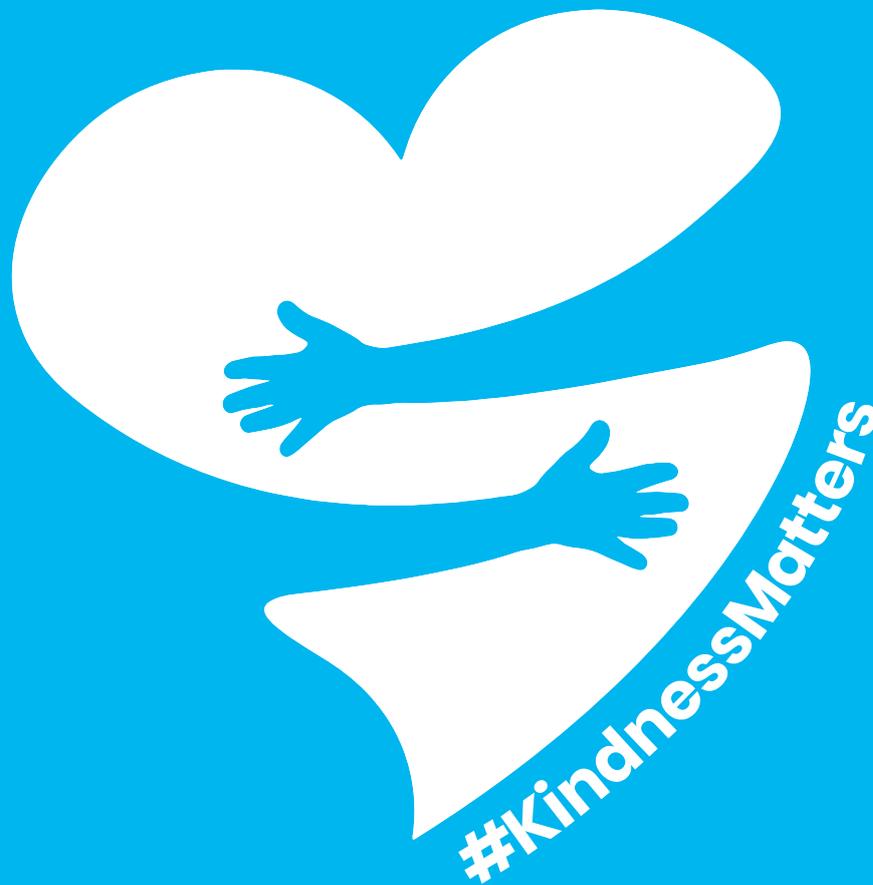


POINT 1



KINDLY CREATED BY THE NORFOLK MENTAL HEALTH SUPPORT TEAMS IN SCHOOLS

# A Little Fun and Kindness From Ormiston Families



We hope that this pack brings you some fun and allows you the time to reconnect and the space to be kind to one another as a household. Feel free to try as many or as little of the activities as you like.

We'd love to see how you get on, let us know by tagging one of our social media accounts:



@Ormiston Family



OrmistonFamilies



@Ormiston



## Home Cook Your Favourite Take Away!

### TORTILLA PIZZA

#### INGREDIENTS:

- 1 large tortilla
- 100g passata
- 30g grated cheese
- Optional toppings (meats, vegetables etc.)

#### METHOD:

1. Grease a baking tray and preheat your oven to 240C/ 200C Fan/ Gas 8.
2. Spoon the passata onto your tortilla and use the spoon to spread to the edges.
3. Add a sprinkle of cheese.
4. Add any optional toppings.
5. Move tortilla onto greased baking tray and place in the oven for 5 minutes.



### KEBAB

#### INGREDIENTS:

- Pitta bread
- Meat/Vegetarian alternative – Chicken, Lamb, Quorn, Tofu
- Salad – Peppers, Red Onions, Lettuce, Tomatoes, Cucumber etc.
- Sauce – Mayonnaise, Chilli Sauce, Tzatziki

#### METHOD:

1. Cut meat or meat alternative into bitesize chunks or slices.
2. Cook meat or meat alternative, as directed on packet.
3. Lightly dampen the pitta bread and place into the toaster/oven.
4. Cut a pocket into the pitta bread.
5. Fill the pitta bread with the meat or meat alternative, your favourite salad pieces and sauce.

## Outdoor Fun

Have a water fight (using a hose, watering can or cup) OR, create your own obstacle course!

# POINT 1

## Create a Boredom Jar

1. Find an empty jar.
2. Decorate the jar with things that you may have around the house e.g. string, paint, ribbon.
3. Cut some small pieces of paper or find some lolly pop sticks.
4. Write on each lolly stick or piece of paper an activity that you can do when you're bored.
5. Once finished place all the activity ideas in the jar and next time you're feeling a bit bored pick one out!

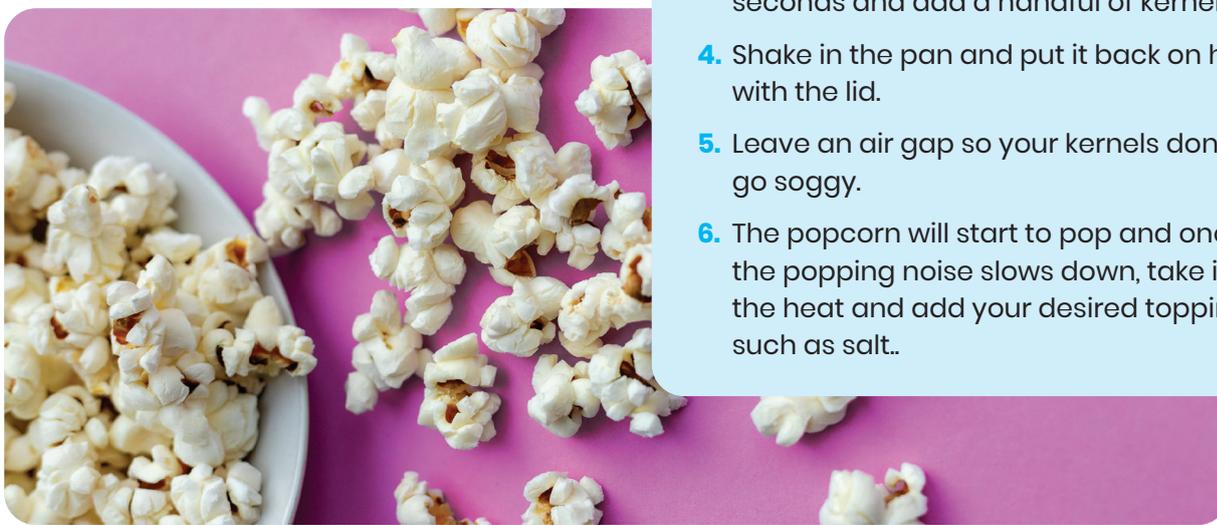


TO DO

*Ideas:* Exercise | Music | Arts and Crafts | Films | Contacting friends and family | Games | Baking

## Homemade Cinema

- Choose your favourite film or make a list of movies you and your family have all wanted to watch. Maybe you could make your own '10 Movies Bucket List'.
- Plan a day and time when you will all sit down and watch one of the films.
- Blacking out windows can add a great effect! (You can use towels or thick fabric).
- Don't forget the snacks... these could include homemade popcorn!



### INGREDIENTS:

- A handful of popping kernels
- Salt/sugar
- 1 tablespoon of vegetable or olive oil

### METHOD:

1. Put a tablespoon of oil into a pan and put the pan on the heat.
2. Add four kernels and cover with a pan lid.
3. Once popped, take off the heat for 40 seconds and add a handful of kernels.
4. Shake in the pan and put it back on heat with the lid.
5. Leave an air gap so your kernels don't go soggy.
6. The popcorn will start to pop and once the popping noise slows down, take it off the heat and add your desired topping, such as salt..

TO MAKE

# POINT 1

## Gratitude Jar

TO MAKE

1. Find a spare jar (or improvise with a hat)
2. Label the jar 'Gratitude jar' & decorate if you wish
3. Get a pen and paper
4. You're ready to go. Focusing on what you are grateful or happy for, fill up the jar with notes. Write 1 note a day then once a week look back at the notes to remind yourself of the positives of each day.

*Try using the following words to help you write your positive notes....*

- 'Today I am grateful for ...'
- 'I am happy today because ...'
- '... makes me smile/laugh'
- 'I love ...'
- 'Today I was reminded about ...'

TO DO



## Draw Cartoons of Each Other

## Silent Disco

TO DO

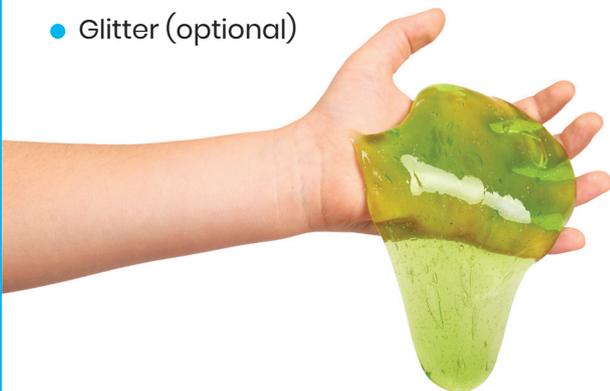
Using headphones all choose your favourite song and show your best dance moves.

You can try to create an A-Z playlist taking turns for each letter of the alphabet e.g. Mum – A, Dad – B, Sibling – C etc!

## Make Slime

*Makes 1 small ball, takes 10 minutes*

- 100ml PVA white glue (children's craft glue or CE marked glue)
- ½ tsp bicarbonate of soda
- Gel food colouring
- 1 tsp contact lens cleaning solution
- Glitter (optional)



TO MAKE

1. Squeeze the glue into a mixing bowl and add the bicarbonate of soda and mix well.
2. Add a drop or two of your chosen gel food colouring and mix well.
3. Add the contact lens solution and mix. The slime will now begin to form, coming away from the bowl.
4. Once the slime has formed, take it out of the bowl and knead it with your hands (laying the slime on the table and stretching it out with your palm or knuckles, then fold it over and repeat). The slime will start off sticky but will be smooth after about 30 seconds of kneading. Add glitter (if you want).
5. You now have slime! Store in a pot with a lid.

# POINT 1

**TO MAKE**

## Time Capsule

1. Find a box/container to keep your information (you may want to make a file on the computer).
2. Collect information/memories about your time on lockdown during COVID-19.
3. Look back at a later date to remind yourself.

### Things to include:

- Photos/video clips you've captured of fun activities
- Newspaper cuttings
- A diary or letter to yourself documenting your experiences (how many days spent in lockdown, what you have found fun, how you coped, what you spent your days doing.) Explain what happened throughout the COVID-19 pandemic.
- A timeline of special occasions (birthdays, anniversaries, Easter)
- A note of what you have been doing to keep yourself busy
- Your goals for after lockdown
- Interview your parents/carer: you may want to ask your parent/carer or family member some questions to add to your time capsule. These may include...
  - 'How have you found home schooling?'
  - 'What are your top 3 moments from this experience?'
  - 'What activities/hobbies have you most enjoyed doing?'
  - 'Your newfound favourite activity/recipe?'
  - 'What has been the biggest change?'



**TO DO**



## Found Poems / Collage Activity

- Using old magazines and newspapers, cut out words which catch your eye. You could choose words that relate to things you have done throughout lockdown, or words that relate to your values and interests.
- Place these together onto a new piece of paper. You could use the words to create a poem, or put them into a collage with lots of found images!

You can also use an old book and circle words to create a 'found poem'!

**TO DO**

## Recreate a Viral Dance Routine as a Family!

# POINT 1

## The 'Exquisite Corpse' Game

### Instructions

<https://www.youtube.com/watch?v=FUKwnewqQms>

This can even be played virtually, by sending your drawings with instructions to friends! The doodles don't have to be accurate – use your imagination, the 'wackier' the better!

1. Fold paper into three sections
2. The first person draws the 'head' (Make sure you leave guides for where the 'neck' finishes for the next person)
3. The second person draws the 'torso' (Make sure you leave guides for where the 'waist' finishes for the next person)
4. The third person draws the 'legs and feet'
5. Open it up and see your creation!



TO DO

## Weekly Family Exercise Challenge!

Remember to warm up and stretch afterwards.

	<i>Beginner</i>	<i>Intermediate</i>	<i>Advanced</i>
<i>Monday</i>	10 star jumps	20 star jumps	30 star jumps
<i>Tuesday</i>	15 second plank	20 second plank	30 second plank
<i>Wednesday</i>	10 minute walk	10 minute run	20 minute run
<i>Thursday</i>	Rest day – try some mindfulness (use online videos for some ideas)		
<i>Friday</i>	10 high knees	20 high knees	30 high knees
<i>Saturday</i>	10 squats	20 squats	30 squats
<i>Sunday</i>	Try some yoga (use online videos for guidance)		

TO DO



If you would like to help us to continue supporting families in the East of England to build their resilience and make choices to improve the life chances of their children, please visit [www.ormiston.org/donate](http://www.ormiston.org/donate) or text 2ORM to donate £2, 5ORM to donate £5 or 10ORM to donate £10 to 70450 to make a one-off donation.

Texts cost £2/£5/£10 plus one standard rate message

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