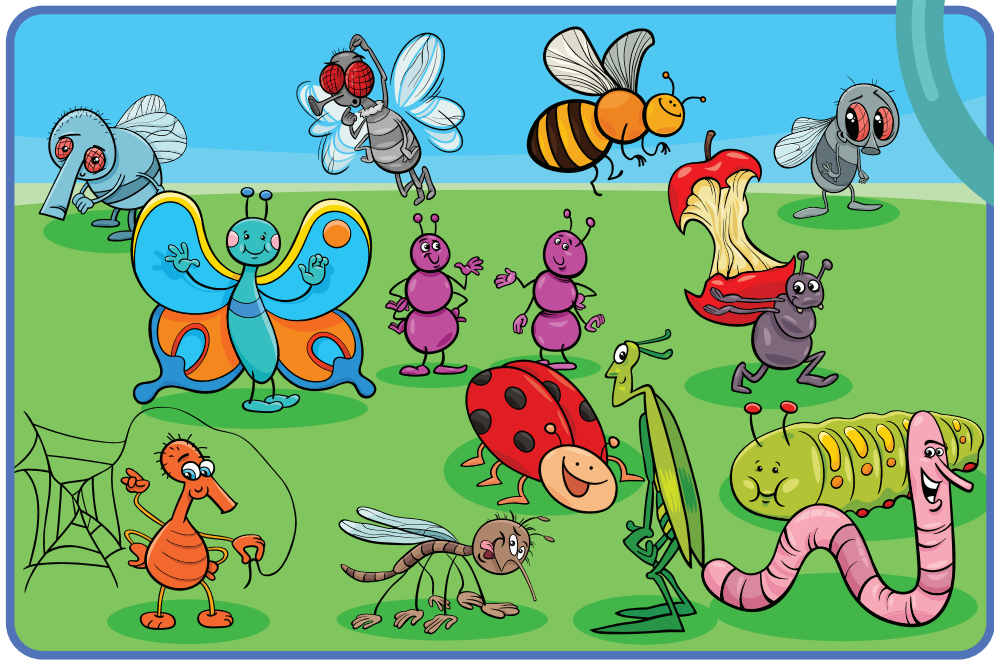
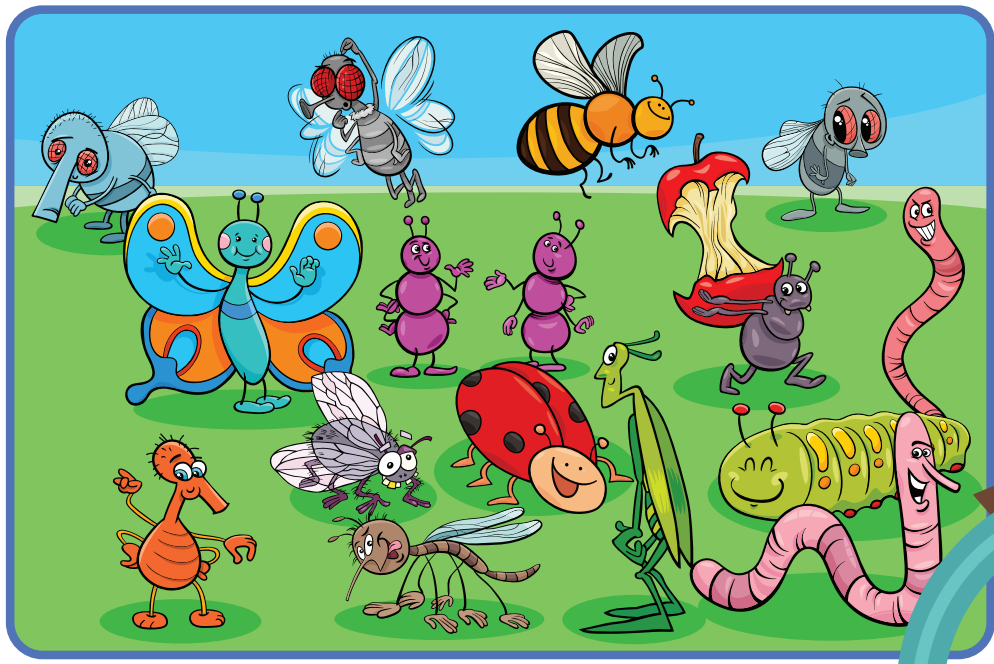




# Stay home. Play hard!

**Our brains are designed to not notice details it doesn't think are important. That's because if we noticed everything we would never be able to focus! Test yourself and see if you can spot all the 7 differences below before moving on for more activities inside.**

## Wakefield Families Newsletter



answers on page 3

**Wakefield**  
**Safeguarding Children**  
**Partnership**

# Can you try them all?

There are lots of ways to get moving and take part in some fun activities at home – no matter your ability level or if you have a disability. Here we've come up with some simple ideas that can easily adapt to your ability, the amount of space you have, and what equipment you have lying around!

## Table Golf

Lay out dishes and saucers of different sizes around 30-60cm apart on a table.

Then from a distance (you decide how challenging you want it to be) use a spoon to toss a screwed up piece of paper to each "hole" or dish using as few throws as possible.

Tip: Make a note of the number of strokes for each "hole" to see who wins!

## Target practice

Set up an area to throw into, this could be a basket or bucket. Choose soft items to throw (socks, teddies) and see who can get them in – or at least closest to the target area!

Whether seated or stood, try moving further away or make the target smaller to make it more difficult.

## Huff and puff

Find items to blow e.g. dried peas, pom-poms or tiny pieces of rolled up paper.

Each person then uses a straw to blow the item off the table. Compete with others in your household for who can get to the "finish" first.

Think outside the box and create your own mini obstacle course to navigate your item through by just using your blowing!

## Balloon ball

Blow up a balloon and use something (tape, books) to mark the centre line or "net" on the ground. Bat the ball with your hand to each other.

If there is only one person, try not to let the balloon touch the floor and see how long you can keep it up...

HOW ARE YOU THERE?

2



## Think of your five senses.

Now with these in mind, why not try out this sensory scavenger hunt where you will need to rely on them!

Find something that makes a crunch sound



Find something that tastes sour

Find something that smells good

Find something smooth

Find 3 of the same thing

Find something that smells bad

Find something that tastes sweet

Find something loud

Find something long

Find something soft

Find something white

Find something quiet

Find something rough



# YOU are awesome

## WF- I CAN

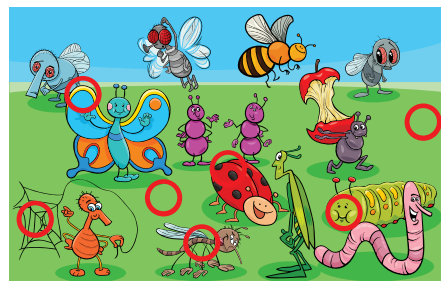
But if you're finding things pretty hard right now, you're not alone. Sometimes it's tough to avoid feeling stressed, and pressure can build up in many areas of life. You might have good and bad days. But feeling good is worth investing in!

That's where the new website [www.wf-i-can.co.uk](http://www.wf-i-can.co.uk) can step in. Discover advice, support and services to help your wellbeing all in one easy place.

## All is revealed...

Did you find all seven changes in our spot the difference activity?  
Check your answers against the picture on the right.

3



# ANIMAL YOGA



Yoga is great exercise for your body and your brain! Not only does it help to strengthen muscles, it also teaches important skills like how to focus and be patient.

Look at the cards below and try each pose – calling out the affirmation (positive phrase) on the card and moving onto the next at your own pace.

## Elephant Pose

(wide leg standing forward bend)



I have a strong body

## Crocodile Pose

(plank)



I am calm

Breathe in and out through your nose and, every once in a while, take a big deep breath in through your nose and exhale through your mouth, making a loud “haaaaaa” sound while you push out the air.

## Cow Pose

(cow pose)



I am kind

## Puppy Pose

(downward facing dog)



I am friendly

## Tiger Pose

(cat pose)



I am brave

WHERE IS THE END OF QUARANTINE ?



**Flamingo Pose**  
(tree pose)



I am beautiful

**Rhino Pose**  
(triangle forward pose)



I am a leader

**Bat Pose**  
(forward bend)



Focus on your breathing. Can you feel the air moving in and out through your nose?

**Giraffe Pose**  
(extended mountain pose)



I reach for the stars

**Turtle Pose**  
(child's pose)



I am patient

**Cobra Pose**  
(Cobra pose)



On the exhale, make the 'shhh' sound to slither like a snake

PLEASE  
STAY  
HOME



# SCHOOL IS IN SESSION



Even though everyone needs to stay home right now, unfortunately for you it is not the summer holidays yet – so you need to use at least some of your time for learning!

Don't worry if your routine is a bit different; find something that works in your house that you can stick to.

Here's an example

|                          |   |
|--------------------------|---|
| Get ready for the day    | Have breakfast, have a wash get dressed   |
| 9am Activity 1           | Online learning from school or a craft activity (cutting, sticking, painting, baking) |
| 10am Activity 2          | Online learning from school or some writing or maths, write a story, count coins      |
| 11am Get active!         | Play in the garden, do an exercise video  |
| 12 Lunchtime             |   |
| 1pm Help about the house | Help tidy up, Hoover, wash up   |
| 2pm Quiet time           | Do something calm, like reading or colouring  |
| 3pm Activity 3           | Online learning from school or be creative - make some music, design an outfit        |
| 4pm Have some free time  | Enjoy toys and tech   |
| 5pm Dinner time          | Help prepare dinner - help tidy up too!   |
| 6pm Family time          | Play a game, watch a movie, spend time together                                       |
| Get ready for bed        | Have a bath, get pyjamas on, read a story   |

## Switcheroo

Why not try switching roles? One day YOU could become the teacher and others in your house the students.

Share something you've learnt recently or do a project about your favourite thing that you can present. If you're able, you could video call class friends and make your own virtual classroom!



# Grown-ups guidance

Now, here's some useful information on changes to services and support available for the grown-ups:

## Wakefield 0-19 Service

Health visiting, School Nursing, FNP, and 5-19 Immunisations

The 0-19 Service are still very much here to support the health and wellbeing of everyone in your family. Any child, young person, parent, or carer can call Monday to Friday, 9am to 5pm, on **01924 310130** for advice and support.

But following guidance due to Coronavirus COVID-19, we have had to make temporary changes to our service. Find out about these at **[bit.ly/CoronaWFD](https://bit.ly/CoronaWFD)**.

## Having a baby?

Mid-Yorkshire Hospitals Trust have announced some changes to maternity services which you can find out more about at **[www.midyorks.nhs.uk/changes-to-maternity-services](https://www.midyorks.nhs.uk/changes-to-maternity-services)**.

They also have a helpline where you can speak to an experienced midwife with any questions you have about COVID-19 and pregnancy.

It's open 10am – 12:30pm and 2pm – 4:30pm Monday to Friday. Call **01977 747433**.

## Coronavirus helpline

Wakefield Council has a dedicated phone line from Monday to Friday 9am – 5pm to offer advice, guidance, and help in relation to coronavirus.

Call **0345 8 506 506**, choose option 3 to make a request for support, and help will be arranged.

## Council services

You can find support we can offer you, as well as a full list of closures and council services affected by **coronavirus** at **[bit.ly/CoronaWFD](https://bit.ly/CoronaWFD)**.

## New 24/7 mental health helpline **NHS**

A new 24 hour mental health helpline has been launched by the CCG, offering confidential help and advice to anyone registered with a GP in Calderdale, Kirklees, Wakefield, Leeds and Barnsley. Call **0800 183 0558**.



# Fun foodie activities

Cooking and baking is a great way to spend time together, practise skills like reading, measuring, following directions, and of course you get to enjoy a treat!

## Iced biscuits

### Ingredients

200g unsalted butter, softened

200g golden caster sugar

1 large egg

½ tsp vanilla extract or 1 lemon, zested

400g plain flour, plus extra for dusting

### To decorate

8-12 x 19g coloured icing pens, or fondant icing sugar mixed with a little water and food colouring

### Method

1. Heat oven to 200C/180C fan/gas 6. Put the butter in a bowl and beat it using a whisk (electric if you have one) until soft and creamy. Beat in the sugar, then the egg and vanilla or lemon, and finally the flour to make a dough. If the dough feels a bit sticky, add a little more flour and knead it in.

2. Cut the dough into six pieces and roll out one at a time to about 5mm thickness on a floured surface. Cut out your shapes using cutters or a blunt knife if you don't have any cutters. Think creatively; you could make your biscuits into letters, numbers, or animals – whatever you want! Re-roll any off-cuts and leftover dough and repeat until you've used it all.

3. Line two baking sheets with baking paper and then transfer your biscuits onto this. Bake for 7-10 mins or until the edges are just brown. Leave to cool completely and repeat as needed with the rest of the dough. Depending on your shapes you may fit them all on or have to do in batches! Remember, if you are using two sheets, the one lower down in the oven might take a minute or two longer.

4. Once cooled ice the biscuits. You can use icing pens or make your own by adding a little water and food colouring to icing sugar. Decorate with stripes or dots, or colour in the whole biscuit if you like. They will keep for five days in an airtight container.

Recipe from BBC Good Food



## Did you know?

- The chocolate on a Chocolate Digestive is actually on the bottom of the biscuit, not the top.
- The word 'Biscuit' comes from the Latin words 'Bis' meaning twice, and 'Coctus', which means baked – the sweet snack used to be cooked at least twice, but today they usually just get cooked the once.
- Biscuits used to be popular with sea explorers as they stayed fresh for so long, forming part of their staple diet.

