

Monday

Fun Fit Time - Get ready to take on the rest of the week, with this 5-minute move workout - feeling really fit, take a break and then repeat!

Joe Wicks: 5-Minute Move Workout 2

Star Jumps

1. Start with your feet close together.
2. Jump and land with your feet wide apart.
3. Stretch your arms out above your head.
4. Jump your feet in and your arms down.



Joe Wicks: 5-Minute Move Workout 2

Squat

1. Start with your feet a bit wider than your shoulders.
2. Squat down as if you're sitting into a chair.
3. Stand up tall again.
4. Keep a straight back.



Joe Wicks: 5-Minute Move Workout 2

Running and Punching

1. Run on the spot.
2. Punch your hands forwards at shoulder height.
3. Keep your knees high.
4. Stretch your arms and punch your hands.



Joe Wicks: 5-Minute Move Workout 2

Marching High Knees

1. March on the spot.
2. Lift your knees high.
3. Touch your elbow to your knee.
4. Keep your back straight.



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Joe Wicks: 5-Minute Move Workout 2

Frog Jump

1. Bend your knees.
2. Touch the ground.
3. Jump up high.
4. Stretch your arms above your head.
5. Keep going!



££ Money Skills ££

Find out what the people on the current £5, £10, £20 and £50 banknotes were famous for.

Who would you choose to go on future banknotes?

Design your own bank note to show your ideas.

ASDAN Independent Living



Proud to be from
County Durham



Worksheet 3

If you had a job as a tour guide or travel agent what would you say about County Durham to get visitors to come?

You can either:

1. Design a Poster that would go in a Travel Agents or Tour Guides Window
2. Write an Advert to encourage people to visit
3. Make an advert – a video of yourself encouraging people to visit County Durham

Visit County Durham



PHOTO CHALLENGE



Can you take a Selfie of you in your favourite place at home or doing your favourite thing?



Social Time

- ① 17:30 – 18:00 All Ages Zoom Activity with Lucy MINI CHALLENGE GAME - you will need to download the 'Zoom' App to your PC, Laptop, Tablet or Phone. Please text 07808 842 205 to book in. IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT

Wednesday

Walking Wednesday

🚶 Yes, it's that day of the week again! Time to get out for a walk and share your photos. Remember if you can't get out have a look around the garden or go up and down the stairs. Let's walk to better Well-being.

🚶 If you are out and about can you see anything interesting along the way?

👍 Do you take pride in yourself? Have a go at the Personal Hygiene Wordsearch. If you are taking part in ASDAN Independent Living have a look at the Personal Hygiene tick off sheet [ASDAN Ind Living & Pawprint Pride](#)

Personal Hygiene

e	k	b	u	t	f	n	y	x	t	i	b	p	f	t
n	m	v	y	s	e	h	d	t	i	p	k	z	x	f
e	g	i	y	l	e	w	l	u	s	i	c	y	v	c
i	e	x	t	z	r	i	w	j	s	l	s	m	r	a
g	r	c	r	s	t	a	t	l	u	h	v	u	o	c
y	m	w	e	v	n	j	l	i	e	h	o	s	g	q
h	s	l	b	i	a	u	s	z	v	d	v	w	x	s
e	a	w	u	t	r	i	t	l	o	a	g	r	e	d
x	o	h	p	b	o	l	r	s	p	h	c	s	g	r
e	v	h	x	r	d	f	s	e	i	w	v	y	p	k
r	l	f	r	j	o	e	d	m	t	t	o	h	o	d
c	h	d	t	a	e	w	s	g	r	c	n	a	r	l
i	n	f	z	r	d	v	e	h	a	e	a	e	v	p
s	o	h	o	r	m	o	n	e	s	l	g	b	d	r
e	h	r	u	y	n	c	m	o	o	p	m	a	h	s

hygiene	bacteria	hormones
shower	cavities	deodorant
exercise	dentist	shampoo
sweat	germs	odour
puberty	tissue	

Social Time

- ① **WhatsApp Chat Session 15-20-minute slots between 5pm and 6pm for 3 members at a time with a member of staff**
- You will need to download the 'WhatsApp' App to your, Tablet or Phone. Limited Places. Please text 07808 842 205 to book in by Tuesday. An opportunity to chat with friends and have fun. **IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT.** You will receive a WhatsApp message on Wednesday Morning.

Thursday

Skills & Learning

- ♥ Take time out for yourself, breathing exercises help you stay calm and clear your mind. Have a go at Rainbow Breathing! Pawprint Pride

Rainbow Breathing

Now let's stand up and make rainbows.

Put your feet shoulder-width apart.

Put your hands out in front of you with your palms facing out.

Reach up high with your hands above your head.

Move them down to your sides making a big arc.

You just made a rainbow!

Rainbow Breathing

Now we will practice breathing while we make rainbows.

Put your hands in front of you again.

Breathe in as you put your hands over your head.

Breathe out as you move them to your sides.

Each time we do this movement, pretend you are adding another color to your rainbow.

Feel how your body is relaxing and calming down.

- 👉 **Sharing Information** Did you get a colouring pack through the post? Can you share the pictures of County Durham - have you been to any of the places?

Social Time

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Friday

- 👍 Taking pride in yourself is very important, can you complete the 'Looking after Yourself' Activity - you could draw pictures or use photos. ASDAN Ind Living & Pawprint Pride

Looking after Yourself

There are lots of different things we need to do to look after ourselves. How do you look after yourself? Can you draw a picture in each box to match the sentence?

To look after yourself, you need to talk to others about how you are feeling.

To look after yourself, you need to eat a balanced diet.

To look after yourself, you need to do some exercise.

To look after yourself, you need to look after your personal hygiene.

To look after yourself, you need to think about what you wear.

To look after yourself, you need to rest and sleep.

Saturday

Pride & Inclusion

- 🚩 Today The Cheesy Waffles Project & The Wider World Project would have been carrying our 'Inclusion Banner' in the Durham Pride procession, it would have been a fantastic day to celebrate acceptance and awareness.
- 🚩 Let us still celebrate by wearing bright clothes, waving flags, blowing whistles etc. PRIZES FOR THE BEST OUTFITS!!



Sunday

♥ Have a 'Me' Day

Enjoy a chilled out day, what will you do?

Watch TV

Have a pamper session

Enjoy a family meal

Listen to your favourite music, Play a game

Go for a walk

Do some exercise.

Whatever you do, we hope you have a lovely day 😊

Social Time




- ① Telephone 'call in' hour for different groups - a chance to have a chat with staff - please text 07808 842 205 if you would like to receive a phone call (please note the call may be from a different mobile number). Time Slot will be 4pm to 5pm. **IF YOU ALREADY RECEIVE A WEEKLY PHONE CALL YOU WILL AUTOMATICALLY BE ADDED TO THE LIST.**

*We hope you enjoy this week's activities
If you need any support with them
Please just get in touch*


HAVING PRIDE IN YOURSELF


Name: _____

- ★ Good hygiene is very important!
- ★ Keeping yourself clean and healthy every day can make you feel good.

ARE YOU READY FOR THE DAY?	✔
<p>Have a bath or shower. Are you washing your hair today?</p> <div style="text-align: center;">  </div>	
<p>Brush your teeth in the morning and before bed. Do you floss?</p> <div style="text-align: center;">  </div>	
<p>Put on Deodorant to keep fresh.</p> <div style="text-align: center;">  </div>	
<p>Get dressed in clean clothes.</p> <div style="text-align: center;">  </div>	
<p>Brush and tidy your hair.</p> <div style="text-align: center;">  </div>	