



#Hartlepool
HolidayFun

ACTIVITY PACK

Issue 1 – Mental Health



Department
for Education



HARTLEPOOL
BOROUGH COUNCIL

Mental health helplines:

Whether you're concerned about yourself or a loved one, these helplines and support groups can offer expert advice.

Source: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>
These helplines and support groups details are accurate as of March 2021.

- **Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: www.anxietyuk.org.uk

- **Bipolar UK**

A charity helping people living with manic depression or bipolar disorder.

Website: www.bipolaruk.org.uk

- **CALM**

CALM is the Campaign Against Living Miserably. A charity providing a mental health helpline and webchat.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

- **Mental Health Foundation**

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

- **Mind**

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

- **No Panic**

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0300 772 9844 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.nopanic.org.uk

Email: sarah@nopanic.org.uk

- **OCD Action**

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.ocdaction.org.uk

- **OCD UK**

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: www.ocduk.org

- **PAPYRUS**

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (9am to midnight, every day of the year)

Website: www.papyrus-uk.org

- **Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0808 801 0525 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

- **Samaritans**

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

- **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

Textcare: comfort and care via text message, sent when the person needs it most:

www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

- **YoungMinds**

Information on child and adolescent mental health. Services for parents and professionals.

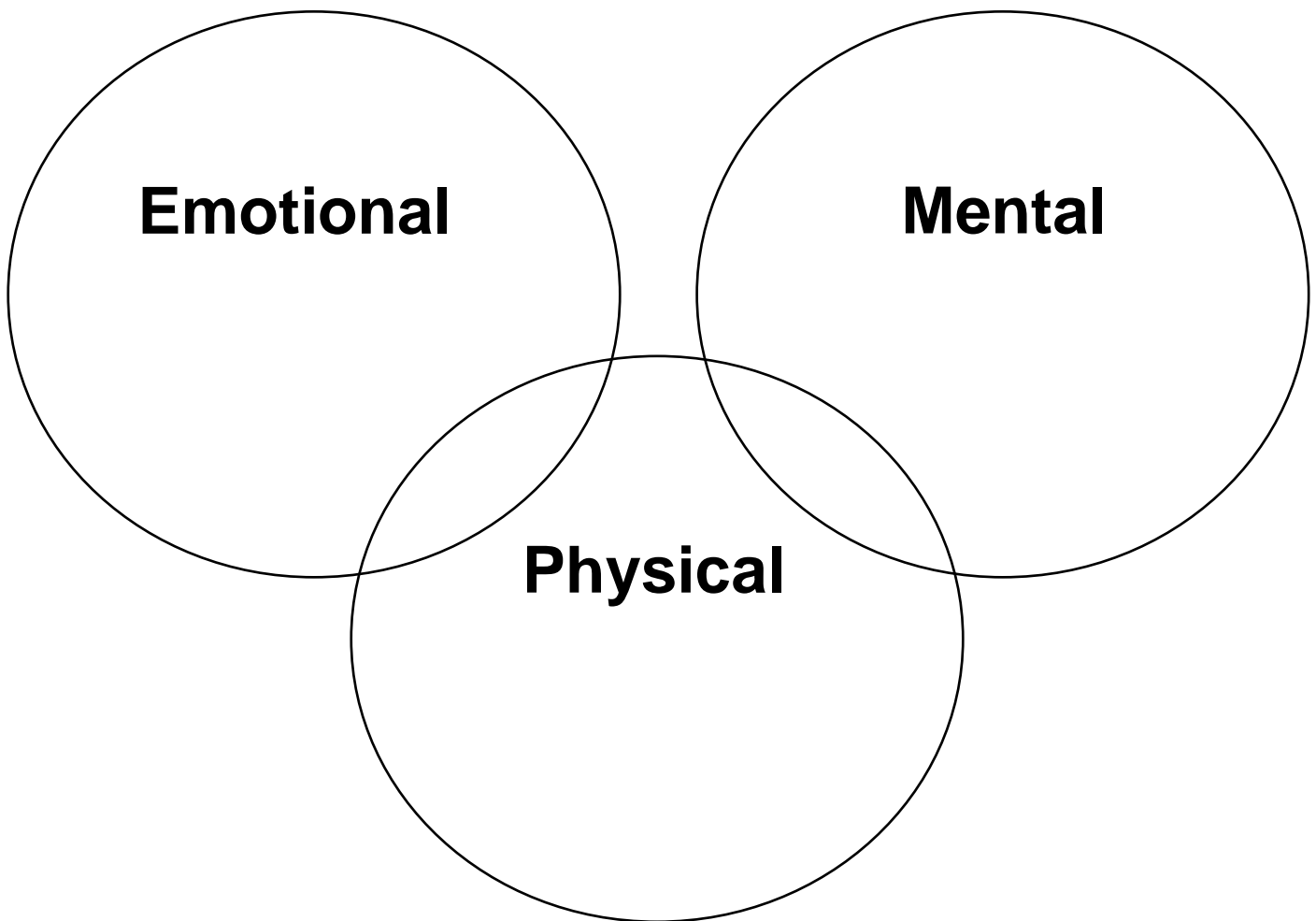
Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

Emotional wellbeing activity – My self-care plan

“It is so important to take time for yourself and find clarity. The most important relationship is one you have with yourself”.

- Diane Von Furstenberg



Add your self-care activities to the circles. Examples include:

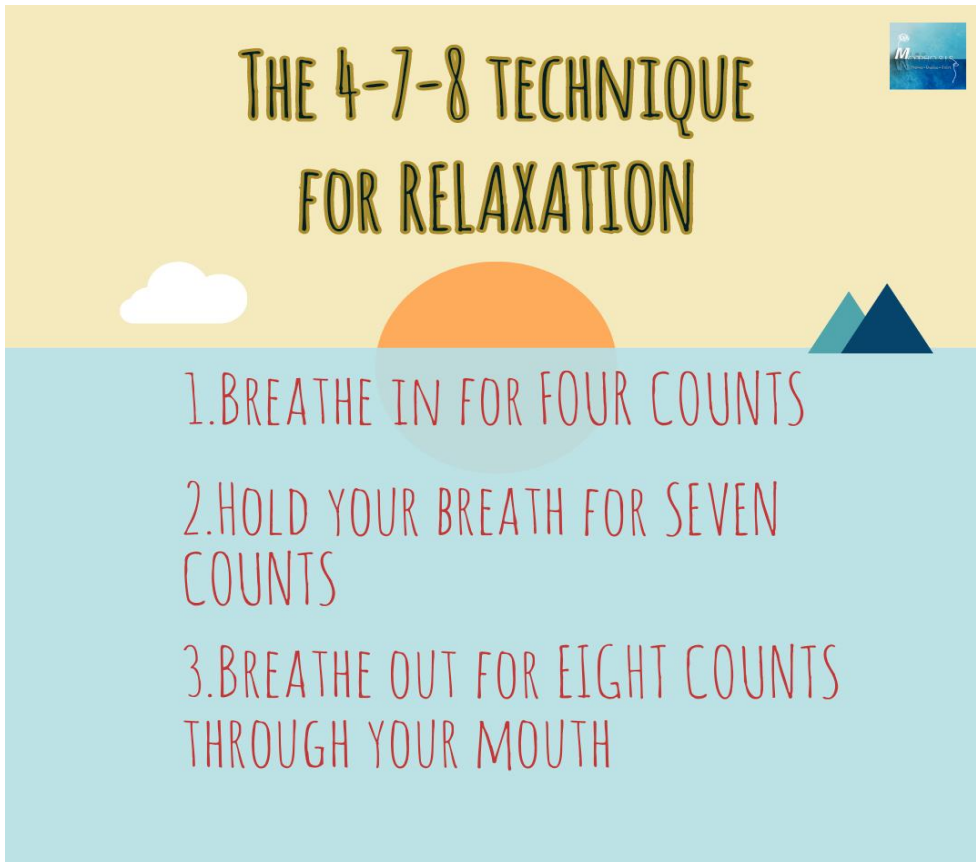
Mental: Read, learn, talk to friends/family, try something new, develop a skill you have, get a good night sleep, try breathing techniques, declutter your room, keep a journal/diary.

Physical: Go for a walk, eat good healthy food, try an online class, good skin care regime.

Emotional: Help others, do a random act of kindness, create something, take a warm bath, write things down you are grateful for.

Emotional wellbeing activity – Breathing / grounding techniques

If you are feeling overwhelmed there is lots of techniques to help you cope – here's a couple of them. Get practising!



The graphic features a yellow sky with a white cloud, an orange sun, and blue mountains. The title 'THE 4-7-8 TECHNIQUE FOR RELAXATION' is written in a stylized font. A small logo with the letter 'M' is in the top right corner.

THE 4-7-8 TECHNIQUE FOR RELAXATION

1. BREATHE IN FOR FOUR COUNTS
2. HOLD YOUR BREATH FOR SEVEN COUNTS
3. BREATHE OUT FOR EIGHT COUNTS THROUGH YOUR MOUTH



The graphic has a background of a beach with waves. The title 'THE 5-4-3-2-1 GROUNDING TECHNIQUE' is at the top. Below it, the instruction 'When anxious, pay attention to' is followed by a list of five senses, each with a corresponding icon: an eye for seeing, a hand for touching, a person with sound waves for hearing, a person smelling for smelling, and a tongue for tasting. A small logo with the letter 'M' is in the top right corner.

THE 5-4-3-2-1 GROUNDING TECHNIQUE

When anxious, pay attention to

- 5 things that you can SEE around you 
- 4 things you can TOUCH 
- 3 things that you can HEAR 
- 2 things that you can SMELL 
- 1 thing that you can TASTE 

Emotional wellbeing activity – Jars of gratitude

To help us feel good about ourselves if we are feeling down we might want to think about the things we are grateful for in our lives. It could be a person, a thing, a skill or talent you have, a favourite place you have, a pet.

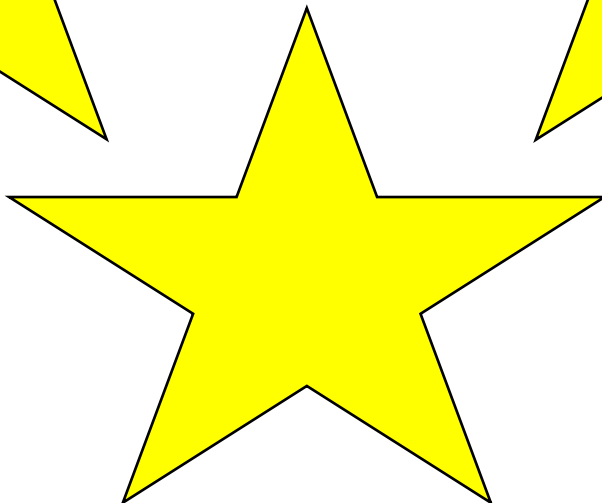
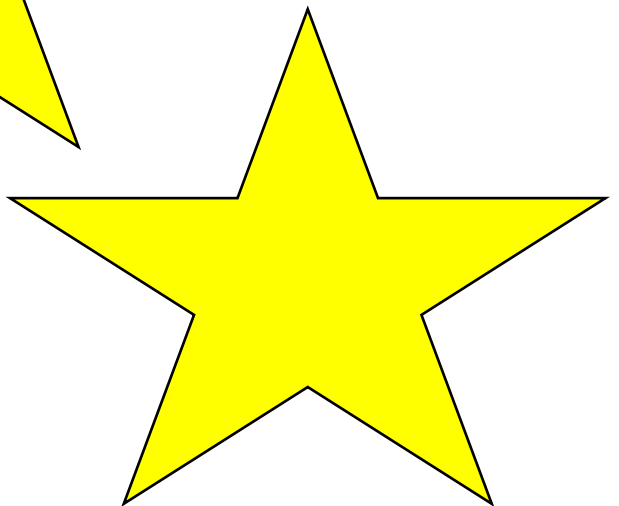
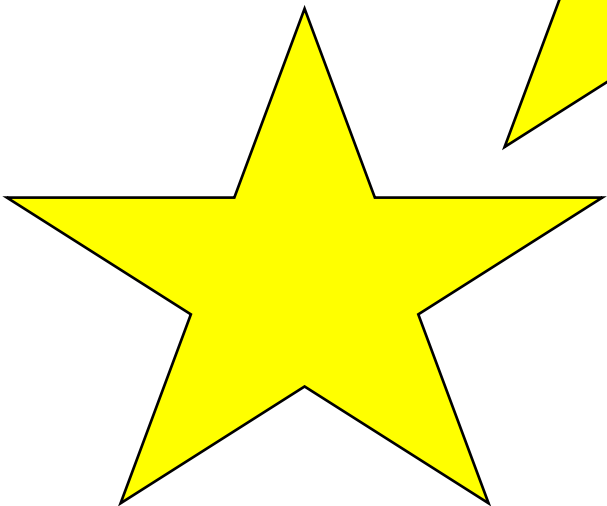
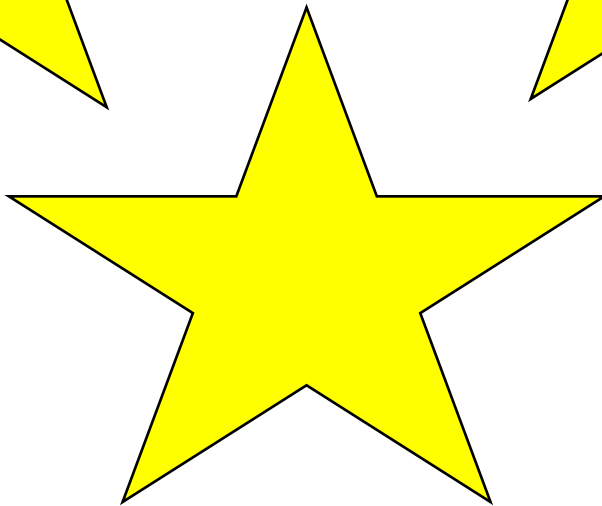
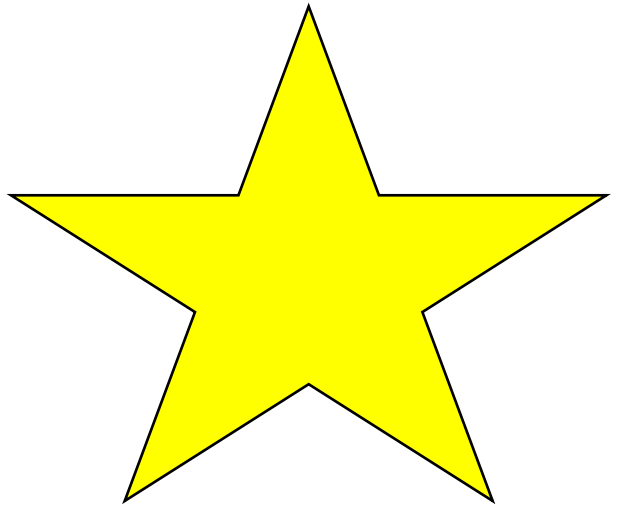
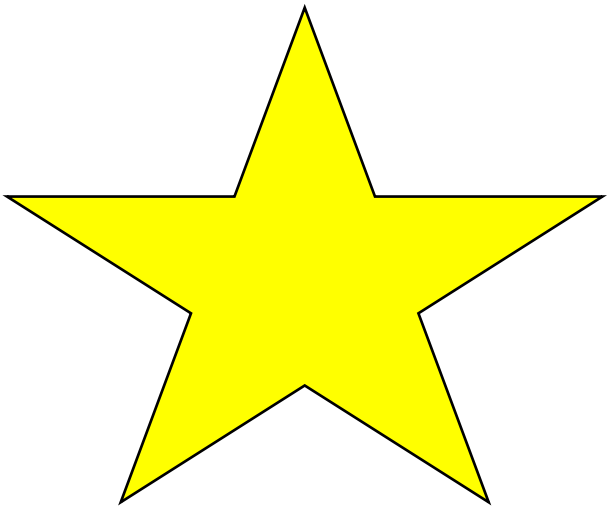
Have a go at filling in the jars by either writing a word or drawing an image. You don't need to fill them in one go you could even complete one a day and have it as a daily gratitude journal!

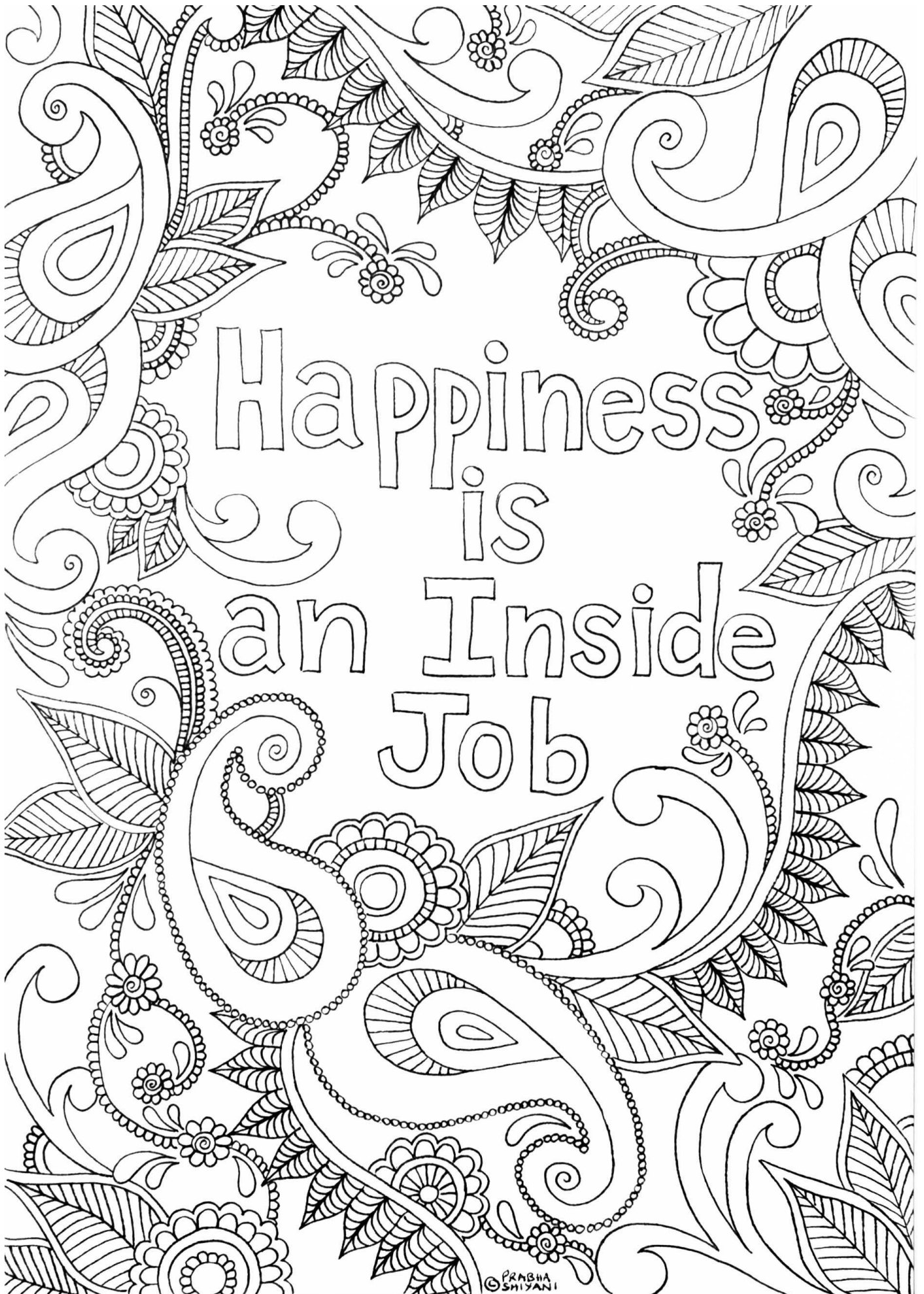


Emotional wellbeing activity – I am Awesome!

Have a go at reminding yourself why you are awesome. Fill in the stars....to help you do this you might want answer the following....

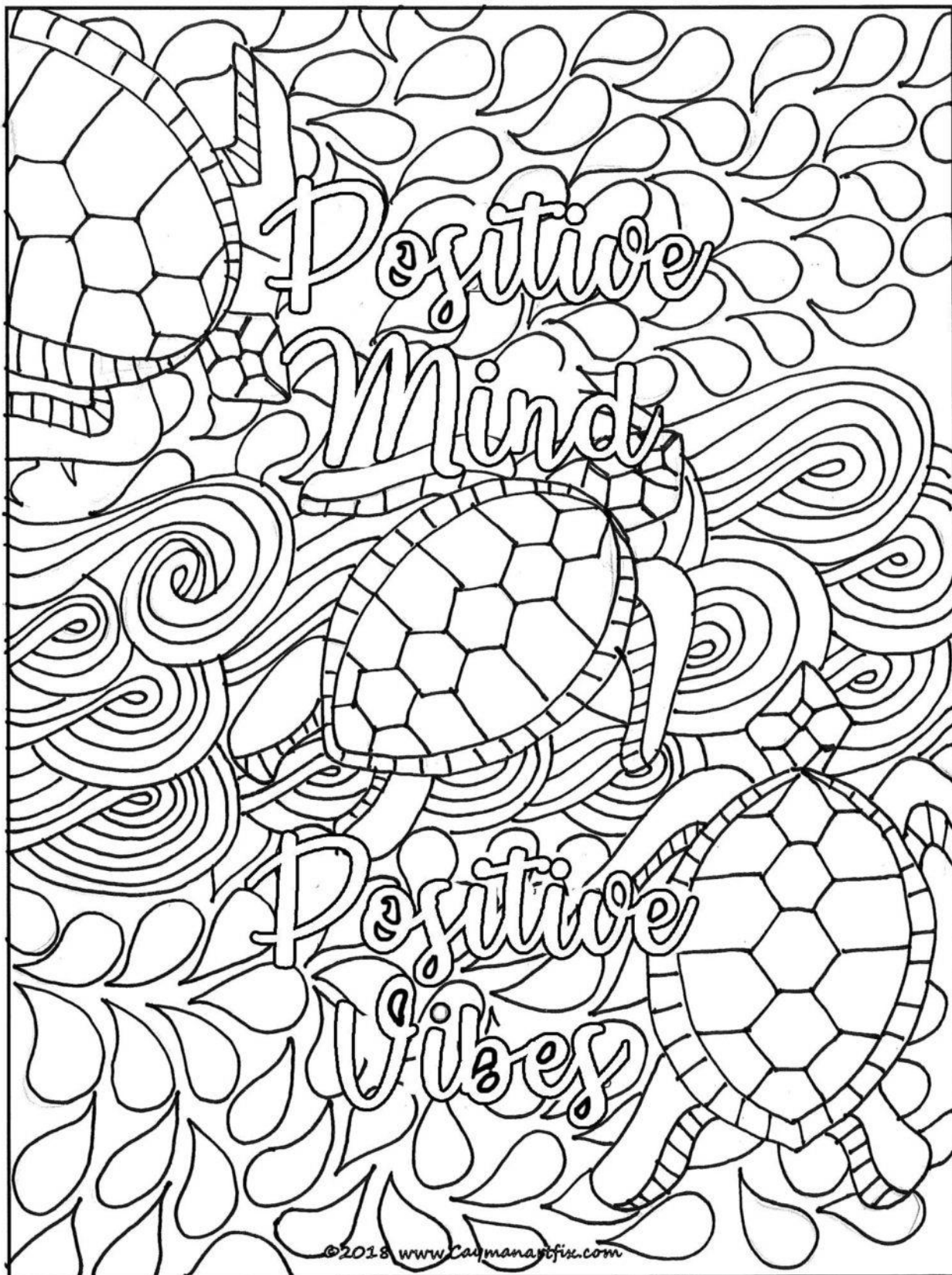
- I am really good at...
- I am proud of myself when...
- My special talent is....
- I have worked hard to improve....
- I am unique because....
- I am a good friend because...
- I feel good about myself when I....
- I am thoughtful because I....
- I am an amazing....
- I am a good family member because....











July

beach



Puzzle – Wordsearch



COPING SKILLS

EXERCISE

FOCUS

HEALTHY

HOBBIES

HUMOR

JOY

LAUGH

LEISURE ACTIVITY

PEACE

READ

RELAXATION

SMILE

SOCIALIZE

STRESS MANAGEMENT

SUPPORT

THANKFUL

WALK

WELLNESS

Some of the best soccer teams around the world are listed in this word search. The words in this word search are hidden across, down, and diagonally, with backwards.

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

ACMILAN	BOCAJUNIORS	GALATASARAY	MANCHESTERUNIT	RIVERPLATE
ARSENAL	BORUSSIADORTM	INTERMILAN	ED	ROMA
ATHLETICBILBAO	UND	JUVENTUS	NAPOLI	TOTTENHAM
ATLETICOMADRID	CHELSEA	LAGALAXY	OLYMPIQUEDEMAR	
BARCELONA	CORINTHIANS	LEICESTERCITY	SEILLE	
BAYERNMUNICH	EVERTON	LIVERPOOL	PORTO	
BENFICA	FLAMENGO		REALMADRID	

Puzzle – Number search

Find the numbers in the list below the grid. The numbers can be in any direction:
Backwards, forwards, up, down, or diagonally.

2	5	6	1	8	5	6	3	0	4	8	3	6	1	6
7	2	8	7	6	5	3	2	8	0	8	5	8	1	8
3	0	2	3	1	3	5	0	5	5	4	8	7	5	5
2	2	9	0	8	3	4	5	2	0	9	6	2	0	8
4	8	5	7	4	3	3	3	3	4	5	2	4	9	8
4	8	6	6	9	2	6	1	9	8	4	1	5	0	5
4	7	8	5	1	0	0	0	2	1	5	1	4	6	1
7	0	5	6	5	4	1	8	0	9	0	6	9	0	3
9	0	5	4	4	4	5	9	7	7	0	3	3	3	4
1	9	5	3	9	2	7	4	2	3	5	2	9	5	0
0	9	8	9	6	4	9	7	9	8	0	5	9	2	0
3	2	2	9	4	2	5	5	0	0	6	3	9	0	0
3	8	7	1	2	6	0	0	0	0	8	2	1	6	5
9	6	5	4	9	8	7	2	5	2	0	6	8	0	1
4	3	6	2	3	4	7	0	8	9	9	1	0	1	3

130456

150526

253060

270159

280858

286554

296684

322942

325326

399918

410974

433334

436234

444791

454908

470085

481973

500043

520680

549872

561280

567037

572855

588586

592884

642950

712600

870099

896497

991013

Puzzle – Word connections

Brain teaser to exercise your cognitive skills: Where do words go?

Here is a brain teaser whose aim is to stimulate the connections or associations between words in your temporal lobe. You will see pairs of words, and your goal is to find a third word that is connected or associated with both of these two words.

For example, the first pair is PIANO and LOCK. The answer is KEY. The word key is connected with both the word piano and the word lock: there are KEYS on a piano and you use a KEY to lock doors. Key is what is called a homograph: a word that has more than one meaning but is always spelled the same.

(Solutions are below. Please don't check them until you have tried to solve all the pairs!)

1. LOCK — PIANO
2. SHIP — CARD
3. TREE — CAR
4. SCHOOL — EYE
5. PILLOW — COURT
6. RIVER — MONEY
7. BED — PAPER
8. ARMY — WATER
9. TENNIS — NOISE
10. EGYPTIAN — MOTHER
11. SMOKER — PLUMBER

Solutions

1. LOCK — PIANO > KEY 2. SHIP — CARD > Deck 3. TREE — CAR > Trunk
4. SCHOOL — EYE > Pupil (Exam and Private are also possible)
5. PILLOW — COURT > Case 6. RIVER — MONEY > Bank (Flow is also possible)
7. BED — PAPER > Sheet 8. ARMY — WATER > Tank
9. TENNIS — NOISE > Racket 10. EGYPTIAN — MOTHER > Mummy
11. SMOKER — PLUMBER > Pipe

Puzzle – Magic squares

Fill in grids so that each column, row and diagonal add up to the given sum.

The sum is 34.

			1
	11		14
3	10		
	5	9	4

The sum is 102.

48			
	30	33	24
			36
	45	42	3

The sum is 136.

		48	4
8			56
	40		
	20	36	16

The sum is 102.

	42		
36	21	18	
24	33		
39			48

Hidden Pictures®

Piggy Pumpkin Patch

By Mike DeSantis

Can you find these
hidden objects?



In this big picture, find the bell, spatula, pail, mushroom, artist's brush, button, banana, pencil, wishbone, fish, crescent moon, baseball cap, nail, drinking straw, musical note, and shoe.



bell



spatula



pail



mushroom



artist's
brush



button



crescent
moon



pencil



fish



banana



wishbone



nail



musical
note



drinking
straw



shoe



baseball
cap

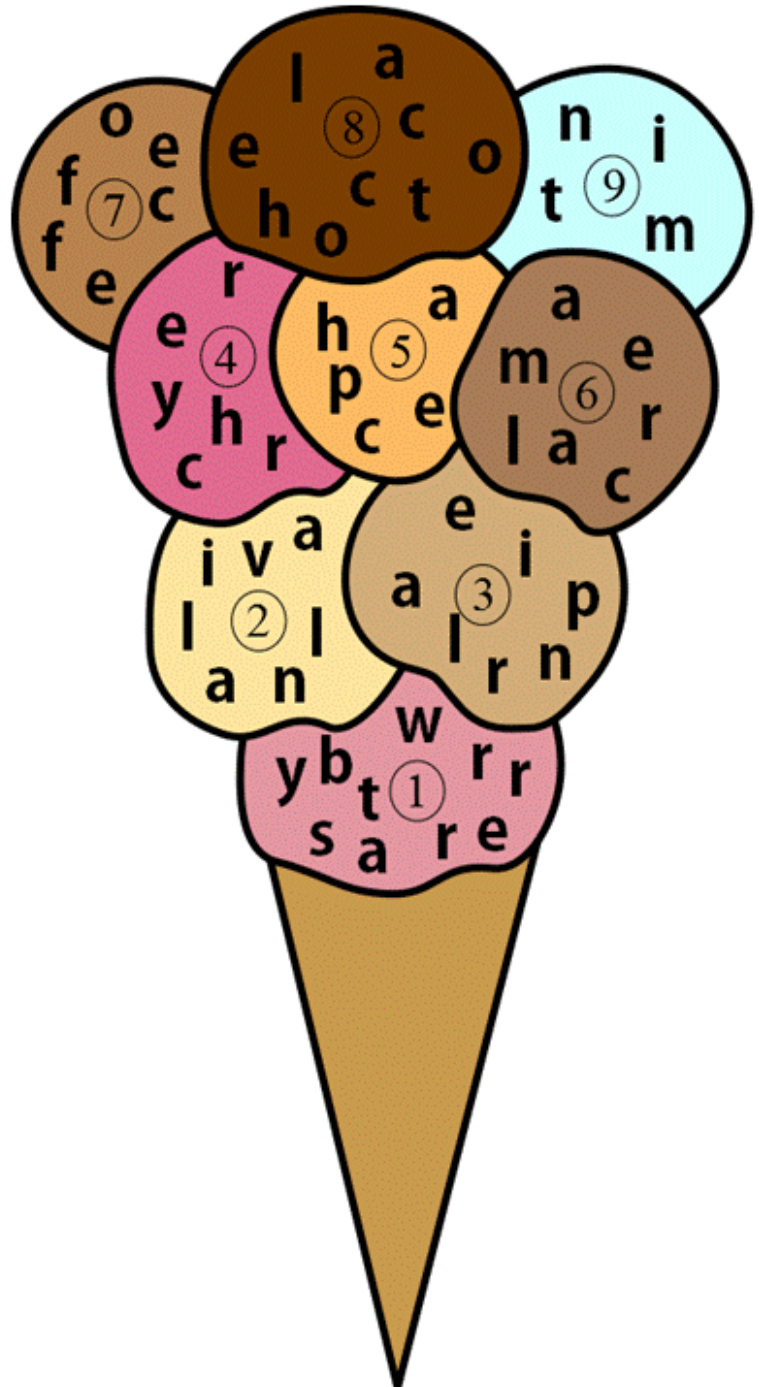
BONUS!

Can you also find
the ruler, mitten,
comb, sock, and
candle?

Puzzle – Ice cream word scramble

Andrew couldn't decide what flavor of ice cream he wanted most, so he just asked for a nine scoop cone. Unscramble the letters on each scoop to find out what flavors he enjoyed.

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



Pop Quiz

1. What company was co-founded by Bill Gates and Paul Allen?
2. British stamps are different to any other stamps in the world as they do not bear what?
3. What is a quarter of 100%?
4. How many days are there in a leap year?
5. Which two continents does Russia belong to?
6. Veinte is Spanish for which number?
7. What is the smallest of the eight official planets in our solar system?
8. Which famous actor starred alongside his son in the 2013 film 'After Earth'?
9. What are the three primary colors?
10. What nationality was Albert Einstein?
11. What is the second largest country in South America?
12. What year did Disneyland Paris open?
13. Which American state is home to the city of Malibu?
14. On a standard English keyboard, 'shift' and '1' produces which punctuation mark?
15. How many pairs of ribs does a human have?
16. What is the German word for thanks?
17. What are the three elements required to ignite a fire?
18. What is the nearest London underground station to Big Ben and The Houses of Parliament?
19. True or false: an Australian Dingo is a type of bird?

Answers

1. Microsoft 2. The name of the country 3. 25% 4. 366 5. Europe and Asia (Eurasia) 6. 20 7. Mercury 8. Will Smith 9. Red, blue, yellow 10. German 11. Argentina 12. 1992 13. California 14. Exclamation mark 15. Twelve 16. Danke 17. Heat, oxygen and fuel 18. Westminster 19. False: it's a type of dog

Creative activity – Envelope origami

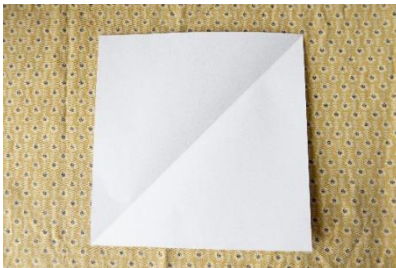


Materials:

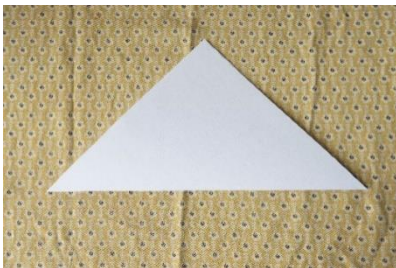
- White paper
- Pencil
- Scissors
- Pens/pencils



Step 1:
Fold the A4 paper as shown.



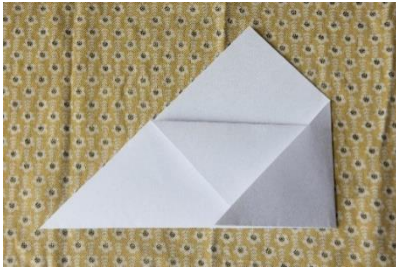
Step 2:
Cut the strip of paper so you end up with a square.



Step 3:
Turn the paper so the corner is at the top, then fold as shown.



Step 4:
Fold the top corner of the triangle to the bottom of the paper.



Step 5:

Fold in 1/3rd of the right side of the triangle.



Step 6:

Fold in 1/3rd of the left side of the triangle.



Step 7:

Fold the left side flap's corner back out to the edge as shown.



Step 8:

Open the little flap and squash it so it has a diamond shape.



Step 9:

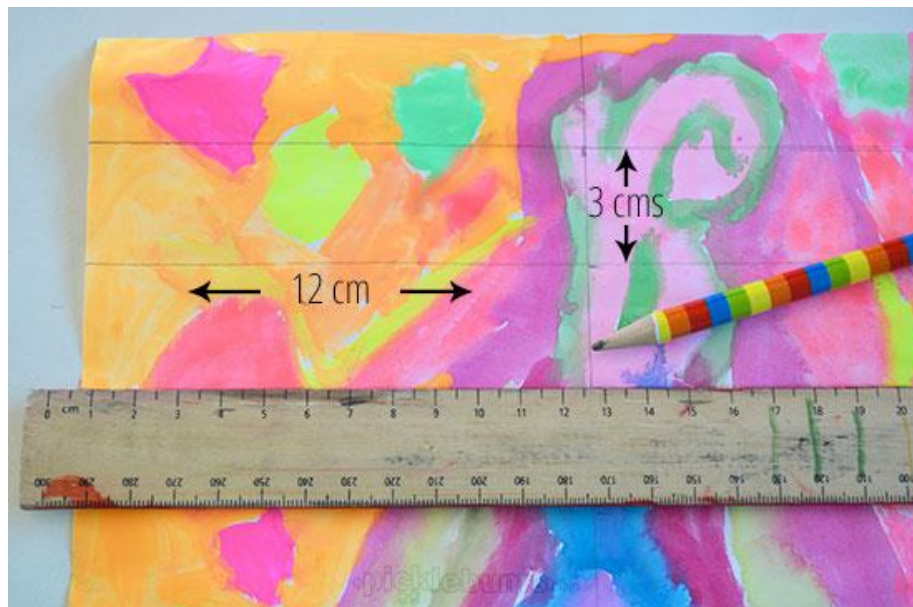
Fold the envelope and tuck into the diamond shape. Decorate as you like, write a letter to a loved one or to yourself.

Thanks to Roker Life for the use of the images.

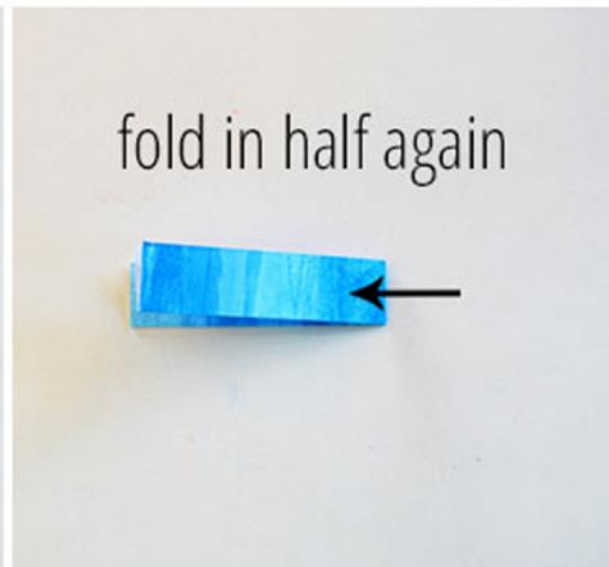
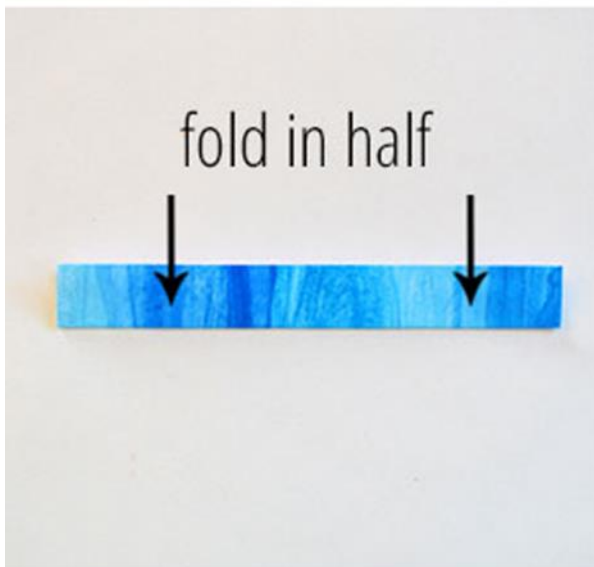
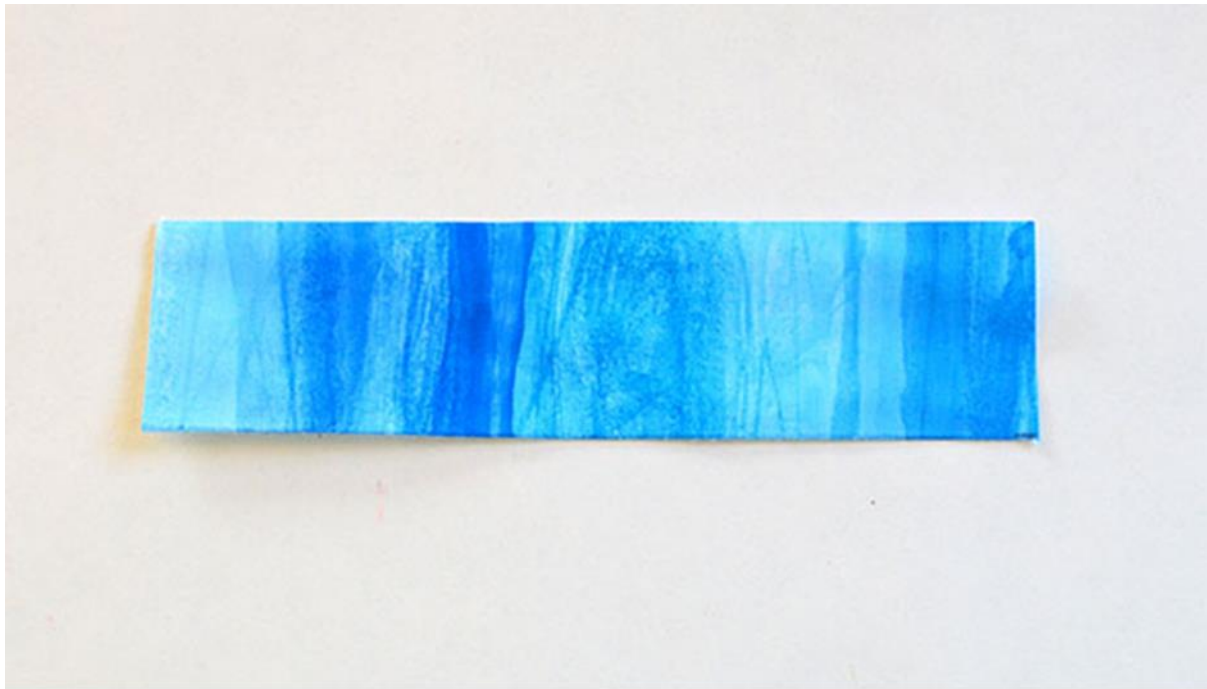
Creative activity – Paper bracelets



Start with an A4 sheet of paper and use your water colours to make funky patterns. To make a folded paper bracelet you need to begin by cutting lots of strips of paper. The strips need to be 12cms x 3cms (bigger or smaller as long as the size ratio is 1:4). For each bracelet you'll need between 16 and 22 strips, depending on how big a bracelet you want to make.

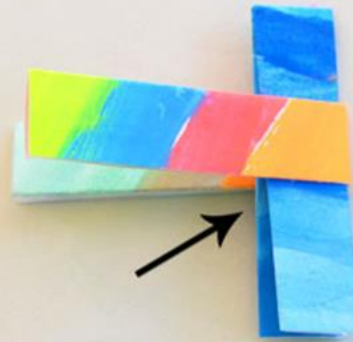


Begin by folding your strips into the basic shape.

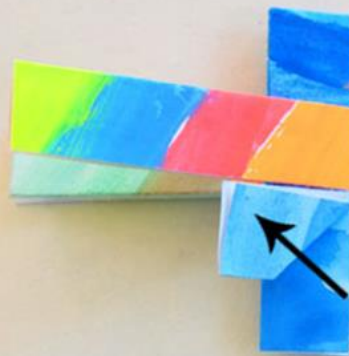


Then you need to learn the basic construction technique.

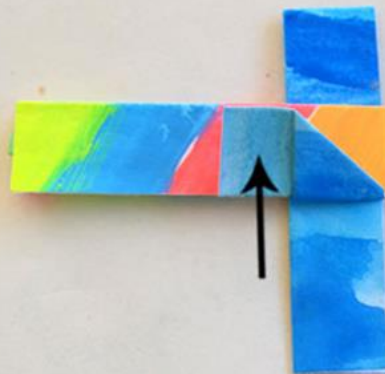
take two folded
pieces,
slip one inside
the other



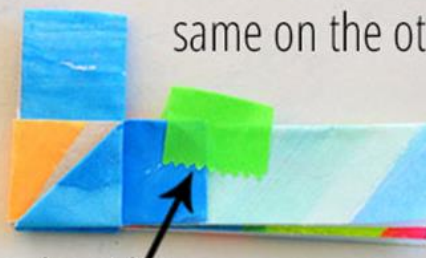
fold one half of
the tail of the
inside piece up at
a right angle



then fold it up,
on top of the
outer strip.

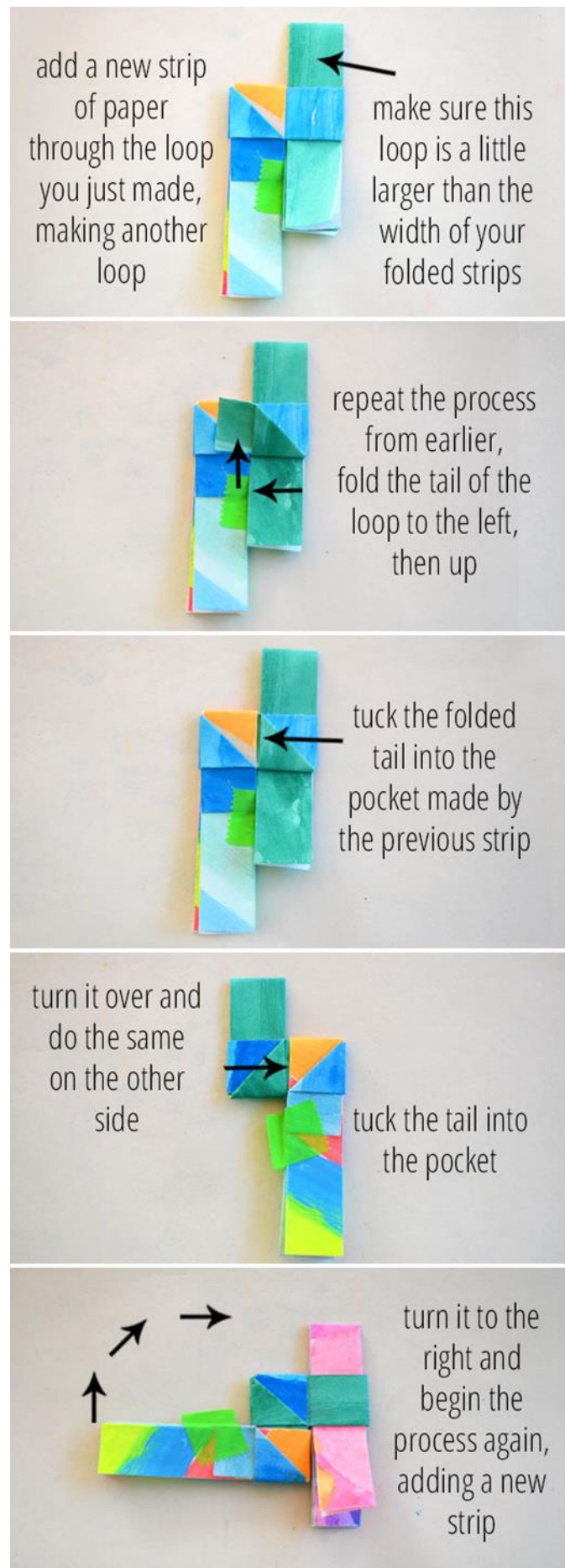


turn it over and do the
same on the other side



secure the ends with tape
or a paper clip

Once you've got the hang of it, keep adding strips. I suggest making the loop part of each strip a little on the large size when working with kids, it will look a little less neat and symmetrical when finished but it makes it much easier for kids to insert the next strip.



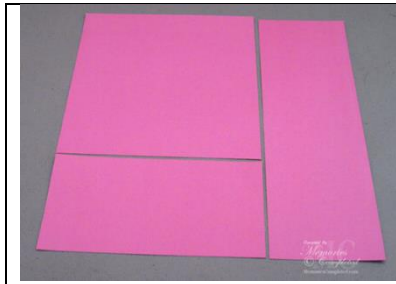
Keep adding strips...



And eventually you will have enough to make a bracelet, remember it needs to fit over your hand when it is done, so don't make it too small!

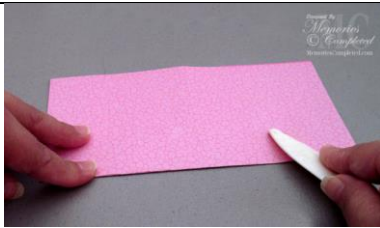
Creative activity – Paper box

How to make the box:



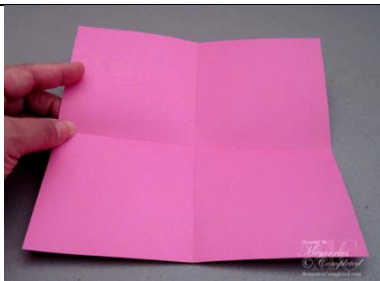
Step 1:

Cut paper into an 8x8 square. Save the leftover 4x12 piece.



Step 2:

Fold paper in half. Try to get a nice, clean, crease.



Step 3:

After folding, open paper up and fold in half the other way. You should have four equal squares when this is done.



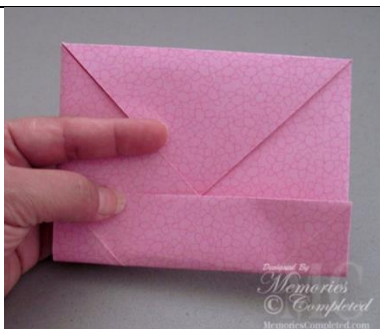
Step 4:

Fold each corner up to the centre and crease.



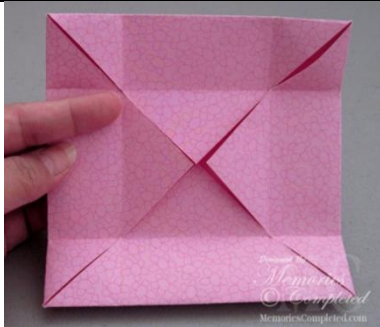
Step 5:

When you have done all four corners, your paper should look like this photo.



Step 6:

Now fold the closed paper up to the middle point. Use the middle and the sides as your guide. The thicker your paper is, the harder this step will be as you are folding up a few layers of paper at this point. After folding, open your paper back up.



Step 7:

Do this on all four sides and open back up, your paper should look like this.



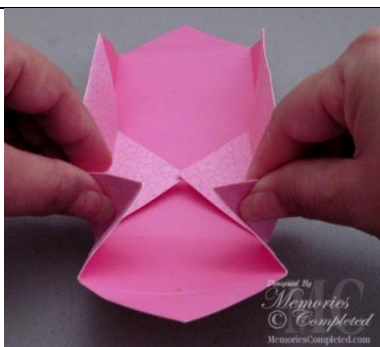
Step 8:

Open up two opposite sides. Like photo above.



Step 9:

Lift up the other two opposite sides and turn the paper to face this way.



Step 10:

Push the points of the paper sides in where creases already exist. Doing this will make the open point want to go up.



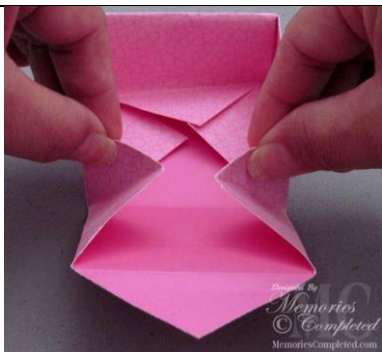
Step 11:

This will create one of the sides and the paper will fold over and then down into the box bottom.

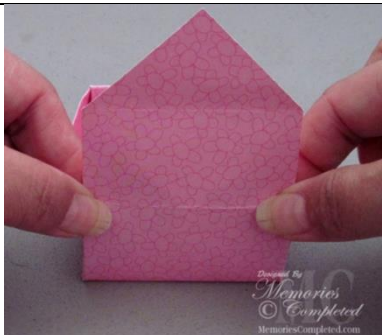


Step 12:

The "point" will fold out to create another equal point on the bottom.



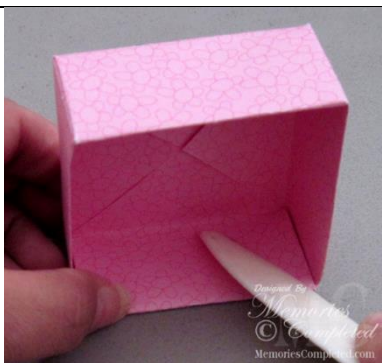
Step 13:
Now do the other side.



Step 14:
Once again, pushing the side creases in will make the flap go up.



Step 15:
Fold over and down into the bottom of the box.



Step 16:
Make sure you crease it well.



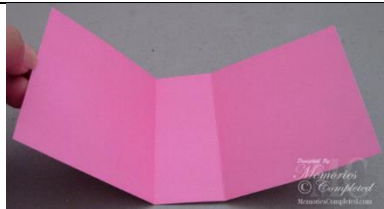
Step 17:
If done correctly, you will need just a very small amount of adhesives to keep the bottom points down. The box folds in such a way that adhesives on the sides are not necessary.

This is your completed box. Set it aside.

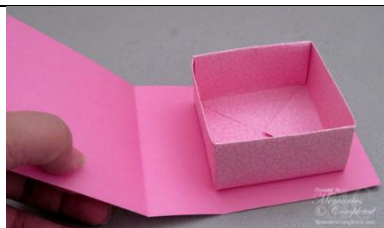
How to make the flap:



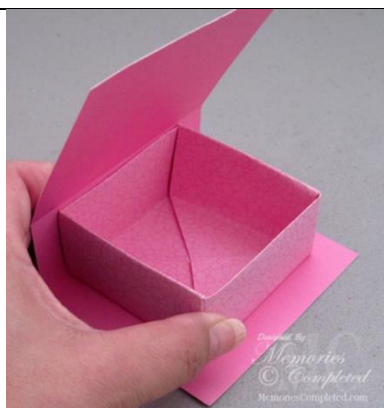
Step 18:
Cut your 4"x12" piece of paper to 4"x 8.5".



Step 19:
Score your 4"x8.5" paper at 3.5". Then turn it and score again at 3.5".



Step 20:
Adhere bottom of box to bottom of flap.



Step 21:
Adhere side of box to side of paper flap.



Your box construction is complete. Now just decorate and add goodies as desired!

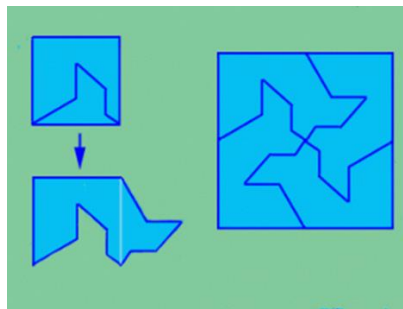
Creative activity – Tessellation



Materials:

- Pencil
- Paper
- Scissors
- Tape
- Coloured pens or pencils if you like

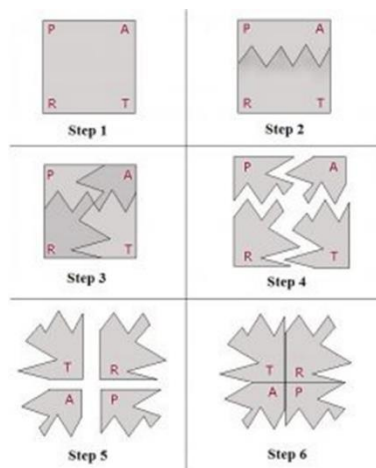
Step Cutting Tessellation



Great for beginner cutters, and a great next step into more complex tessellation making.

1. Start with five squares of paper that are the same size.
2. Take one square piece of paper and cut a weird shape out of one side of the square. (So if you start cutting from the bottom side of the square, make sure your scissors finish cutting on the bottom side of the square!)
3. Line your oddly-shaped cut-out on top of a second square of paper, lining up the long edges. Trace your cut-out onto the square with your pencil.
4. Repeat for each of the remaining three squares. Ensure that your oddly-shaped cut-out is facing the same way every time you trace it.
5. You should now have four squares of paper, each with your shape traced out in the same way.
6. Take one of your squares and cut out your tracing.
7. Rotate the square by 90° (one corner in either direction) so that you have a fresh, flat, un-cut edge of the square facing you. Tape your cut-out shape to that side of the square, lining up the long flat edges.
8. Repeat Step 4 and Step 5 for each of your remaining squares. Very important -be sure to maintain the same orientation of your cut-out shape every time you tape it!
9. Fit all of your new tessellation pieces together to create a beautiful, puzzle-like work of art!

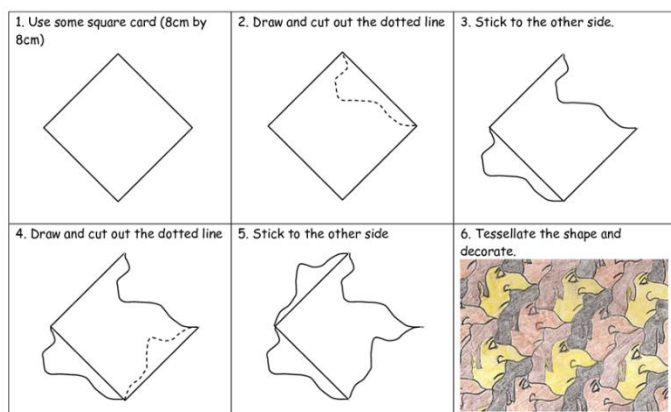
"PART" to "TRAP" Tessellation



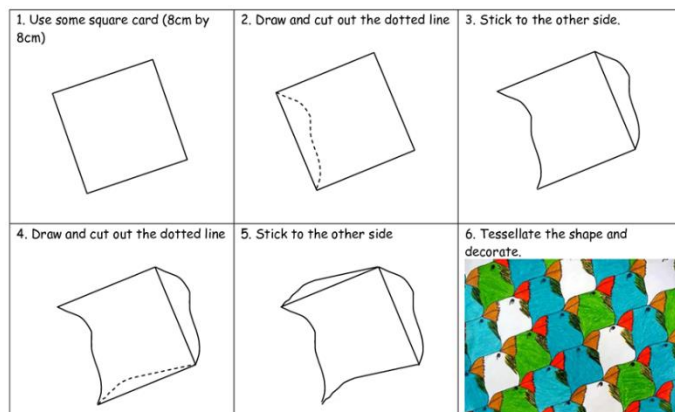
Ready for a more complex challenge in creating amazing tessellations? The "PART" to "TRAP" method is a great way to create a unique shape that you can trace over and over again on paper for an intricate tessellation design!

1. Take a square piece of paper and write the letters 'P', 'A', 'R', and 'T' in each corner.
2. Take a pencil and draw a funky line horizontally across the paper, separating the 'P' 'A' side from the 'R' 'T' side.
3. Draw another funky line vertically down the paper, separating the two sections into a total of four sections.
4. Cut along your lines, yielding four separate shapes, each with a single letter.
5. Re-arrange the shapes such that the letters meet in the middle and they spell the word "TRAP".
6. Tape the four pieces together to create a single tile.
7. Trace your tessellation creation onto a sheet of paper. Once your shape is traced, slide your tessellation to the immediate left, right, top, or bottom of your tracing, and trace again. Repeat until the entire sheet is filled up with your amazing tessellation creation!

Face tessellation



Parrot tessellation

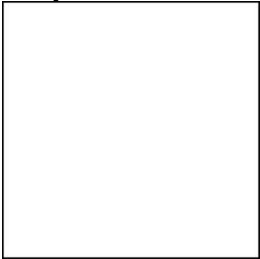


Creative activity – Zentangle

Materials:

- Pencil
- Felt tip pen
- Paper
- A few basic patterns to reference

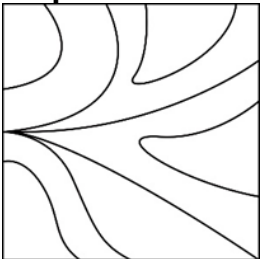
Step 1:



Outline the shape of your Zentangle.

Draw a square border outlining the shape of your Zentangle, usually about three inches wide.

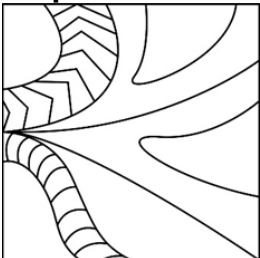
Step 2:



Next divide your shape into several sections.

Use a pen or pencil to draw strings. Strings are the lines that divide the shape into individual sections.

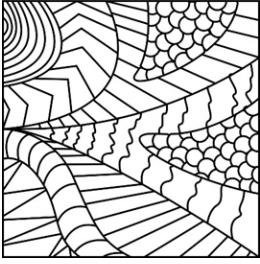
Step 3:



Fill in each section with a pattern.

Choose a section to start with and fill it with a repetitive pattern. Don't spend time planning a pattern, just draw.

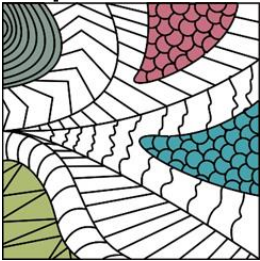
Step 4:



A Zentangle with every section filled.

Repeat step three for each section. Change the patterns and get creative!

Step 5:



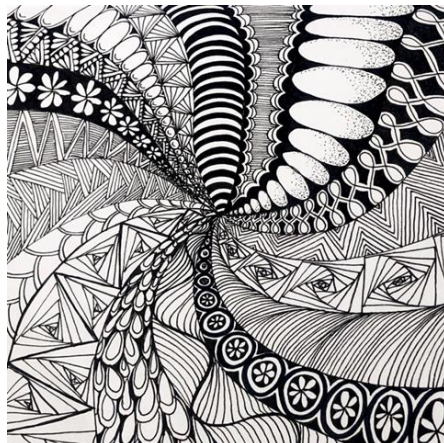
Colour or shade if you choose.

Add colour or shade the areas you'd like to define.

Tips

- Don't resort to an eraser. There are no mistakes in Zendoodling. Something that you thought was a mistake, might be the foundation for a new pattern or take your doodle in an exciting new direction.
- Remember that with Zentangle art, you can't fail. There is no right and wrong, because there is no pre-determined solution to what you're creating.
- Check out [Zentangle Patterns.com](http://ZentanglePatterns.com) for inspiration
- Once you're a Zendoodle master, move onto more elaborate patterns and designs. Challenge yourself to get as intricate and detailed as possible, play with different pen thickness, shading styles and colour combinations.
- There are no limits to your imagination!

Here is another example;

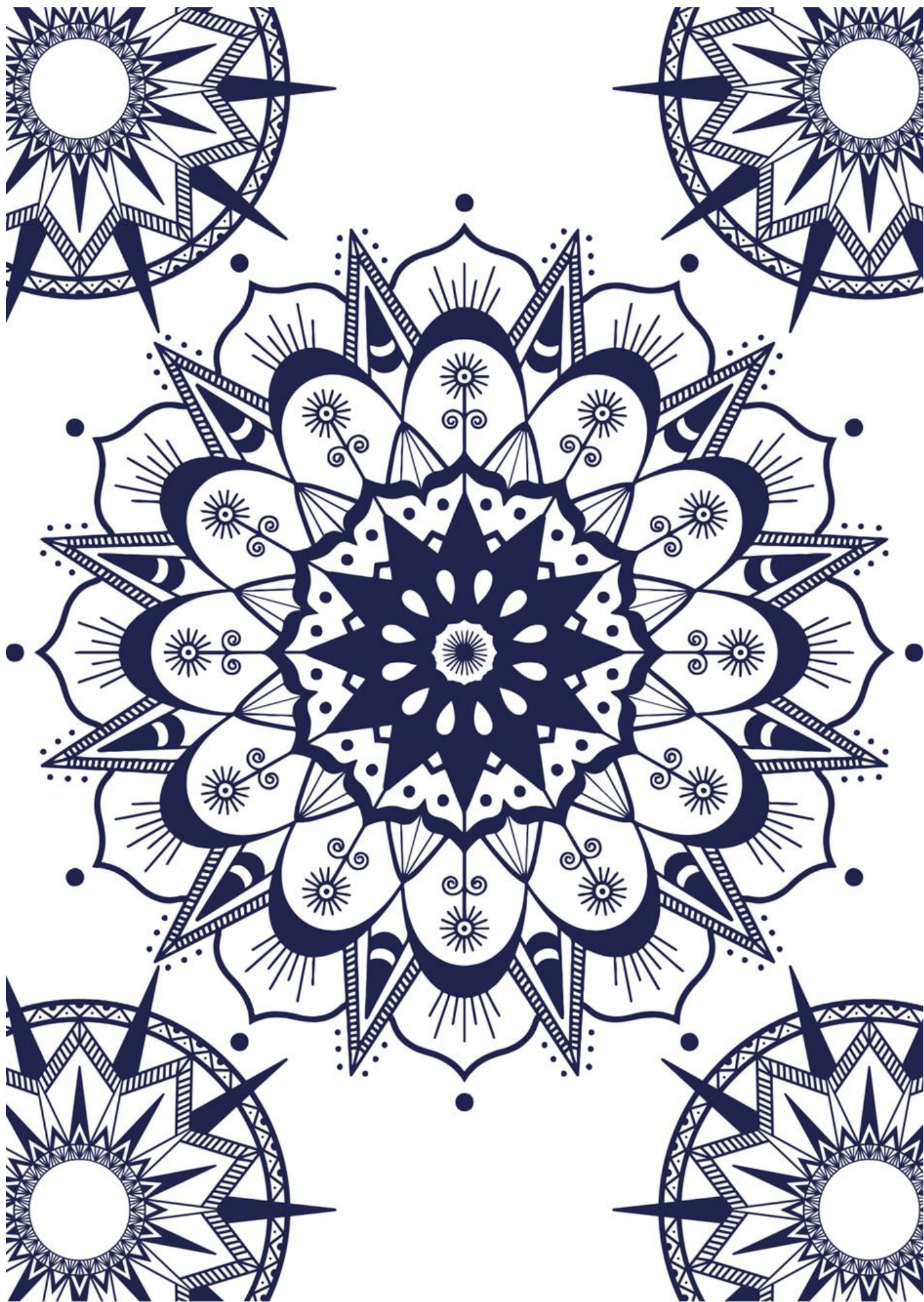


Creative activity – Mandala patterns

Using your watercolours or pencils, colour in these beautiful mandala patterns. If you are using your watercolours make sure you take out the page or place thick card underneath.







Creative activity - Super Soft Sweet Smelling Play Dough recipe



Super Soft Play Dough is a quick and easy, no cook recipe. The play dough is incredibly soft and silky smooth and the conditioner adds a delightful smell to the sensory experience.

Materials:

- 2 Cups Cornflour
- 1 Cup Hair Conditioner
- Food Colouring
- *Extra Cornflour to add if mixture is still a little sticky*

Instructions:

1. Place hair conditioner into a medium bowl and add a few drops of food colouring.
2. With a spoon, mix the colouring through the conditioner.
3. Add 1 cup of cornflour and stir. Then add the last cup of cornflour to the mixture.
4. Constantly stir the mixture until it begins to form a thick blob.
5. Turn the play dough out onto a clean surface and knead into a smooth ball with your hands. Add more cornflour if the play dough is sticky.
6. Store in a plastic zip lock bag or air tight container.

Creative activity – Design your own jigsaw puzzle

