



Mental Health Matters Wales Activity Packs

Black & White

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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Black & White

Just as every yin needs a yang, every positive needs a negative, likewise everything that is white needs a black to have a sense of dichotomy and to feel complete. While colours breathe life into our lives, black and white bring a sense of tranquillity; it's inanimate yet so full of life.



FIVE

Facts about

Black & White



The Word Penguin is derived from Welsh; *pen* refers to "head", while *gywn* means "white". Penguins don't have a white head, of course. The word came from The great auk, which has a white patch on its head.



Black & White Aren't Colours. A colour is visible light with a specific wavelength. Black and white do not have specific wavelengths. Instead, white light contains all wavelengths of visible light. Black, on the other hand, is the absence of visible light.

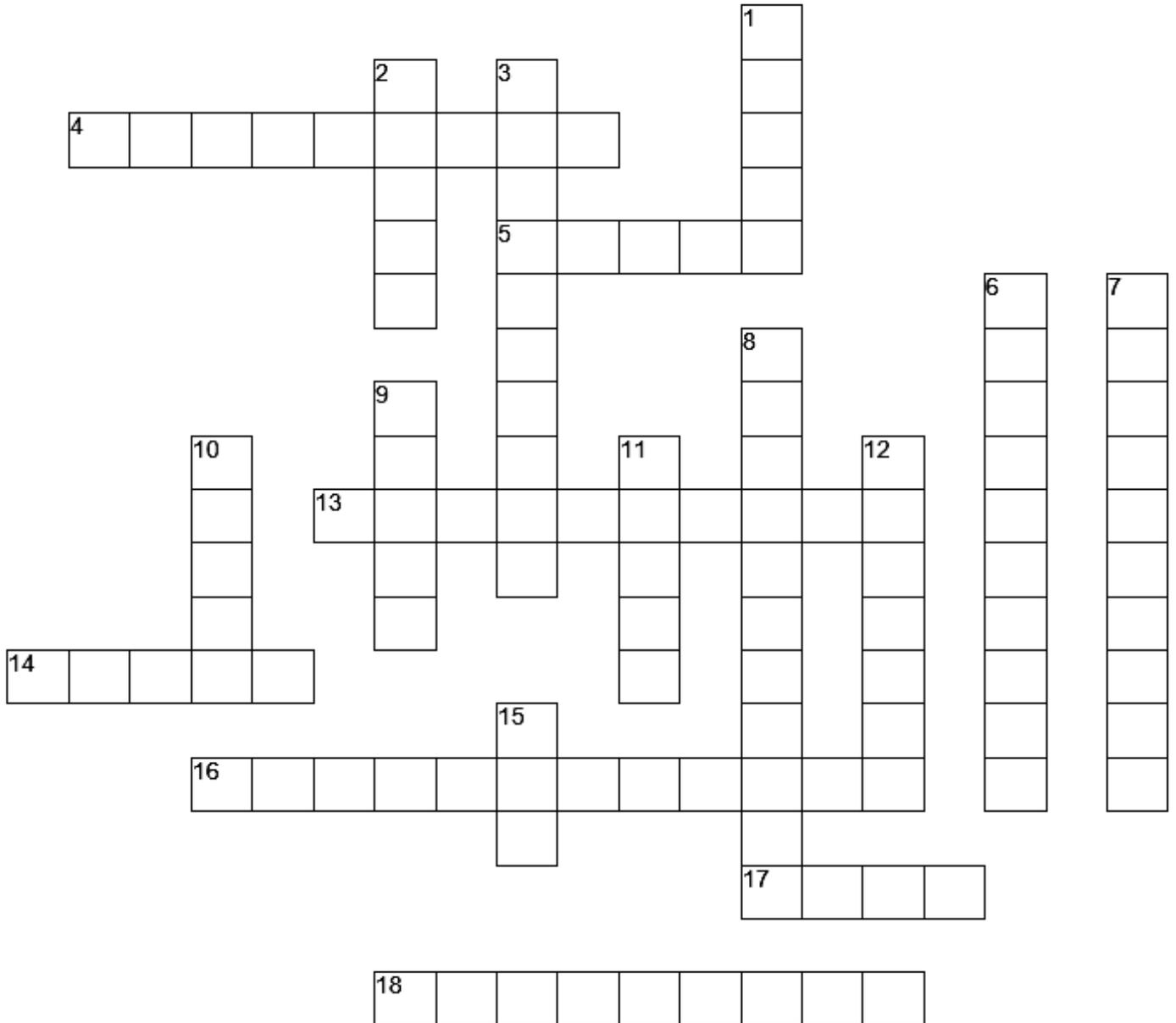


Dogs Can See Colour! For many years it was believed that dogs only saw in black and white, but it turns out they can see colour, just not as much as humans. Tests show that dogs see in shades of yellow and blue and lack the ability to see the range of colours from green to red. In other words, dogs see the colours of the world as basically yellow, blue, and grey. So if your dog runs right past the red ball you tossed, he may not be stubborn. He's probably just having a hard time discriminating it from the green grass of your lawn.

Footballs are traditionally black & white because of the 1970 World Cup in Mexico - the first to be broadcast live on television. Adidas created the iconic black-and-white panelled ball, intended to catch the eyes of viewers better than a single-coloured one would as it moved across black-and-white TV screens. The black pentagons also helped players and referees recognize the swerve and flight of the ball.



Black & White Crossword



Word Bank:

Pizza Prism Black Widow Minstrels China Blackadder
Jolly Roger Harold Lloyd Ebony Peace Chess Penguin
Monochrome Bones Six Charlie Brown Dust Snow White

Black & White Crossword Clues

Across

4. A once popular BBC show featuring white performers in blackface, "The Black & White....."?
5. The Giant Panda is native to which country?
13. The term used to describe a photo or TV image that is simply black and white?
14. Domino tiles are also referred to as what due to them traditionally being made from a white material such as ivory?
16. Snoopy is the faithful black and white canine belonging to which cartoon character?
17. "Black Sunday" refers to a severe "storm" that occurred in America on April 14th 1935. What particles was the storm made up of resulting in the deaths of approx 7000 people?
18. Who found herself in a house with characters such as Happy, Bashful, Doc and Sneezzy in the Disney Classic?

Down

1. Dominoes is also the brand name of what popular fast food?
2. What is the name of the triangular element used to split white line and reveal it's rainbow colours?
3. Which female spider is known to eat her mate after mating?
6. What BBC comedy series featured the character Baldrick?
7. What is the common name of the Black and White pirate flag featuring a Skull and Crossbones?
8. What was the name of the US star of the black & white silent movie genre, his most renowned being "Safety Last" in 1923?
9. What dark wood was traditionally used for the black keys on a piano keyboard?
10. What does the white of the flag of surrender represent?
11. What was the name the "black and white game" related name of the stage musical written by Bjorn and Benny from the pop group Abba?
12. "Emperor" is the name given to the tallest and heaviest of this black and white bird!
15. How many different types of chess piece are there?

Black & White Word Grid

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

G	R	E
Y	S	C
A	L	E

Black & White Word Search

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

Dominoes Snoopy Football Lily White Black Magic

Jolly Roger Dark Light Coal Snowflakes Monochrome

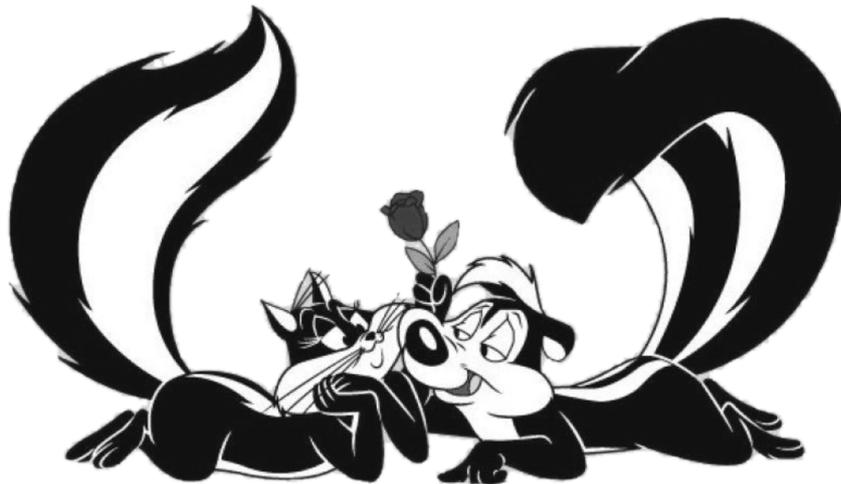
Black Widow Snow White Chess Board Chalk Dust

Blackboard Piano Keys Ivory Ebony Newspaper

Penguin Zebra Panda

Black and White Matches

1. Dark chocolate box
 2. Arachnid
 3. Body of water
 4. Card Game
 5. Presidential habitat
 6. Soul Singer
 7. Female Celebrity
 8. Silent Movie Star
 9. Created by Schultz
 10. Type of Leopard
 11. Type of butterfly
 12. Complete the song "Nights in..."
 13. Seaside town famous for its tower
 14. Rich layered dessert of German origin
 15. Jack the Ripper London district
 16. He was "late for a very important date"
 17. Group of hills across Powys and Monmouthshire
 18. Fictional horse
 19. Jack London novel about a wild wolfdog
 20. Bing Crosby was dreaming of this
- A. Black Panther
 - B. Barry White
 - C. Black Widow
 - D. Black Sea
 - E. White Satin
 - F. Snoopy
 - G. Black Mountains
 - H. Blackpool
 - I. White House
 - J. White Rabbit
 - K. White Christmas
 - L. Charlie Chaplin
 - M. Black Beauty
 - N. Whitechapel
 - O. Black Forest Gateau
 - P. Black Magic
 - Q. Cilla Black
 - R. Cabbage White
 - S. Black Jack
 - T. White Fang



Answers:

- 1 = P 2 = C 3 = D 4 = S 5 = I 6 = B 7 = Q 8 = L 9 = F
10 = A 11 = R 12 = E 13 = H 14 = O 15 = N 16 = J 17 = G
18 = M 19 = T 20 = K

Black & White Scramble

AINTG PDAAN	
ONoesIMD	
NIDATAMLA	
KOPBALLCO	
PEYNN ABLCK	
ORLAKBCADB	
HALCK STUD	
TEHIW LENNI	
ABKLC XOB	
EPASEPNWR	
NEPIUNG	
AEIGMP	
SSEHC AODBR	
CAE FO SSDPAE	
NPAOI YKES	
HTEWI ATSRHCISM	
CLKAB TAC	
STWEAWHIH	
YONBE	
RVYOI	

Answers:

**Giant Panda Dominoes Dalmatian Blackpool Penny Black Blackboard Chalk Dust
White Linen Black Box Newspaper Penguin Magpie Chess Board Ace of Spades
Piano Keys White Christmas Black Cat Whitewash Ebony Ivory**

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

Registered Charity Number: 1123842 Company Number: 6468412

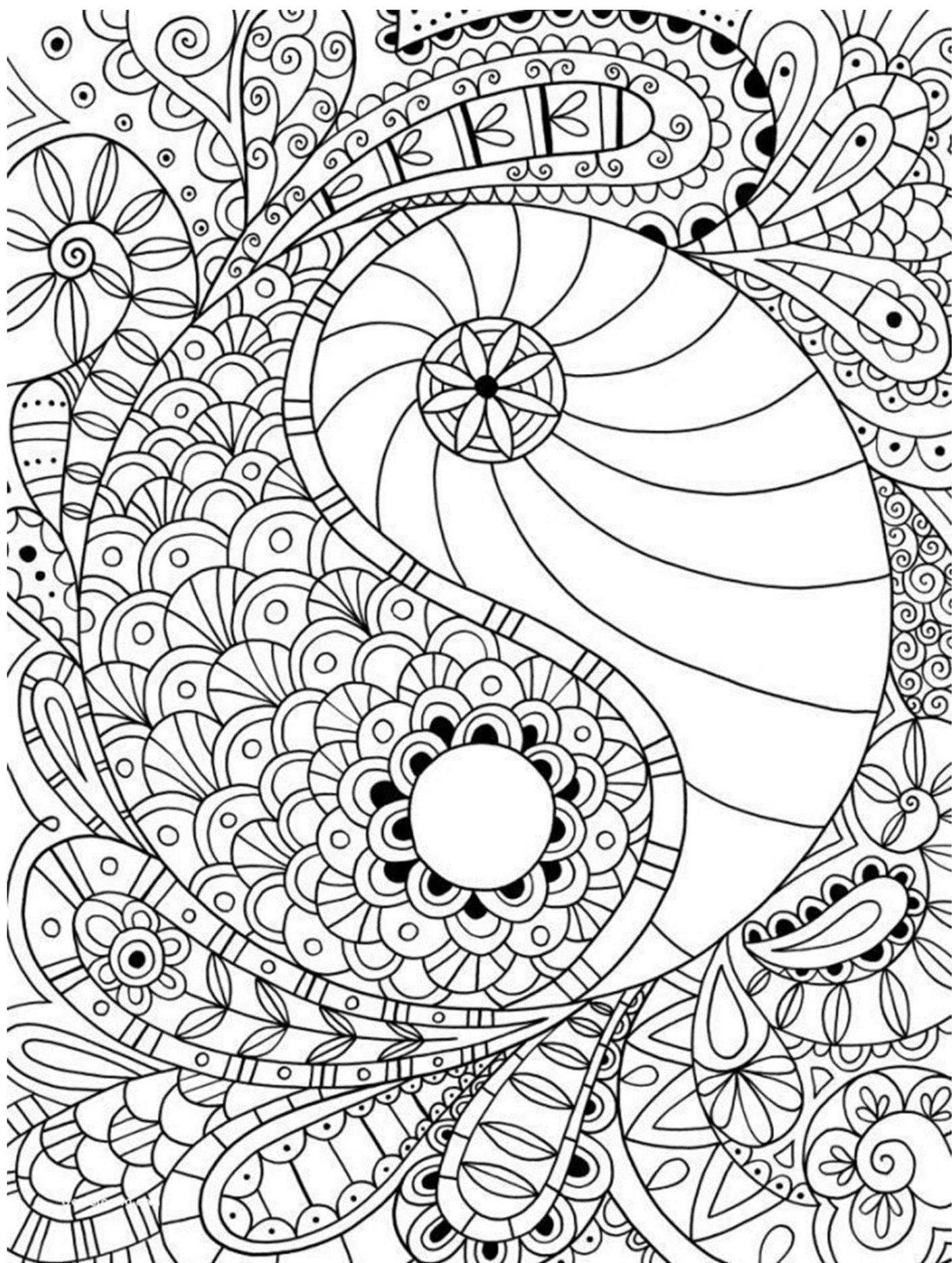
Colouring Pages



ZEBRA

PANDA





My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

**DON'T DEFINE
YOUR WORLD IN
BLACK & WHITE**



**BECAUSE THERE'S
SO MUCH HIDING
AMONGST THE GREYS**