Therapeutic Activity Pack
This activity pack is designed as a distraction technique throughout your time in prison. Throughout this pack there are a number of word searches, puzzles, quizzes and information on yoga and breathing techniques you can utilise in the morning, when you’re stressed or right before bed.

The pack aims to provide:

- Mental stimulation
- Ideas for keeping active both mentally and physically
- Help to pass time in a productive and fun way
- Distraction techniques

All answers for puzzles and quizzes can be found on pages 37-42 at the back of this pack.
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Keep Learning - Try something new, like drawing or word-search.

Stay Active - If in-cell get yourself a routine of push-ups, sit-ups, walking/jogging on the spot.

Get out of bed - get up, get washed and get dressed.

Help others - This can make you and others feel good, look out for one another. We are in this together.

Keep in touch - try and keep in touch with friends and loved ones outside.
Sleep Tips

Turn off the light - turn off your light

Have a set bedtime - Decide on a time to get into bed

Don’t drink tea or coffee or smoke before going to sleep - caffeine and nicotine can cause poor sleep

Limit Daytime naps - will keep you in a routine

Include physical activity in your daily routine

Read a book - read for enjoyment, this should relax you

Breathe - breathe in for 3 and out for 3 and relax
Word Searches
Ice Cream Flavors

COTTON CANDY
MAPLE WALNUT
PECAN
BANANA
TIGER TAIL
MOOSE TRACKS
COCONUT
ROCKY ROAD
GREEN TEA
FUDGE
REESES
CHOCOLATE
VANILLA
## Types of Dog

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- Dalmatian
- Dachshund
- Beagle
- Pinscher
- Shepherd
- Mastiff
- Setter
- Chihuahua
- Bulldog
- Collie
- Hound
- Corgi
- Terrier
- Boxer
Yoga
10 Health Benefits of Daily Yoga Practice

Just 15 minutes of yoga a day can alter your brain chemistry and boost your mood. Below is a list of benefits yoga can have for you both physically and mentally:

1. Builds muscle strength
2. Improves flexibility
3. Reduces pain
4.Boosts the immune system
5. Lowers blood pressure
6. Promotes sleep quality
7. Relaxes your body
8. Increases self esteem
9. Relieves anxiety and stress
10. Help in fighting depression

Over the next few pages there are a number of images illustrating yoga poses for when you wake up, are feeling stressed or just before bed to improve sleep quality.
Morning Yoga

The first example can be used first thing in the morning to increase your energy and mood throughout the day. Practice this for 15 minutes in the morning after you wake up to gain the best benefits.
Yoga for Stress
The examples seen below are used to help decrease overall stress levels when utilised. Practice these for 15 minutes when you are feeling stressed or frustrated.

1. **Ujjayi Breathing**
   A breath might not be a pose, but ask any yogi — breathing is really the whole point. Take deep breaths in through your nose and out through your nose. By not breathing through your mouth, you calm your nervous system, which should help you calm down.

2. **Child’s Pose**
   Fold your chest onto your knees, and take deep breaths. Child’s pose is all about getting comfy, so move out your knees and put your hands wherever feels good. Take deep breaths, and close your eyes.

3. **Pigeon Pose**
   Place your front knee outside of your hip crease, and angle your foot so that your calf is as close to parallel with the front of your mat as is comfortable. With your other leg back, straight and in line with your hip, square off your hips to the best of your ability and fold down. Breath. Do some funny ones like “ha” and “hm” sounds. Stick out the discomfort. We hold a lot of emotions in our hips, and stretching them out is very satisfying — I know that sounds silly, but trust me!

4. **Mountain Pose**
   Stand tall with your arms extended as straight and long as possible. Ground down your feet, and activate your legs. Although this pose might seem like you’re just standing, standing actively makes you feel big and powerful.

5. **Shavasana**
   Lay on your back with either ear on your mat. Close your eyes. Breathe. Enjoy the subtle compression of your belly, and listen for the vibrations on the ground.

6. **Cat-Cow Poses**
   While on your hands and knees, engage your core, and then, with an exhale, arch your spine and look up to the sky. Once you’ve exhaled all of the air in your belly, inhale and curve your spine upward so that you look like a Halloween cat. Repeat 10 to 15 times, and keep in rhythm with your breath.
Evening Yoga

The example poses below should be used when you are struggling to fall asleep late in the evening. All shown below promote better sleep.
Sudoku’s
Medium
Quiz 1

1. Where would you find the Sea of Tranquility?
2. What colour is Cointreau?

3. In "Thunderbirds", what was Lady Penelope's chauffeur called?

4. Which chess piece can only move diagonally?

5. What is sushi traditionally wrapped in?

6. Which four British cities have underground rail systems?

7. When did the Cold War end?

8. What is the world's longest river?

9. Name the director of the Lord of the Rings trilogy.

10. Name the game played on a lawn called a 'crown green'.
1. Fold in half
2. Fold in half to make crease
3. Fold in the dotted line
4. Fold in the dotted line
5. Fold in the dotted line
6. Draw a face and finished

A Dog (face)

*Traditional Diagram: Fumiaki Shingu

Blank paper provided for origami on next page...
A Tadpole

1. Fold in half
2. Fold in half
3. Open the part to make space
4. Flatten to triangle
5. Fold backward in the dotted line
6. Stick the eyes and finished

Blank paper provided for origami on next page...
A Cat

1. Fold in half
2. Fold in half to make crease
3. Fold in the dotted line
4. Fold in the dotted line
5. Turn over
6. Draw a face and finished

*Traditional Diagram: Fumiaki Shingu

Blank paper provided for origami on next page...
In Cell Exercises
7 x 7 Workout

How long can you stay in position for?

Take the 7 exercises below and hold each one for 60 seconds. No rest in between. Change the exercises to suit your level and remember to breathe!

1. Full Plank
2. Plank
3. Right Side Straight Arm Plank
4. Left Side Straight Arm Plank
5. Reverse Table Top Hold
6. Aeroplane Hold
7. Bent Arm Plank
Quiz 2

1. Name the three primary colours.

2. Name the world's largest ocean.

3. How many valves does a trumpet have?

4. When did Margaret Thatcher become Prime Minister?

5. Which popular BBC series about old collectables began in 1979, presented by Bruce Parker and Arthur Negus, and is still running to this day?
6. **What colour is absynthe?**

7. Can you unscramble the following letters to reveal a word that means quiet: LISTEN

8. Which one of the following numbers is a prime number: 12, 15, 17, 21, 27?

9. Good Friday commemorates which important event in the life of Jesus?

10. What is the tallest building in America?

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**Mindful Colouring**
Quiz 3

Can you name the logo?

3. 

2. 

4. 

5. 

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Answers
Sudoku Answers

**Easy**

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Hard

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9 7 3 2 8 4 6 1 5
8 2 1 6 7 5 4 3 9
6 5 4 9 3 1 7 8 2
Quiz Answers

Quiz 1

1. The Moon
2. Orange
3. Parker
4. A Bishop
5. Edible seaweed
7. 1989
8. Amazon
9. Peter Jackson
10. Bowl
Quiz 2

1. Red, yellow and blue
2. Pacific
3. Three
4. 1979
5. Antiques Roadshow
6. Green
7. Silent
8. 17
9. The crucifixion of Jesus
10. One World Trade Centre

Quiz 3

1. Volkswagen
2. Twitter
3. Ebay
4. Nike
5. Burger King
6. Reebok
7. Starbucks
8. Pizza Hut
9. Amazon
10. BMW
11. Pringles
12. Kelloggs
13. Michelin
14. McDonalds
15. Redbull
16. Samsung