

Mental Health Matters Wales

Activity Pack

THE HUMAN BODY

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...

THE HUMAN BODY

Your home for life, the human body is an amazing machine. It comprises of 78 organs, 11 organ systems, is 60% water, can store the equivalent of 1,000 terabytes of information and contains 7 octillion atoms!

With a wide range of sizes, shapes and colours to choose from, you're sure to find the perfect body for you - it just might not be your own!

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.



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FIVE

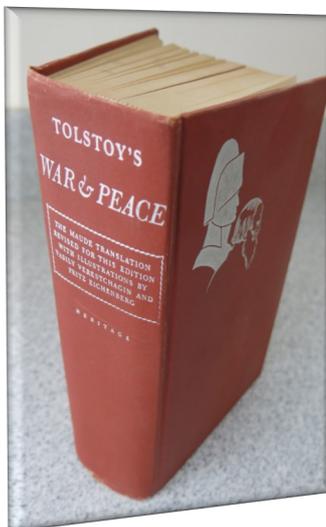
Facts about

THE HUMAN BODY



The Human Brain generates more electric impulses in a day that all of the worlds telephones combined!

Women blink twice as often as men, and older women blink more frequently than younger women.



The Total Weight of bacteria living on the human body is 4.4lbs or 1.99kg - that's heavier than Leo Tolstoy's War and Peace!



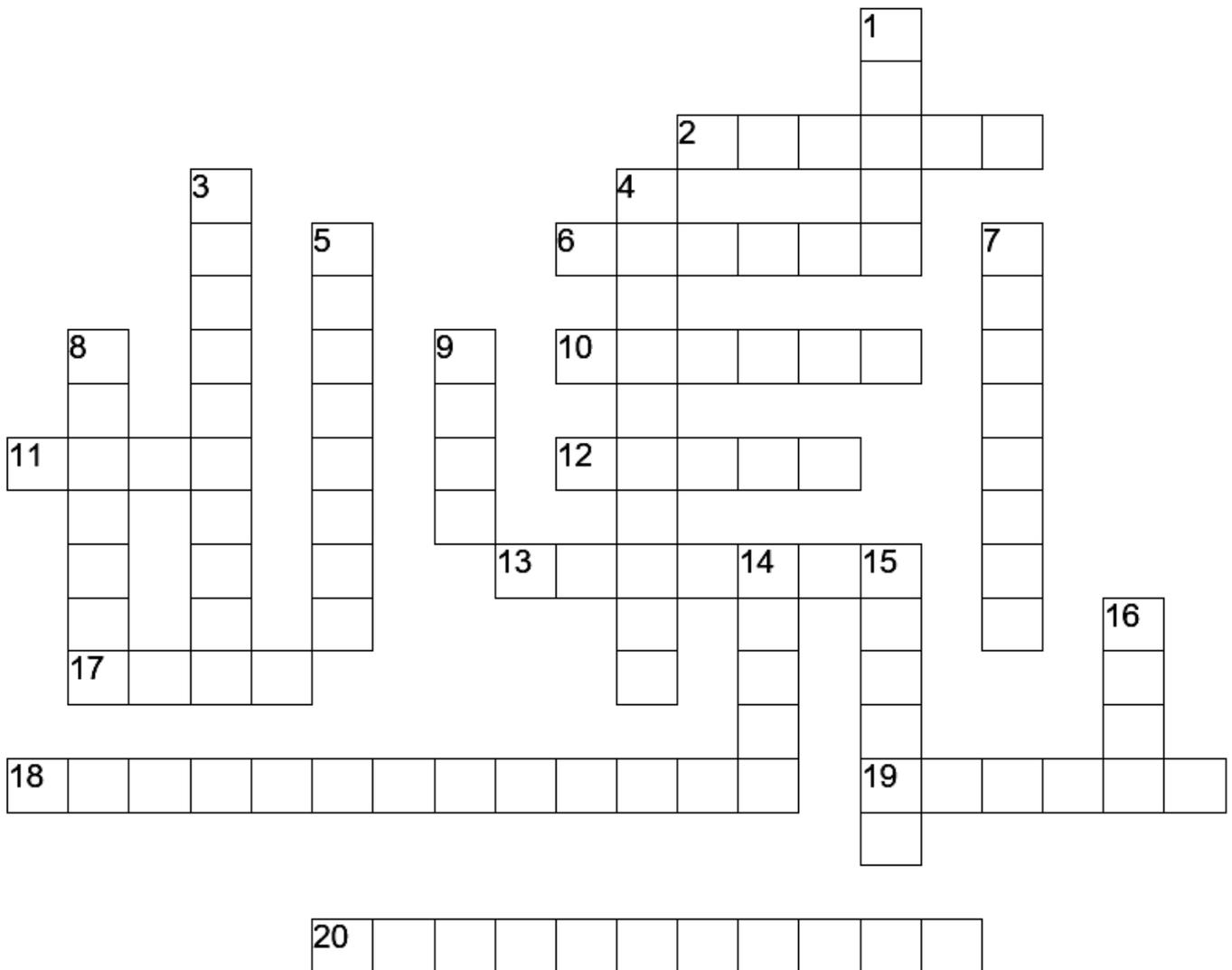
Humans will grow up to 450 miles of hair in a lifetime!



The Average Human bends their fingers 25 million times in their lifetimes

THE HUMAN BODY

Crossword



THE HUMAN BODY

Crossword Clues

Across

2. What organ is the main waste filtering and disposal system of the body?
6. What is the shorter bone of the lower arm called?
10. What disease once commonly seen in sailors is caused by a lack of Vitamin C?
11. How many chambers does the human heart have?
12. What is the longest and strongest bone of the body?
13. What is the technical name for the kneecap?
17. Where would you find the Achilles tendon?
18. Anaemia is caused by a lack of what in the body?
19. Which part of the eye is composed of light sensitive tissue?
20. The diaphragm plays an essential role in what function of the body?

Down

1. What does the average adult have Two Hundred and six of?
3. What is the common name for the scapula bone?
4. Which gland produces Insulin?
5. What is the only mammal to have 4 knees?
7. What is the trachea otherwise known as?
8. What part of the body has two compartments in a human and four in a cow?
9. Metatarsals are the small bones found in which part of the body of which we have two?
14. The inner surface of which organ if laid out flat would cover half a tennis court?
15. The Aorta is the largest what in the body?
16. What is the largest organ of the human body?

BODY PARTS Word Search

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

Nerve Tendon Chin Platelets Fingerprint

Lung Stomach Nutrition Eardrum Sense

Flexible Toenail Nostril Jawbone Eyelashes

Spine Healthy Muscles Brain Cranium Skeleton

Capillary Vein Organ Respiration

Find The Missing Body Parts!

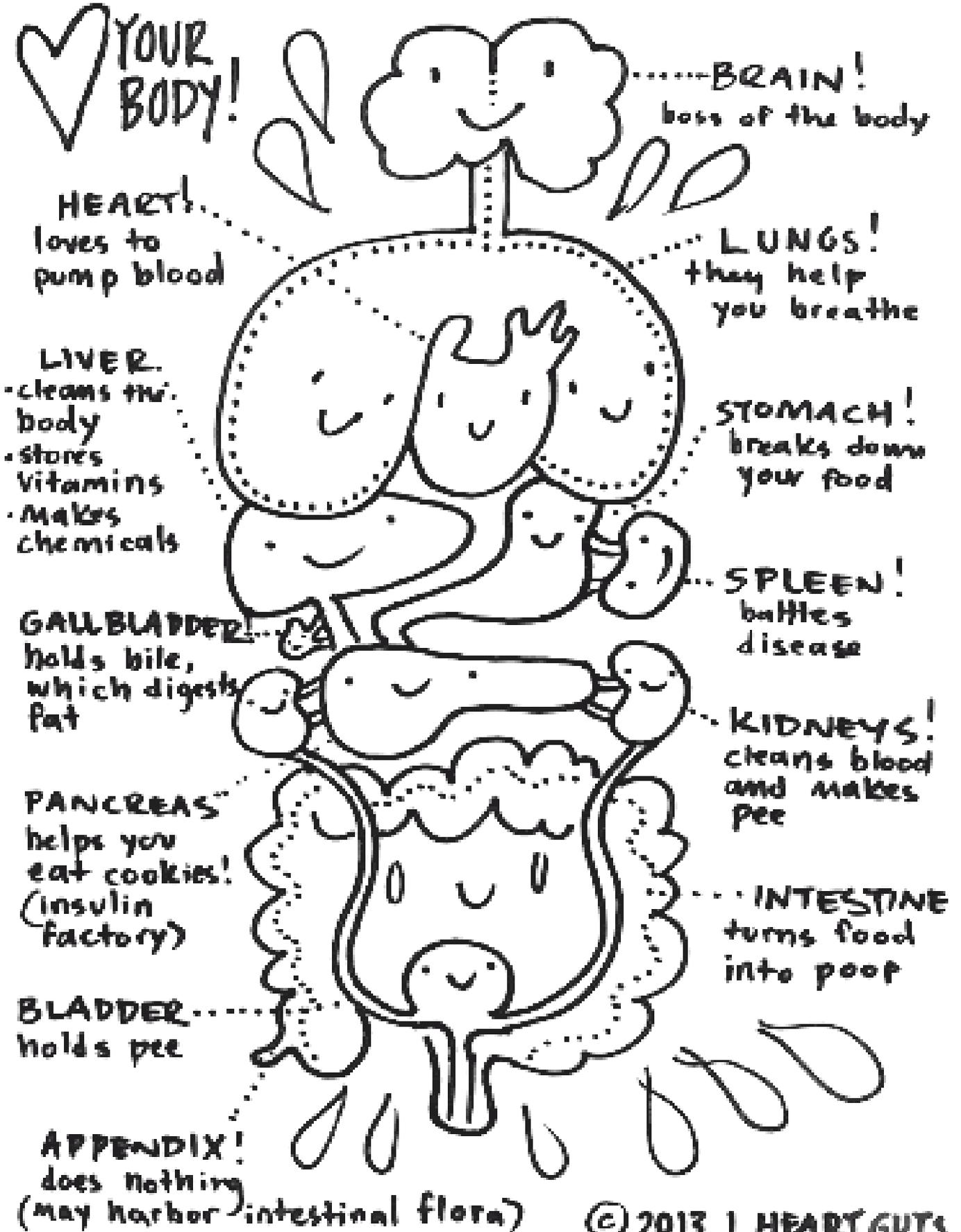
- | | |
|---|------------|
| 1. This was left in San Francisco! | A. Jump |
| 2. He's got the whole world in his what? | B. Mind |
| 3. Pretty little tiger <i>what</i> ? | C. Talk |
| 4. Queen cheekily sang about girls with fat <i>what</i> ? | D. Bones |
| 5. Fred Astaire sang about dancing to ? | E. Arms |
| 6. Frank Sinatra got you under his <i>what</i> ? | F. Legs |
| 7. Robert Flack sung about the first time I ever saw your <i>what</i> ? | G. Hands |
| 8. ZZ Top sang about these lower limbs | H. Clap |
| 9. James Bond film, 'For your Only' | I. Cheek |
| 10. Doris Day sang "Hold me in your ..." | J. Feet |
| 11. The Four Seasons said to do <i>what</i> like a man? | K. Heart |
| 12. The Beatles sung "I want to hold your" | L. Bottoms |
| 13. Joe Jones sang "you Too much" in 1960 | M. Hips |
| 14. Peggy Lee song ".... For joy" | N. Eyes |
| 15. If you're happy and you know it Your hands! | O. Walk |
| 16. In 1960, this Delta Rhythm Boys song became popular "Dem ... Dem ... Dem dry ..." | P. Skin |
| 17. Willie Nelson sang "You were always on my" | Q. Face |
| 18. Bruce Springsteen covered a song about "Chicken lips and Lizard" | R. Hand |



Name The BODY PARTS!



YOUR BODY!



BRAIN!
boss of the body

HEART!
loves to pump blood

LUNGS!
they help you breathe

LIVER.
• cleans the body
• stores vitamins
• makes chemicals

STOMACH!
breaks down your food

GALLBLADDER!
holds bile, which digests fat

SPLEEN!
battles disease

PANCREAS
helps you eat cookies!
(insulin factory)

KIDNEYS!
cleans blood and makes pee

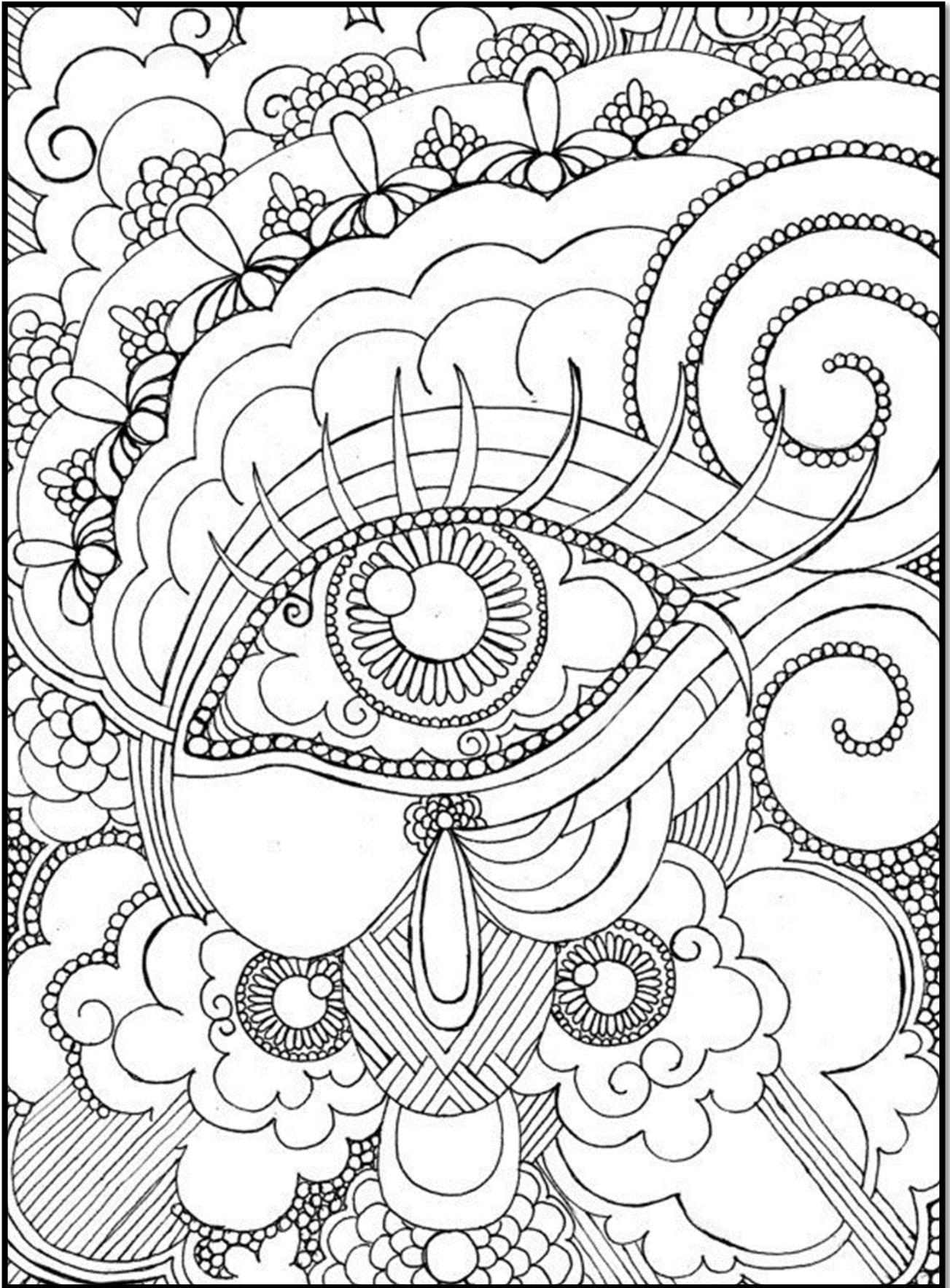
BLADDER
holds pee

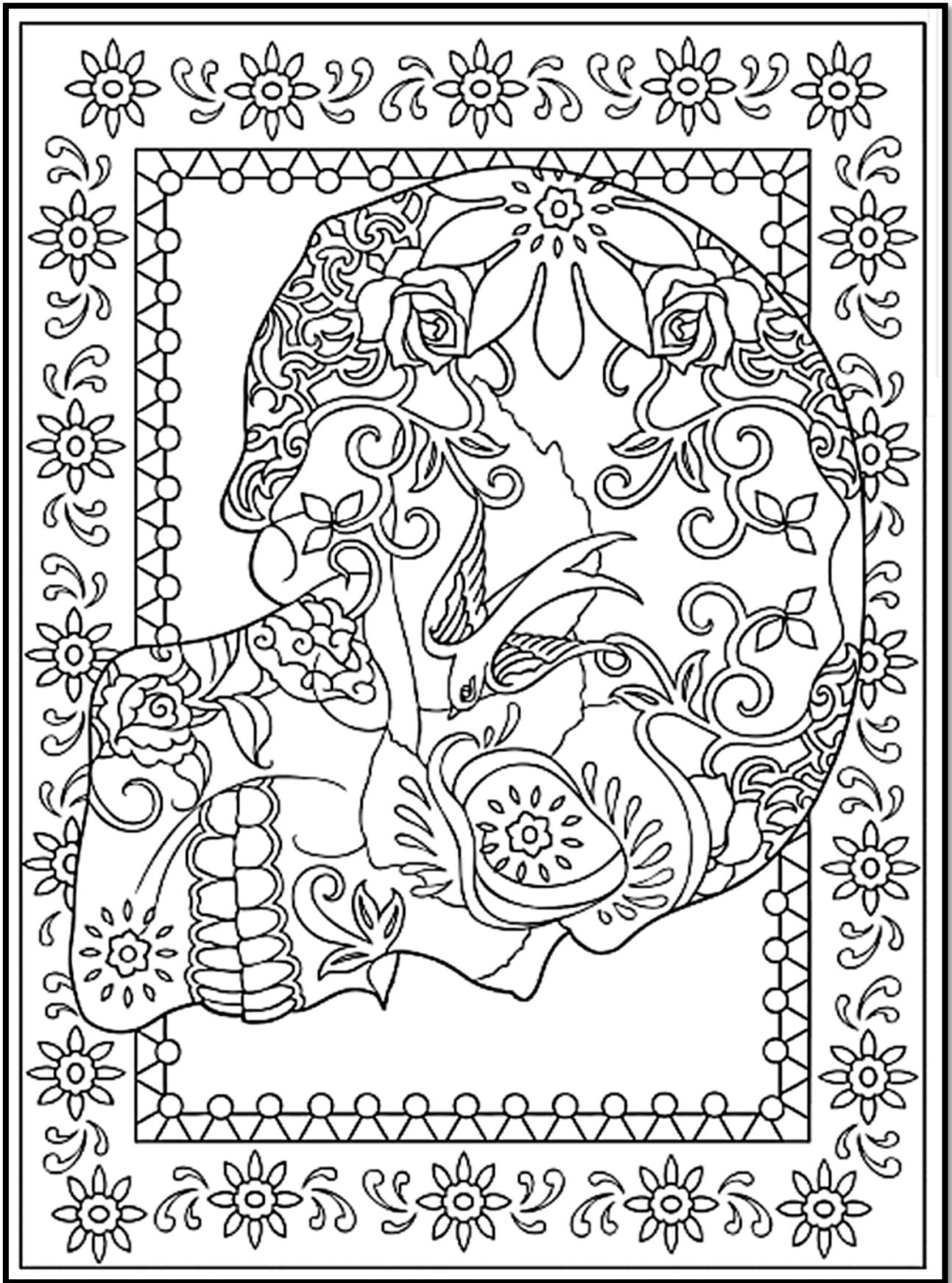
INTESTINE
turns food into poop

APPENDIX!
does nothing
(may harbor intestinal flora)

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My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER



Life as I see it-Feel it-Live it-Welcome to it..

When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
to wear a belted dress.
But now that I am older,
I've set my body free;
There's comfort of elastic
Where once my waist would be.
And how about those pantyhose-
They're sized by weight, you see.
So how come when I put them on,
The crotch is at my knees?
I need to wear these glasses
As the prints were getting smaller;
And it wasn't very long ago
I know that I was taller.
Though my hair has turned to silver
and my skin no longer fits,
On the inside, I'm the same old me,
Just the outside's changed a bit.