



Activity Pack

APRIL 2020



CHAIR BASED EXERCISE EDITION

#BeatTheBoredom



WELCOME to your personal MSV “Beat the Boredom” Activity Pack

We, at MSV, want you to stay active physically and mentally and enjoy a variety of activities that you can do on your own

This activity pack includes chair based exercises that you can do in the comfort of your own home. These gentle exercises are NHS approved and can be done on a chair, on your sofa, or stairs (if you have them)

Don't worry, we have also included your favourites...

word searches, crosswords, quizzes and colouring. Please speak to your scheme manager if you need access to coloured pens etc. If you have any suggestions for future activities, we want to hear from you

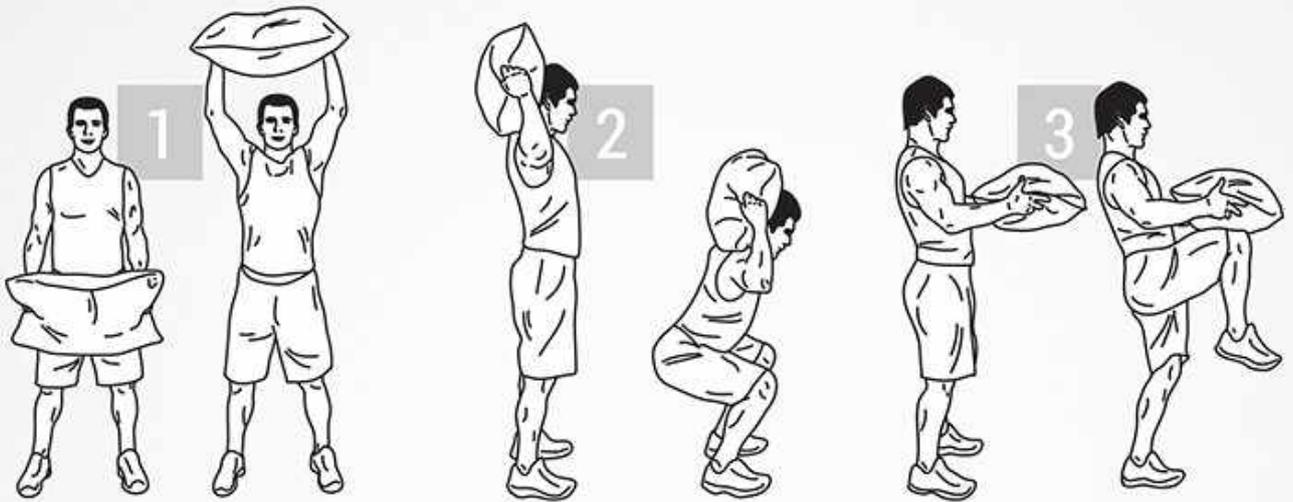


ENJOY and STAY SAFE



pillow workout

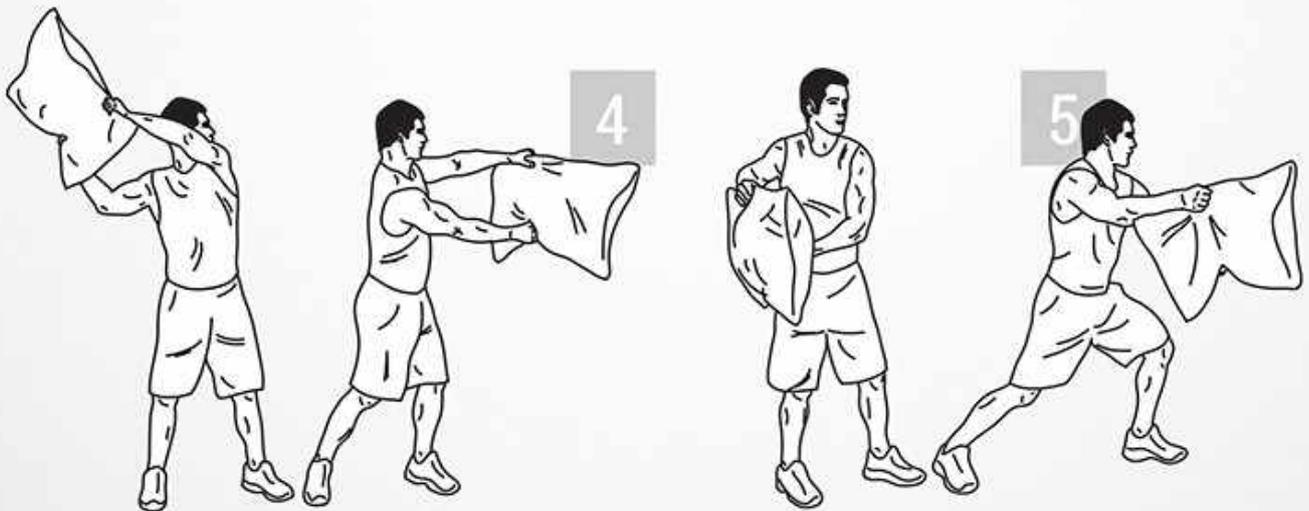
repeat 5 times | up to 2 minute rest between sets



20 pillow presses

10 pillow squats

10 pillow high knees



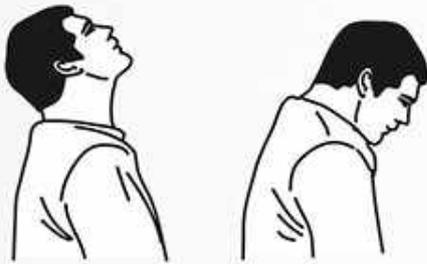
20 pillow strikes

20 pillow lunges

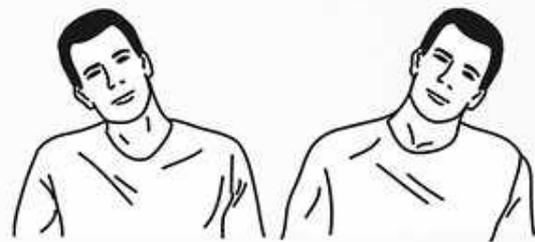


NECK PAIN & TENSION RELIEF

repeat 3 times | up to 2 minute rest between sets



10 back and forth tilts



10 side-to-side tilts



10 neck rotations



10-count press



10-count press



10-count alternating side press



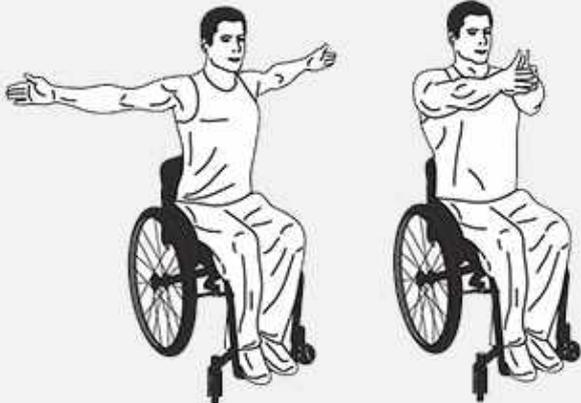
10-count alternating chin press



CHAIR-BASED



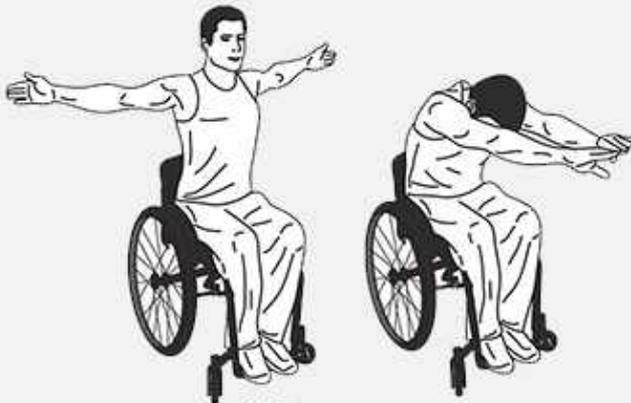
repeat 3 times | up to 2 minute rest between sets



20 chest expansions



20 side arm raises



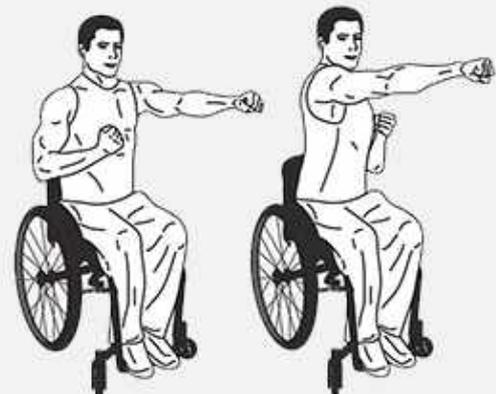
10 dives



10 raised arm circles
5 clockwise / 5 counterclockwise



20 overhead punches



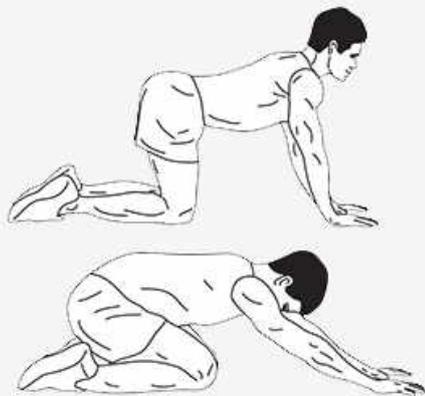
20 punches



BACK PAIN & TENSION RELIEF

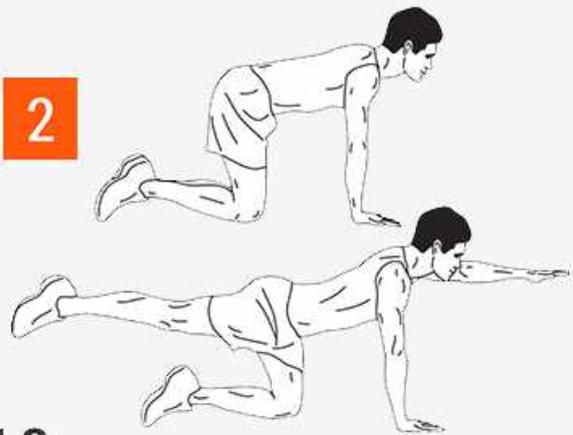
repeat 3 times | up to 2 minute rest between sets

1



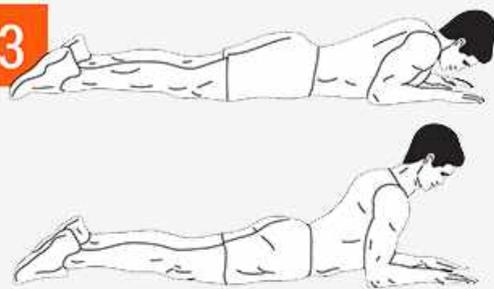
10 bottom to heels stretch

2



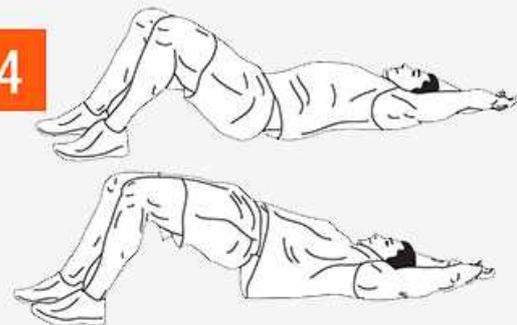
10 opposite arm / leg raises

3



10 back extensions

4



10 bridges

5



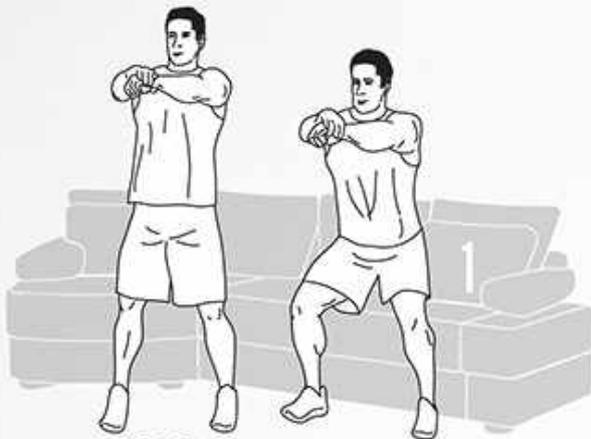
10 knee rolls



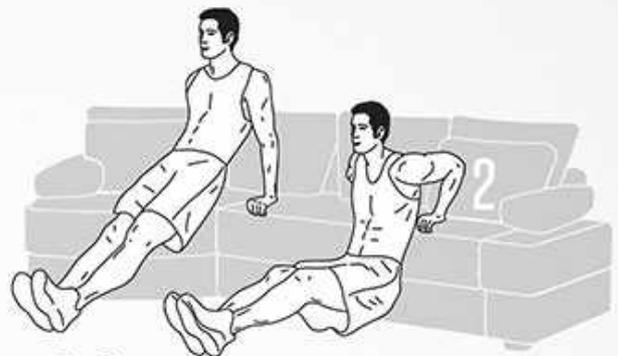


sofa workout

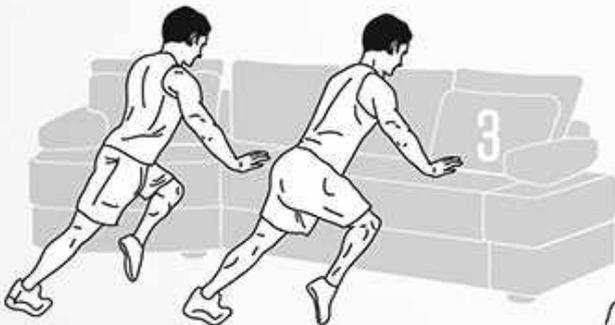
repeat 3 times | up to 2 minute rest between sets



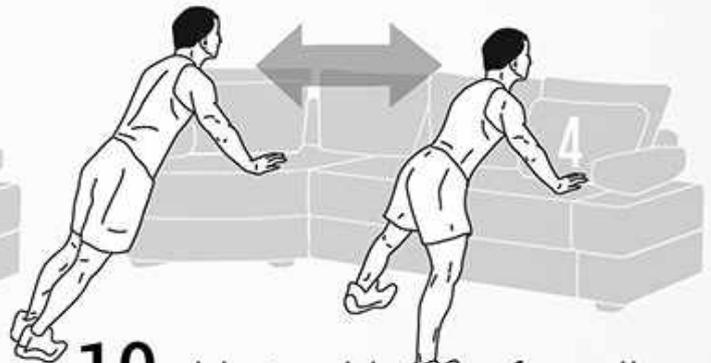
20 half squats



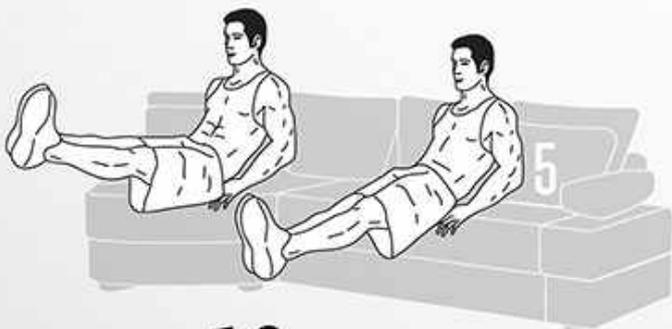
10 sofa dips



20 climbers



10 side-to-side sofa walks



10 leg raises



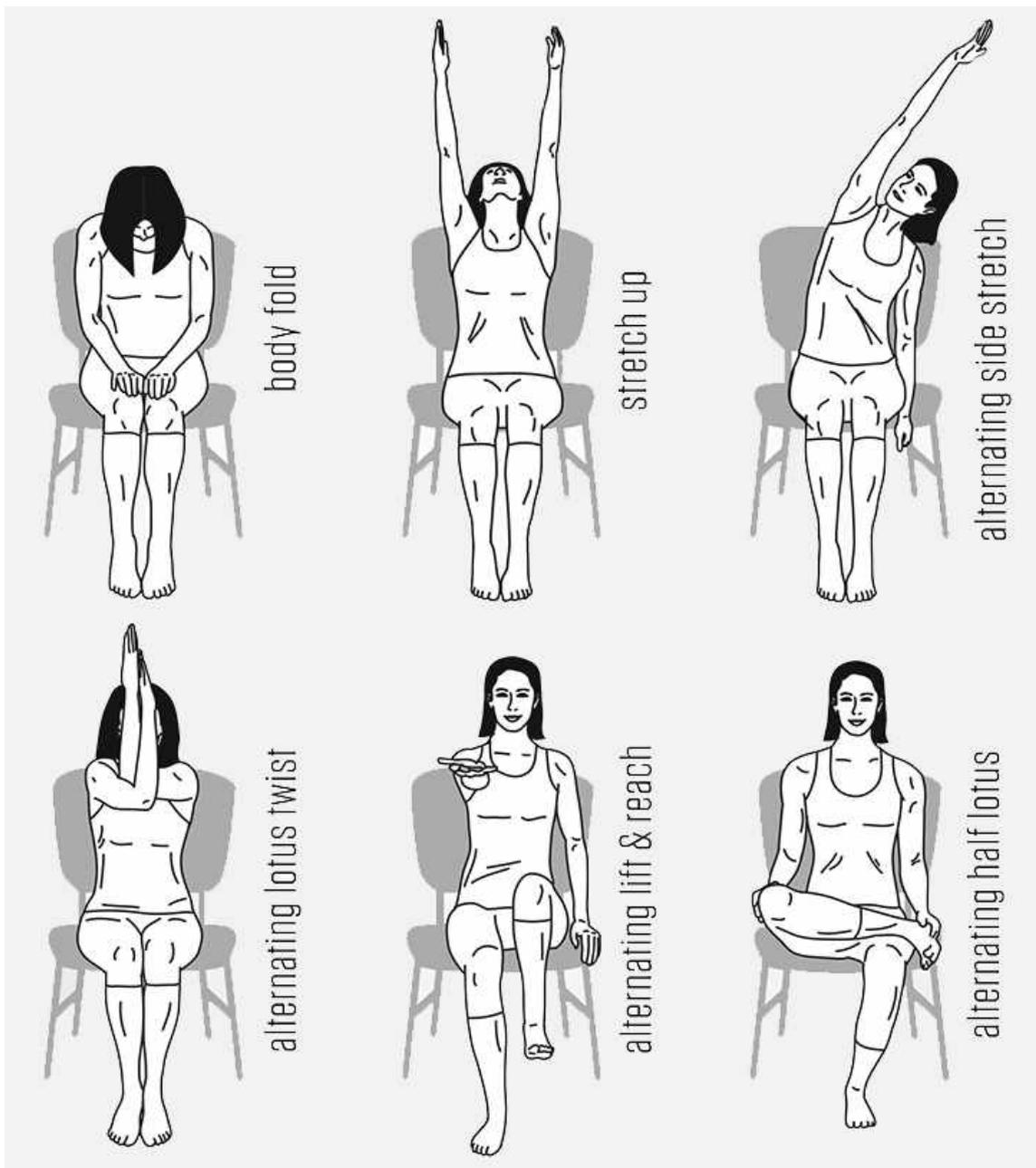
10 raised leg circles



YOGA

STRETCH AND FOCUS

3 minute workout | spend 30 seconds on each movement



CHAIR-BASED



repeat 3 times | up to 2 minute rest between sets

PULL BACK



BICEP CURL



TRICEP EXTEND



SEATED ROWING



SEATED SIT-UP



HIP LIFT



KNEE EXTEND



KNEE FLEXION



ANKLE DORSIFLEXION



TOE RAISE



CHAIR SQUAT



**WORKOUT
FOR THOSE
WITH
RESISTANCE
BANDS**

Beat the Boredom



CROSSWORD

EARTH DAY

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18						19				
20			21					22	23					
24						25	26				27	28	29	30
31					32							33		
			34	35						36	37			
	38	39						40	41					
42							43							
44					45	46					47	48	49	50
51			52		53						54			
			55	56						57	58			
59	60	61				62	63	64					65	
66						67							68	
69						70							71	



ACROSS

- | | | | |
|----|-------------------------------------|----|--|
| 1 | Spiritedness | 40 | Container usually made of glass or plastic |
| 4 | Review | 42 | Spew forth violently |
| 9 | Rubbish | 43 | Relating to the sun |
| 14 | Wing like part on a living organism | 44 | Knot |
| 15 | Help | 45 | Complain |
| 16 | Recycle | 47 | Asian country |
| 17 | Tear | 51 | Phone |
| 18 | Striped animal | 53 | Weightless |
| 19 | Enthusiastic | 54 | Treaty organisation |
| 20 | What we breathe | 55 | Young men's Christian Association |
| 22 | Require | 57 | Employ (2 words) |
| 24 | Italian money | 59 | Chili con _____ |
| 25 | Baseball glove | 62 | Bird claw |
| 27 | Dirt | 65 | Business title ending |
| 31 | Canal | 66 | Girl in Wonderland |
| 32 | Vice _____ | 67 | Drug doers |
| 33 | Pacific Standard Time | 68 | Constellation |
| 34 | French city | 69 | Day's opposite |
| 36 | Sacred poem | 70 | Ply |
| 38 | Away from home | 71 | High naval rank (<i>abbr.</i>) |



DOWN

- 1 Type of probation
- 2 Medicinal drink
- 3 Ancient paper (*plr.*)
- 4 Take down
- 5 Fair
- 6 Taxi
- 7 Mixture of gasses that surrounds the earth
- 8 Places in soil
- 9 Leaf maker
- 10 Looks at a book
- 11 August (*abbr.*)
- 12 South southeast
- 13 Possessive pronoun
- 21 Celtic language
- 23 Estimated time of arrival (*abbr.*)
- 25 Repair
- 26 Internal Revenue Service
- 28 Opaque gem
- 29 Island
- 30 Long-term memory
- 32 Volume (*abbr.*)
- 35 Still
- 36 School group
- 37 Opposite of weak
- 38 Melody or song
- 39 Anything that is burned as a source of energy
- 40 Emaciated
- 41 Bullfight cheer
- 42 And so forth
- 43 Mr.
- 45 Western Athletic Conference
- 46 Interruption
- 48 Capital of the Philippines
- 49 Made amends
- 50 Non-commissioned officer
- 52 Type of mob
- 56 Get together
- 57 Painful
- 58 Institution (*abbr.*)
- 59 Metal container for food or other products
- 60 Boxer Muhammad _____
- 61 Set up
- 63 Tree
- 64 Downwind

WORD SEARCH



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

Find the words below in the above word-grid. Words can be horizontal, vertical, diagonal and in any direction...

Air	Home	Recycle
Animals	Litter	Resource
Bottles	Nature	Solar
Cans	Ocean	Sort
Earth	Paper	Trash
Fuel	People	Trees
Habitat	Pollute	Water



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

Find the words below in the above word-grid. Words can be horizontal, vertical, diagonal and in any direction...

Calf	Gosling	Owlet
Cub	Joey	Poult
Duckling	Kit	Pup
Fawn	Kitten	Shoat
Fledgling	Larva	Squab
Foal	Nit	Tadpole
Fry	Nymph	Whelp

EARTH DAY QUIZ



1. How long does it take disposable diapers to decompose in a landfill?

A) 550 years B) 3 months C) 10 years D) 2 weeks

2. How long does it take paper products to decompose in a landfill?

A) 5 days B) 2-6 days C) 2-6 weeks D) 8 months

3. How long does it take Styrofoam products to decompose in a landfill?

A) 250 years B) 20 years C) Never D) 6 months

4. How long does it take foil to decompose in a landfill?

A) 20 years B) 3 years C) 1 year D) Never

5. What does organic mean?

A) No pesticides used. B) No manure used. C) Grown indoors. D) Not touched by hands.

6. What is the greenhouse effect?

A) Certain gases trap the energy from the sun which makes the earth warmer.

B) Electrical waves trapped under ground make the earth warmer.

C) Cell phone towers cause interference in the ozone warming the earth.

7. Where did the Exxon Valdez oil spill happen?

A) Alaska. B) Maine. C) Florida. D) Mexico

8. What item can be composted and turned into food for your garden?

A) Eggshells. B) Tires. C) Soda cans. D) Plastic bags

9. What uses the most energy in your home?

A) Stove B) Hot water heater C) Heat/Air Conditioning D) Lights

10. What species are threatened by global warming?

A) Koala B) Black Bear C) Arctic Horses D) Seals

11. What is most frequently found in beach cleanups?

A) Aluminum cans B) Paper products C) Plastic items D) Styrofoam



12. Paper can be made from what items?

A) Hemp B) Panda Excrement C) Wood D) All of these

13. What is the greenest form of transportation?

A) Car B) Bike C) Bus D) Train

14. The average American generates more than 4 lbs. of trash per day.

True False

15. What percent of the earth's water is in the oceans?

A) 50% B) 25% C) 97% D) 76%

16. What percentage of specials in the sea remain undiscovered?

A) 91% B) 22% C) 8% D) 80%

17. The magnetic north and south poles change location over time.

True False

18. Why do redwood's live so long? (500-700 up to 2000 years.)

A) Thick bark. B) Bark is resistant to insects. C) Climate D) All of these

19. When was the first Earth Day?

A) 1970 B) 2009 C) 1986 D) 1998

20. What Soviet nuclear plant disaster is considered the worst nuclear in history.

A) Beloyarsk B) Chernobyl C) Rostov D) Greifswald

21. What year did the US EPA declare greenhouse gasses a threat to public health?

A) 1975 B) 1985 C) 1996 D) 2009

22. In 1996 the US EPA issued regulations requiring home buyers/renters be told of the presence of what dangerous material in household paint?

A) Arsenic B) Lead C) Mold D) acetate



23. The melting of Greenland ice sheets is an immediate threat to what animal?

A) Polar Bears B) Penguins C) Killer Whales D) Artic Horses

24. What bird was removed from the endangered species list in 2007?

A) Bald eagle B) Dodo C) Black Hawk D) Pelican

25. How much air pollution comes from motor vehicles?

A) 25% B) 50% C) 75% D) 95%

26. What of the following helps reduce air pollution?

A) Cruise control B) Fluorescent lights C) Water based products D) All of these

27. Who is the founder of Earth Day?

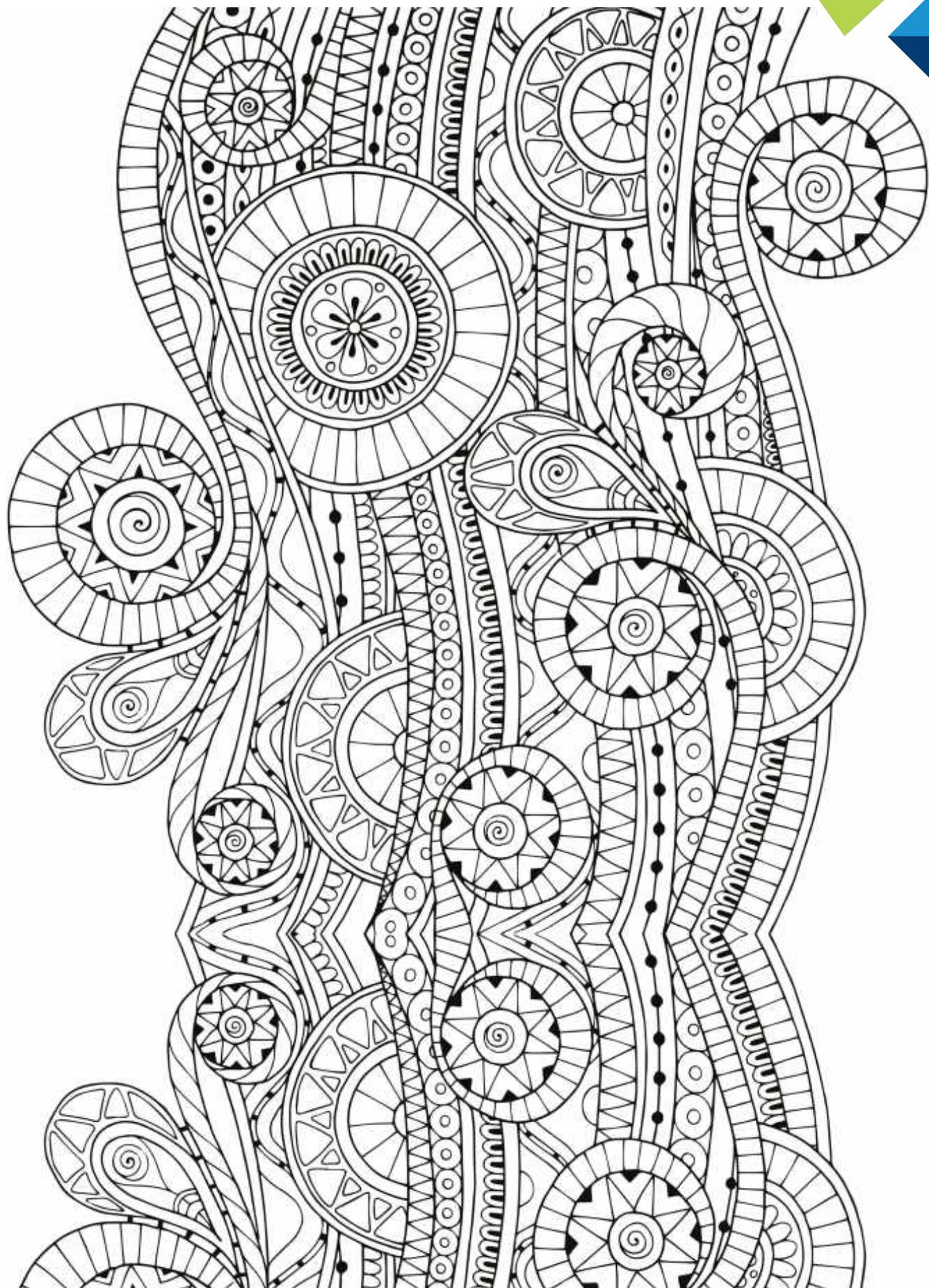
A) Jimmy Carter VP B) Al Gore C) Senator Gaylord Nelson D) John F Kennedy





COLOURING







Healthy Body Healthy Mind



QUIZ ANSWERS

spoiler alert:
answers are from this point forward

ANSWER

EARTH DAY CROSSWORD

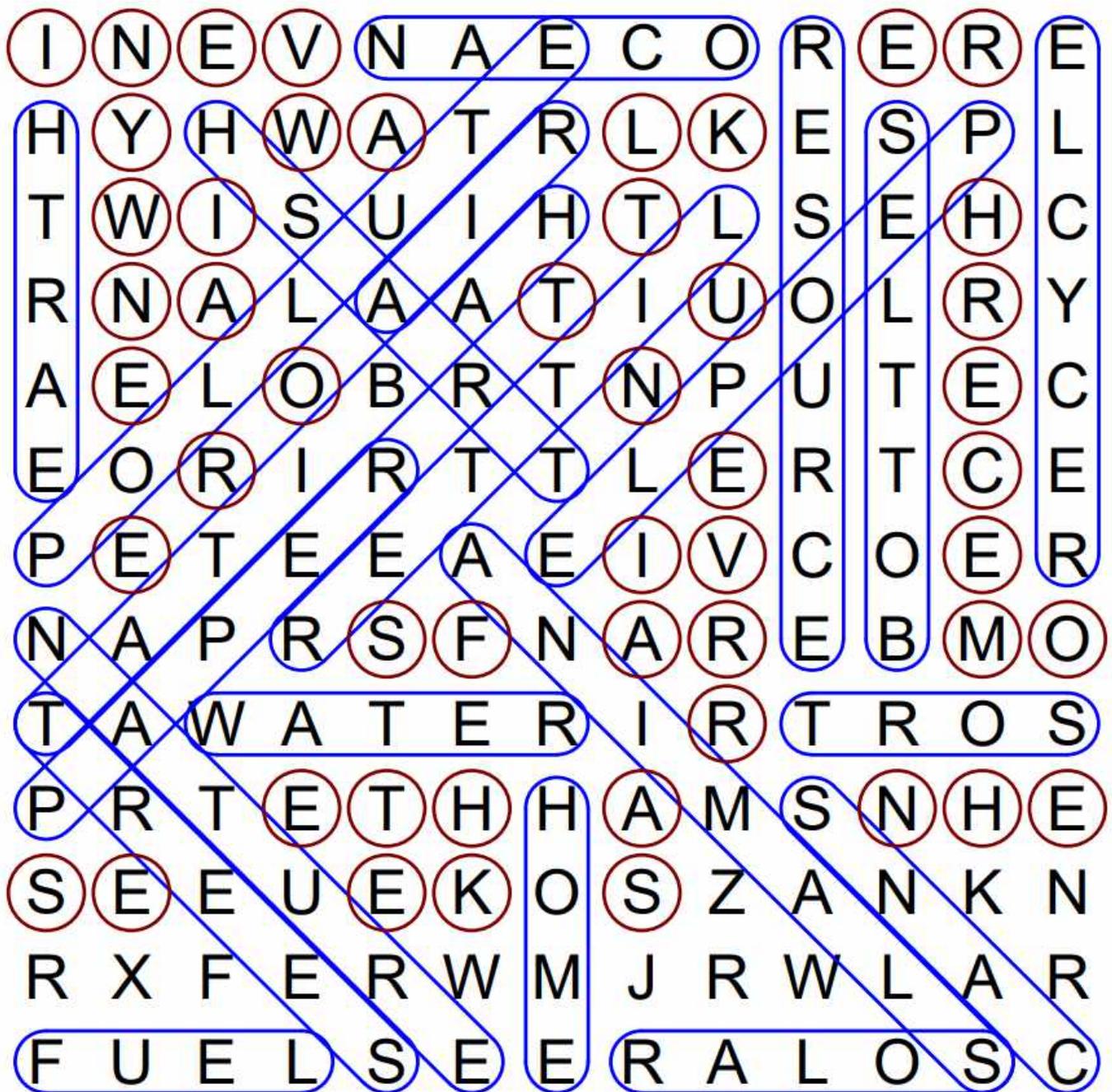
Solution:

1	P	2	E	3	P		4	R	5	E	6	C	7	A	8	P		9	T	10	R	11	A	12	S	13	H
14	A	L	A				15	A	V	A	I	L						16	R	E	U	S	E				
17	R	I	P				18	Z	E	B	R	A						19	E	A	G	E	R				
20	O	X	Y	21	G	E	N						22	N	23	E	E	D									
24	L	I	R	A				25	M	26	I	T	T				27	S	28	O	29	I	30	L			
31	E	R	I	E				32	V	E	R	S	A						33	P	S	T					
				34	L	35	Y	O	N	S					36	P	37	S	A	L	M						
		38	A	39	F	I	E	L	D				40	B	41	O	T	T	L	E							
42	E	R	U	C	T					43	S	O	L	A	R												
44	T	I	E					45	W	46	H	I	N	E				47	O	48	M	49	A	50	N		
51	C	A	L	52	L			53	A	I	R	Y						54	N	A	T	O					
				55	Y	56	M	C	A					57	S	58	I	G	N	O	N						
59	C	A	R	N	E					62	T	A	L	O	N				65	I	N	C					
66	A	L	I	C	E					67	U	S	E	R	S				68	L	E	O					
69	N	I	G	H	T					70	S	H	E	E	T				71	A	D	M					

ANSWER

EARTH DAY WORD SEARCH

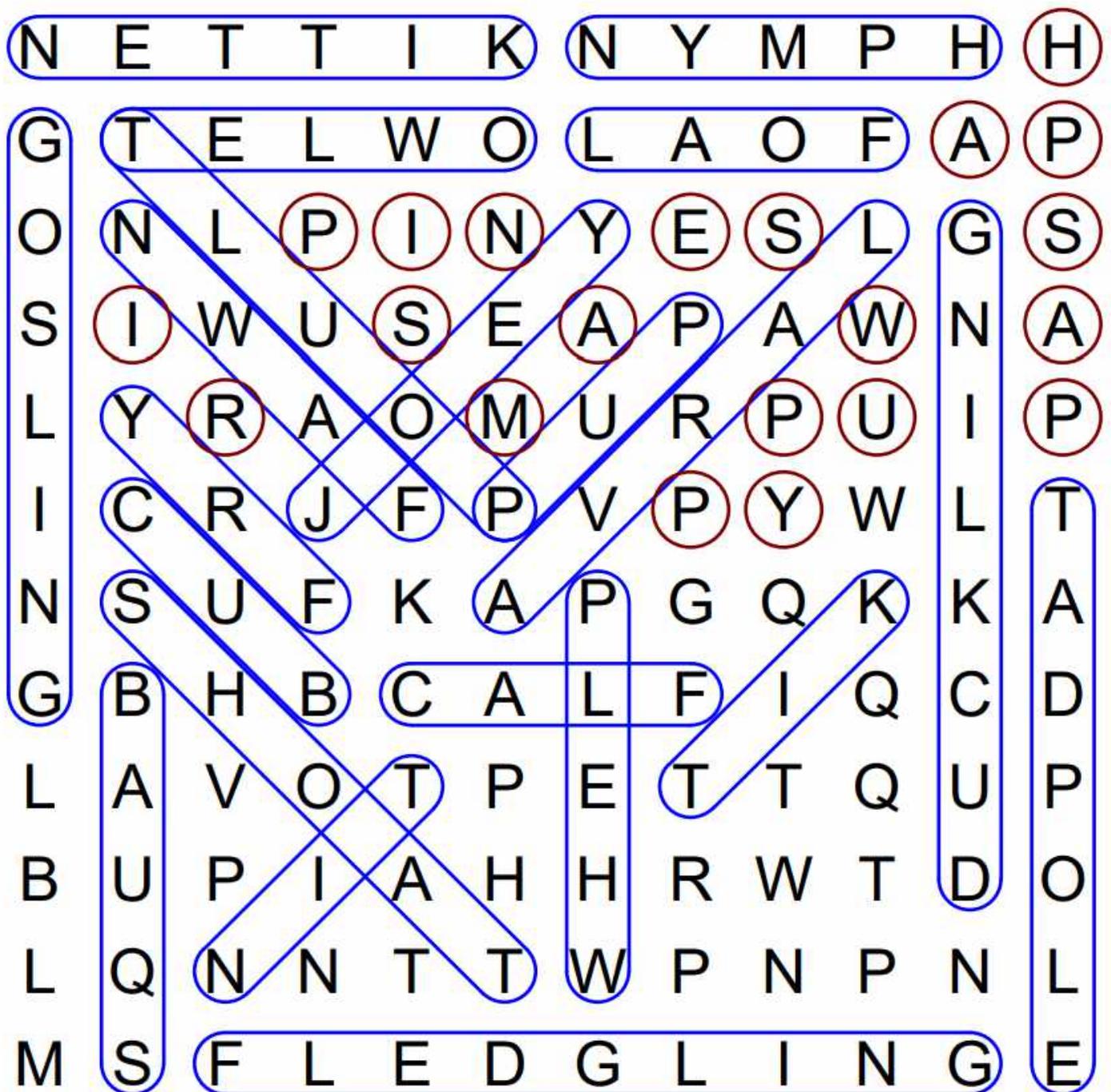
For this word search game please ignore the individual circled letters



ANSWER

YOUNG ANIMALS WORD SEARCH

For this word search game please ignore the individual circled letters



1. How long does it take disposable diapers to decompose in a landfill? 550 years
2. How long does it take paper products to decompose in a landfill? 2-6 weeks
3. How long does it take Styrofoam products to decompose in a landfill? Never
4. How long does it take foil to decompose in a landfill? Never
5. What does organic mean? No pesticides used.
6. What is the greenhouse effect? Certain gases trap the energy from the sun which makes the earth warmer.
7. Where did the Exxon Valdez oil spill happen? Alaska
8. What item can be composted and turned into food for your garden? Eggshells
9. What uses the most energy in your home? Heat/Air Conditioning
10. What species are threatened by global warming? Koala
11. What is most frequently found in beach cleanups? Plastic items
12. Paper can be made from what items? All of these
13. What is the greenest form of transportation? Bike
14. The average American generates more than 4 lbs. of trash per day. True
15. What percent of the earth's water is in the oceans? 97%
16. What percentage of specials in the sea remain undiscovered? 91%
17. The magnetic north and south poles change location over time. True
18. Why do redwood's live so long? (500-700 some up to 2000 years.) All of these.
19. When was the first Earth Day? 1970
20. What Soviet nuclear plant disaster is considered the worst nuclear in history? Chernobyl
21. What year did the US EPA declare greenhouse gasses a threat to public health? 2009
22. In 1996 the US EPA issued regulations requiring home buyers/renters be told of the presence of what dangerous material in household paint? Lead
23. The melting of Greenland ice sheets is an immediate threat to what animal? Polar Bears
24. What bird was removed from the endangered species list in 2007? Bald eagle
25. How much air pollution comes from motor vehicles? 50%
26. What of the following helps reduce air pollution? All of these
27. Who is the founder of Earth Day? Senator Gaylord Nelson



Stronger Together