

Resource Pack

14-16 year olds

“Education is what remains after we’ve forgotten what we have learned in school.”

Stay safe and we will see you all soon!

Inspirational Quote of the day

You must do the things you think you cannot do - Eleanor Roosevelt

Fun facts you never knew....

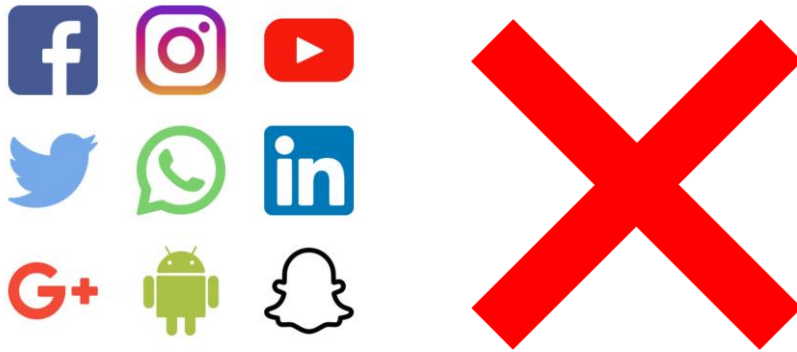
During your lifetime, you will produce enough saliva to fill two swimming pools.



Do you want to go swimming now?

Facebook, Instagram and Twitter are all banned in China.

Would you be ok with this?!



Pirates wore earrings because they believed it improved their eyesight.



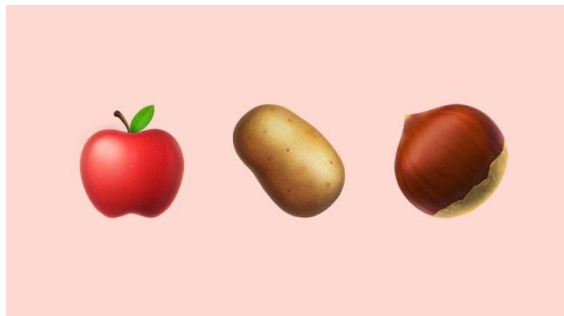
Who needs to get their ear pierced? Does your youth worker need too?

ABBA turned down 1 billion dollars to do a reunion tour.... Are they crazy?! I think so!

What would you do with 1 billion dollars? What ABBA song would you do on Karaoke?



An apple, potato, and onion all taste the same if you eat them with your nose plugged...



I dare you to try it... or maybe whenever you see your friends or youth worker again you should all do it together. If you do try it let us know!

Riddle Master Rory's Fortnightly Riddles



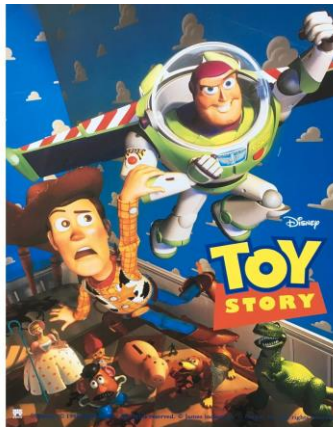
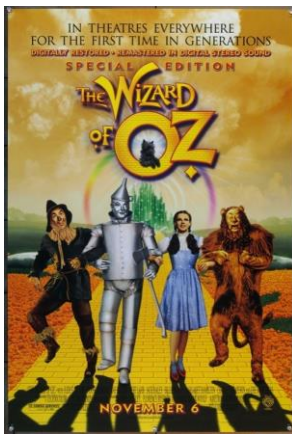
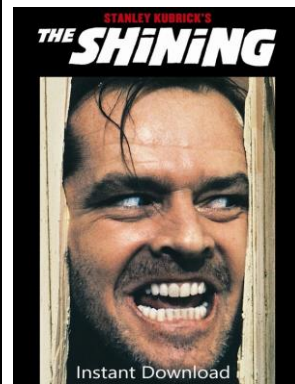
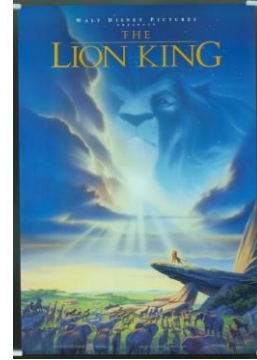
1. What has to be broken before you can use it?
2. I shave every day, but my beard stays the same. What am I?
(This is when we are not isolation and lock down)
3. I have branches, but no fruit, trunk or leaves. What am I?
4. What goes up and down but doesn't move?
5. What has words, but never speaks?
6. What can run but never walks, has a mouth but never talks,
has a head but never weeps, has a bed but never sleeps?
7. I am always hungry and will die if not fed, but whatever I
touch will soon turn red. What am I?
8. It belongs to you, but other people use it more than you do.
What is it?

Movie Lovers Assemble

Read the quotes below and match it to the movie poster below



1. "Wax on, Wax off."
2. "I'll get you, my pretty, and your little dog, too!"
3. "Just Keep Swimming."
4. "Here's Johnny!"
5. "To infinity and beyond!"
6. If you let my daughter go now, that'll be the end of it. I will not look for you, I will not pursue you. But if you don't, I will look for you, I will find you, and I will kill you."
7. "Why so Serious?"
8. "My name is Maximus Decimus Meridius, commander of the Armies of the North, General of the Felix Legions and loyal servant to the true emperor, Marcus Aurelius. Father to a murdered son, husband to a murdered wife. And I will have my vengeance, in this life or the next."
9. "Long live the king"



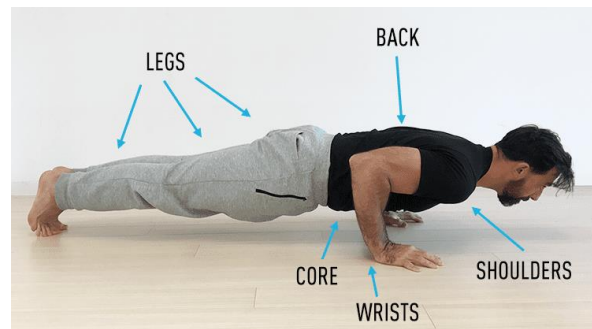
30 Minutes of Workout



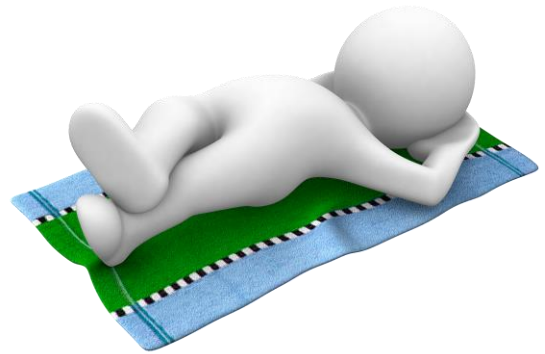
Spend **5** Minutes
Warming Up and
Stretching



Spend **3** Minutes doing
as many press ups as
you
can.



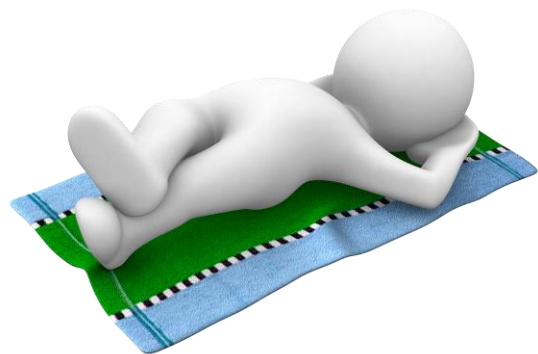
Spend **2** Minutes Resting



Spend **3** Minutes
Running on the spot

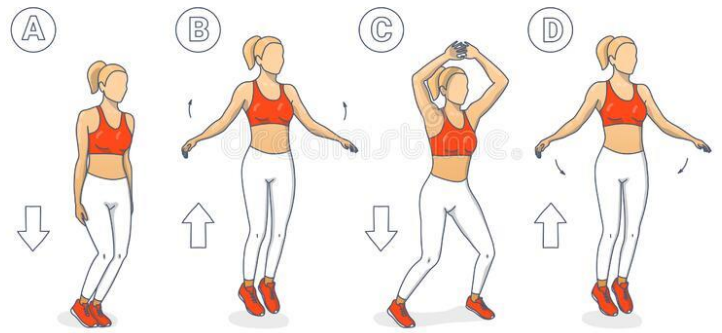


Spend **2** Minutes Resting

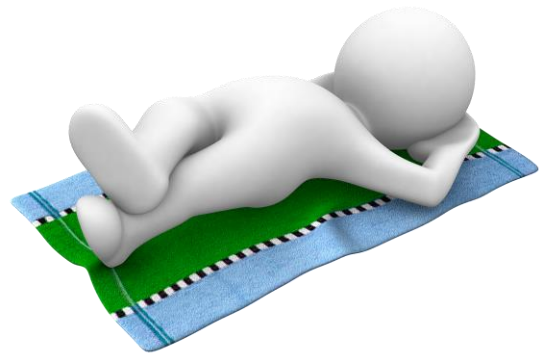


Spend **3** Minutes
doing as many star
jumps as you can.

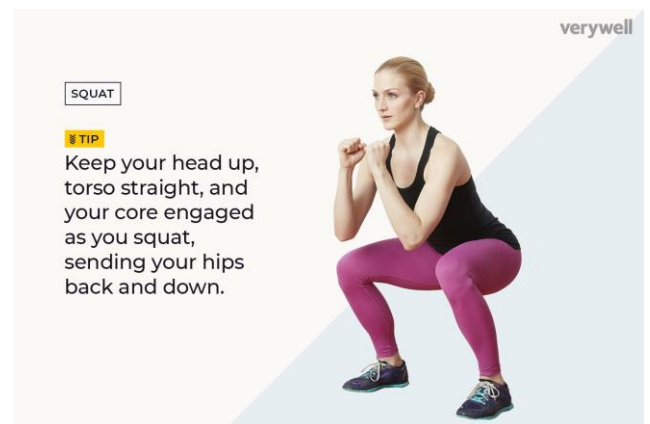
JUMPING JACKS



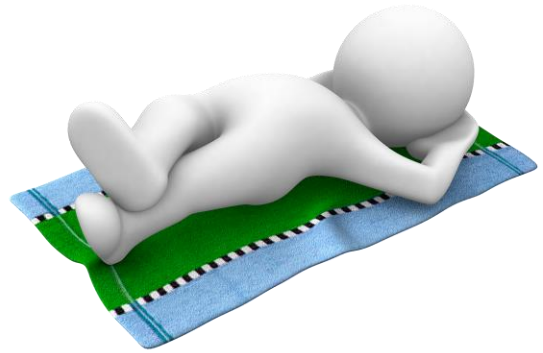
Spend **2** Minutes Resting



Spend **3** Minutes doing as
many squats as you can.



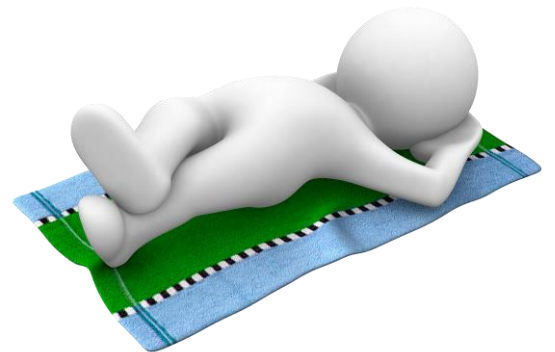
Spend **2** Minutes Resting



Spend **3** Minutes doing as many sit ups as you can.



Spend **2** Minutes Resting



WELL DONE YOU JUST COMPLETED A 30
MINUTE WORK Out
30 Day Song Challenge
See if you can complete without using the
internet! Submit your list at the end of the 30
days and the one with the most songs or unique
song on it will win a prize!

30-DAY SONG CHALLENGE

DAY 1

A song you like with a color in the title

DAY 2

A song you like with a number in the title

DAY 3

A song that reminds you of summertime

DAY 4

A song that reminds you of someone you'd rather forget

DAY 5

A song that needs to be played loud

DAY 6

A song that makes you want to dance

DAY 7

A song to drive to

DAY 8

A song about drugs or alcohol

DAY 9

A song that makes you happy

DAY 10

A song that makes you sad

DAY 11

A song you never get tired of

DAY 12

A song from your preteen years

DAY 13

A song you like from the 70s

DAY 14

A song you'd love to be played at your wedding

DAY 15

A song you like that's a cover by another artist

DAY 16

A song that's a classic favorite

DAY 17

A song you'd sing a duet with someone on karaoke

DAY 18

A song from the year you were born

DAY 19

A song that makes you think about life

DAY 20

A song that has many meanings to you

DAY 21

A song you like with a person's name in the title

DAY 22

A song that moves you forward

DAY 23

A song you think everybody should listen to

DAY 24

A song by a band you wish were still together

DAY 25

A song you like by an artist no longer living

DAY 26

A song that makes you want to fall in love

DAY 27

A song that breaks your heart

DAY 28

A song by an artist whose voice you love

DAY 29

A song you remember from your childhood

DAY 30

A song that reminds you of yourself

Word Search on Disney Characters



Disney Characters

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

Snow White	Buzz Lightyear	Sleeping Beauty	Ratatouille
Jiminy Cricket	Mickey Mouse	Pinocchio	Captain Hook
Peter Pan	Mike Wazowski	Pocahontas	Minnie Mouse
Flounder	Mary Poppins	Donald Duck	Scuttle
Ariel	Mufasa	Mowgli	Nemo
Tweedle Dee Tweedle Dum	Dumbo	Prince Charming	Cheshire Cat
Simba	Fairy Godmother	Cinderella	Lightning McQueen
Mad Hatter	Belle	Queen of Hearts	Princess Jasmine
Cruella de Ville			

Pancakes! Did some say pancakes?!

Ingredients Need:

200g of plain flour
A pinch salt
350ml of milk
2 large free-range eggs, lightly whisked
1 tbsp vegetable oil
Oil for frying



How to make pancakes:

1. Put the flour and salt into a large bowl, make a well in the centre and pour in the milk and eggs. Give the liquid mixture a quick whisk before incorporating the flour. Continue to whisk until you have a smooth batter.
- 2.
3. Now add 1 tbsp vegetable oil and whisk thoroughly.
4. Take a crêpe pan, or large frying pan, dip some kitchen paper in the oil and carefully wipe the inside of the pan. Heat the pan over a medium heat for 1 minute.
5. Add just under a ladleful of batter to the pan and immediately start swirling it round the pan to get a nice even layer.
6. Cook the pancake for 30–40 seconds. Use a palette knife to lift the pancake carefully to look at the underside to check it is golden brown before turning over. Cook the other side for approximately 30–40 seconds and transfer to a serving plate

“Minute to win it” Games

Card flip

Line up a deck of cards along the edge of a table side by side leaving a small gap in between each card. Line up the same amount of cards on each side of the table, aim of the game is to flick the card up with the back of your fingers and catch it before it hits the table again. You have to catch it with the palm of your hand facing down as it is harder. Fastest to catch them all wins.

What you need

- Pack of cards

Biscuit race

Place a biscuit on your forehead and without touching it wiggle it down your face without touching it, aim of the game being to get it into your mouth. You can do this on your own and try to beat your own time, or against family members. (don't eat too many biscuits lol)

What you need

- One biscuit

Bottle flip

Get an empty bottle and fill it with $\frac{1}{4}$ full of water and securely put the lid back on. See how many flips you can do in a minute, how many flips you can successfully do in a row, first to get to 10 flips.

What you need

- One bottle

Cup flip

You will need plastic cups and a bottle, the aim of the game is to put the cup slightly on the edge of the table and you need to flick the cup and aim to get it on the top of the bottle.

What you need

- Plastic cup
- Plastic Bottle

Pen flick

Keep your hand flat, palm to the ground, and place a pen across the top of your fingers, flick the pen up but catch it with your hand in the same position. See how many flicks you can get in a row, or within 1 minute.

What you need

- Pen

Outdoor games

Trick shot

You will need either a tennis ball or bouncy ball, make a small but difficult challenge with household items such as a wash hand basin, upside down bucket and bins to bounce the ball across and end up in a bin at the end.

What you need

- Tennis ball or bouncy ball
- Bin
- Wash hand basin
- buckets

Assault course

It's your turn to be creative and get active!! Create an assault course from anything you can find in your house! Crawl, jump, balance, run - just have fun with it!

Keepy Ups

Keep up a football for as long as you can, switch from foot to foot, then use your knees and keep going!

Juggle

Try something new and learn how to juggle - if you don't have tennis balls or juggling balls use oranges

Limbo

Set up limbo with a brush on built up buckets.

Other things to try

Bake / Cook

Learn a new skill??

Garden

Paint / Draw

Exercise indoors or outdoors

Make new fun videos or Tik Tok's

Write a letter

Keep a diary / journal on your time at home

Online blog on a topic that interests you

Board Games (monopoly, UNO, cluedo etc)

Organise or Decorate your room!

Create your own board game (get creative

Online resources

Create your own comic book

<https://www.pixton.com/uk/>

Interact with others in an online quiz or create your own

<https://kahoot.com/>

UK Safer internet centre

<https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s>

Mental Health Foundation

www.mentalhealth.org.uk

Natural History Online Tour

<https://naturalhistory.si.edu/visit/virtual-tour>

Pinterest - use this site for more creative ideas to do at home!

<https://www.pinterest.co.uk/>

Video Calls :

Google Hangouts

<https://hangouts.google.com/webchat/start>

HouseParty

<https://houseparty.com/>

DREAMSCHEME



Definitions

Coronavirus (COVID-19)

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.



Quarantine

This is a strict isolation imposed to prevent the spread of disease and involves staying at home or another location. You don't need to have symptoms of the disease to be quarantined.

Social distancing

Simple! Staying further away from people. It can mean simply standing further away from people, but also includes avoiding busy places, such as restaurants shopping centres.



#stayconnected

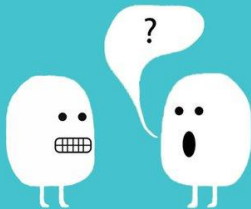


@eayouthservice
EA Youth Service

Telephone Support Lines for Young People

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
INSPIRE Students	INSPIRE provides advice on how to help and support pupils/ students.	Mental Health Alcohol and Drugs Money Exams Relationships Identity	02890328474
Lifeline	Crisis response line for people in distress or despair	Depression Mental health Suicidal thoughts Textphone users (for deaf and hard of hearing):	08088008000 18001 0808808800
Childline	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships Sex School	0800 1111 www.childline.org.uk 1-2-1 counsellor chat
The MIX	Crisis messenger text service	Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships	08088084994
NSPCC	Advice on safeguarding and child protection issues and somewhere to report concerns Web support for teenagers	Safeguarding Child abuse Child protection	08088005000 www.there4me.com
Aware	Aware is a mental health charity working exclusively for those with depression and mental health concerns	Depression Bipolar disorder	08451202961
Frank	Confidential advice on drugs	Alcohol Drugs	03001236600
SIMON Community	Support for individuals and families who are at risk of becoming homeless	Homelessness Housing	08001712222
Family Planning Association	Advice on sexual health	Sexual health Pregnancy Contraception STDs	03451228687
Domestic and Sexual Violence Helpline	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808021414

Look after yourself



Connect with others...

if you can use technology to stay in touch, use video chat, normal chat or message your friends...if you can. Check up on family and friends to see if they are OK. Use the time to improve your existing relationships.

Exercise...

Limit your time outside and keep your distance from other people; but still get fresh air in your garden, or go for a short walk, run or cycle. Also take care of your mind by meditating, or take time to work through any worries and connect with others for support. and keep to a daily routine if you can



Manage your mind.

While connecting with others or exercise can help, you can also learn a new skill or spend time on a hobby. There are a wealth of free tutorials online you can follow.

Eat well

With lots of free time it might be hard to keep the snacks to a minimum. Instead unleash your hidden Chef, follow video tutorials, make a pancake or 10, make a stew or treat your parents to something new. Try new foods, be healthy, try meat free Mondays or Fruit on Fridays!



#stayconnected



@eayouthservice
EA Youth Service

DREAMSCHEME



walkwaycommunityassociation
part of your growing community