



Mental Health Matters Wales Activity Packs

Science Fiction

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.

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.

This activity book has
been kindly printed by



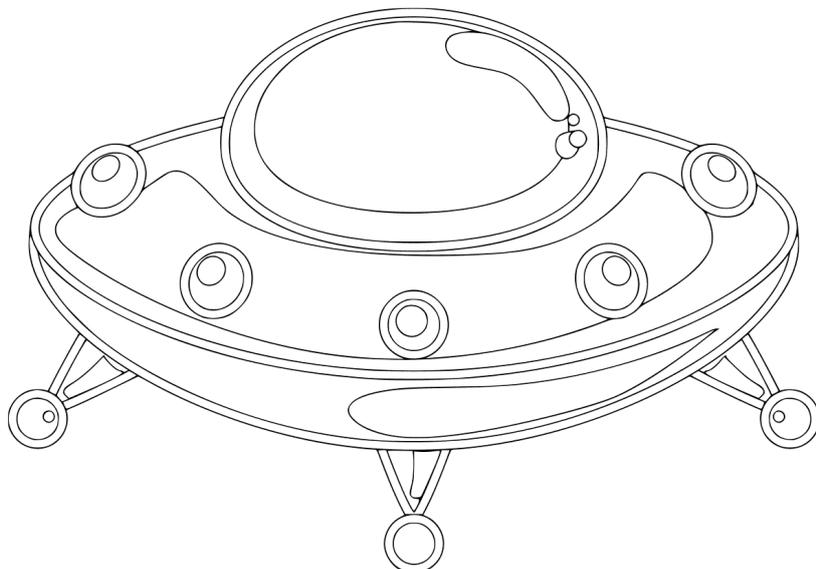
Cardiff and Vale University
Health Board Voluntary Services



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Science Fiction

Readers have always enjoyed works of fiction. Sometimes a person needs to just leave their world and enter someone else's. Other times they need to literally escape their own thoughts. Realistic fiction deals with fictional characters or settings that seem possible and do not challenge the psychics or possibilities of this world. Science fiction offers this medium and allows us to better process the world around us. Instead of confronting these heavy, complex issues head-on, science fiction uses real or imagined science to explain these occurrences, which makes the occurrences seem possible in the future, with more advanced technology. As the world grows more rapid and complicated, Sci-Fi's role will only increase.

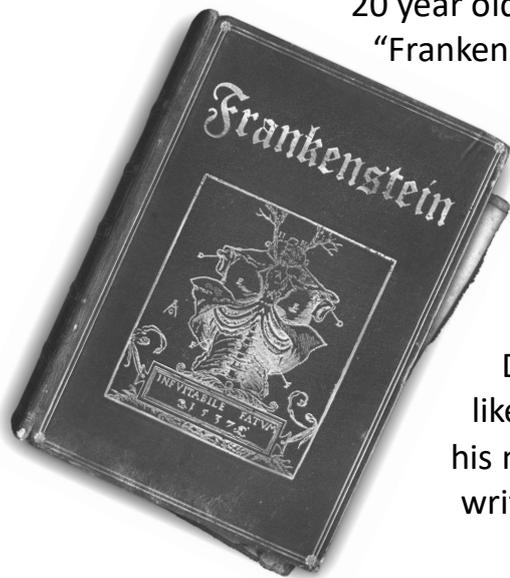


FIVE

Facts about

Science Fiction

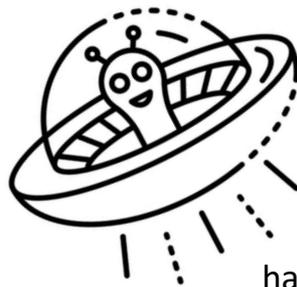
Science Fiction was introduced to the world by 20 year old Mary Shelley with her 1818 novel "Frankenstein or The Modern Prometheus". Shelley started writing the famous novel when she was just 18!



After Phillip K. Dick's Death, fans built an android likeness of him that mimicked his mannerisms and quoted his writings. Nicknamed 'the Dick-bot', it was misplaced by a baggage handler in 2005. It remains at large.



Science Fiction is commonly shortened to *Sci Fi*, but in the early 20th Century it was briefly known as *Scientifiction*. It doesn't quite have the same ring to it!



More than 40,000 Americans have taken out insurance against being abducted by aliens

Ray Bradbury, one of the world's leading SF writers, studiously avoids technology and claims he has never driven a car. Not to be outdone, sci-fi legend Isaac Asimov wrote about interstellar spaceflight but refused to board an aeroplane!

Science Fiction Word Grid

How many individual words of 3 or more letters can you make from the letters in Spaceship?

S	P	A
C	E	S
H	I	P

Sci Fi Scramble

Unscramble these Science Fiction Classics

RATS RAWS	
SART KRTE	
HET MITE CHENIMA	
TALEBRATTS TILAGACAC	
ETH TIGHTWILT NOZE	
A YESYSOD PACES	
DEVERNUSOZ HWIT MARA	
ROSTWWELD	
GONALS URN	
ENAIL	
BAELD NURNER	
KACB OT HET RUFUT	
NUDE	
HET RAW FO ETH SRDWLO	
A SDOCHHOLDIA DEN	

.....
: Answers:

: Star Wars Star Trek The Time Machine Battlestar Galactica The Twilight Zone
: A Space Odyssey Rendezvous With Rama Westworld Logan's Run Alien
: Blade Runner Back To The Future Dune The War Of The Worlds A Childhood's End
:

Alien Invasion Word Search

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

Alien Are We Alone Attack Beam Encounters ET Phone Home Flying Saucer

Galaxy Hostile Invasion Lights Mars Outer Space Planet Pods Ray Gun

Romulans Roswell Sci Fi Spock Taken UFOs War Of The Worlds Warp Drive

From Fiction To Fact

Science Fiction has a long tradition of predicting our future technologies and lifestyles. Here's ten surprising predictions that came true!

3d printers Fans of Star Trek will remember the *Replicator* - devices capable of instantly materializing almost any object with a simple command. While 3D printers can't quite pull objects out of thin air, they do act similarly to replicators, reproducing jewellery, food, and even body parts!

Mobile Phones In the first chapter of his 1948 novel "Space Cadet", Robert Heinlein predicted mobile phone technology.

Cyberspace In his 1984 novel "Neuromancer", novelist William Gibson predicted hacking, virtual reality, the world wide web, and cyberspace a decade before the internet took the form we know today.

Credit Cards The citizens of Edward Bellamy's 1888 novel "Looking Backward" carried a card with them that allowed them to spend credit from a central bank, without a need for paper money.

Submarines in his 1870 novel "Twenty Thousand Leagues Under The Sea", Jules Verne imagined a great underwater ship powered by electricity.

Tanks H.G. Wells, in his 1903 story "The Land Ironclads", took existing metal-hulled war ships and put them on land. These machines were precursors to the modern tank, which were first deployed on the battlefield 13 years later during the battle of Somme. Leonardo da Vinci, however, might have got there first: he too had tank-like drawings.

Light-propelled Spacecraft Jules Verne's 1865 novel "From the Earth to the Moon" speculated about a light-propelled spacecraft. That technology exists today in solar sails, which are a form of spacecraft propulsion used by NASA.

Lunar Landing In the same book, Verne's astronauts were launched from Florida in an aluminium capsule. He also made some amazingly accurate calculations as to how much force would be needed to propel the rocket out of Earth's atmosphere.

Mutually Assured Destruction Robert Heinlein's 1940 short story "Solution Unsatisfactory" imagined a future world where America develops an atomic weapon that ends WWII, which launches the rest of the world into a nuclear arms race. The story was written before the US had even entered WWII, and five years before the bombing of Hiroshima and Nagasaki.

Mood-Altering Medicine Aldous Huxley's 1931 novel "Brave New World" was eerily prophetic. One of the novel's most significant creations is soma, a mood-altering medicine that keeps people sane. Before 1950, antidepressants weren't even the subject of scientific experimentation, let alone in regular use.

Big Brother In George Orwell's 1949 novel "1984" Orwell wrote of a post-nuclear dystopian state monitored by an interconnected web of security cameras and hidden microphones. In the 21st century, video and audio surveillance is a part of everyday life, and individuals can be tracked every moment through GPS. The real Big Brother can even predict where you will be and what you will be doing at any given moment, as well as your thoughts and opinions on any given subject with scary accuracy!

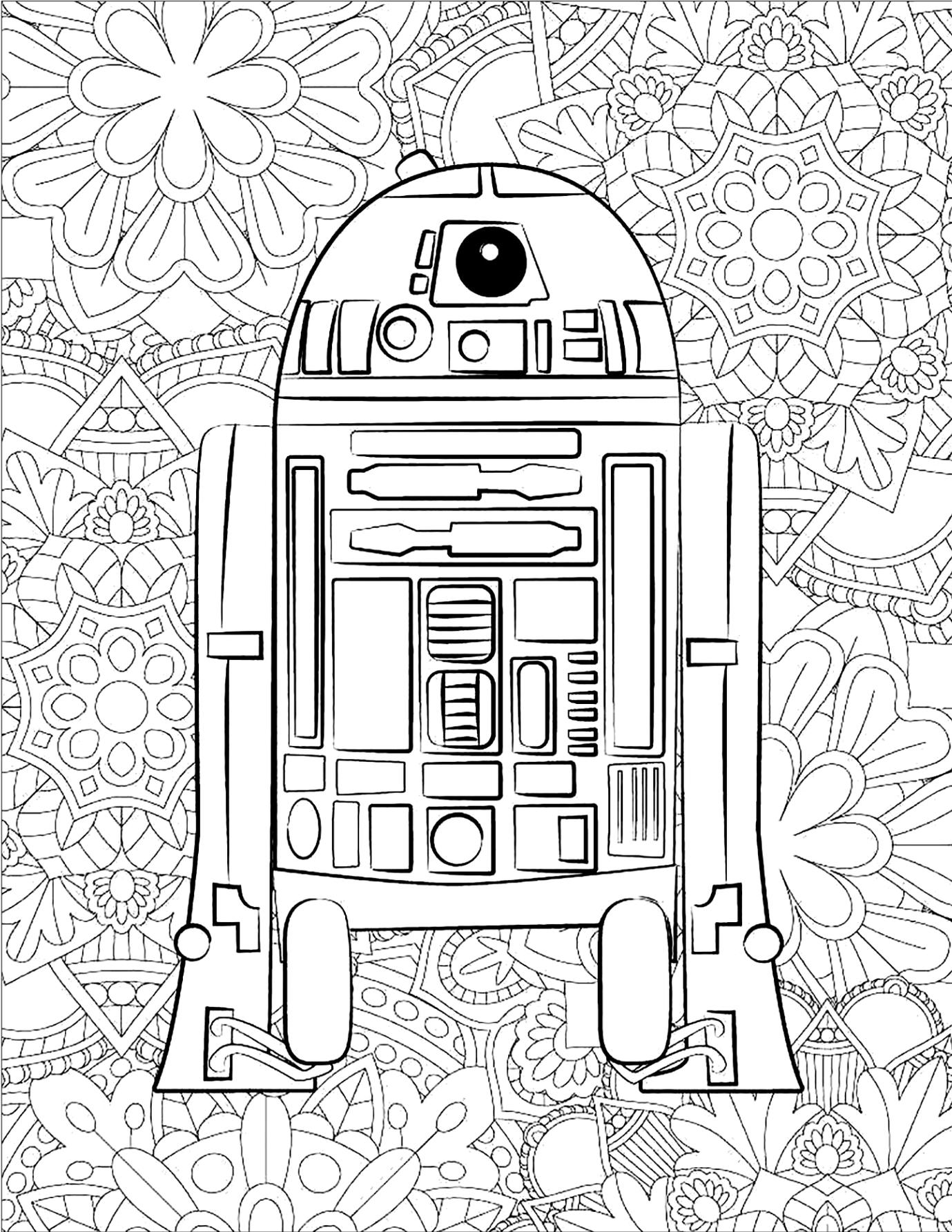
Colouring Pages





paint the world

STAR-TREK



R2-D2

My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER



"Deep in the human unconscious is a pervasive need for a logical universe that makes sense. But the real universe is always one step beyond logic."

Frank Herbert - Dune