

# Mental Health Matters Wales

## Activity Pack

23rd April - World Book Day

### Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

### Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.



**MHM Wales**



**Better  
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**Wellbeing  
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**Therapeutic  
Support**

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# Aim of Pack:

To create activities that celebrate .....

## World Book Day

World Book Day takes place on April 23<sup>rd</sup> 2020 the main aim of World Book Day in the UK and Ireland is to encourage people to explore the pleasures of books and reading by providing the opportunity to have a book of their own.

### The Benefits of these Activities include but not limited to

#### Better Communication

Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.

#### Improved Coordination

Activities can delay the loss of muscle control.

#### Relaxation

It is a wonderful distraction from the blues, chronic pain, and other stressful situations.

#### Pride

There can be immense satisfaction and pleasure taken from drawing projects.



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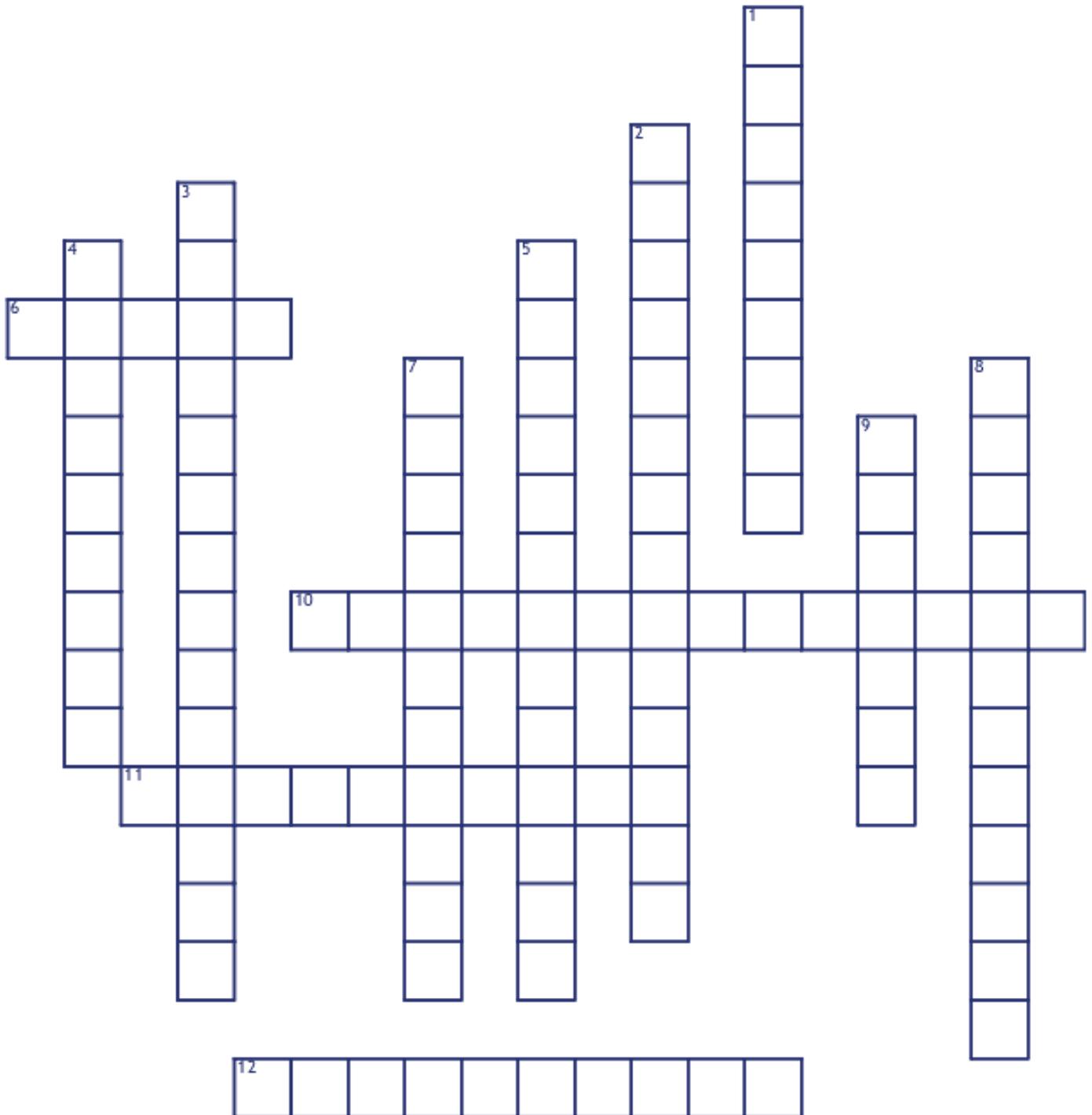


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# Famous Books and Authors



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# Famous Books and Authors

## Clues

### Down

1. Who wrote the 'Harry Potter' series of books?
2. This man wrote 'A Christmas Carol'
3. Suzanne Collins wrote this trilogy of books which is now also a series of films
4. Michelle Magorian wrote '\_\_\_\_\_ Mr. Tom'
5. Who wrote 'Mr. Stink' and 'Gangsta Granny'?
7. This is the surname of the man who wrote 'Romeo and Juliet'
8. 'The \_\_\_\_\_' was the first of the 'Series of Unfortunate Events' series
9. What is the first name of the main character in 'Holes'?

### Across

6. This is the name given to a fiction book
10. This is the name of a famous book by Roald Dahl
11. Author \_\_\_\_\_ Wilson wrote about Tracy Beaker
12. Which creepy series of books did R. L. Stein write?



# Word Search - Literary Greats



Steinbeck      Edward Lear      Lewis Carroll      The Jungle Book

Moby Dick      War and Peace      Ulysses      The Great Gatsby

J R R Tolkien      Oliver Twist      Mark Twain      Enid Blyton

Kipling      Othello      Treasure Island      Macbeth

Shakespeare      Bronte      Jane Austin



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# Word Scramble

## Authors and Poets

1. AODLR DLAH \_\_\_\_\_

2. D H ALRCENEW \_\_\_\_\_

3. ROEBNT \_\_\_\_\_

4. HPETNES IGKN \_\_\_\_\_

5. RHPREA EEL \_\_\_\_\_

6. T S IOLET \_\_\_\_\_

7. ALNDY MTAOSH \_\_\_\_\_

8. AJNE ANUSET \_\_\_\_\_

9. DNKSCEI \_\_\_\_\_

10. GDREA LNLAA EOP \_\_\_\_\_

11. ANEIDL FEDEO \_\_\_\_\_

12. RBOYN \_\_\_\_\_

13. J K RNIGWOL \_\_\_\_\_

14. NHOJ BYNUNA \_\_\_\_\_

15. KEARSAEESH \_\_\_\_\_

16. WTSOWDORRH \_\_\_\_\_

17. IAMLIWL OLINGDG \_\_\_\_\_

18. UDRDYAR IKNILGP \_\_\_\_\_

19. RHEUCAC \_\_\_\_\_

20. SCAOR IDLEW \_\_\_\_\_



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# Match the Character to the Book

Holden Caulfield	Oliver Twist
Elizabeth Bennet	Breakfast at Tiffany's
Scarlett O'Hara	Little Women
Artful Dodger	Anne of Green Gables
Hermione Granger	A Streetcar Named Desire
Holly Golightly	Crime and Punishment
Daisy Buchanan	After the Funeral
Jo March	Wuthering Heights
Anne Shirley	The Colour Purple
Hercule Poirot	The Hound of the Baskervilles
Blanche Dubois	Gone with the Wind
Rodion Raskolnikov	Harry Potter & the Philosopher's Stone
Heathcliff	The Great Gatsby
Celie	The Catcher in the Rye
Sherlock Holmes	Pride and Prejudice



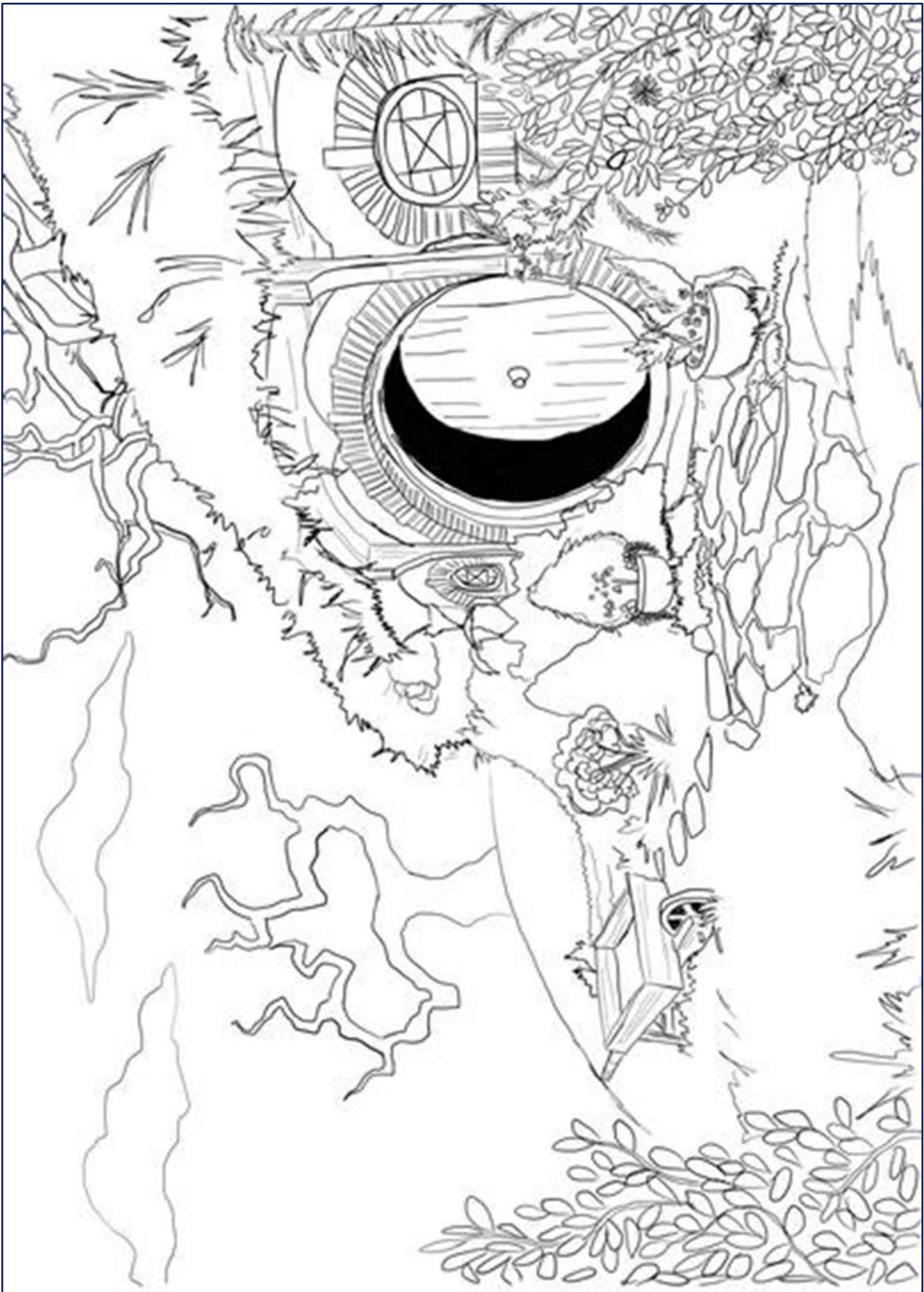
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## Colouring pages

It is NOT in  
The Stars To  
Hold our DESTINY  
But in OURSELVES

Doodle Art Alley ©



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# Word Ladder

Instructions: In word ladders, you change one word into another. At each step along the way, change just one letter to make a new word. Clues are given at each step!

## QUESTIONS

BOOK

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## HINT

- A shoe that reaches above the ankle
- A small vessel for travelling over water
- Defeat someone in a game
- A noteworthy achievement
- Arranged in a tidy way
- Make warm
- The upper part of the human body
- Show someone the way

## ANSWERS

BOOK

BOOT

BOAT

BEAT

FEAT

NEAT

HEAT

HEAD

LEAD

## HINT

- A shoe that reaches above the ankle
- A small vessel for travelling over water
- Defeat someone in a game
- A noteworthy achievement
- Arranged in a tidy way
- Make warm
- The upper part of the human body
- Show someone the way



# Shakespeare's Sonnets

## Sonnet 130

My mistress' eyes are nothing like the sun  
Coral is far more red than her lips' red;  
If snow be white, why then her breasts are dun;  
If hair be wires, black wires grow on her head.  
I have seen roses damask'd, red and white,  
But no such roses see I in her cheeks;  
And in some perfumes is there more delight  
Than in the breath that from my mistress reeks.  
I love to hear her speak, yet well I know  
That music hath a far more pleasing sound;  
I grant I never saw a goddess go;  
My mistress, when she walks, treads on the ground.  
And yet, be heaven, I think my love as rare  
As any she belied with false compare.

## Sonnet 18

Shall I compare thee to a summer's day?  
Thou art more lovely and more temperate:  
Rough winds do shake the darling buds of May,  
And summer's lease hath all too short a date:  
Sometime too hot the eye of heaven shines,  
And often is his gold complexion dimm'd;  
And every fair from fair sometime declines,  
By chance, or nature's changing course, untrimm'd;  
But thy eternal summer shall not fade  
Nor lose possession of that fair thou ow'st;  
Nor shall Death brag thou wander'st in his shade,  
When in eternal lines to time thou grow'st;  
So long as men can breathe or eyes can see,  
So long lives this, and this gives life to thee.



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# My Weekly Planner

MORNING

AFTERNOON

EVENING

<b>S</b>			
<b>M</b>			
<b>T</b>			
<b>W</b>			
<b>T</b>			
<b>F</b>			
<b>S</b>			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER



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# Say to Yourself



**“It’s no good going back to Yesterday because I was a different person then”**

*Lewis Carroll  
Alice’s Adventures in Wonderland*



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