

# Resource Pack

## 16-24 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!**

## Activities for 16-24 year olds

### ***Inspirational Quote of the day***

***“The needs of the many outweigh the needs of the few, or the one”***

***Spock***

### ***Fun facts you never knew....***

- North Korea and Cuba are the only places you can't buy Coca-Cola



- Napoleon was once attacked by thousands of rabbits



Napoleon Bonaparte was once one of the most powerful men in Europe, but he suffered an ignominious defeat at the hands (or paws) of rabbits. After a military victory, Napoleon's chief of staff organized a rabbit hunt to celebrate. Thousands of rabbits were brought in to be set loose, but instead of hopping away when the cages were opened, they turned to attack, swarming the partygoers. After trying and failing to shoo them away, the great Emperor Napoleon ran for the safety of his carriage.

- **Vending machines Kill more people than sharks per yr (13)** Two people are crushed to death every year in the United States alone by trying to tilt faulty vending machines.



- **PEOPLE REPORTEDLY PREFER BLUE TOOTHBRUSHES OVER RED ONES.** Go check yours now!!



- **ALL APES LAUGH WHEN THEY ARE TICKLED.**  
.....although I dare you to try



- **THE TV REMOTE IS THE DIRTIEST ITEM IN A TYPICAL HOUSEHOLD, HOSPITAL, OR HOTEL ROOM.....** Don't let anyone touch yours for 12 weeks



## **Big Barry's Bi-Weekly Quiz**

**If you can answer any of these questions we would be impressed!**

1. What was the first name of the Spanish artist Dali?
2. Mont Blanc is the highest mountain in which European mountain range?
3. How many days are there in February in a leap year?
4. Which mode of transport has parts called an envelope, burner and basket?
5. If something is done in a clandestine way, how is it done?
6. Give the four initials of the organisation responsible for maintaining a database of drivers in Great Britain?
7. In the Second World War what was the German equivalent of the RAF?
8. Which dance move, in which the dancer moves backwards, was made popular by Michael Jackson?
9. Which large animal's name comes from the ancient Greek words for "river horse"?
10. What's the name of the historical embroidered long cloth which depicts events leading up to the Battle of Hastings?
11. What colour is the circle on the Japanese flag?
12. If a letter of the alphabet is not a vowel, what must it be instead?
13. What was originally considered to be the ninth planet from the Sun but after 1992 had its status as a large planet changed?
14. How many teeth does an adult have?
15. Which 13th-century Scottish warrior was played by Mel Gibson in the film *Braveheart*?
16. Not including jokers, how many cards are there in a complete pack of playing cards?
17. Which sport is played on a lawn and involves hitting plastic or wooden balls with a mallet through hoops?
18. By which three letter abbreviation do we better know the name given to the genetic instructions of all known living organisms?
19. Name the only American president to resign from office?
20. Which gas is balloon gas, which is used to fill party balloons that float in the air?

***Inspirational Quote of the day***

***“A ship is always safe at shore, but that is not what it was built for”***

***Albert Einstein***

***Quick and easy recipes for 15 minute meals***

***French bread pizza***



***Ingredients;***

- ***French bread (stick) or Italian bread (like ciabatta) halved and cut lengthways***
- ***Jar of pasta sauce or Bolognese sauce***
- ***Peperoni slices or salami slices***
- ***Grated cheddar cheese or mozzarella ball (any and all cheese is good)***
- ***Optional vegetables of choice (peppers/ onion/ tomato sliced)***
- ***Set oven for 230 deg C***

**Method,**

***First take your sliced bread and lay it out flat and separate the 2 halves-***



***Next, cover the inside of both halves with a couple of big spoonfuls of Bolognese/ pasta sauce***

***Add your meat of choice and veg of choice***

***Sprinkle over grated cheese and tear up mozzarella (if using it) and place over the top of your meat/ sauce/ veg***

***Place in the top of your preheated oven and cook for 10 mins or longer if you've gone mad with the toppings.***

***Lastly..... slice up and enjoy!!***

***This is a simple and easy meal, the bread need not be the freshest and the toppings can be anything from ham and pineapple to a full on veg-fest!***

***“Bellissimo”***

## Famous Bands

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

PSY  
 FLEETWOOD MAC  
 QUEEN  
 WESTLIFE  
 MADNESS  
 ONE DIRECTION  
 TAKE THAT  
 MCFLY  
 LITTLE MIX  
 GREEN DAY  
 THE WHO  
 BUSTED  
 UNION J  
 MUSE  
 LAWSON  
 ELBOW  
 BLUR  
 OWL CITY  
 PINK  
 WANTED

Play this puzzle online at : <http://thewordsearch.com/puzzle/198/>

# Sudoku – Easy Puzzle 1

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 9 | 6 |   | 4 |   |   | 3 |   |
|   | 5 | 7 | 8 | 2 |   |   |   |   |
| 1 |   |   | 9 |   |   | 5 |   |   |
|   |   | 9 |   | 1 |   |   |   | 8 |
| 5 |   |   |   |   |   |   |   | 2 |
| 4 |   |   |   | 9 |   | 6 |   |   |
|   |   | 4 |   |   | 3 |   |   | 1 |
|   |   |   |   | 7 | 9 | 2 | 6 |   |
|   | 2 |   |   | 5 |   | 9 | 8 |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 7 |   |   |   | 9 |   | 8 |
|   | 3 |   | 1 | 7 |   |   |   | 4 |
|   |   |   |   |   | 6 |   |   |   |
| 6 | 9 | 8 | 7 | 4 |   | 3 |   |   |
|   |   | 3 |   | 1 |   | 4 |   |   |
|   |   | 1 |   | 3 | 9 | 7 | 6 | 2 |
|   |   |   | 4 |   |   |   |   |   |
| 9 |   |   |   | 5 | 1 |   | 4 |   |
| 4 |   | 5 |   |   |   | 1 |   |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   | 9 |   |   | 6 |
|   |   |   |   |   | 3 | 8 | 5 | 1 |
|   | 6 | 2 |   | 1 | 5 |   |   |   |
|   |   | 7 |   |   |   |   | 6 |   |
|   | 2 | 1 | 9 | 7 | 6 | 3 | 8 |   |
|   | 3 |   |   |   |   | 1 |   |   |
|   |   |   | 4 | 5 |   | 9 | 7 |   |
| 2 | 5 | 8 | 6 |   |   |   |   |   |
| 4 |   |   | 3 |   |   |   |   |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 | 9 |   |   | 7 | 4 |   |   |   |
|   | 1 |   |   |   |   | 4 |   |   |
| 6 | 7 |   | 9 |   | 5 |   |   |   |
|   | 8 |   | 2 |   | 6 |   |   |   |
|   | 6 |   | 8 | 4 | 7 |   | 2 |   |
|   |   |   | 5 |   | 1 |   | 8 |   |
|   |   |   | 7 |   | 8 |   | 9 | 2 |
|   |   | 6 |   |   |   |   | 1 |   |
|   |   |   | 4 | 1 |   |   | 5 | 8 |

# Sudoku – Medium Puzzle 2

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 7 |   |   | 3 |   |   | 1 |   |
| 1 | 3 | 9 |   | 8 | 2 |   | 6 |   |
| 6 |   |   |   |   |   |   | 8 |   |
| 7 |   | 2 |   |   |   |   |   | 1 |
|   |   |   | 9 |   | 4 |   |   |   |
| 8 |   |   |   |   |   | 9 |   | 6 |
|   | 8 |   |   |   |   |   |   | 5 |
|   | 5 |   | 1 | 4 |   | 2 | 9 | 7 |
|   | 1 |   |   | 9 |   |   | 3 |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 7 |   |   |   | 8 |   | 6 |
|   |   | 3 | 8 |   | 2 |   |   |   |
| 6 |   |   |   |   | 4 | 9 | 5 |   |
| 3 | 6 |   |   | 1 |   |   |   |   |
| 4 |   |   | 3 |   | 5 |   |   | 7 |
|   |   |   |   | 2 |   |   | 3 | 9 |
|   | 9 | 1 | 5 |   |   |   |   | 4 |
|   |   |   | 2 |   | 1 | 7 |   |   |
| 8 |   | 4 |   |   |   | 2 |   |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 4 | 7 |   |   | 3 |   |   | 5 |
|   |   |   | 6 | 8 | 7 |   | 4 |   |
|   |   |   | 2 | 4 |   | 9 |   | 7 |
|   |   | 6 |   |   |   |   | 1 | 8 |
|   |   |   |   | 1 |   |   |   |   |
| 2 | 7 |   |   |   |   | 5 |   |   |
| 8 |   | 5 |   | 6 | 1 |   |   |   |
|   | 9 |   | 8 | 5 | 2 |   |   |   |
| 1 |   |   | 9 |   |   | 8 | 5 |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 | 3 |   |   |   | 7 |   |   | 1 |
| 1 | 8 |   | 5 | 3 |   | 4 |   |   |
|   | 4 | 6 |   |   |   |   |   |   |
|   | 5 |   |   |   | 8 |   |   | 2 |
|   | 6 |   |   | 2 |   |   | 9 |   |
| 9 |   |   | 3 |   |   |   | 1 |   |
|   |   |   |   |   |   | 8 | 2 |   |
|   |   | 3 |   | 5 | 9 |   | 4 | 7 |
| 5 |   |   | 7 |   |   |   | 3 | 9 |

# Sudoku – Hard Puzzle 1

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   |   | 8 |   | 6 |
| 4 |   | 5 | 6 | 9 |   |   | 1 |   |
|   |   | 9 |   |   | 2 | 4 |   |   |
| 5 |   |   |   |   | 3 |   | 8 |   |
|   |   | 7 | 8 |   | 9 | 6 |   |   |
|   | 9 |   | 2 |   |   |   |   | 3 |
|   |   | 4 | 7 |   |   | 1 |   |   |
|   | 6 |   |   | 4 | 1 | 7 |   | 8 |
| 7 |   | 3 |   |   |   |   |   |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 8 |   |   | 7 |   |   |   |
| 5 |   |   |   |   |   | 7 |   | 1 |
| 9 | 2 |   | 1 |   |   |   | 3 | 6 |
|   |   |   | 8 | 7 | 2 |   |   | 5 |
|   |   | 9 |   |   |   | 3 |   |   |
| 1 |   |   | 9 | 5 | 3 |   |   |   |
| 3 | 7 |   |   |   | 9 |   | 4 | 8 |
| 2 |   | 6 |   |   |   |   |   | 9 |
|   |   |   | 7 |   |   | 2 |   |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 4 | 2 |   | 8 | 6 |   |   |
|   |   |   |   | 9 |   |   |   | 5 |
|   | 8 |   |   | 4 |   |   | 1 | 7 |
|   | 6 |   |   |   | 9 | 5 |   |   |
|   |   | 9 | 7 | 6 | 5 | 8 |   |   |
|   |   | 5 | 4 |   |   |   | 6 |   |
| 6 | 4 |   |   | 2 |   |   | 5 |   |
| 3 |   |   |   | 8 |   |   |   |   |
|   |   | 2 | 3 |   | 6 | 1 |   |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 |   | 5 |   |   | 1 |   |   |   |
| 4 |   | 3 | 9 |   |   |   | 5 |   |
|   | 8 |   | 7 | 5 |   |   |   |   |
|   | 5 | 1 |   |   |   |   |   | 3 |
| 8 | 4 |   |   |   |   |   | 7 | 6 |
| 6 |   |   |   |   |   | 1 | 8 |   |
|   |   |   |   | 9 | 6 |   | 1 |   |
|   | 9 |   |   |   | 3 | 8 |   | 7 |
|   |   |   | 1 |   |   | 5 |   | 9 |

## Riddles

I have no doors but I have keys, I have no rooms but I do have a space, you can enter but you can never leave. What am I?

What do you find at the end of the line?

I call the trees my home, yet I never go inside, and if I ever fall off the tree I will be surely be dead.

Math teacher: I have 2 apples in one hand, one in the other and one on my lap but it doesn't keep the doctor away and cannot be safely eaten. What kind of apples do I have?

I have hands, yet I cannot shake your hand, cannot give you five and have no fingers. What am I?

## **“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 ¼ 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](http://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/>

# 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**

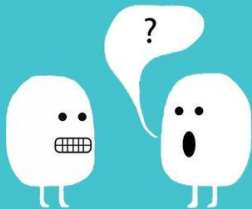


**@eayouthservice**  
**EA Youth Service**

## Telephone Support Lines for Young People

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



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