

Activity 1



Activity 1

Happiness Word Search

Can you find all the hidden words below?

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

Word Key

Amazing
 Bright
 Delightful
 Easy
 Engaging
 Funny
 Gleeful
 Glowing
 Grand
 Happy

Humorous
 Joyful
 Nice
 Pleasant
 Quick
 Shinning
 Smile
 Spectacular
 Superb
 Wonderful



Activity 2



Instructions

Here's a simple recipe for a Chocolate Chip Cookies

Things you will need:

150g salted
butter



80g light brown
muscovado sugar



80g granulated
sugar



1 egg



2 teaspoons
vanilla extract



225g plain flour



1/4 teaspoon
bicarbonate
of soda



1/4 teaspoon
salt



200g milk
chocolate chips



Wash hands before beginning

1. Preheat oven to 190C/fan170C and prepare two baking trays with non-stick baking paper
2. In a mixing bowl, mix butter and both sugars, beat until the mixture is light and creamy
3. Now add the egg and vanilla extract and continue mixing
4. Add flour, salt and bicarbonate of soda and continue mixing
5. Now add the chocolate chips
6. Using a spoon, make small scoops of cookie dough and line them out on the baking trays
7. Place the baking trays into the oven for 8 – 10 minutes
8. Once complete, take the cookies out and leave to set for a few minutes

Why not post a photo to the
Staff and Volunteers Facebook group

Resources



Resources

NHS - Beating Lockdown Blues

The NHS have provided a wellbeing pack to help combat the 'beating the isolation blues'. Take a look, there are many things that can help increase your personal wellbeing and others that you may know. This resource covers overcoming boredom, reducing stress, anxiety and even telephone support.

<https://www.nwbh.nhs.uk/healthandwellbeing/Documents/Covid-19%20isolation%20wellbeing%20pack.pdf>

Beating the isolation blues
Wellbeing pack

Happiness Podcasts - 19 of the best happiness podcasts

Below is a link to 19 of the best podcasts based around happiness. Happiness is a crucial part of each and everyone's lives and it is important that we know what happiness means to us and the ways in which we can become happier through the choices and life decisions we make. Take a look at the resources below and tune in.

<https://www.happierhuman.com/happiness-podcasts/>

