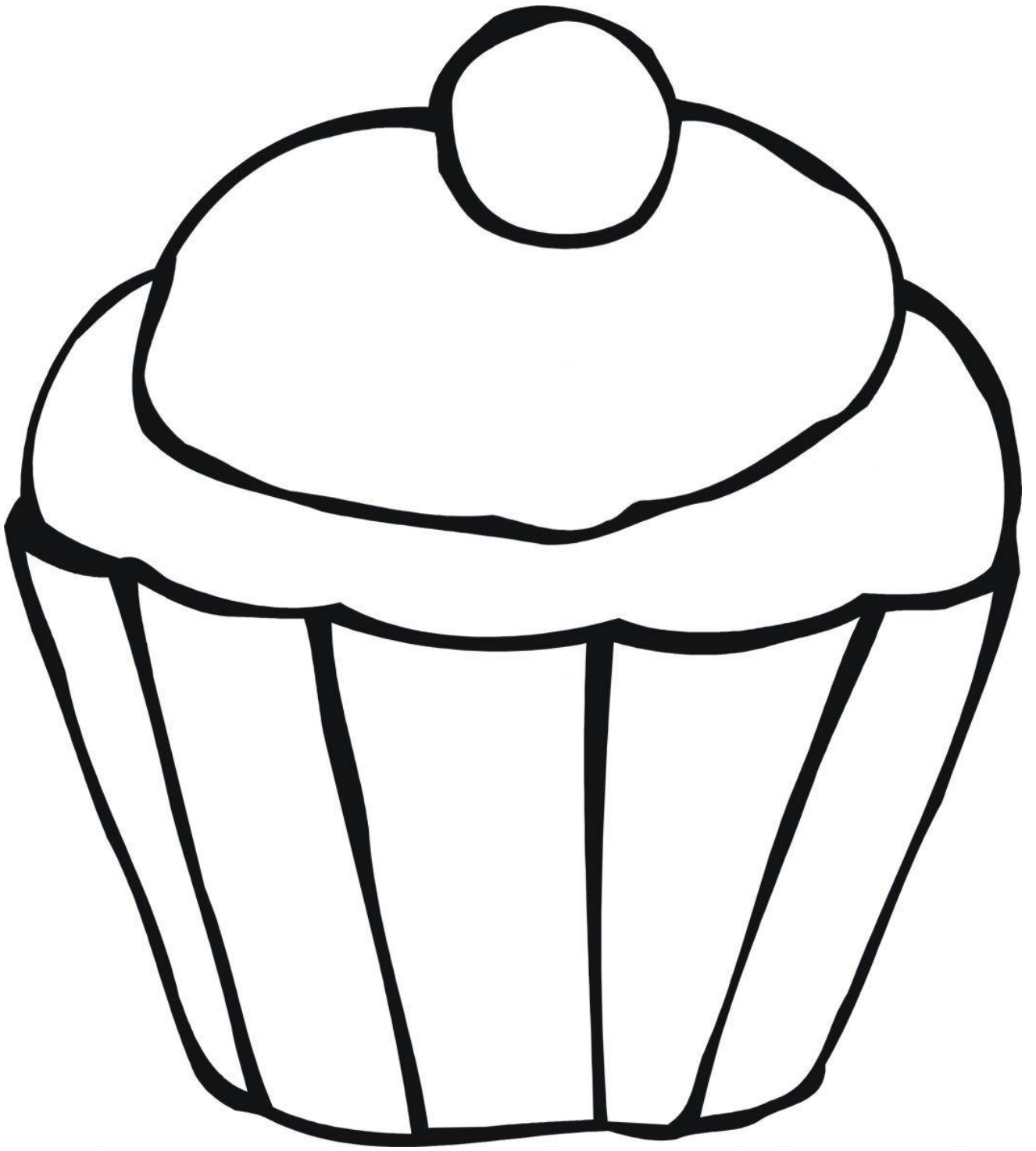


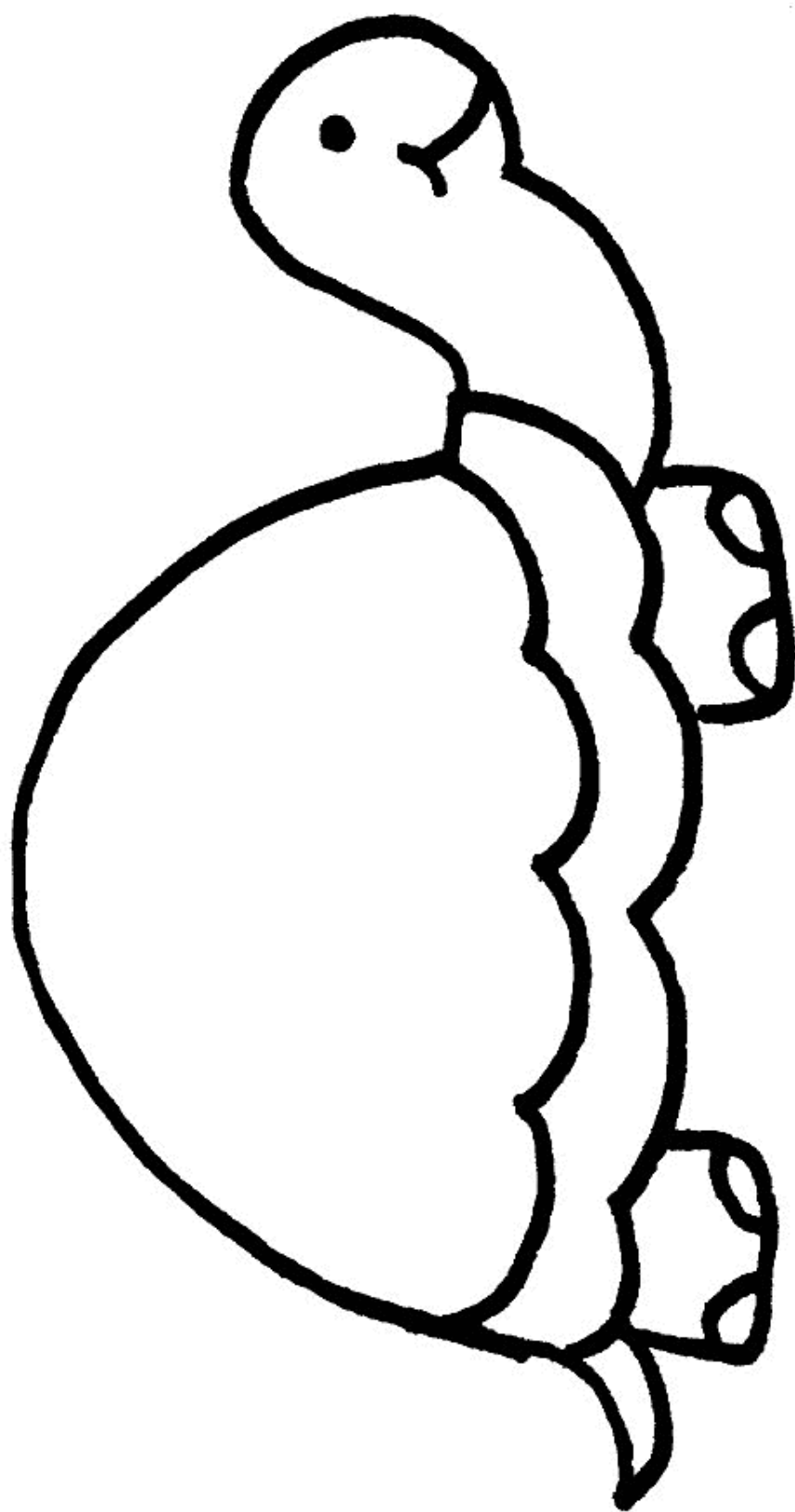
Step 4- When the project is complete let it lay flat to dry (this won't take long).



There you go! Your mosaic masterpiece is complete.

Use the following colouring pages to make your mosaic.





Try practising Mindfulness

Mindfulness is a technique you can learn which involves making a special effort to notice what's happening in the present moment (in your mind, body and surroundings) – without judging anything. It has roots in Buddhism and meditation, but you don't have to be spiritual, or have any particular beliefs, to try it.

It aims to help you:

- become more self-aware
- feel calmer and less stressed
- feel more able to choose how to respond to your thoughts and feelings
- cope with difficult or unhelpful thoughts
- be kinder towards yourself.

Many people find practising mindfulness helps them manage their day-to-day wellbeing, but it doesn't always work for everyone

Mindfulness exercises to try

You don't need any special equipment:

- Mindful eating. This involves paying attention to the taste, sight and textures of what you eat. For example, when drinking a cup of tea or coffee you could focus on how hot and liquid it feels on your tongue, how sweet it tastes or watch the steam that it gives off.
- Mindful moving, walking or running. Notice the feeling of your body moving. You might notice the breeze against your skin, the feeling of your feet or hands against different textures on the ground or nearby surfaces, and the different smells that are around you.
- Body scan. This is where you move your attention slowly through different parts of the body, starting from the top of your head moving all the way down to the end of your toes. You could focus on feelings of warmth, tension, tingling or relaxation of different parts of your body.
- Mindful colouring and drawing. Focus on the colours and the sensation of your pencil against the paper, rather than trying to draw something in particular.
- Mindful meditation. This involves sitting quietly and focusing on your breathing, your thoughts, sensations in your body and the things you can hear around you. Try to bring you focus back to the present if your mind starts to wander.

Different things work for different people, so if you don't find one exercise useful, try another. You can also try adapting them so that they suit you and are easier to fit in with your daily life.

Three minute Body Scan mindfulness exercise

Begin by bringing your attention into your body.

You can close your eyes if that's comfortable for you.

You can notice your body seated wherever you're seated, feeling the weight of your body on the chair, on the floor.

Take a few deep breaths.

And as you take a deep breath, bring in more oxygen enlivening the body. And as you exhale, have a sense of relaxing more deeply.

You can notice your feet on the floor, notice the sensations of your feet touching the floor. The weight and pressure, vibration, heat.

You can notice your legs against the chair, pressure, pulsing, heaviness, lightness.

Notice your back against the chair.

Bring your attention into your stomach area. If your stomach is tense or tight, let it soften. Take a breath.

Notice your hands. Are your hands tense or tight. See if you can allow them to soften.

Notice your arms. Feel any sensation in your arms. Let your shoulders be soft.

Notice your neck and throat. Let them be soft. Relax.

Soften your jaw. Let your face and facial muscles be soft.

Then notice your whole body present. Take one more breath.

Be aware of your whole body as best you can. Take a breath. And then when you're ready, you can open your eyes.

Try a relaxation exercise

Simple visualisation exercise

This exercise involves using an image as a way to focus the mind.

Create in your mind an ideal spot to relax. It can be:

1. real or imaginary
2. somewhere you will find restful, calming, safe and happy
3. a place you would want to return to whenever you feel the need to relax

Imagine it in as much detail as you can – use your senses to make it as real as possible – and see yourself comfortably enjoying this place.

Now close your eyes and take a slow, regular breath in through your nose. Become aware of your breathing. Focus on your relaxation place in all its detail and breathe out through your mouth.

Do this exercise for 10 to 20 minutes.

Quick muscle relaxation

This exercise will teach you to recognise and reduce muscle tension. You can relieve tension in any part of your body just by tensing and relaxing each muscle in turn.

Sitting in a comfortable chair:

1. close your eyes and concentrate on your breathing. Slowly breath in through your nose and out through your mouth
2. make a fist, squeezing your hand tightly
3. hold this for a few seconds, noticing the tension
4. slowly open your fingers and feel the difference — notice the tension leaving. Your hand is much lighter and relaxed. enjoy this feeling

If you have any physical injuries or conditions that may cause muscle pain, don't tense the muscle in that area.

Try a calming breathing exercise

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.

If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for 3 to 5 minutes.

Mindfulness Sounds Exercise

This exercise will take a couple of minutes; it involves sitting still and will be completed in silence.

- Make yourself comfortable in your chair, with your feet flat on the floor.
- Close your eyes, or make your gaze downwards.
- Take a deep breath in and slowly let go of the breath.
- Now, bringing the focus of your attention to your hearing, listen to the sounds in this environment.
- Opening your awareness to sounds as they arrive to the front of you, to sides, behind, above or below.
- Noticing any urge to label sounds, as they come
- Or to judge if you like them or not
- If your mind wanders, notice where it has gone to and, returning, focusing the focus of your attention to sounds.
- Try not to be seeking out sounds; just let them come to you.
- What are sounds made up of?
- Are there any gaps between sounds?
- Periods that are louder?
- Times that are quieter?
- Now we're bringing the exercise to a close.

When you feel ready, open your eyes or begin to look around the room. And become more active again.