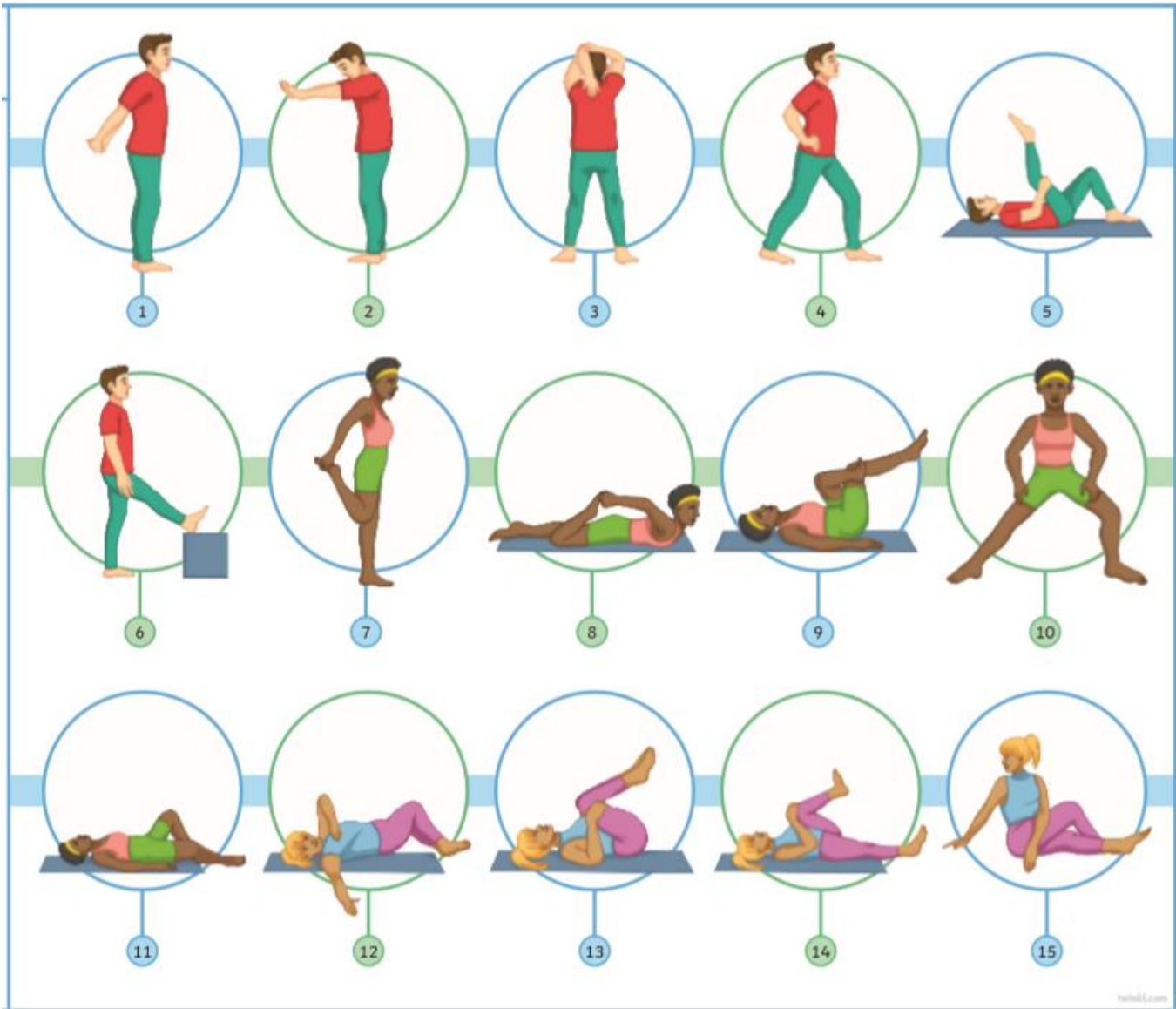


Monday

Get up & Move with today's Fitness Challenge



Stretches









1.	chest
2.	upper back
3.	back of arms
4.	calf
5.	back of thighs
6.	back of thighs
7.	front of thighs
8.	front of thighs

9.	outer thighs
10.	inner thighs
11.	inner thighs
12.	lower back
13.	lower back
14.	lower back
15.	torso

✍ Write out your postcard or draw a picture on it **ASDAN & Pawprint**

	<div data-bbox="1230 253 1390 450" style="border: 1px solid black; width: 100px; height: 88px; margin-bottom: 10px;"></div> <p>Cheesy Waffles Project Belmont Community Centre Sunderland Road Gilesgate Moor Durham DH1 2LL</p>
--	--

Choose the emoji(s) that describe how you feel:

							
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

This is because...

Tuesday

 Skills Day - Looking Back over the past 3 months

**What Skills Have I Learnt
During Lockdown?**



Social Time

🕒 **17:30 - 18:00 All Ages Zoom Activity with Lucy TALENT SHOW.**

You will need to download the 'Zoom' App to your PC, Laptop, Tablet or Phone. Please text 07808 842 205 to book in. **IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT**

Wednesday

Walking Wednesday

- 🚶 Why not walk to your nearest post box and send your postcard to us. Would you like to send anything else through the post? How many post boxes are there near you?



Q: What is an emoji

A: a small digital image or icon used to express an idea or emotion.

🗑️ Emoji Activity (on next page)

Social Time

- ① **WhatsApp Chat Session 15-20-minute slots between 5pm and 6pm for 3 members at a time with a member of staff**
IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT. You will receive a WhatsApp message on Wednesday Morning.

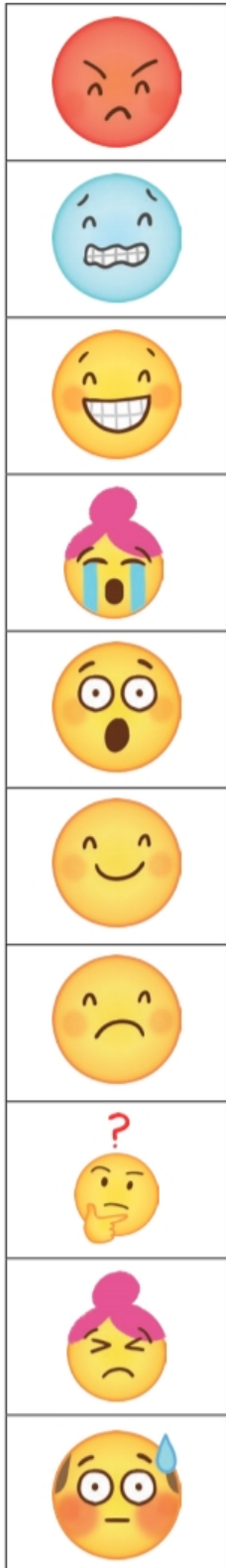
Communication

- Text Message – Send a text to the Cheesy Waffles Phone on Wednesday 10th June (07808 842 205). Only use emojis and see if Erika & Bryce can understand what message you have sent.

ASDAN Independent Living/Pawprints

Emoji Feeling Match Up Activity

Match up each emoji to the correct word for the feeling it shows.



surprised
sad
ill
really happy
unsure
embarrassed
annoyed
happy
upset
angry

Thursday

✍ Communication **ASDAN Independent Living/Pawprints**

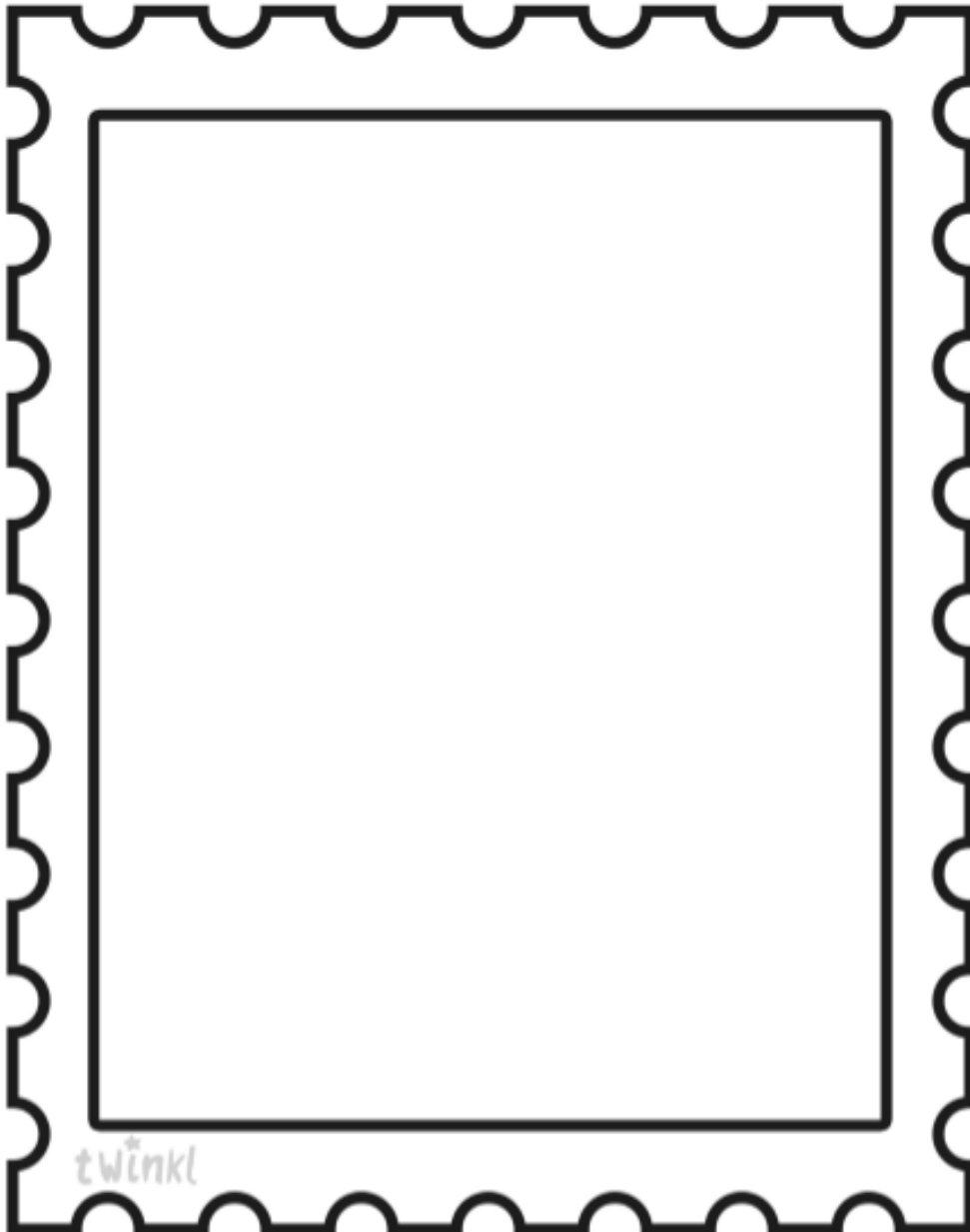
Research Time:

How much is a 1st Class Postage Stamp

How much is a 2nd Class Postage Stamp



The Queen is on our stamps, sometimes there are special stamps released with different pictures or photographs on. What would you design on a stamp?



Social Time

- ① **WhatsApp Quiz Session 15-20-minute slots between 5pm and 6pm for 3 members at a time with a member of staff**
- You will need to download the 'WhatsApp' App to your, Tablet or Phone. Please text 07808 842 205 to book in. **IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT.** You will receive a WhatsApp message on Thursday Morning.

Try learning some greetings using British Sign Language

British Sign Language Greetings



How are you?



Hello



Good



Morning



Afternoon



Night



Sorry



Thank you

✂ The Media is how we keep updated with news and events, the media uses lots of different types of communication, have a go at the wordsearch to find out about different media types

Asdan/Pawprints

The Media

t a i d e m l a i c o s
u q b i l l b o a r d e
n e h s t e l b a t c n
o i o r c h u p m i v o
i e b c k e u s t o m h
s w l o g o q e e k a p
i f n m j t n r o p g r
v m u p g r x o p w a b
e p o u e o v s f n z t
l o j t t r d r a d i o
e x n e h y e z e l n a
t i s r e p a p s w e n

newspaper

magazine

television

radio

computer

internet

social media

apps

phones

tablets

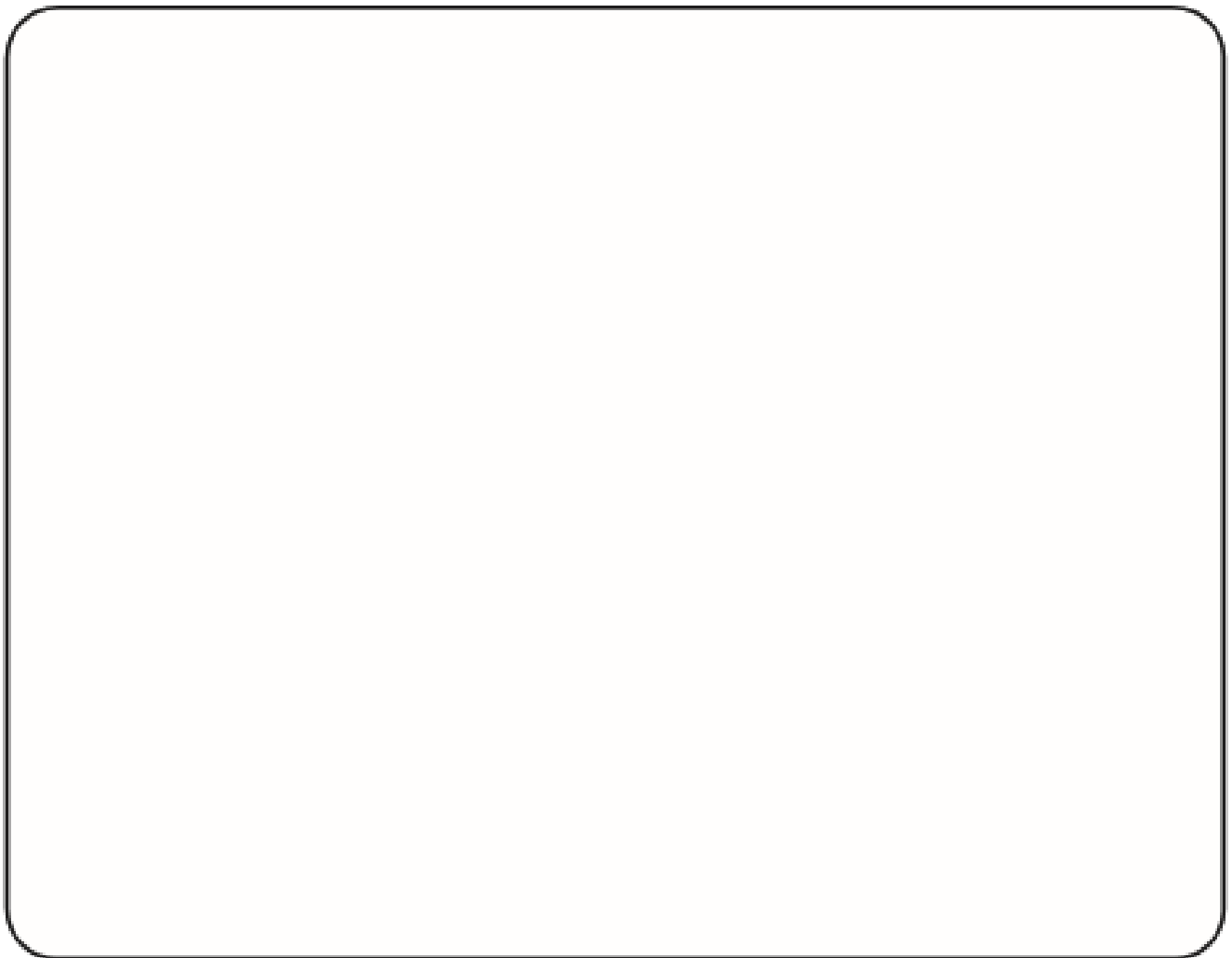
logo

billboard

Sunday

♥ **Family Day - enjoy a day with your family. What will you do? Do you want to draw a picture of you and your family?**

**This is my home and
my family.**



**Draw a picture of your home
including you and your family.**

Social Time

- ① Telephone 'call in' hour for different groups - a chance to have a chat with staff - please text 07808 842 205 if you would like to receive a phone call (please note the call may be from a different mobile number). Time Slot will be 4pm to 5pm. **IF YOU ALREADY RECEIVE A WEEKLY PHONE CALL YOU WILL AUTOMATICALLY BE ADDED TO THE LIST.**

*We hope you enjoy this week's activities
If you need any support with them
Please just get in touch*