

3/30/2020





Isolation Activity Pack



Coronavirus (COVID-19) Pandemic

DO NOT LEAVE YOUR HOME

Unless:

-  Shopping for essential supplies (once per day)
-  Exercising (once per day, alone or with someone from your household)
-  For medical reasons (or care of a vulnerable person)
-  Travel to work that is essential (and cannot be done at home)



WORDSEARCH – Food



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

ONION
BURGERS
ROLLS
TV DINNER
STEAK
BUTTER
FAST FOOD
RADISH
CASSEROLE
TUNA
CEREAL
GRAVY
SALAD
HAM
FRUIT
SPEGHETTI
NOODLES
HOTDOGS
PORK
HOT DOG

<https://thewordsearch.com/>

SUDOKU - EASY

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

The Rules of Sudoku

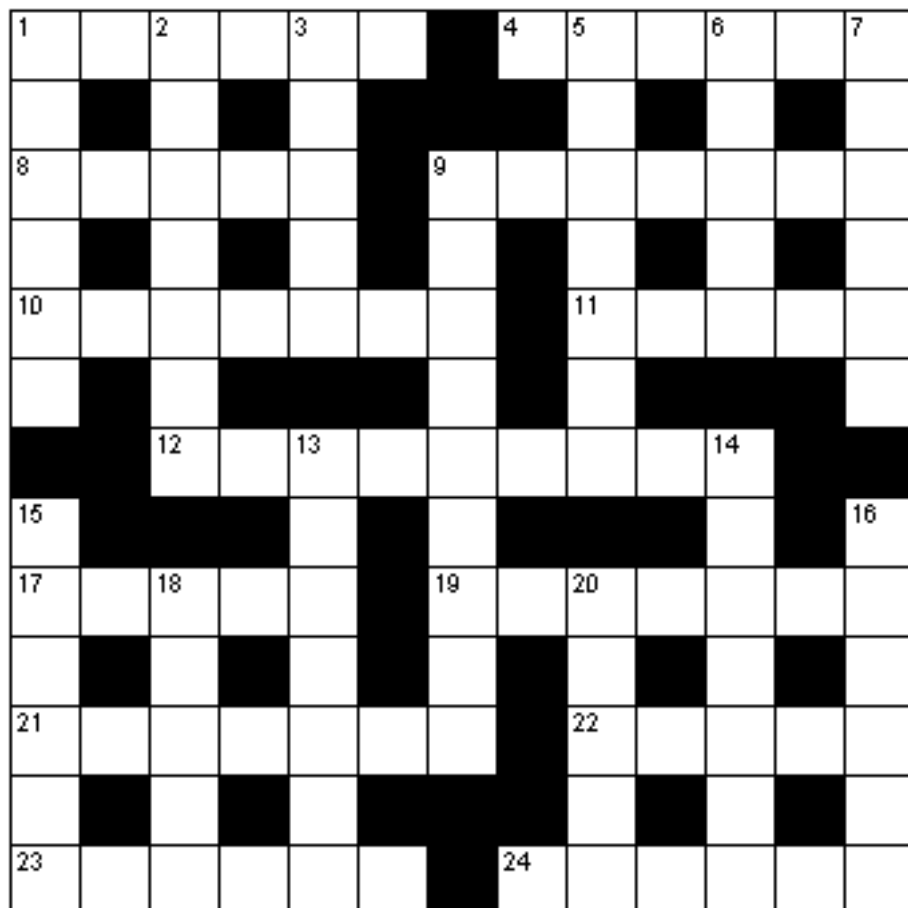
The classic Sudoku game involves a grid of 81 squares. The grid is divided into nine blocks, each containing nine squares.

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission.

Every puzzle has just one correct solution.

CROSSWORD NUMBER 1



Across

- 1 Chinese martial art (4,2)
- 4 Fencers' weapons (6)
- 8 Rail transport (5)
- 9 Antarctic bird (7)
- 10 Euphoria (7)
- 11 Upright (5)
- 12 Evaluated (9)
- 17 More mature (5)
- 19 Wretched (7)
- 21 Squirm (7)
- 22 Tendon (5)
- 23 Mourn (6)
- 24 Crunchy salad vegetable (6)

Down

- 1 Young cat (6)
- 2 North American falls (7)
- 3 Mushrooms and toadstools (5)
- 5 Marvels (7)
- 6 Itinerary (5)
- 7 Soundness of mind (6)
- 9 Large fleshy fruit (9)
- 13 Model of perfection (7)
- 14 Protection (7)
- 15 Gardener's tool (6)
- 16 At a leisurely pace (6)
- 18 King of Troy (5)
- 20 Savour (5)

Join the dots



If you can guess what it is call the office and put your name in a hat to win a RVS Goody bag.

Contact Martin.kenny@royalvoluntaryservice.org.uk



FUN FACTS ABOUT SCOTLAND

1. Scotland is home to the tallest waterfall in Britain, named Eas a' Chual Aluinn. It is 658 feet, which is 3 times the height of Niagara Falls.
2. The official animal of Scotland is the Unicorn.
3. Scotland has approximately 790 islands.
4. Scotland is home to the oldest tree in Europe. It is a twisted yew, and it has been around for 3,000 years.
5. Edinburgh was the first city in the world to have its own fire brigade.
6. There are over 600 square miles of fresh water lakes.
7. The highest proportion of redheads are in Scotland.
8. St. Andrew's Links is known as the 'home of golf.'
9. Even though Edinburgh is the capital, it is not the largest city; Glasgow is the largest.
10. The raincoat was invented in Scotland by a man named Charles Macintosh, who was born in Glasgow.

Can you find the
Mitsake?

One=1

Two=2

Three=3

Four=4

Five=5

Six=6



Answers

1	K	U	N	G	F	U				4	S	5	W	6	O	R	D	7	S
	I		I		U								O		O				A
8	T	R	A	I	N			9	P	E	N	G	U	I	N				
	T		G		G				I			D		T					I
10	E	L	A	T	I	O	N				11	E	R	E	C	T			
	N		R									E		R					Y
			12	A	P	13	P	R	A	I	S	E	D						
15	T				A				P									16	S
17	R	I	P	E	R			19	P	I	20	T	I	F	U	L			
	O		R		A				L			A		E					O
21	W	R	I	G	G	L	E				22	S	I	N	E	W			
	E		A		O							T		C					L
23	L	A	M	E	N	T					24	C	E	L	E	R	Y		

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

Some Activities to consider

- Learn to Juggle



- Read that classic book you have always promised yourself you would.

- Make a vision board of things you would like to do.



- Create a Laughing Basket - Folded pieces paper with written jokes and funny sayings, masks, silly toys, a clown nose, Groucho glasses, rubber noses, and noisemakers.



- Paint your garden stones and turn them into a decoration in your house.
- Get your best clobber on and arrange a virtual afternoon tea with friends and family.

Useful contacts for help and advice during these hard times.

NHS Contact 111

Coronavirus Helpline – 0800 028 2816

Age Scotland Contact - 0800 12 44 222

Alzheimer's and Dementia Helpline: 0808 808 3000

The Food Train - 01786 450536 - stirling@thefoodtrain.co.uk

Salvation Army - Phone: 01786 448923

Helpline for the Elderly – 0800 12 44 222

Rape Crisis Scotland – 08088 010302

Domestic Abuse Helpline – 08000271234

Housing Helpline – 0808 800 4444

Parents Helpline – 08000 28 22 33

LGBT Helpline – 0300123 2523

Employers Helpline – 0800 019 2211

Mental Health Helpline – 0800 83 85 87

Business Support Helpline – 0300 3030 0660

If you have any suggestions of anything which you would like to see in this Activity pack please let Joanne know on 07824547865