Coping with Isolation

Following the latest government advice to stay at home and socially distance from others outside of our households we have developed a starter activity pack filled with various ideas of ways to help you keep busy and happy.

This guide has been produced by the Occupational Therapy Team in Newcastle CTLD.

Contents

1. Top Tips to Look After Yourself
2. Arts/Crafts
3. In the Kitchen
4. Games
5. Keeping Active
6. Relaxation
7. Top Sensory Tips
8. Online Resources
9. Blank resources
1. Top Tips to Look After Yourself

Routine
Maintaining a structured routine is important for many people. This might have changed for you over the past few weeks.
Try to keep familiar routines the same where possible.
A visual timetable can help communicate daily plans and changes.
This website has some templates or try making your own! https://do2learn.com/picturecards/forms/index.htm
We’ve included some of ours for you to use at the end too.

Hand Hygiene
You should wash your hands regularly for at least 20 seconds:
- When hands are dirty
- After using the toilet
- Before eating
- After sneezing/coughing/blowing nose
- When you come inside
The Sensory Integration Network have tips if you have sensory difficulties:
https://www.sensoryintegration.org.uk/News/8821506

Easy Read Information
CTLD have a range of easy read resources to help explain the current situation and provide advice. Please contact the team on 0191 2106868 if you would like a copy of anything.
2. Arts and Crafts

There are lots of different Arts and Crafts you can do from home—we have just included a few examples here to help get you started.

3D Painting

You need:

- PVA Glue
- White shaving cream
- Food colouring or paint
- Paper or card

1. Mix roughly equal amounts of PVA glue and shaving cream together
2. Add some food colouring or paint into the mix and stir
3. Dab the paint onto your paper or card to make a picture—it needs to be quite thick
4. Try finger painting with the paint
5. When dry, the painting will look 3D and feel squishy to touch
Origami

Origami is a Japanese paper folding technique. There are lots of tutorials and templates available online. Try this one to make a fish from https://www.thesprucecrafts.com/traditional-origami-fish-instructions-3953589

You need a square sheet of paper that measures 15x15cm

Decorate as you like—why don’t you try making a few to make an aquarium?
Recycled art

Egg Carton Flower Frame

You Need:

- Egg cartons
- Paint
- Glue
- Cardboard
- Small pompoms (optional)

1. Paint egg boxes various colours
2. Cut out into different flower shapes when dry
3. Glue pompoms into the egg cups for extra decoration
4. Stick to a cardboard backing to make a photo frame

Tin Can Windsocks

You Need:

- Empty, clean tins
- Glue
- Paint
- Ribbon/tissue paper/wool
- Masking tape to line sharp edges of the tin do they don’t scratch you

1. Paint the outside of the tin however you like
2. When the paint is dry stick ribbon etc. to the inside of the tin using glue so it hangs out the bottom
3. Attach a ribbon to the top to hang up and watch the ribbons fly
About Me...

My name is _____________________________

I live at ________________________________________________

I live alone / with others ___________________________________

Three facts about me:

1. _______________________________________________________________________

2. _______________________________________________________________________

3. _______________________________________________________________________

My favourite colour is ________________________________________________

My favourite song is ________________________________________________

My favourite animal is ________________________________________________

My favourite food is ________________________________________________

My favourite TV show is ______________________________________________

My favourite film is _________________________________________________

My favourite sport/activity is _______________________________________

My favourite place is ________________________________________________
3. In the Kitchen

There are lots of different things you can cook and bake at home. You get to enjoy the tasty treats after too!

We have lots more easy read recipes for you too if you want more.

Healthy Pizza Recipe

You can replace the toppings with whatever you like

Spread tomato pizza topping onto pitta bread base.

Add spinach to the pizza.

Sprinkle on the mixed herbs and oregano.

Sprinkle on the mozzarella cheese.

Slice the ham into strips and place on the pizza.

Place the pizza in the oven at 180°C for 12 minutes.
Chocolate Chip Cookies

Preheat the oven to 180°C

Grease 2 large baking sheets

Mix together 115g butter and 110g brown sugar

And 50g caster sugar until fluffy

In another bowl mix 1 egg and ½ teaspoon of vanilla extract
Mix the egg into mixture

Add 170g of plain flour

Add 1/2 teaspoon of bicarbonate of soda

Add 8oz Chocolate chips

Place heaped teaspoons of dough 5cm apart

Bake for 10 – 15 minutes
**Tuna Pasta Bake**

1. Preheat oven to 180°C
2. Boil pasta in a pan on the hob
3. Drain pasta water and return pasta to pan
4. Drain tuna and add this and sauce to the pan
5. Pour mixture into an ovenproof dish and cook in the oven for 15 minutes
6. Remove from oven and cover with grated cheese. Cook for another 15 minutes then serve.
4. Games

You can make up your own games with household objects, as well as playing any that you already have within your home.

Blow Football

- You need a ping pong ball and straws
- You could set up a pitch with green paper or felt if you have it
- Mark an area for goals, or use something in your house, like an empty tissue box taped down
- Blow the ball using the straw across the table aiming for the goal

Paper plate ring toss

- You need an empty kitchen roll tube and paper plates
- Secure the kitchen roll tube in the middle of a paper plate as below
- Cut out the middle of the remaining paper plates by folding them in half and cutting a semi circle
- You could paint them for different team colours, or different points
- Throw the paper rings at the kitchen roll poll and see how many points you get!
Yogurt pot basketball

- Collect 5 clean empty yoghurt pots
- Stick them to a large cardboard sheet in various places
- You could label each one with a score
- Lay the board against a wall or prop on a table
- Bounce a ping pong ball off the floor/table and try to hit one of the pots
- If you’re playing with others, keep score to see who wins!

Bring the bowling alley to you!

- Collect 10 clean empty drinks bottles
- Fill the bottles with water or something else to give them some weight
- Set up in a triangle
- Roll a ball towards them and see if you can get a strike!
5. Keeping Active

Keeping active is very important for your body and your mind. It doesn’t have to be exercise—it can be any movement around your home:

Household tasks:
- Vacuuming
- Laundry
- Mopping
- Sweeping
- Raking leaves
- Taking bins out
- Unpacking food shopping
- Gardening
If you can, you could try some exercise.

- Make your own obstacle course
- Make your own mini golf course using paper cups or boxes as holes
- Play catch
- Kick a ball
- Paper plate tennis
  - Get two paper plates and attach a wooden spoon to the back of each one
  - Blow up a balloon and use this as your ball
- Balloon volleyball
  - Use a balloon as a ball again
  - You could make a makeshift net with a sheet over two chairs
- Yoga

Make sure you are able to do any exercise safely in an appropriate space. Only do exercises you feel able to do to keep yourself safe.
6. Relaxation

Having time to relax is also very important for you. There are lots of different ways you could try. Find what works best for you.

The worksheets below are taken from www.bigactivities.com where you can find many more

Easy

Rainbow Word Search

Instructions: Try to find all of the hidden Rainbow words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)

<table>
<thead>
<tr>
<th>Y</th>
<th>Y</th>
<th>R</th>
<th>W</th>
<th>I</th>
<th>D</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>S</td>
<td>N</td>
<td>B</td>
<td>C</td>
<td>A</td>
<td>V</td>
</tr>
<tr>
<td>R</td>
<td>K</td>
<td>G</td>
<td>E</td>
<td>R</td>
<td>R</td>
<td>F</td>
</tr>
<tr>
<td>A</td>
<td>Y</td>
<td>O</td>
<td>C</td>
<td>E</td>
<td>Y</td>
<td>R</td>
</tr>
<tr>
<td>Y</td>
<td>Z</td>
<td>H</td>
<td>V</td>
<td>I</td>
<td>R</td>
<td>J</td>
</tr>
<tr>
<td>I</td>
<td>E</td>
<td>U</td>
<td>L</td>
<td>B</td>
<td>V</td>
<td>G</td>
</tr>
<tr>
<td>F</td>
<td>V</td>
<td>S</td>
<td>D</td>
<td>N</td>
<td>A</td>
<td>B</td>
</tr>
</tbody>
</table>

Word List

ARCH  GREEN
BANDS  SKY
BLUE

From www.bigactivities.com
Weather Word Search

Instructions: Try to find all of the hidden Weather words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)

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

Word List

<table>
<thead>
<tr>
<th>DRY</th>
<th>SNOW</th>
</tr>
</thead>
<tbody>
<tr>
<td>FROST</td>
<td>STORM</td>
</tr>
<tr>
<td>HUMID</td>
<td>TORNADO</td>
</tr>
<tr>
<td>MILD</td>
<td>WINDY</td>
</tr>
</tbody>
</table>

Cumbria, Northumberland, Tyne and Wear
NHS Foundation Trust

Chair: Ken Jarrold CBE
CTLD OT April 2020
Chief Executive: John Lawlor
Why don’t you colour me in when you’re done?

Instructions: Connect the dots to make this Spring picture.
Colour us in!

©www.BigActivities.com

©www.BigActivities.com
Try putting together a Self-Soothe Kit with items around your home which you can look at if you feel anxious or worried.

**Self-Soothe Kit**

You should include items that use all 5 senses, which could trigger familiar, happy memories. List some items you could include below:

- Sight (e.g. pictures)
- Sound (e.g. music)
- Taste (e.g. mints)
- Touch (e.g. scarf)
- Smell (e.g. perfume)
If you feel a bit worried, it can be helpful to do some simple breathing exercises to calm down. Balloon breathing is one technique:

- Sit in a comfortable position and think about your breathing
- Imagine there is a balloon in your tummy
- When you take a deep breath in, the balloon inflates
  
  *You will feel your tummy rise*

- When you take a deep breath out, the balloon deflates
  
  *You will feel your tummy fall*

- You might think of other things whilst you do this—that is ok but try to bring your thoughts back to your breathing

Instead of a balloon, you could imagine blowing bubbles, a dandelion flower or blowing out a candle when you breathe out.
Guided Imagery

Go somewhere quiet and comfortable to do this exercise. Try to think about your breath. Let any worries or stress leave as you breathe out and picture a favourite place...

It could be the beach, a woodland, a park, or anywhere else you like to be.

Think of the image in your head, or look at a picture if it helps.

Think about looking at the colours and shapes of the things around you.

Are there flowers?

Think of the noises around you.

Are there birds singing, waves lapping, or is it quiet?

What smells can you notice in this place?

Is it warm in this place?

What does the ground feel like?

Is it windy?

How do you feel in this place?
7. Top Sensory Tips

Here we have some helpful sensory tips to look after yourself and keep calm.

**Proprioception**
Helps you feel organised and calm.
Activities which work your muscles.
Can be big activities, such as walking or jumping.
Can be small activities, such as eating chewy or crunchy snacks.
Lots of things you can do around the house to keep it tidy and clean provide proprioceptive input.

**Deep pressure Touch**
Can help you feel calm.
Provide lots of input to your body.
Examples include:
Wrapping in blankets
Massaging your own hands or feet
Sitting in a bean bag
Cocooning in a sleeping bag
If you feel a bit sleepy try using the following alerting activities/items

- Crunchy snacks
- Sour foods
- Cold items, e.g. water/eating ice cream
- Smell/taste strong smells, such as citrus and mint
- Listen to upbeat music
- Fidget toys
- Water play

If you need some help to calm down try

- Drinking from a water bottle with spout or using a straw
- Use deep pressure
- Smell calming scents, like vanilla or rose
- Dim lights
- Listen to relaxation music
- Stretching
- Sucking sweets etc.
- Using a straw to drink a thick smoothie

This website gives some useful food ideas for alerting and calming sensations:

8. Online Resources

If you have access to the internet, there are lots of things to do online. We have included some examples here:


- Audible have made some audiobooks free for as long as schools are closed [https://stories.audible.com/start-listen](https://stories.audible.com/start-listen)

- Tik Tok—an app where you can watch and upload short videos but you must be able to consent to doing so

- Watch musicals—Andrew Lloyd Webber is releasing a musical every week on Youtube—search ‘The Shows Must Go On’

- Ride a rollercoaster—search rollercoaster rides on Youtube

- Joe Wicks workouts—search ‘The Body Coach’ on Youtube

- Cosmic Yoga—search ‘Cosmic Yoga’ on Youtube

As we mentioned earlier; Make sure you are able to do any exercise safely in an appropriate space. Only do exercises you feel able to do to keep yourself safe.
9. Blank Resources

We have included some blank templates for you to use—feel free to make copies.

Activity Record

<table>
<thead>
<tr>
<th>Activity Completed</th>
<th>Date Completed</th>
<th>Did I enjoy it?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>🎉😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
<tr>
<td></td>
<td></td>
<td>😊😊</td>
</tr>
</tbody>
</table>

Caring | Discovering | Growing | Together
Chair: Ken Jarrold CBE  CTLD OT April 2020  Chief Executive: John Lawlor
The following resources have been produced by Boardmaker:
Place the text and symbols for each schedule item into the boxes below. Then cut them out, laminate them and velcro them onto the schedule.
Place the text and symbols for each schedule item into the boxes below. Then cut them out, laminate them and velcro them onto the schedule.
Place the text and symbols for each schedule item into the boxes below. Then cut them out, laminate them and velcro them onto the schedule.

- ball game
- card game
- device time
- film
- garden
- internet
- Netflix
- park
- put on a show
- social media
- swim
- tablet time
- trampoline
- video chat
- walk
- watch TV

Cumbria, Northumberland, Tyne and Wear
NHS Foundation Trust

Chair: Ken Jarrold CBE
CTLD OT April 2020
Chief Executive: John Lawlor

Caring | Discovering | Growing | Together
Certificate of Completion

This is to certify that

______________________

has completed

______________________

on

______________________
Activity Pack Feedback Form

1. Did you like the Activity Pack

- [ ] Yes
- [ ] No
- [ ] Don’t Know

2. Did you have a favourite activity?

……………………………………………………………………………………
……………………………………………………………………………………
……………………………………………………………………………………

3. Was the pack

- [ ] Easy
- [ ] Just Right
- [ ] Hard

……………………………………………………………………………………
……………………………………………………………………………………
……………………………………………………………………………………
4. Have you found the pack helpful?

Yes

No

Don’t Know

Any comments

……………………………………………………………………………………

……………………………………………………………………………………

……………………………………………………………………………………

5. Would you change anything in the pack?

……………………………………………………………………………………

……………………………………………………………………………………

……………………………………………………………………………………

We hope you have enjoyed the pack and look forward to hearing from you!

Please return any completed feedback forms to

CTLD Occupational Therapy

Benton House

136 Sandyford Road

Newcastle upon Tyne

NE2 1QE