

# Mental Health Matters Wales

## Activity Pack

# Left Handed 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 wellbeing.

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...

# Left Handed Day

August 13 marks the designated International Lefthanders Day; first observed in 1976. The main idea was to promote awareness of the inconveniences left-hand people face in everyday life. It also celebrates their uniqueness..

### 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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**Therapeutic  
Support**

# FIVE

## *Facts About*

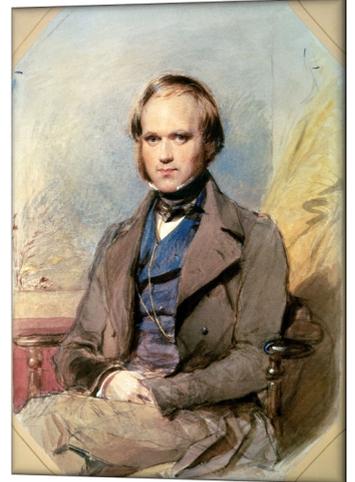
# Left Handers



**Michelangelo**, a lefty, painted his fresco on the ceiling of the Sistine Chapel that shows Adam receiving life from God through the left hand.

**Leonardo da Vinci**, a very famous left-handed artist and inventor from the 15<sup>th</sup> Century, wrote most of his personal manuscripts in mirror writing. He is also said to have been able to write the same text simultaneously with both hands, the right hand writing normally and the left hand in mirror writing.

**Charles Darwin** studied the handedness of his family. His wife and two of his eight children were left-handed. He noted "that it is well known to be inherited".



**Left-handedness** is strong in the creative arts, but is left-handedness a also sign of greater intelligence? Four of the five creators of the original Macintosh computer were left-handed, and one in four Apollo astronauts were left-handed - that's more than twice the general population!



**Humans** never miss the opportunity to persecute differences and this is no different for the left handed. The word 'sinister' is derived from the Latin for 'left', and even today, in many countries, cultural and social pressures force left-handed children to write and perform activities with their right hands.

# Word Scramble

## Famous and Infamous Left Handers

If you are left-handed you are in good and not so good company. Left-handers have graced all walks of life from World leaders to musicians to hooligans and outlaws!

1. EGROEG .W BSUH \_\_\_\_\_
2. CLIONE DAKMIN \_\_\_\_\_
3. ISTAEOLTR \_\_\_\_\_
4. MASAO NIB ALDEN \_\_\_\_\_
5. MMTAAHA GIHDAN \_\_\_\_\_
6. FILED OTASCR \_\_\_\_\_
7. IBLL TINCNOL \_\_\_\_\_
8. UDJY NRGADAL \_\_\_\_\_
9. EQNEU TIBEZAEHL II \_\_\_\_\_
10. JACK HTE IRRPEP \_\_\_\_\_
11. ORHAP WIFENRY \_\_\_\_\_
12. ONAJ FO ARC \_\_\_\_\_
13. BETLAR ETIINESN \_\_\_\_\_
14. LHLIOGEAEMCN \_\_\_\_\_
15. RETGA ORBAG \_\_\_\_\_
16. ABACKR OBAMA \_\_\_\_\_
17. OOALENNP PONEBRATA \_\_\_\_\_
18. LIRANYM MENOOR \_\_\_\_\_
19. LBIL GASET \_\_\_\_\_

**Answers,** 1) George W. Bush, 2) Nicole Kidman, 3) Aristotle, 4) Osama Bin Laden, 5) Mahatma Gandhi, 6) Fidel Castro, 7) Bill Clinton, 8) Judy Garland, 9) Queen Elizabeth II, 10) Jack the Ripper, 11) Oprah Winfrey, 12) Joan of Arc, 13) Albert Einstein, 14) Michelangelo ,15) Greta Garbo, 16) Barack Obama, 17) Napoleon Bonaparte, 18) Marilyn Monroe, 19) Bill Gates

It isn't easy being left-handed  
Everything seems the wrong way round  
And back to front  
And upside down

And yes it can get very confusing  
When it's the opposite to the right hand  
That you are using

Opening tins is a big no-no  
And non-smudged writing  
Another no-go

There's no left-handed pianos  
No left-handed cars  
But at least there's left-handed scissors  
And left-handed guitars

When you're a lefty the world is unfair  
Because all of the righties  
Really don't care

But it's not all bad news  
For lefties, it's true  
A lot of great people have been lefties too

Jimi Hendrix, Paul McCartney  
Were left-handed stars  
And many presidents too  
Like Barack Obama

So take heart all you southpaws  
You one out of every ten  
Being left-handed isn't all that bad  
And there's more left-handed women  
Than left-handed men.



# Lefty Word Search

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

Left-handedness is also known as **SINISTRALITY**. A left handed person has a **PREFERENCE** for the left hand for everyday activities. **ROUGHLY** 10% of the world's population are left handed. Hand **ORIENTATION** is developed before a child is born; left handed **FOETUSES** hold their left hand **PREDOMINANTLY** close to their mouths. Despite twins having a higher **FREQUENCY** of left-handedness, the cause remains **UNEXPLAINED**. In the past, left-handedness was **CONSIDERED** negative in many cultures but the Incas believed they **POSSESSED** special **SPIRITUAL** abilities including **HEALING**.

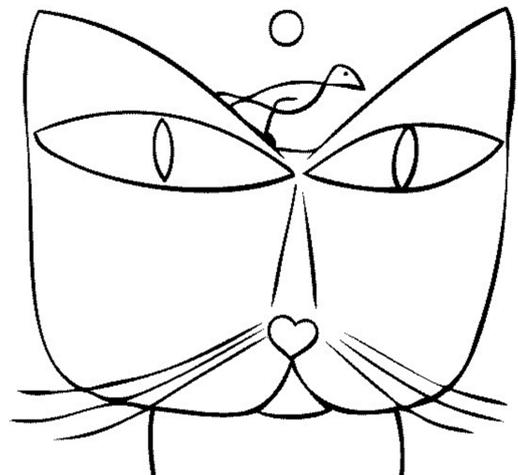
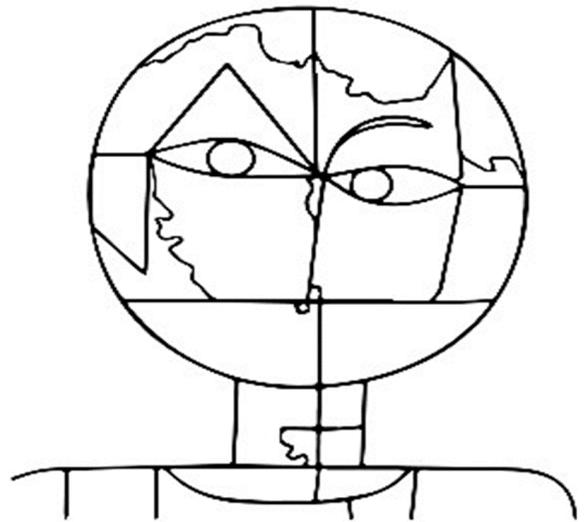
# Paul Klee



Left handed artist Paul Klee Born was in Switzerland, on December the 18th, 1879. He is considered both a German and a Swiss artist.

His father was a musician and his mother a singer, so it came as no surprized that he was an excellent violin player by the age of 11. Klee started studying to be a musician but changed his mind in his teens to the visual arts.

Paul Klee's art work is not easy to classify, He was influenced by expressionism, cubism, surrealism and abstraction. He was an inventive artist, always experimenting with styles and materials ignoring rules and popular fashion.



# Famous Lefties Colouring



# Leonardo da Vinci



*David  
Bowie*

Paul  
McCartney



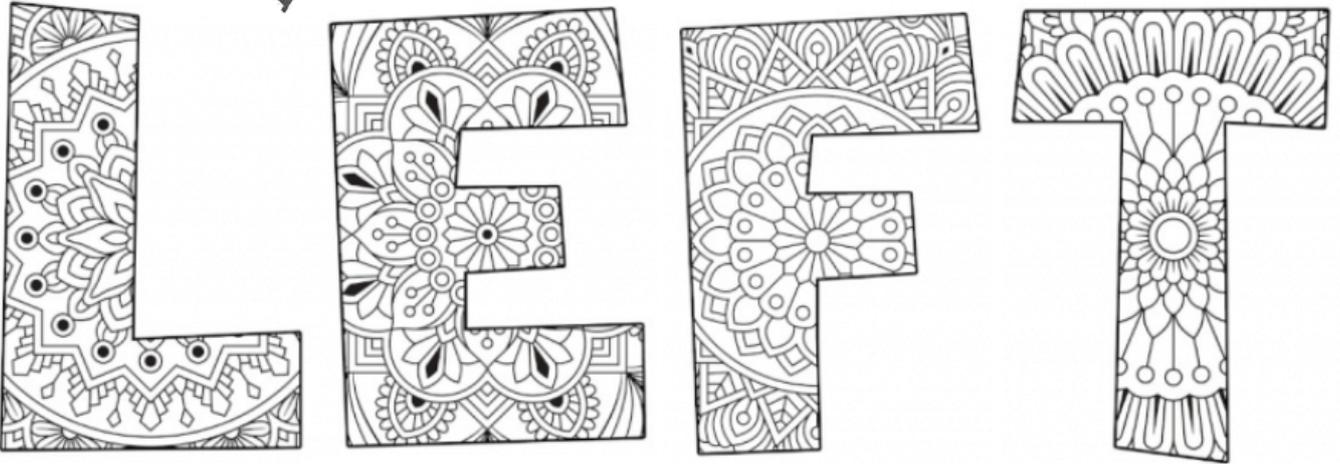


Charles

Darwin



CHARLIE  
CHAPLIN



# 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

# Say to Yourself...

If the **RIGHT** side of the brain  
controls the **LEFT** side of the body,  
then only the **LEFT** handed people  
are in their **RIGHT MINDS!**



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