

Activity PACK



spring 2022 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 special edition activity pack has everything you need to enjoy Spring/Easter. We have also included information on our new customer forum Nibbles n Natter and the community project Cook-Along-With.

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

word searches, crosswords, trivia 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

EASTER'S HISTORY



EASTER EGGS: Many ancient cultures, including the Greeks and Egyptians, saw eggs as a sign of fertility and new life; they used eggs in religious rituals and hung them in pagan temples for mystical purposes. Later, as Christian missionaries observed community members hunting for eggs in spring, they began using the food as a tool to describe Christ's new birth in resurrection and dye the eggs based on colors meant to the church: yellow for resurrection, blue for love, red for the blood of Christ.



EASTER SUNDAY SUNRISE SERVICE: The tradition of sunrise Easter service dates back to 1732, when the first service was held in Germany by the Moravian Church. A group of young men gathered at the first light of dawn at the town's graveyard to sing hymns of praise — and the next year, the entire congregation joined in. As the story goes, it was early dawn on Easter morning Mary opened Jesus's tomb to find it empty — which is why so many churches hold services at an early hour in honor.



LENT: The word Lent is a shortened form of the Old English word *lencten*, meaning spring season. Early Christianity records fasting before Easter. Apostolic Constitutions permit the consumption of bread, vegetables, salt and water, in Lent with flesh and wine being forbidden. Canons of Hippolytus authorize only bread and salt to be consumed during Holy Week. The practice of fasting and abstaining from alcohol and meat and during Lent thus became established in the Church.



THE WORD EASTER: Comes from an Anglo-Saxon goddess named Eostre (also known as Astarte or Oster). The festival of Eostre always took place around the spring equinox, early Christian missionaries in Europe gradually melded the festival's name, timing, and some of its symbols, into the Christian celebration. Early Christians called Christ's resurrection "Pesach," the Hebrew word for Passover. Most languages use a variation: "Pesach" French, "Pascua" Spanish, "Pasqua" Italian, "Pask" Swedish.



HOT CROSS BUNS: Trace back to ancient Egypt, Rome, and Greece serving as symbols of honor toward their goddesses. Later, these sweet breads became popular at Easter where bakers were forbidden to sell spice breads except on special holidays, like the Friday before Easter. Many believed hot cross buns baked on Good Friday would never grow moldy; they were kept as good luck charms hanging in windows, accompanied sailors on a voyage, or buried in piles of grain to ward off rodents.



LAMB v HAM: In early Jewish history, lambs were sacrificed as offerings to God and served regularly as part of the Passover feast. Then, when Jesus died during Passover, he represented the ultimate sacrifice for sin, the 'lamb of God,' and the animal evolved into a potent symbol for Christians, especially at Easter. Many Orthodox Christians still follow the Jewish Orthodox customs of not eating any pork, so lamb takes center stage at their Easter meal. For many other cultures around the world, ham symbolizes 'good luck' making a fitting meal at all sorts of celebrations.



REASONS TO CELEBRATE THE DANDELION

THE FIRST FOOD OF THE SEASON FOR OUR BEES. Although it's often dismissed as little more than a stubborn lawn weed, dandelion has been used in many forms of traditional medicine for centuries. While *Taraxacum officinale* is the most common type, many other dandelion species exist.

Not only can the leaves, roots, and flower add a pop of colour to your plate, but they're also often found in herbal teas and supplements, where they're used as a natural remedy to support blood sugar management and boost skin, liver, and heart health.

Here are potential health benefits of dandelion...

1. Highly nutritious

The nutritional content of dandelion extends to all parts of the plant. Dandelion is a rich source of fibre and many vitamins and minerals.

From root to flower, dandelions are highly nutritious plants loaded with vitamins, minerals, and fibre. Dandelion greens can be eaten cooked or raw and are an excellent source of vitamins A, C, and K. They also contain vitamin E, folate, and small amounts of other B vitamins.

What's more, dandelion greens provide a substantial amount of several minerals, including iron, calcium, magnesium, and potassium.

The root of the dandelion is rich in the carbohydrate inulin, a type of soluble fibre found in plants that supports the growth and maintenance of healthy gut bacteria in your digestive tract. Dandelion root is often dried and made into tea, but you can also eat it whole as you do other root vegetables.



Although dandelion greens can be somewhat bitter, cooking helps improve their flavour. Try sauteing the greens with a bit of olive oil and chopped garlic for a quick and easy side dish.

2. Contains potent antioxidants

Dandelion is full of potent antioxidants, which may explain many of its medicinal properties.

Antioxidants are compounds that help neutralize free radicals — molecules that are a product of normal metabolism but contribute to chronic disease risk if levels get too high in your body. Therefore, antioxidants are crucial for keeping your body healthy.

Dandelions contain high levels of the antioxidant beta carotene, which may protect against cell damage and oxidative stress. They're also rich in another type of antioxidants called polyphenols, which are found mostly in the flower but occur in the roots, leaves, and stems as well.

Dandelions are a rich source of beta carotene and polyphenol compounds, both of which may neutralize harmful free radicals and protect against chronic disease. Therefore, they MAY help...

- fight inflammation
- aid in blood sugar management
- reduce cholesterol and triglyceride levels
- lower blood pressure
- promote liver health
- aid weight loss
- have anticancer effects
- support healthy digestion and treat constipation
- boost immune health
- be a useful skin care treatment
- support healthy bones



SPRING WORDSEARCH

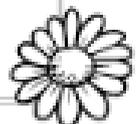


W H M Z A L K R S G U B E C H T Q I
F T U L Y I J B E P Q N O P A S D X
S J N I B O R H L V M C S U T L E K
P E D W G X E K J O A Z R M C Q F B
R C Y Q U S A V N T S I E K H R O L
O L A M B F D T E U P S W G X T J E
U N P H Y G Z R L K D H O V C E N R
T B E J D W P Q I S G X L M F P A U
V M Z C A I K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

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

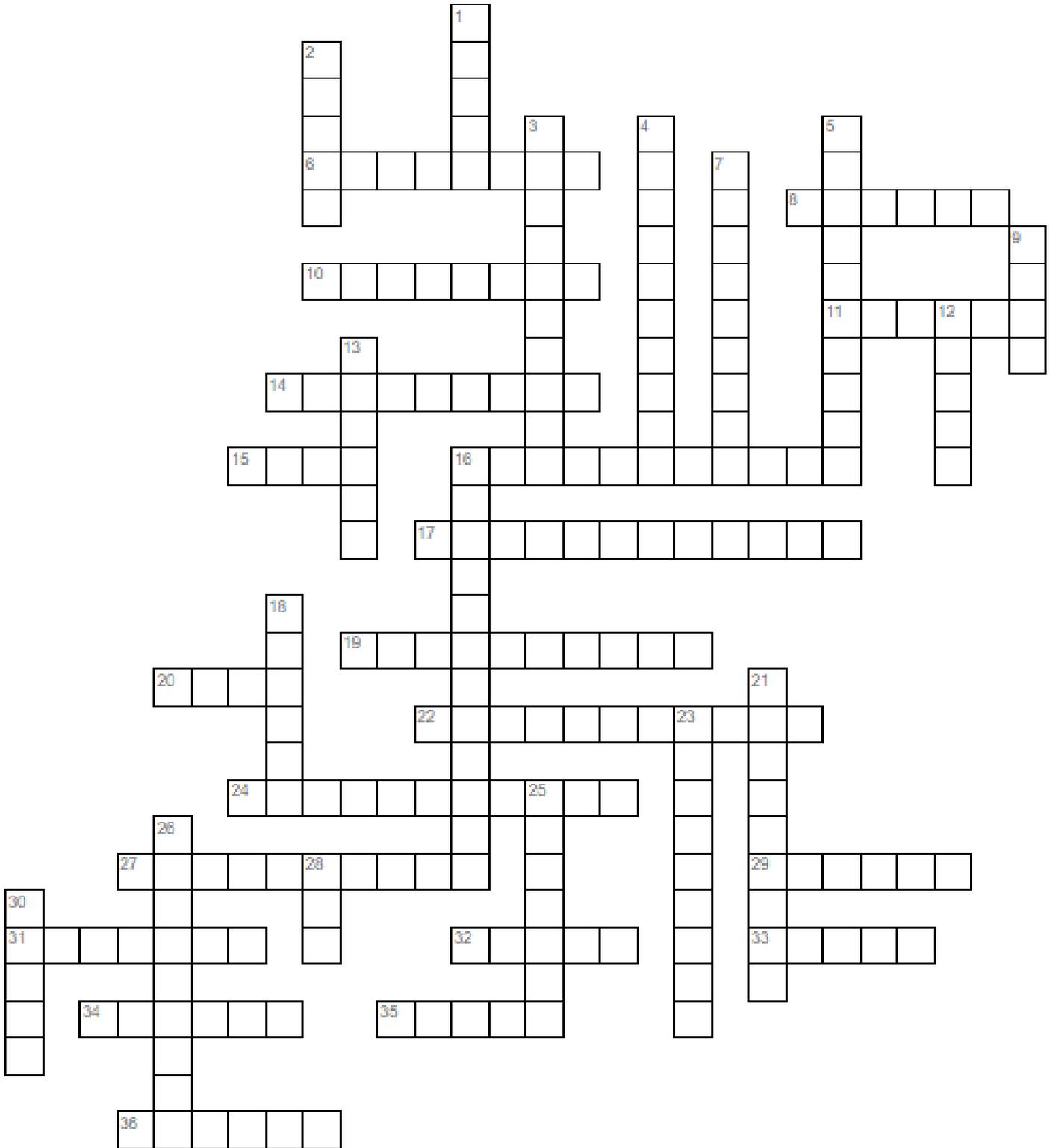


BIRDS	CALF	GARDEN	LAMB	SNAIL
BLOSSOM	CATERPILLAR	GRASS	NATURE	SPRING
BUGS	CHICKS	HATCH	NEST	SPROUT
BUNNY	FLOWERS	INSECTS	RABBIT	TULIP
BUTTERFLY	FROG	LADYBUG	ROBIN	WORM





CROSSWORD—FRUIT



FRUIT CROSSWORD QUESTIONS



ACROSS

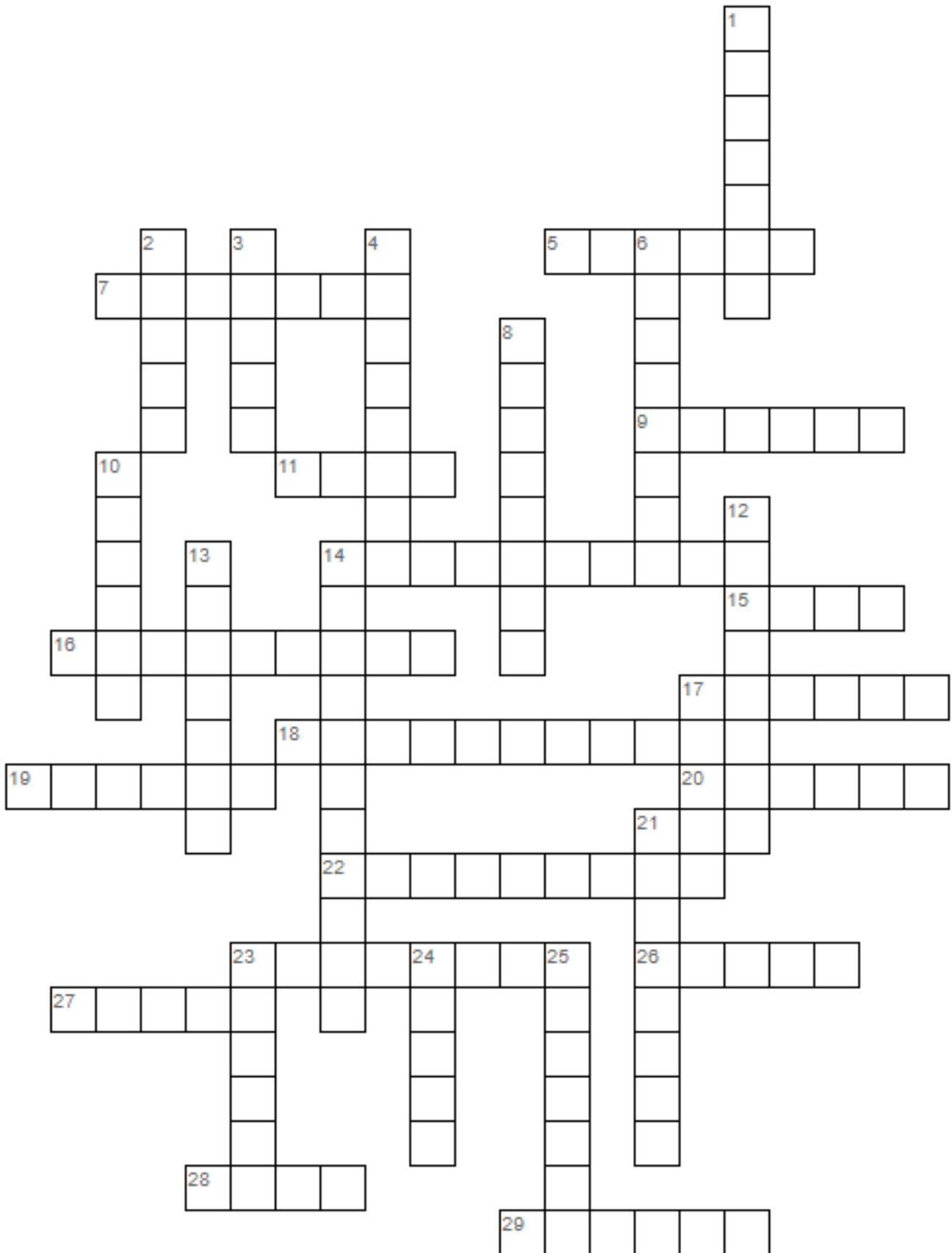
- 6 ===== buns
- 8 Big version of mandarin
- 10 I do not like this fruit and it has the word honey in it
- 11 Minions favourite fruit
- 14 Sometimes sweet sometimes sour and it is blue
- 15 Outside brown inside green
- 16 Has the word boy and it is a ice cream flavour.
- 17 Lorenzo grows this at his farm and it is purple
- 19 Sour and black
- 20 Purple outside orange inside
- 22 Has the word dragon in it
- 24 Red everywhere
- 27 Sour
- 29 Sweet and yellow and yellow and has black dots in the inside.
- 31 Found on islands
- 32 Sometimes red sometimes green
- 33 Sour and yellow
- 34 A green stick holds them
- 35 My favourite fruit
- 36 Spiky

DOWN

- 1 Lava ===== it is a plant from plants vs zombies 2
- 2 Sometimes white sometimes orange
- 3 Starts with goose
- 4 Lorenzo loves this fruit
- 5 Red and sometimes sour sometimes sweet
- 7 Small version of orange
- 9 Outside green inside white
- 12 Very common and it is red but the inside is white and really really popular.
- 13 Stinky
- 16 Apple and this fruit make this juice
- 18 Looks like a apple but it is not an apple and not much people know this is a fruit
- 21 What is this fruit ?
- 23 Sour and pink
- 25 Big brown sphere in the middle
- 26 Small and pink
- 28 Lorenzo found one at the fairy dale and small and green and starts with the letter f and end with a g
- 30 In plants vs zombies it is called A.K.E.E



CROSSWORD—BONES



BONES CROSSWORD QUESTIONS



ACROSS

- 5 Forms the lower and back part of the hip bone
- 7 Kneecap
- 9 One of the two large bones in the forearm
- 11 Long curved bone that forms the ribcage
- 14 Forms the sole of the foot
- 15 The second of seven bones in the cervical spine that creates a pivot that allows the atlas to rotate.
- 16 Bone that forms the prominent part of the cheek and the outer side of the eye socket
- 17 Runs parallel to the Tibia
- 18 Bone that forms the back and base of the skull
- 19 These bone forms your ankle and heal
- 20 Uppermost and widest of 3 bones in the pelvis
- 22 Toes
- 23 Heal bone
- 26 Pubic Bone
- 27 Shinbone
- 28 One of the two large bones in the forearm
- 29 Triangular bone at base of spine

DOWN

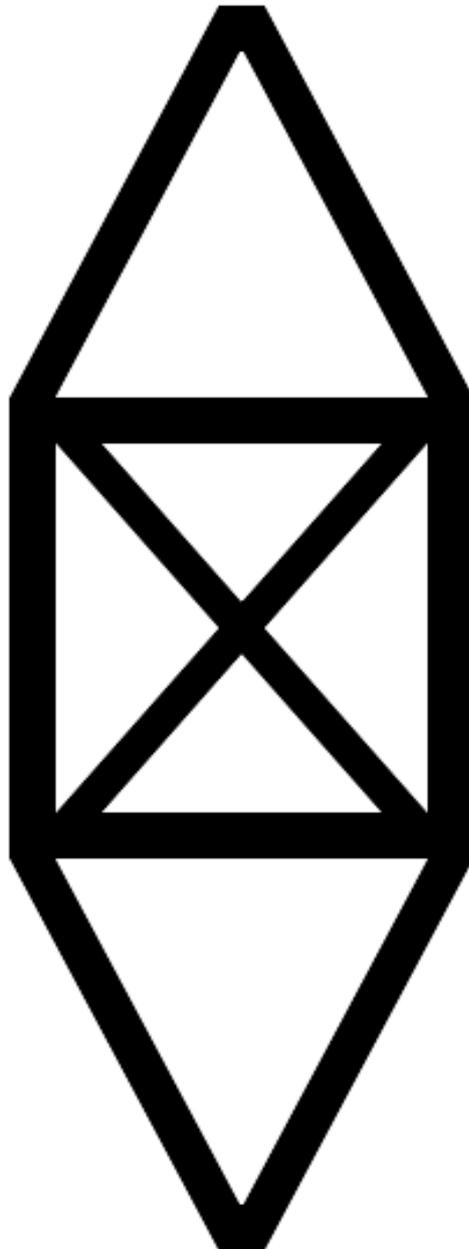
- 1 Breastbone
- 2 The bridge of the nose
- 3 Thigh bone
- 4 Jaw bone
- 6 Funny Bone
- 8 A bone forming the central side and upper back part of each side of the skull
- 10 Tailbone
- 12 Collar bone
- 13 The bone that forms the front part of the skull and the upper part of the eye sockets.
- 14 Bones between the wrist and fingers
- 21 Pair of bones that form part of the side of the skull on each side and enclose the middle and inner ear
- 23 Bones that make up the wrist
- 24 Top vertebra
- 25 Shoulder blade



DRAWING PUZZLE

Can you move around this shape without overlapping or picking up your pen?

We can not tell you where to start. It is not as easy as you think...



SUDOKU



Find the missing numbers. A number can only occur once in a row, column or square. To solve, look for open spaces where its row, column and square already have enough other numbers filled to tell you the correct value...

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

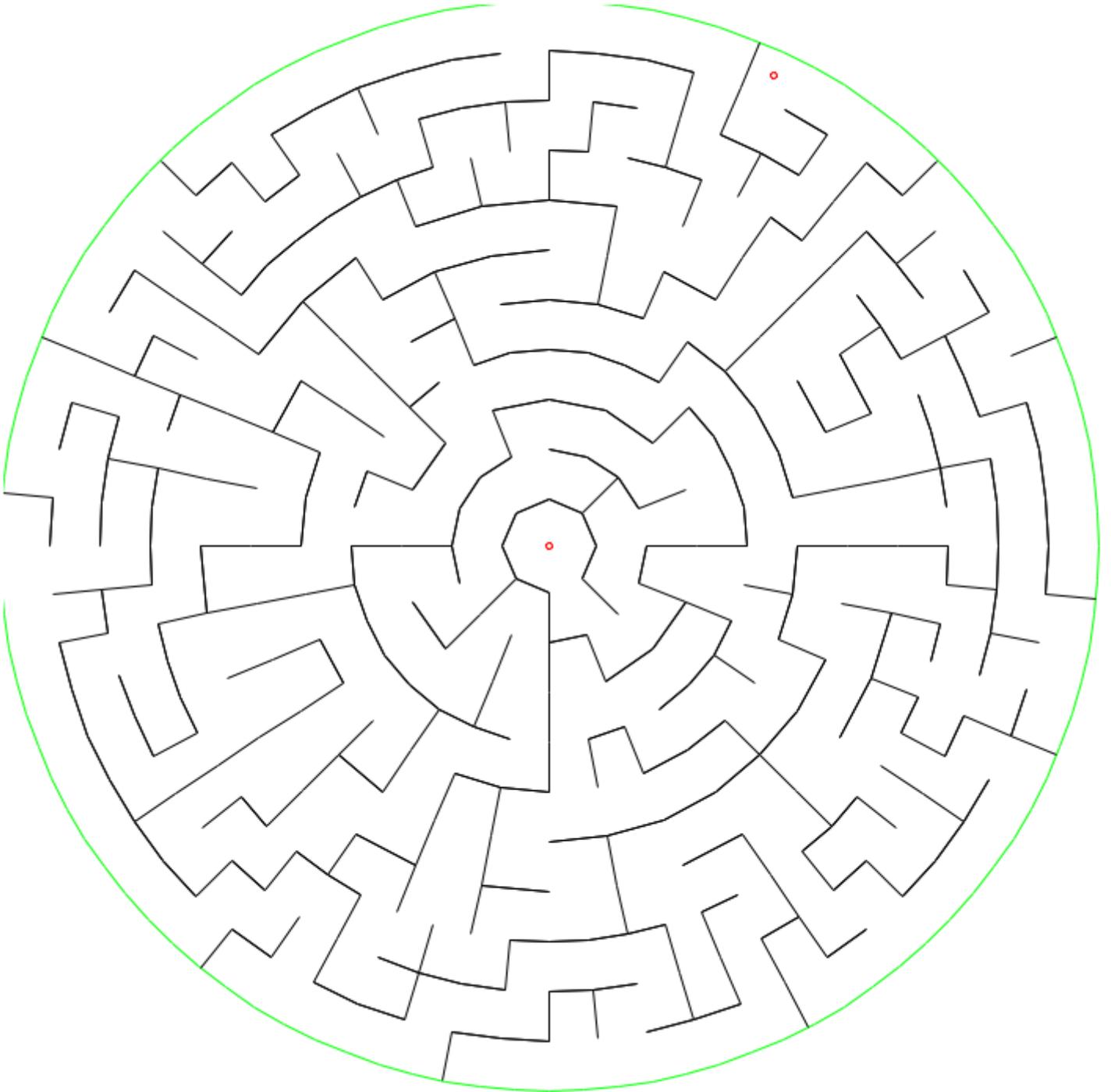
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		7	2				8	3
	6	1	3			5		
				8	4	3	2	
1					3		7	
3	2				6		1	
	3		6				5	
8		2		3			6	
6				1			3	

	7			9		3		4
9		6			2		1	
1			6	3		2		
	6				9	7	4	
3	4			1				2
	2	9					8	6
6		3	1	2				
		2	9	6				1
		7			3			9

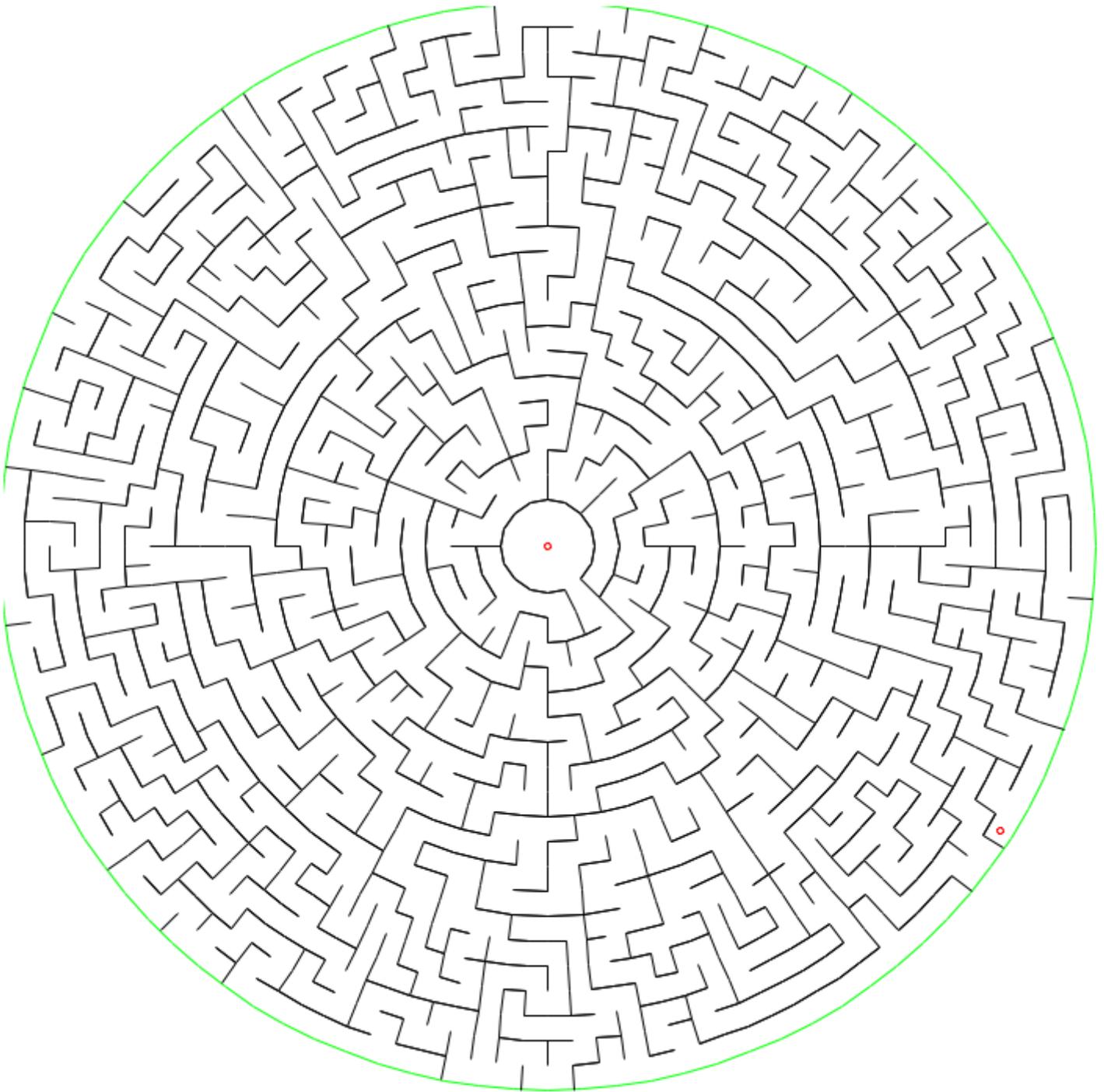
		6		1	3	2		
1			6			7	4	
	8		9				1	6
6	2				7	1		
	4	7		6		8		
9	1				2			7
7		4	1				6	
		2	7	4				
		1			6			3



MAZE PUZZLE (EASY)

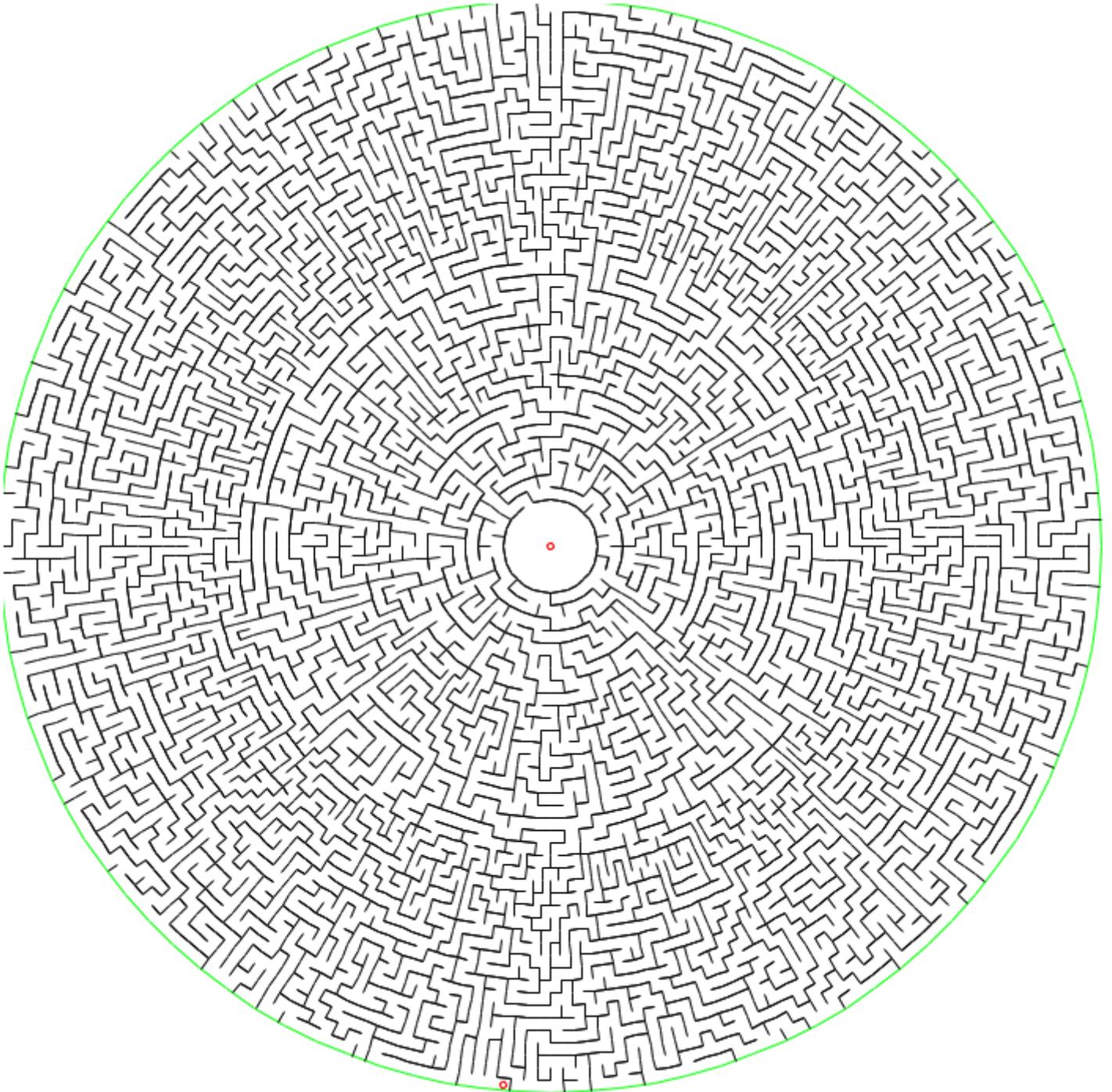


MAZE PUZZLE (MEDIUM)





MAZE PUZZLE (HARD)



DID YOU KNOW...



Striving to learn something new every day is a great way to keep your mind active. You'll be surprised how many facts you are capable of maintaining.

Information retrieval helps us exercise our brains...

- ⇒ the word laser stands for 'Light Amplification by Stimulated Emission of Radiation'
- ⇒ crocodiles never outgrow their enclosure
- ⇒ reindeer hair is hollow inside like a tube
- ⇒ your skin is the largest organ making up the human body
- ⇒ cows don't have upper front teeth
- ⇒ everyday is a holiday somewhere in the world
- ⇒ the coins thrown into the Trevi fountain in Italy are collected for charity
- ⇒ french fries are originally from Belgium
- ⇒ there are 31,557,600 seconds in a year
- ⇒ there are 22 stars in the Paramount studios logo
- ⇒ in a deck of cards the king of hearts is the only king without a moustache
- ⇒ black on yellow are the 2 colours with the strongest impact
- ⇒ the safest car colour is white
- ⇒ the most commonly forgotten item for travellers is their toothbrush
- ⇒ Coca Cola launched its 3rd product Sprite in 1961
- ⇒ apples are more effective at waking you up in the morning than coffee
- ⇒ room temperature is defined as between 20 to 25C (68 to 77F)
- ⇒ an octopus pupil is rectangular
- ⇒ the hyoid bone in your throat is the only bone in your body not attached to any other
- ⇒ the Australian aircraft carrier QANTAS stands for Queensland And Northern Territories Aerial Service
- ⇒ the movie Pulp Fiction cost \$8 million to make, \$5 million going towards actor's salaries
- ⇒ there are only 4 words in the English language which end in 'dous' (they are: hazardous, horrendous, stupendous and tremendous)
- ⇒ the oldest word in the English language is 'town'



WORD OF THE DAY

Your mission is to use one of these words during your day...

1. **chaparral** [pronounced: shap-uh-ral]
A dense growth of shrubs or small trees
2. **quasar** [pronounced: kwey-zahr]
One of over a thousand known extragalactic objects, starlike in appearance
3. **subgum** [pronounced: suhb-guhm]
Prepared with mixed vegetables, as with water chestnuts, mushrooms, bean sprouts
4. **xyst** [pronounced: zist]
A covered portico, as a promenade
5. **viscid** [pronounced: vis-id]
Having a glutinous consistency; sticky; adhesive
6. **esemplastic** [pronounced: es-em-plas-tik]
Having the ability to shape diverse elements or concepts into a unified whole
7. **hieroglyphic** [pronounced: hahy-ruh-glif-ik]
Designating or pertaining to pictographic script, particularly ancient Egyptians
8. **misnomer** [pronounced: mis-noh-mer]
A misapplied or inappropriate name or designation
9. **saccade** [pronounced: sa-kahd]
The series of small, jerky movements of the eyes when changing focus
10. **iftar** [pronounced: if-tahr]
The meal Muslims eat after sunset during Ramadan to break to days fast
11. **raillery** [pronounced: rey-luh-ree]
Good-humoured ridicule; banter



in partnership with MSV Housing, funded by One Stockport

COOK-ALONG-WITH



Our new community project provides Stockport residents with the main ingredients needed to make our delicious healthy and hearty meals, you can also WIN some amazing kitchen related prizes. If you don't have a laptop to watch the videos, don't worry, you can borrow from our IT library...



sign up today

INVOLVEMENT@MSVHOUSING.CO.UK

www.msvhousing.co.uk/your-community/community-wellbeing/cook-along-with

Nibbles 'n Natter



Do you have a question to ask our senior leadership team?

We want to hear from YOU

Do you have a problem? Would you like action? Then read on...

We hold regular meetings across Greater Manchester where YOU, our customers, can attend and ASK our senior officers direct questions and get immediate answers. Questions will be answered at the next Nibbles N' Natter event (*see future dates below*) and answers posted on our webpage:

www.msvhousing.co.uk/your-community/get-involved/nibbles-n-natter

If you can not attend, customers can submit their questions anytime by emailing nibblesnatter@msvhousing.co.uk or by attending the next event in person.

Anyone submitting a question is automatically put into a prize draw to WIN a £50 high street voucher.

Sound like your cuppa-tea?

Future Dates:

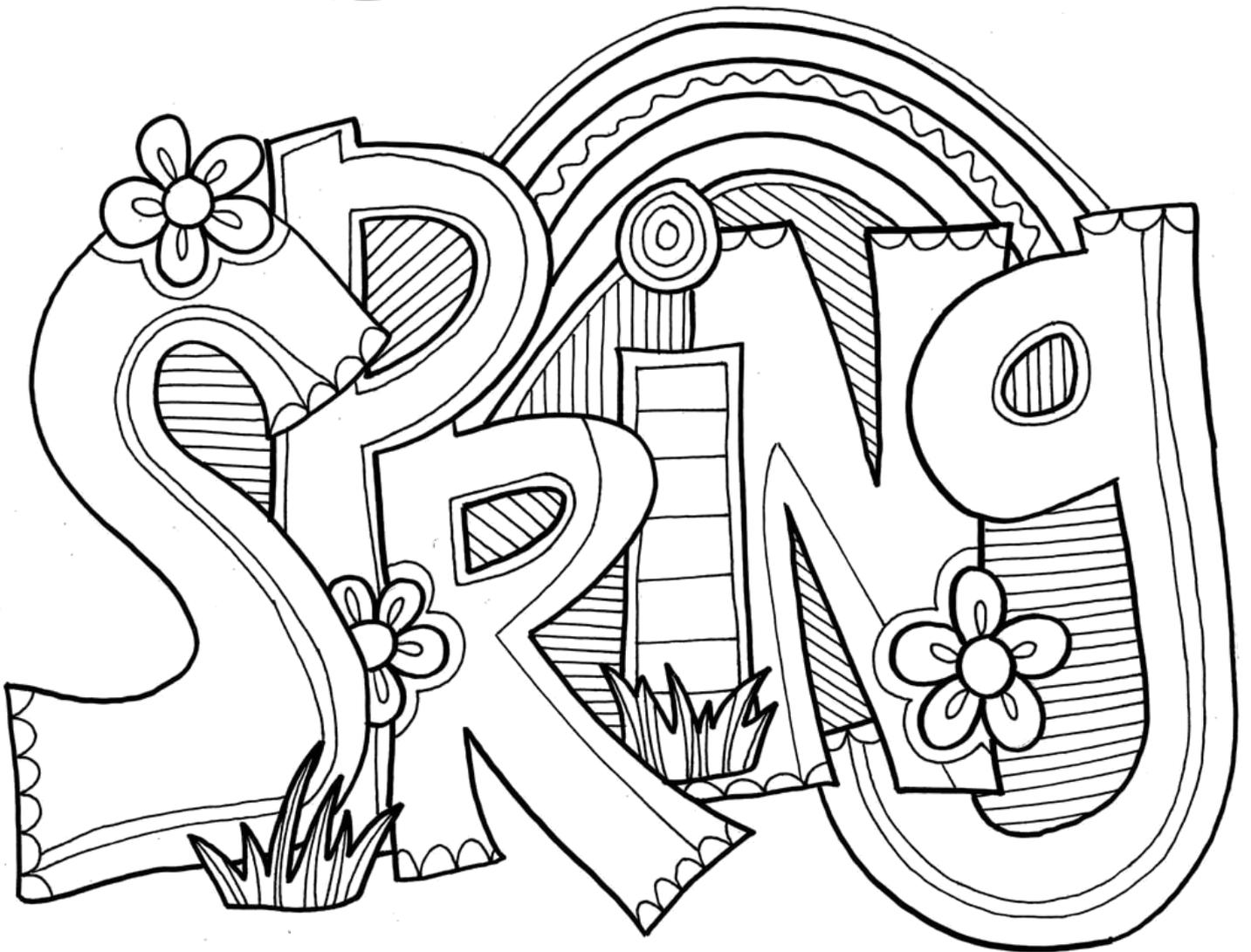
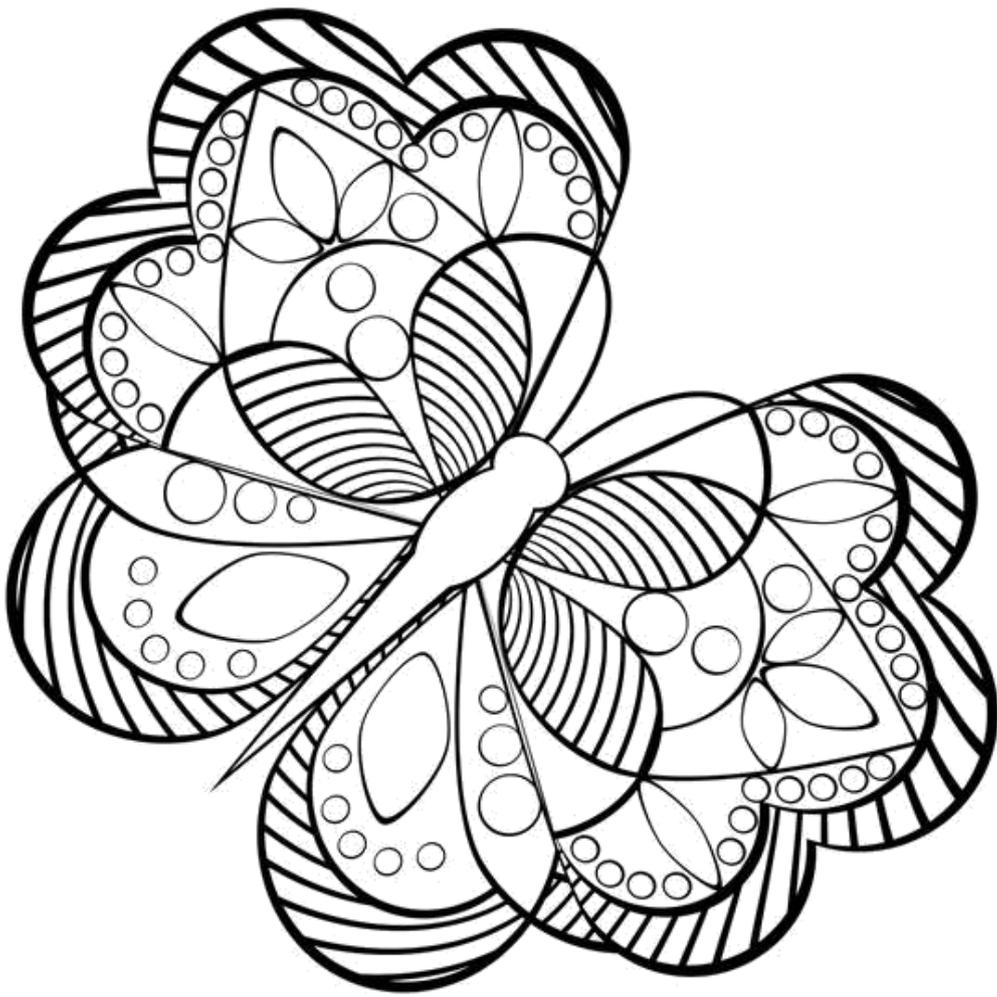
- **16 June:** Great Western Street, Moss Side
 - **15 September:** location to be confirmed in the North of Greater Manchester
 - **8 December:** location to be confirmed in the South of Greater Manchester
- All events will start at 6.30pm until 8.30pm.

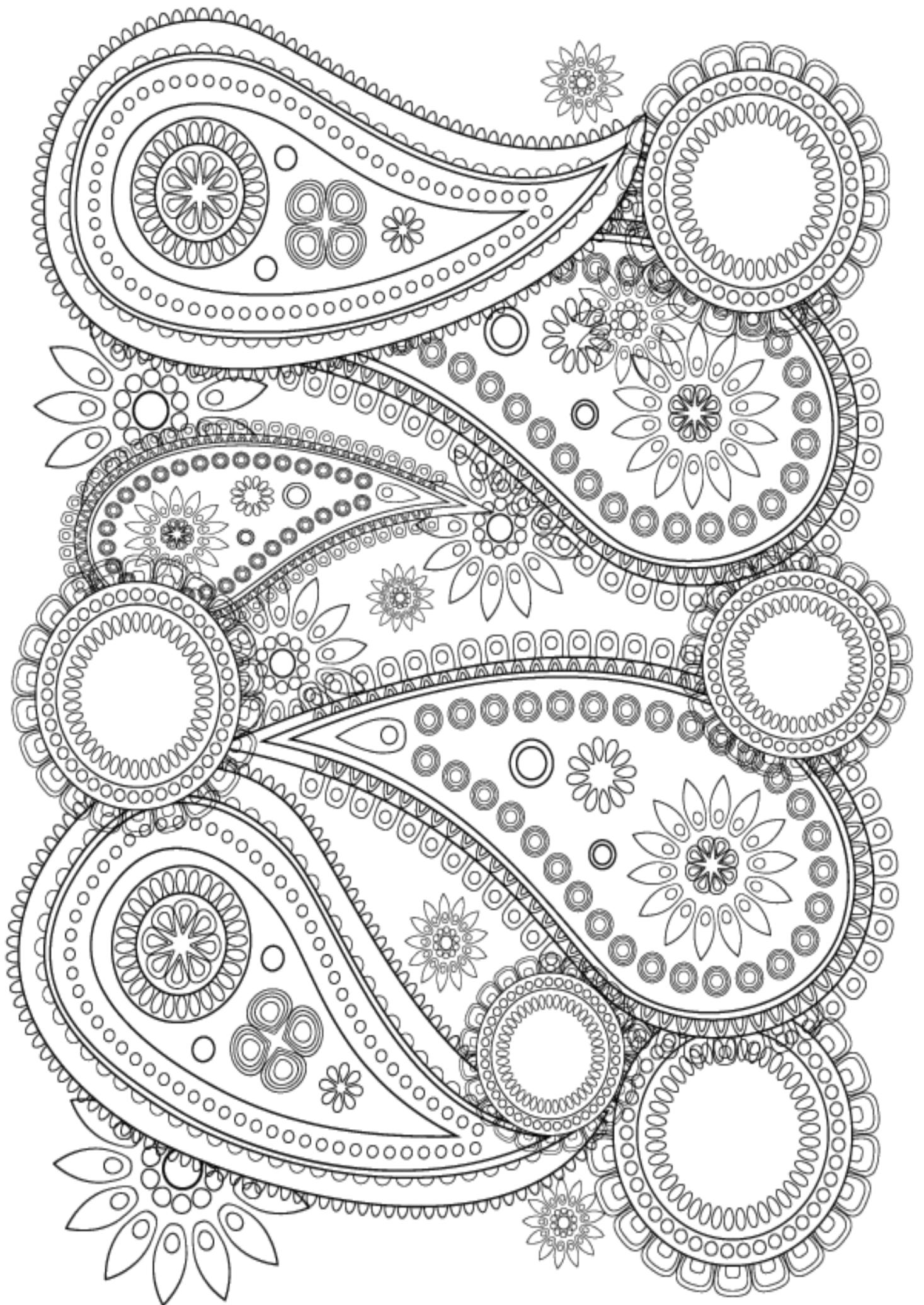
We're also traveling into your neighbourhood with our Nibbles n Natter mobile fish/chip van:

Come down and chat with our Senior Leaders, grab yourself a bag of chips on us and let us know what matters to you!

Next Mobile Meet: 11 May, 11am - 1.30pm

Gerry Wheale Square, Moss Side, M14 4UY









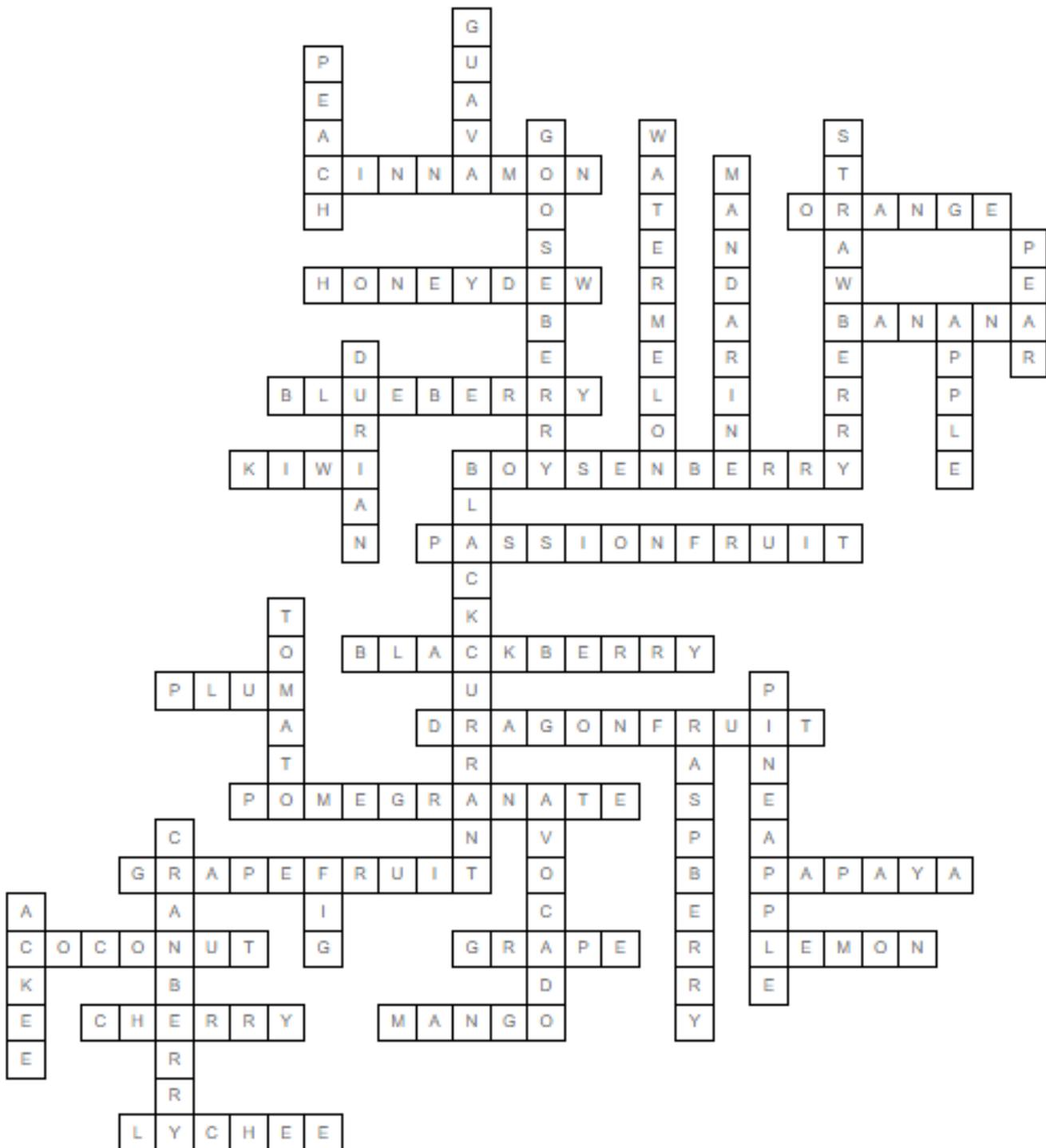


QUIZ ANSWERS

spoiler alert:
answers are from this point forward

ANSWER

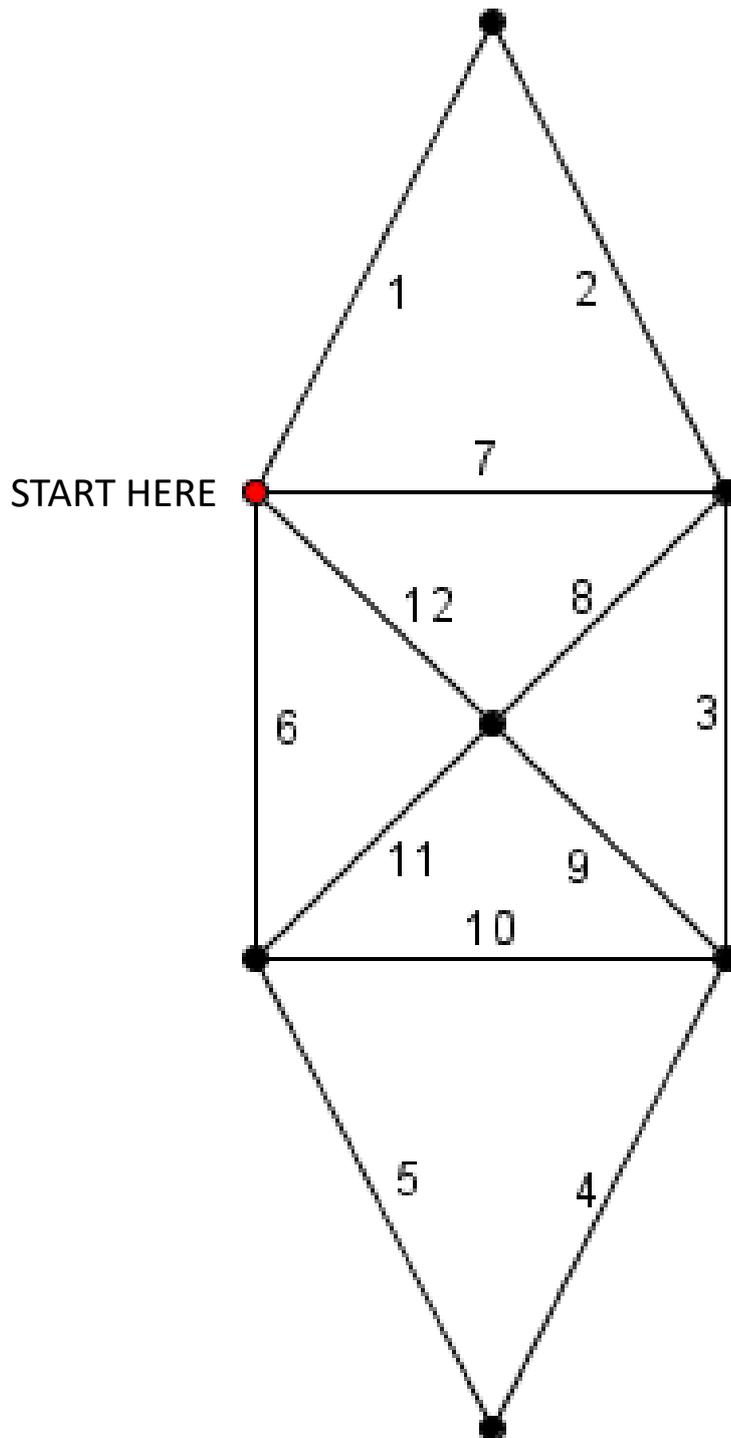
FRUIT CROSSWORD



ANSWER

DRAW PUZZLE

MOVE AROUND THE SIDES IN NUMERICAL ORDER



ANSWER

SUDOKU

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

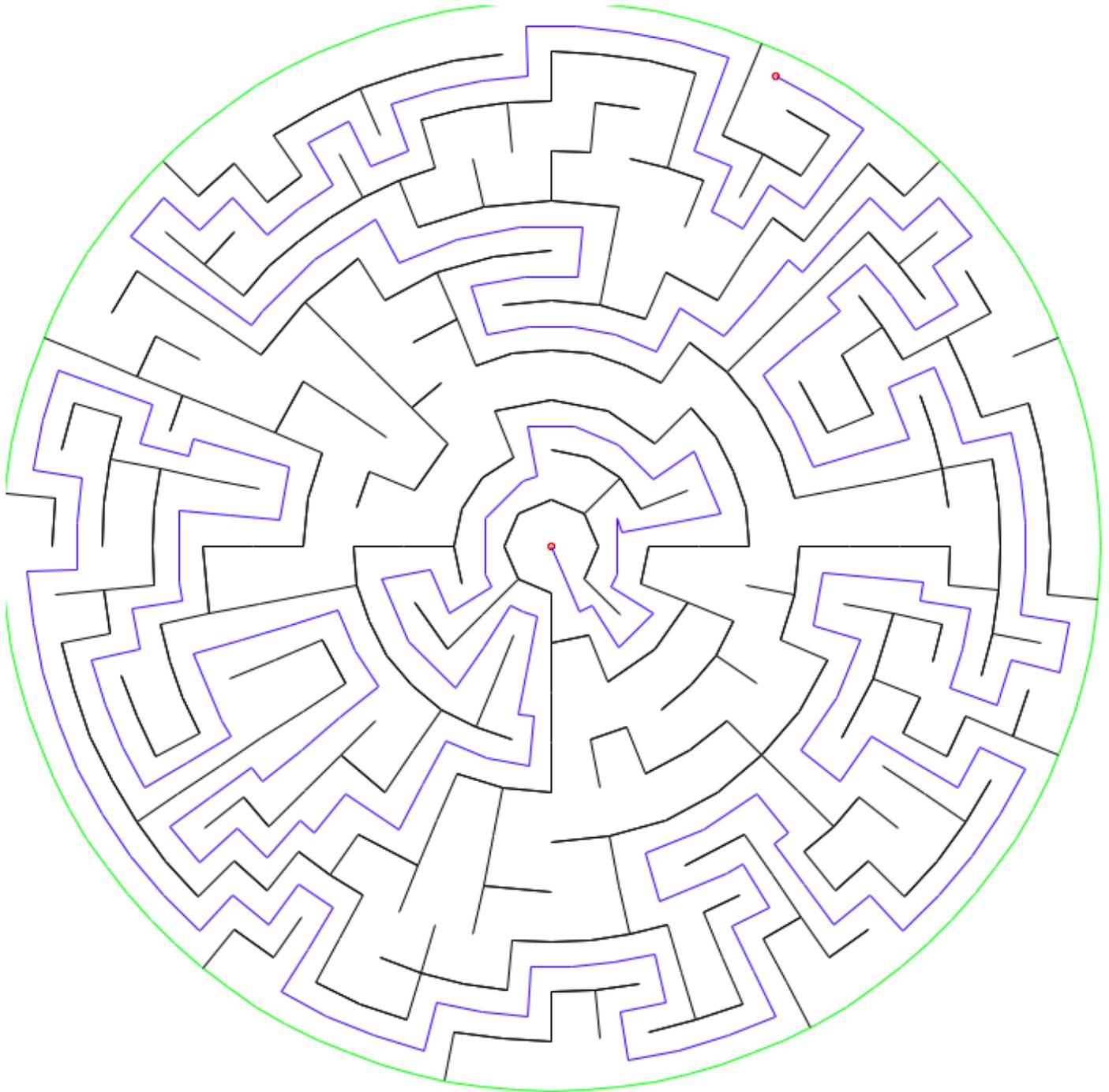
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1	5	8	9	2	3	4	7	6
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6	4	5	8	1	7	2	3	9

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

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6	2	8	5	9	7	1	3	4
5	4	7	3	6	1	8	2	9
9	1	3	4	8	2	6	5	7
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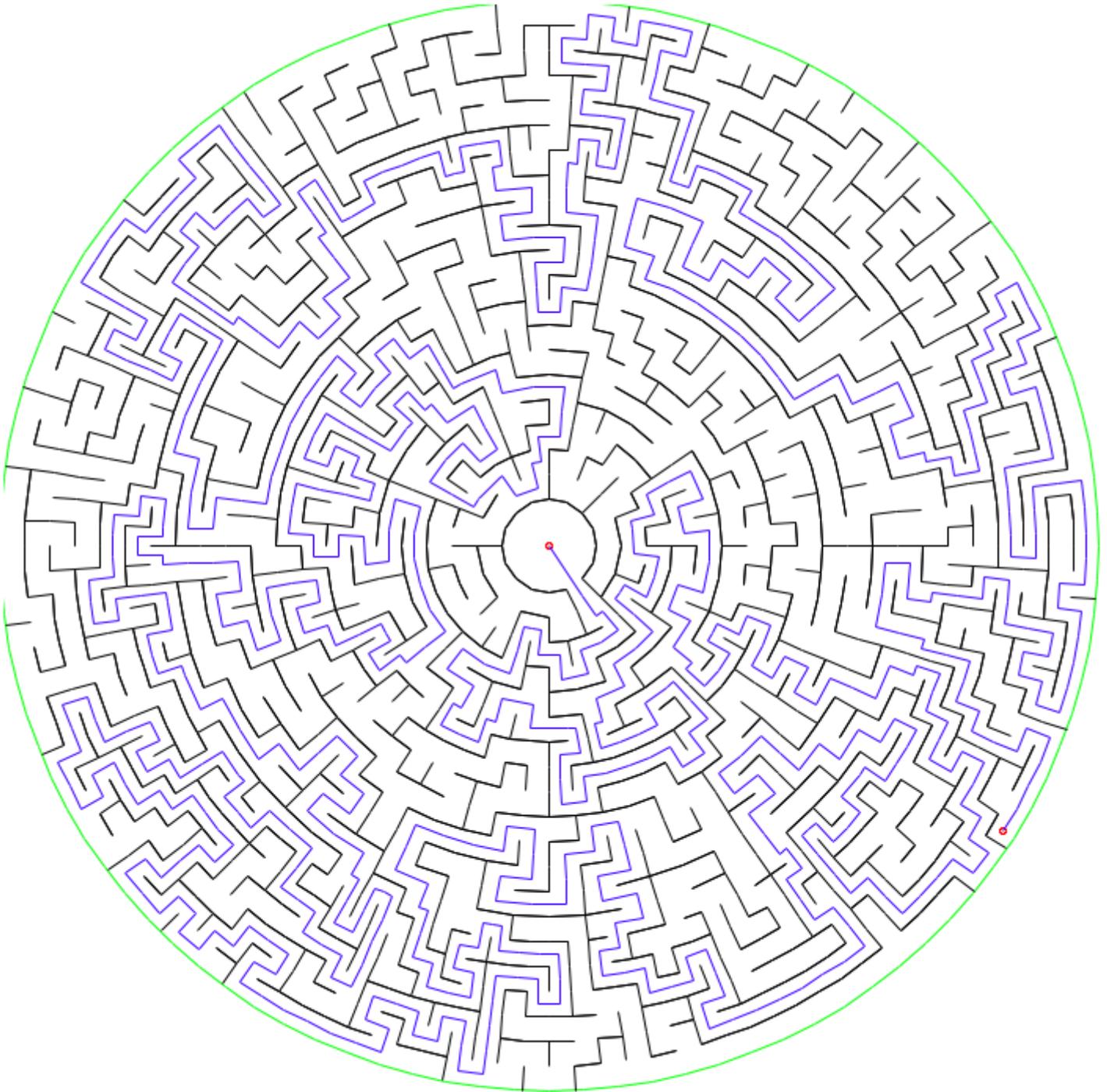
ANSWER

MAZE (EASY)



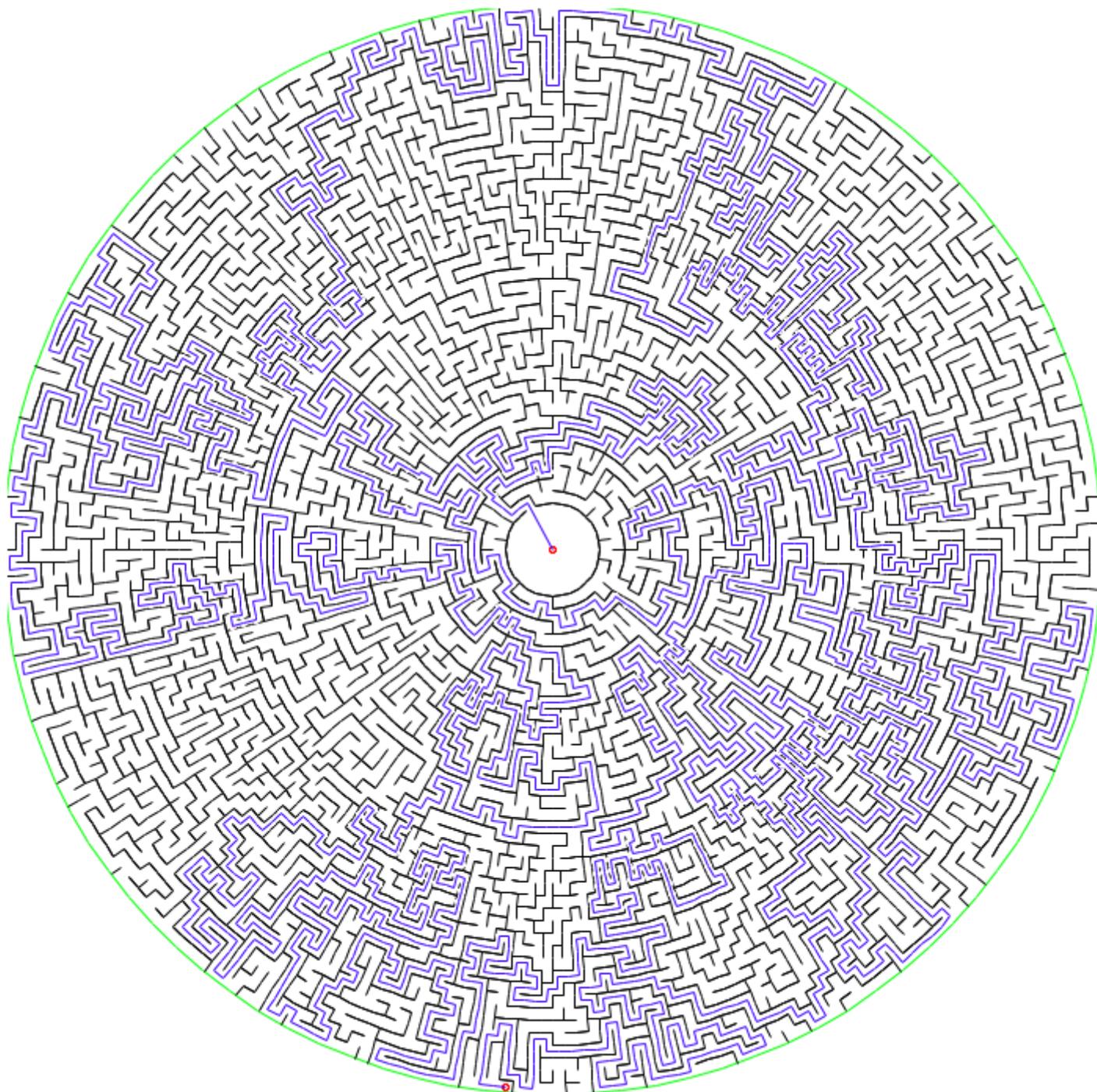
ANSWER

MAZE (MEDIUM)



ANSWER

MAZE (HARD)





Stronger Together