



# Mental Health Matters Wales

## Activity Packs

# Autumn

### 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



## Mental Health Matters Wales Activity Packs

# Autumn

“The autumn has dressed herself for the coming season, donning her most vibrant hues. She has swept into our streets and woodlands with a humble boldness that invites the eye to see more than they otherwise might.

The autumn takes her pirouette, her sweet turn on the stage all around, and we are so blessed to be given such beauty.”

- Angela Abraham

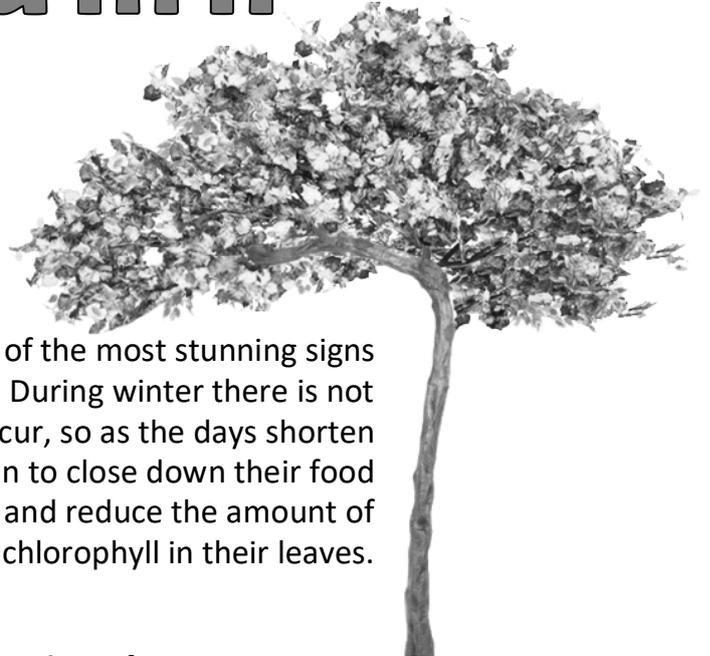


# FIVE

## *Facts about*

# Autumn

**Trees Prepare For Winter!** One of the most stunning signs of Autumn is the turning of the leaves. During winter there is not enough light for photosynthesis to occur, so as the days shorten throughout autumn, trees begin to close down their food production systems and reduce the amount of chlorophyll in their leaves.



**Animals Prepare For Winter!** Hibernating animals begin to eat more to put on body fat to make it through the Winter. Other animals will start to grow thicker coats to keep them warm during the colder weather. Birds will start to get ready to fly south for the Winter to avoid the cold weather .



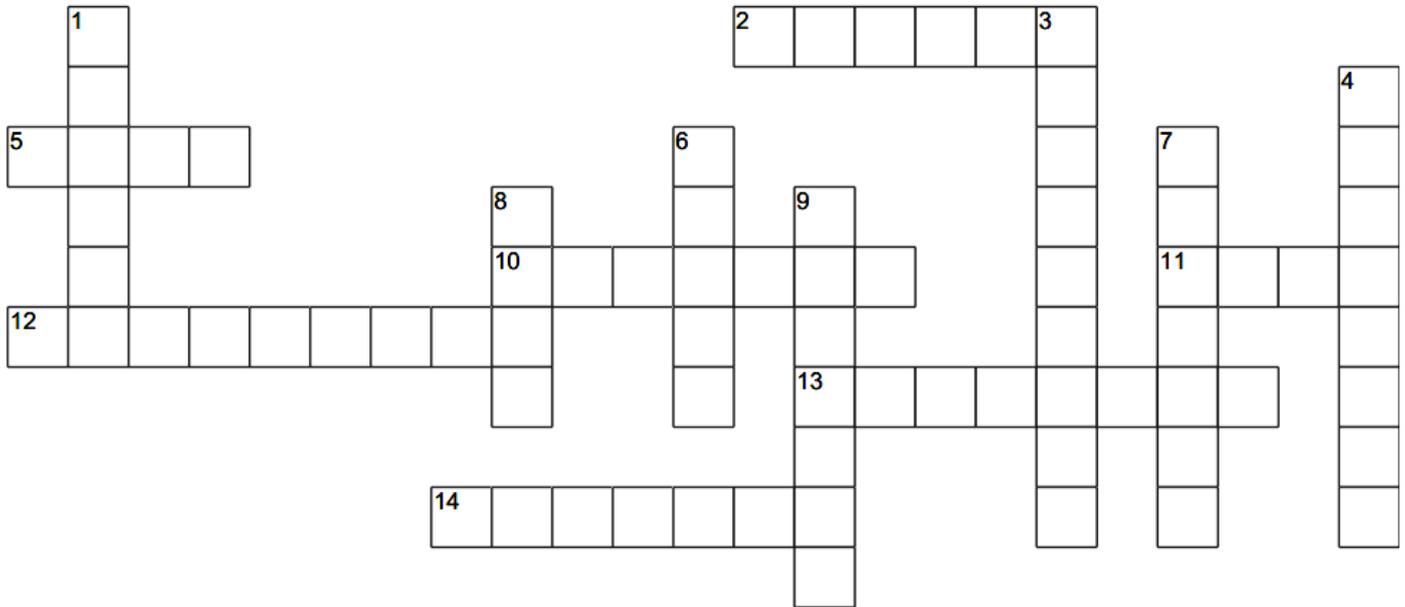
**Babies Born in Autumn**  
are more likely to live to 100 than those born during the rest of the year.

**Persephone Returns.** In Greek mythology, Autumn began when Persephone was abducted by Hades to be the Queen of the Underworld. In distress Persephone's mother, Demeter (the goddess of the harvest), caused all the crops on Earth to die until her daughter was allowed to return, marking Spring.



**Autumn Begins...When?** There are two different dates when autumn could be said to begin. Autumn, as defined by Earth's orbit around the Sun, begins on the equinox which falls on September the 22nd/23rd. However, to record climate data, it is important to have set dates that can be compared, so meteorological Autumn always begins on the 1st of September.

# Autumn Crossword



## Across

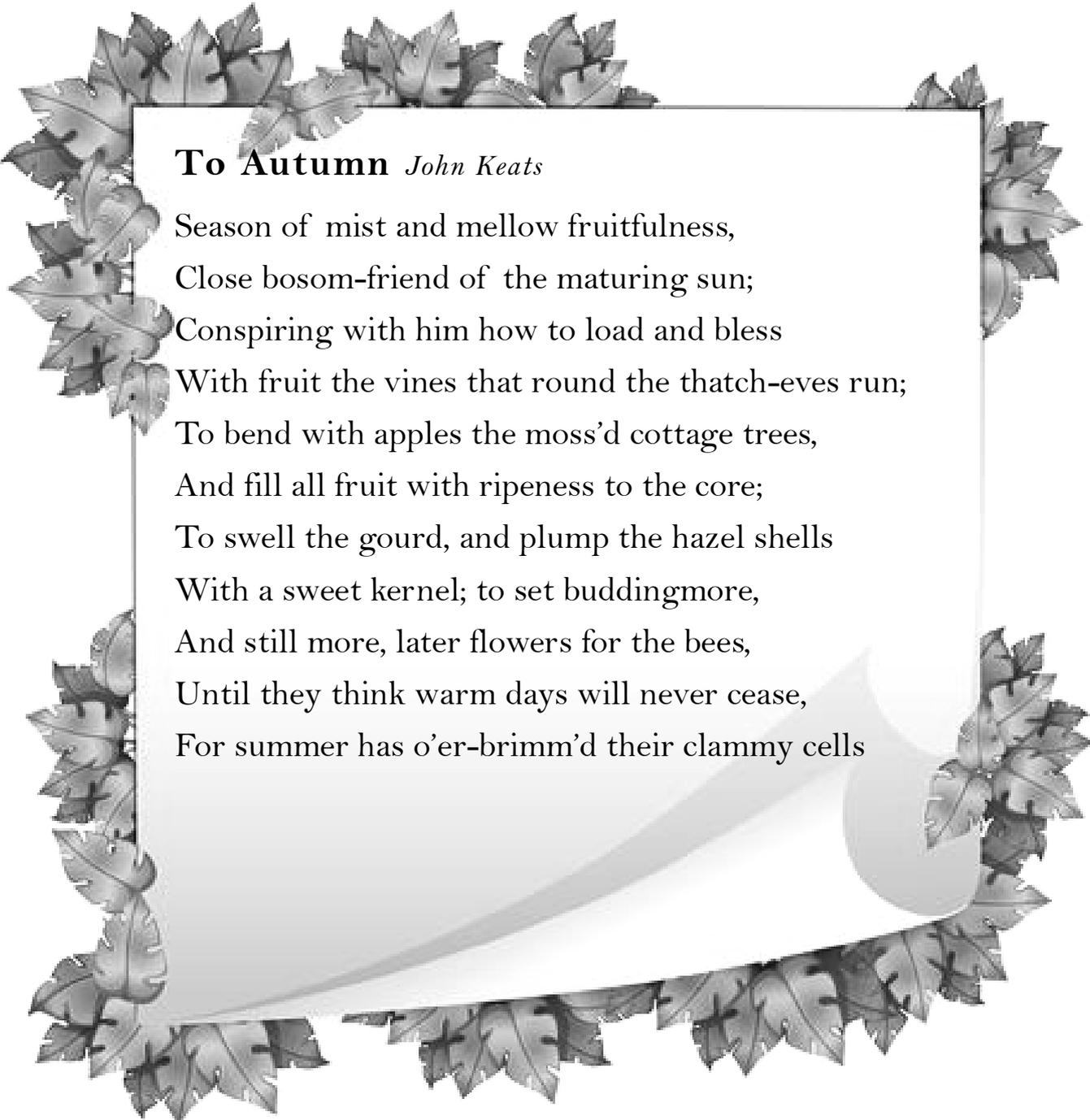
2. What falls from trees in Autumn?
5. Another name for Autumn
10. An Autumn month
11. Gather fallen leaves with this
12. First month of Autumn
13. A small rodent
14. Carve this for Halloween

## Down

1. The second colour in a rainbow
3. Scares crows from fields
4. Last month of Autumn
6. Fruit of the oak tree
7. To reap or gather
8. This vegetable grows in stalks
9. Spring, Summer, Autumn and Winter are the four \_\_\_\_\_

## Word Bank:

Scarecrow Corn September Pumpkin November Rake Harvest  
 Fall October Squirrel Leaves Acorn Orange Seasons



**To Autumn** *John Keats*

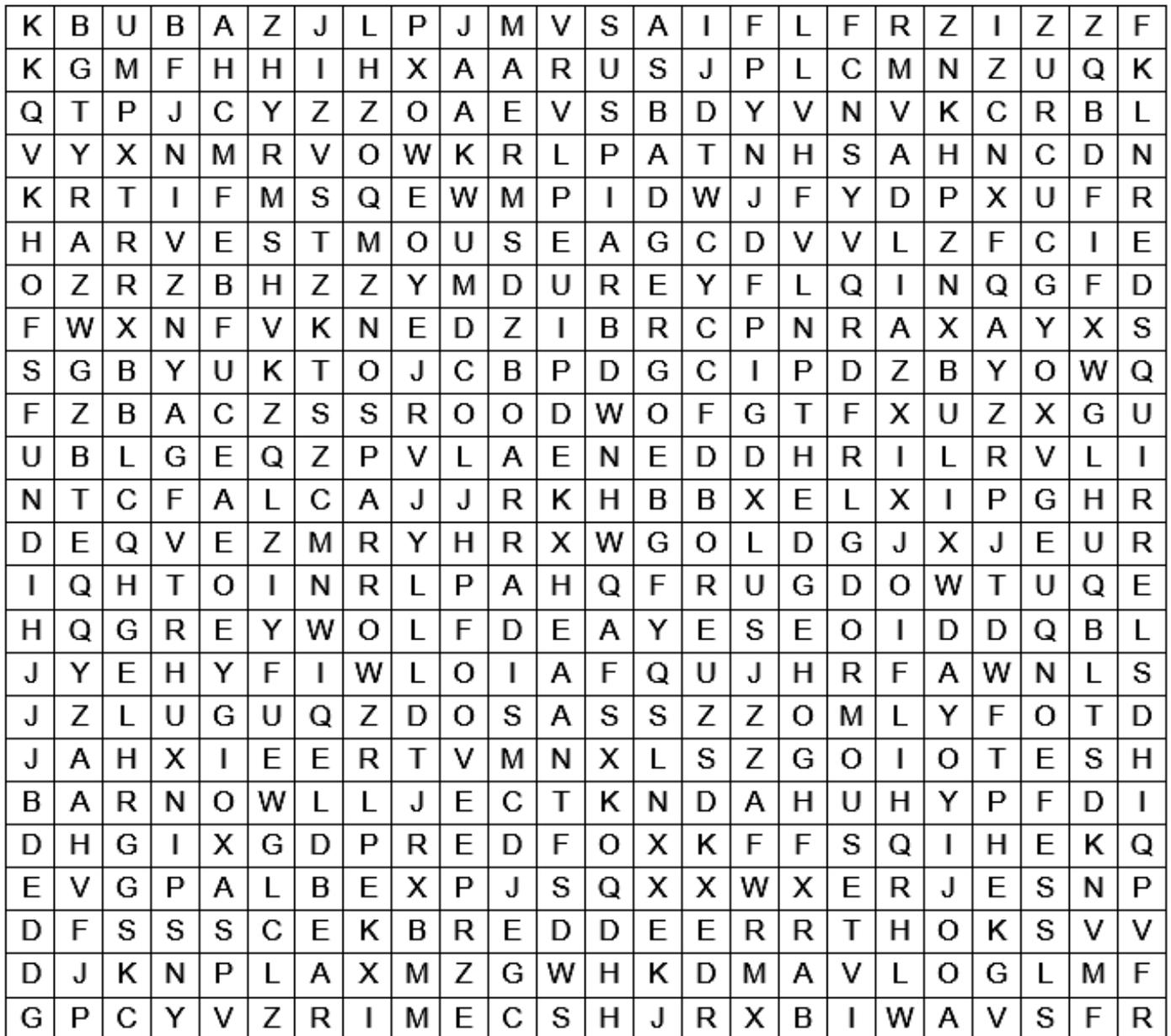
Season of mist and mellow fruitfulness,  
Close bosom-friend of the maturing sun;  
Conspiring with him how to load and bless  
With fruit the vines that round the thatch-eves run;  
To bend with apples the moss'd cottage trees,  
And fill all fruit with ripeness to the core;  
To swell the gourd, and plump the hazel shells  
With a sweet kernel; to set buddingmore,  
And still more, later flowers for the bees,  
Until they think warm days will never cease,  
For summer has o'er-brimm'd their clammy cells

**Autumn** *Emily Dickinson*

The morns are meeker than they were,  
The nuts are getting brown;  
The berry's cheek is plumper  
The rose is out of town  
The maple wears a gayer scarf,  
The field a scarlet gown  
Lest I should be old fashioned,  
I'll put a trinket on



# Autumn Animals Word Search



- Bear      Sparrow      Boar
- Harvest Mouse      Fawn      Dormouse
- Badger      Grey Wolf      Red Deer
- Red Fox      Red Squirrel
- Barn Owl      Hedgehog

# Autumn Word Scramble

HVAERTS	
NLTMUAUA	
EUIQNXO	
ENHELLWAO	
NFOIREB	
EPLASP	
UYG AEFWKS	
FLAES	
IRAN	
MEPRSEBET	
OEOTRCB	
REBEMECD	

**Answers:**

- 1) Harvest 2) Autumnal 3) Equinox 4) Halloween 5) Bonfire  
6) Apples 7) Guy Fawkes 8) Leafs 9) Rain  
10) September 11) October 12) December



# Colouring Pages



WELCOME

AUTUMN





# 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**

The heat of Autumn is different  
from the heat of Summer.

One ripens apples,  
the other turns them to cider

- Jane Hirshfield

