

Mental Health Matters Wales

Activity Pack

Chocolate

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
Together**



**Wellbeing
Hubs**



**Therapeutic
Support**

This activity book has
been kindly printed by



Cardiff and Vale University
Health Board Voluntary Services

Aim of Pack:

To create activities that celebrate...

Chocolate

World Chocolate Day is celebrated annually on July 7. This is a day to indulge in your favourite chocolate, whether it is chocolate milk, hot chocolate, a bar of chocolate, chocolate cake, brownies or something covered in chocolate.

Enjoy some of your favourite chocolate today!

The Benefits of these Activities include but are 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.



MHM Wales



**Better
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Support**

FIVE

Facts about
Chocolate



The Largest Chocolate bar ever manufactured was in Italy in 2000. The bar had a weight of 49 IBS!



The First Chocolate Bar was made in Britain by Joseph Fry and his son, who pressed a paste made of cocoa powder and sugar into a bar shape.



Winston Churchill was at one point in danger of Nazi assassination by an exploding bar of chocolate!

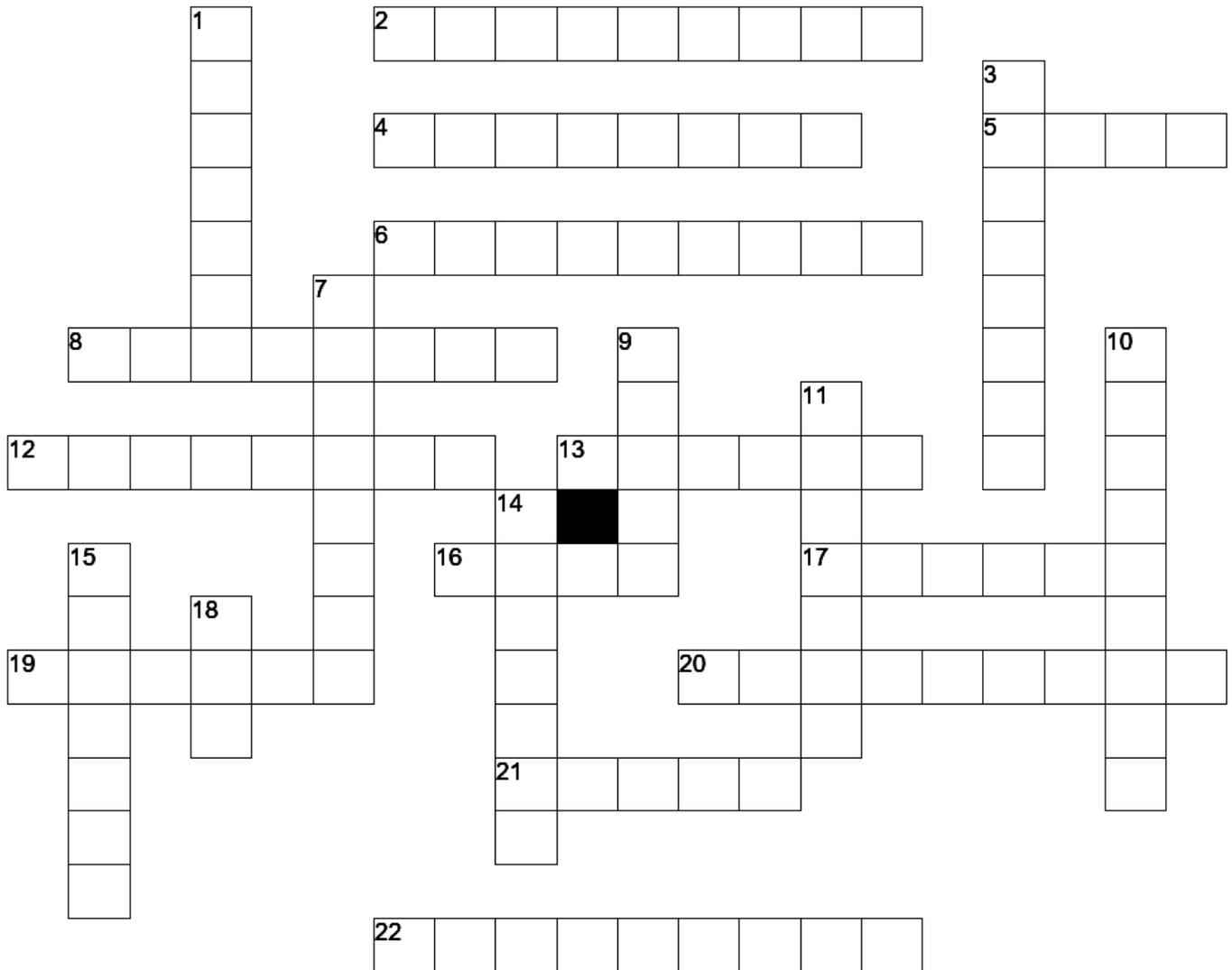


The Ancient Maya are believed to be the first people to regularly grow cacao trees and drink chocolate. The Aztecs got it later, but they had to trade for cacao because they couldn't grow the trees.



It takes almost a year for a cocoa tree to produce enough pods to make 10 standard sized chocolate bars

Choccy Crossword



Choccy Crossword Clues

Across

2. What Swiss chocolate bar has pyramid shaped segments?
4. Which chocolate honeycomb bar do we thank Friday for?
5. Which chocolate bar by Nestle is famous for its bubbly centre?
6. Who wrote Charlie and the Chocolate Factory?
8. What is the surname of Christopher, the explorer said to have bought chocolate to Europe in 1504?
12. In the advert a mysterious man would leave a box of chocolates and his "calling card", "All because the Lady Loved" what type of chocolate?
13. Take a break, by having what chocolate coated wafer bar?
16. Which chocolate bar eaten each day is said to help you "work, rest and play"?
17. Which tropical Chocolate bar claims to provide a "taste of paradise"?
19. Which company produce over 350 million chocolate orange segments to produce their famous chocolate product?
20. What chemical that make us happy is produced by eating chocolate?
21. What bean is chocolate made from?
22. What chocolate coated honeycomb sweets are described as "The lighter way to enjoy chocolate"?

Down

1. A cheeky female rabbit character entices you to "Take it Easy" with this Cadburys chocolate bar!
3. Dark chocolate and a can of Coca Cola contain approximately the same amount of what stimulant?
7. Nestle produces which children's favourite candy coated chocolate beans in a tube?
9. What type of chocolate is produced by mixing chocolate with condensed milk?
10. The first and most popular chocolate bar produced by Cadbury is what?
11. Which popular chocolate brand is known by its rich purple coloured wrapper?
14. Chocolate flavoured milk was invented in which Caribbean country?
15. Which country consumes almost 50% of the Worlds chocolate?
18. Which famous chocolate brand is the surname of Joseph, creator of the first chocolate bar?

Chocolate Bars Word Search

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

Twix Ripple Curlywurly KitKat Munchies Toffeecrisp
 Dairy milk Boost Aero Twirl Milkybar Fudge Flake
 Crunchie Timeout Wispa Mars Maltesers Caramel
 Galaxy

Chocolate Bars Word Scramble

YLAXGA _____

CERLAAM _____

MSASLTEER _____

MARS _____

WPSIA _____

CIRHUECN _____

LAEFK _____

DFEGU _____

YMABIKRL _____

WRLTI _____

OREA _____

BOSOT _____

ADRIIYKLM _____

ESPTICFEOF _____

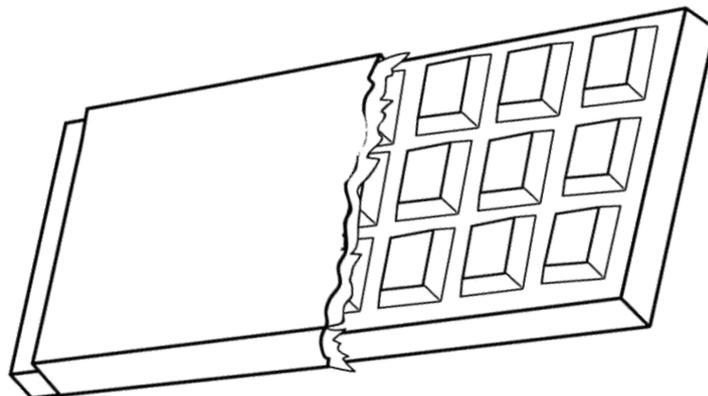
SECINMHU _____

KAKTTI _____

CYYULLURWR _____

RLPEPI _____

TIWX _____



Pocket Money Day

By Brian Strand

Nose pressed flat up to the glass,
Pockets tinkling full of brass.

Oblong jars, row on row,
Candy-filled to overflow.

Mintoes, chews and Pontefract cakes,
Limes and milk chocolate flakes;
Jelly beans and sweet love-hearts
A few of each, just to start.

Toffee Whirls and butterscotch,
Long liquorice laces, all top notch.
Aniseed balls, French Bonbons,
Available now without coupons!

Sugared almonds and white mice,
Vanilla fudge, a penny a slice!
Just for starters a chocolate ice,
As it's going at half-price.

Barley sugar and a sherbert straw,
The shop-bell tinkles as I close the door;
Is that the time?! I'll have to skate,
Back into school - I can't be late!



Chocolate

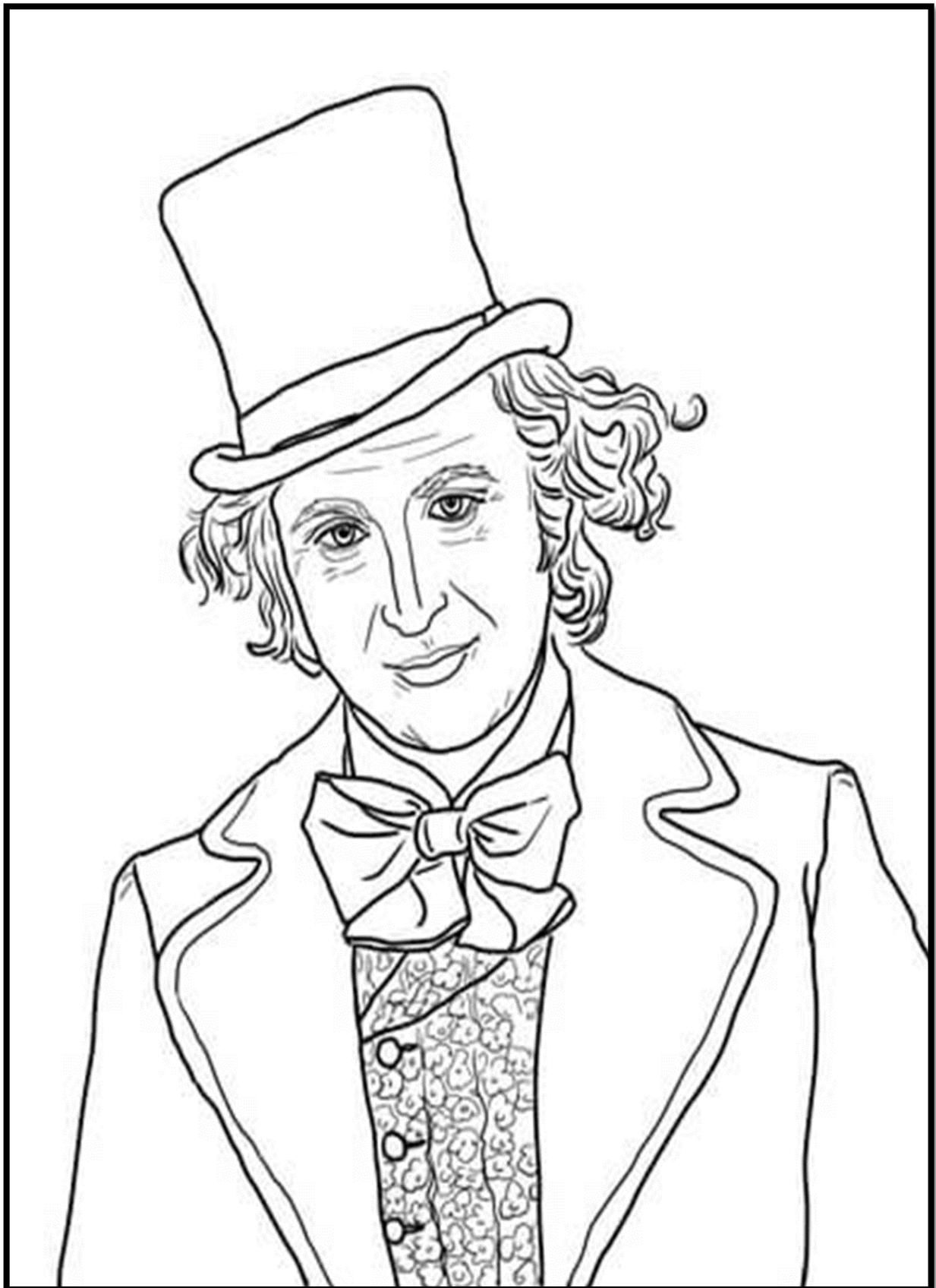
Unknown author

Chocolate is sweet,
and so good to eat,
I like it whenever I need a good treat.

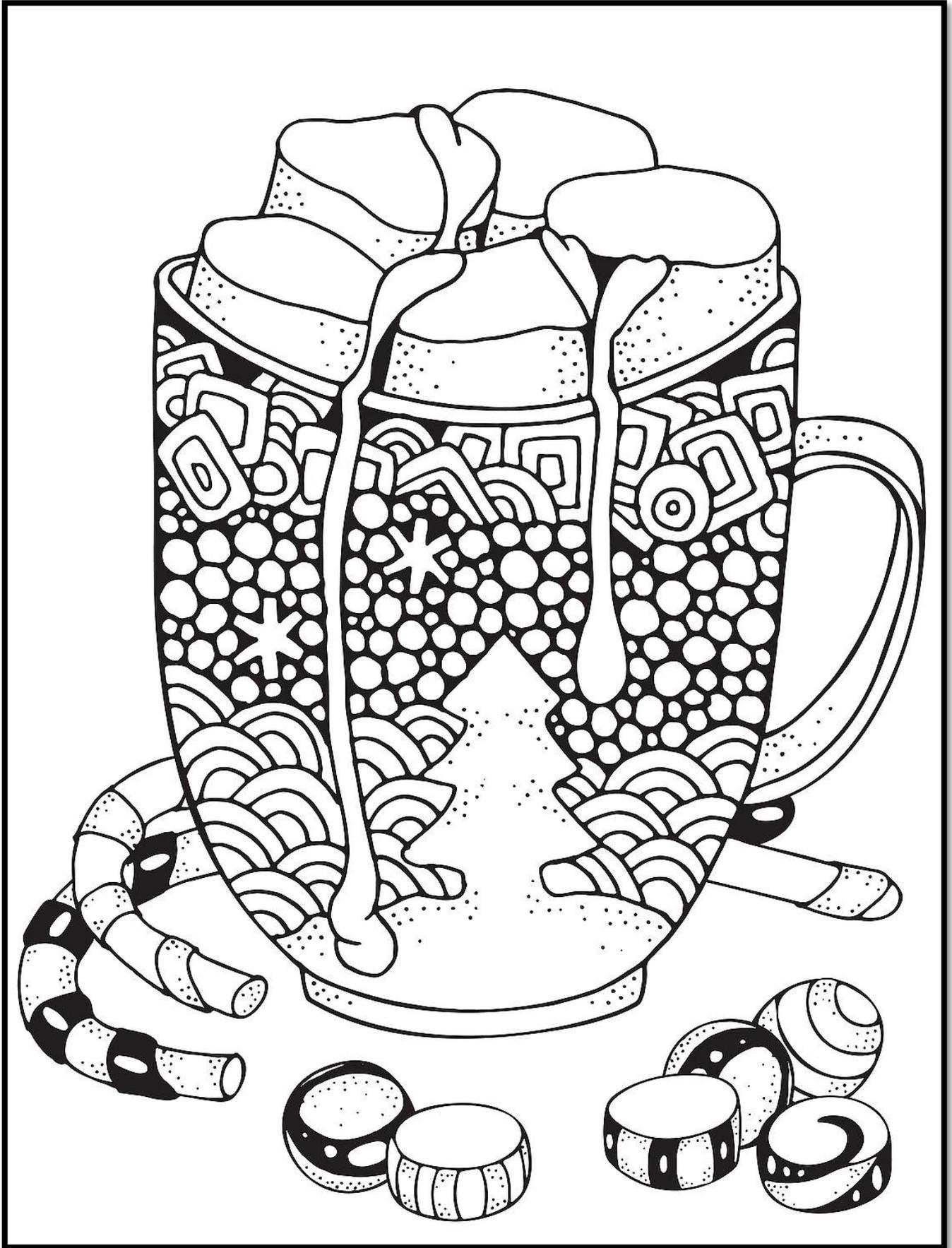
In brownies and cookies and chocolate cake,
It adds extra sweetness to all that you bake

White chocolate, dark chocolate,
milk chocolate galore,
I know I can eat 100 pieces or more!

Colouring Pages







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Just Giving <https://www.justgiving.com/mentalhealthmatterswales>
Registered Charity Number: 1123842 Company Number: 6468412



My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

Happiness is an
Unexpected
Piece of Chocolate!



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Just Giving <https://www.justgiving.com/mentalhealthmatterswales>