



Heathlands Activity Book No.18

Be Safe
Be Healthy
Be Kind!



Hello!!!!

And welcome to our Burns Night, Scottish themed edition of the Heathlands at Home activity book.

Here are our latest activities to help you keep your mind sharp and help you stay occupied.

Also on the DVD you will find, A Dancing to Heal workout with Wendy, live with Sarah & Mark including Sign of the Day, Helen T's Cookery video and Origami tutorial plus a craft activity from Helen W
Enjoy.

ROBERT
BURNS
SUPPER



Burns Night Supper or “Haggis, Neeps & Tatties”



ROBERT BURNS SUPPER

Ingredients:

x1 shop bought haggis
3 large potatoes
1 swede
Butter
Milk
Salt and pepper to taste



Method:

1. Cook your haggis according to the packets instructions.
2. Peel and chop your swede into rough cm cubes and boil for 40-45 minutes. Mash with butter, salt and pepper.
3. Peel and roughly chop your potatoes, boil for 30 minutes. Mash with a big splash of milk, butter, salt and pepper.
4. Serve as is or with onion gravy and enjoy.



"To a Mouse" by Robert Burns

Wee, sleekit, cawrin, tim'rous *beastie*,
O, what a panic's in thy breastie!
Thou need na start awa sae hasty,
Wi' bickering brattle!
I wad be laith to rin an' chase thee,
Wi' murdering *pattle*!

I'm truly sorry Man's dominion
Has broken Nature's social union,
An' justifies that ill opinion
Which makes thee startle
At me, thy poor, earth-born companion
An' *fellow-mortal*!

I doubt na, whyles, but thou may *thieve*;
What then? poor *beastie*, thou maun live!
A *daimen-icker* in a *thrave*
'S a sma' requet;
I'll get a blessing wi' the lave,
An' never miss't!

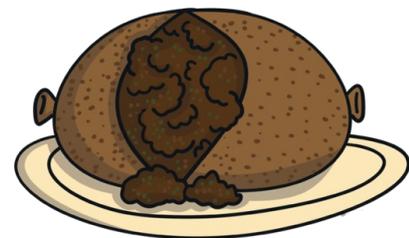
Thy wee-bit *housie*, too, in ruin!
Its silly wa's the win's are strewin!
An' naething, now, to big a new ane,
O' foggage green!
An' bleak *December's win's* ensuing,
Baith snell an' keen!

Thou saw the fields laid bare an' waste,
An' weary *Winter* comin fast,
An' cozie here, beneath the blast,
Thou thought to dwell,
Till crash! the cruel *coulter* past
Out thro' thy cell.

That wee bit heap o' leaves and stibble,
Has cost thee monie a weary nibble!
Now thou's turned out, for a' thy trouble,
But house or hald,
To thole the *Winter's sleety dribble*,
An' *cranreuch* cauld!

But Mousie, thou art no thy lane,
In proving *foresight* may be vain:
The best-laid schemes o' *Mice* an' *Men*
Gang aft agley,
An' lea'e us nought but grief an' pain,
For promis'd joy!

Still thou are blest, compared wi' me!
The *present* only toucheth thee:
But Och! I *backward* cast my e'e,
On prospects drear!
An' *forward*, tho' I cannot see,
I *guess* an' *fear*!



Burns Night



Address to a Haggis

Fair fa' your honest, sonsie face,
Great chieftain o the puddin'-race!
Aboon them a' ye tak your place,
Painch, tripe, or thairm:
Weel are ye worthy o' a grace
As lang's my arm.

The groaning trencher there ye fill,
Your hurdies like a distant hill,
Your pin wad help to mend a mill
In time o need,
While thro your pores the dews distil
Like amber bead.

His knife see rustic Labour dight,
An cut you up wi ready slight,
Trenching your gushing entrails bright,
Like onie ditch;
And then, O what a glorious sight,
Warm-reekin, rich!

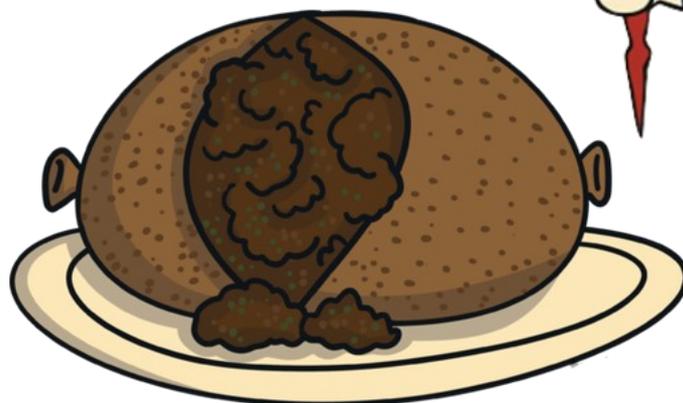
Then, horn for horn, they stretch an strive:
Deil tak the hindmost, on they drive,
Till a' their weel-swallow'd kytes belyve
Are bent like drums;
The auld Guidman, maist like to rive,
'Bethankit' hums.

Is there that owre his French ragout,
Or olio that wad staw a sow,
Or fricassee wad mak her spew
Wi perfect scunner,
Looks down wi sneering, scornfu view
On sic a dinner?

Poor devil! see him owre his trash,
As feckless as a wither'd rash,
His spindle shank a guid whip-lash,
His nieve a nit;
Thro bloody flood or field to dash,
O how unfit!

But mark the Rustic, haggis-fed,
The trembling earth resounds his tread,
Clap in his walie nieve a blade,
He'll make it whistle;
An legs an arms, an heads will sned,
Like taps o thrissle.

Ye Pow'rs, wha mak mankind your care,
And dish them out their bill o fare,
Auld Scotland wants nae skinking ware
That jaups in luggies:
But, if ye wish her gratefu prayer,
Gie her a Haggis.

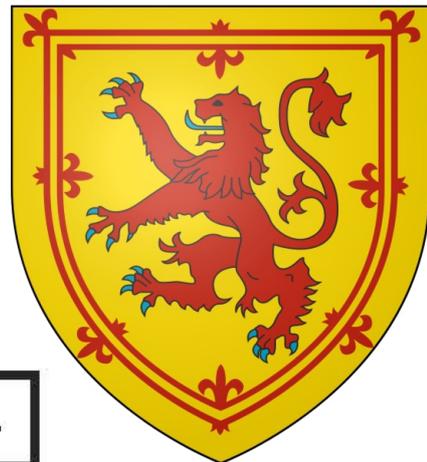


			2
2		4	1
4	1		3
			4



Sudoku

			6	5	
6	5	3			
4	3		5	1	6
5	6		4		2
		5	3	6	1
3					5



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

Answers in the back of this book



Susan's Silly Jokes

If they squish olives to make Olive Oil, how do they make Baby Oil?

What did the Mama and Papa tyre call their baby girl?

Michelle Lynn!

My friend asked me if I could wind her baby boy for her
I thought that was a bit harsh so I gave him a dead leg instead!

What does a skeleton order when he goes into a pub?

A beer and a mop!

Two sewing machines are chatting in a café, one asks the other:
"What do you do" she replied "Oh I'm a singer"

How did the police catch a burglar hiding in the bathroom, standing on the scales?

He gave himself a weigh!

I phoned up The Sands Centre for tickets to an Elvis tribute show
The answer machine said press 1 for the money, 2 for the show.....

What do you call Batman and Robin after they have been run over by a steamroller?

Flat man and ribbon!

Why did the composer spend all his time in bed?

He wrote sheet music!

Why should you never tell a secret to a pig?

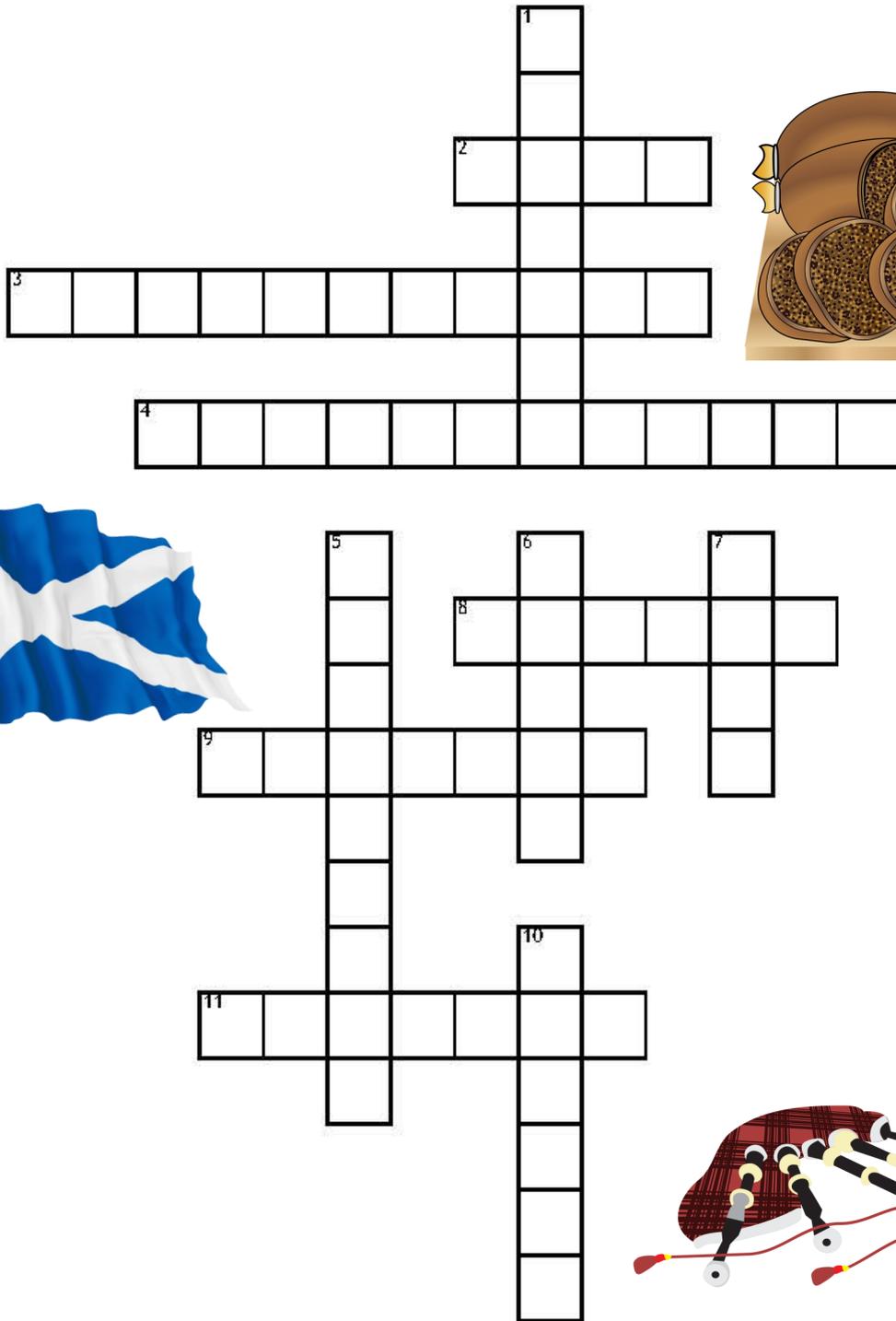
It may squeal!

Why should you never listen to Opticians jokes?

They get cornea and cornea!



Crossword - All About Scotland



Across

- 2. The Scottish word for Lake
- 3. A famous Scottish poet
- 4. Song written by this poet
- 8. Traditionally eaten on January 25th
- 9. The legend says it lives in Loch Ness
- 11. A Highland Game where two teams pull a rope

Down

- 1. A Scottish leather money bag worn by men
- 5. The Capital city of Scotland
- 6. A long thick piece of wood you can toss
- 7. A skirt traditionally worn by men
- 10. A coloured design on a kilt

Answers in the back of this book



Snow Words - Word Scramble



1. ROOSDWANB _____
2. WNALSOLF _____
3. WAEFSLINKO _____
4. WOSNDE IN _____
5. UWNSBNODO _____
6. LNSBLAOW _____
7. MNNSAOW _____
8. OSNW SSIK _____
9. OLPNWSOW _____
10. NSOW OLWP _____
11. AGNINODWBSRO _____
12. ABWNLLLOS IFGHT _____
13. WSON ANEGL _____
14. ONWS SVOHEL _____
15. TROOWMSNS _____

Answers in the back of this book

A bit of a Scottish Theme



Word Search



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

Tatties Scotland Piper Kilt Cockaleekie Tartan Robert Oatcake
Haggis Burns Songs Poem Neeps Dancing Bagpipes

Answers in the back of this book



A few interesting facts about Burns' Night and the man himself

Michael Jackson's famous hit, *Thriller*, was supposedly inspired by Burns' poem, 'Tam O'Shanter'.

A book of Burns' poetry was taken into space by British-American astronaut, Nick Patrick. It orbited the earth 217 times on the 5.7-million-mile trip.

According to the Guinness Book of World Records, Rabbie's 'Auld Lang Syne' is one of the top three most popular songs in the English language.

On Burns' Night, we celebrate by enjoying our national dish: haggis, neeps and tatties, or haggis, turnips and potatoes for those who aren't familiar with Scottish lingo.

The oldest existing statue of Burns is thought to be in Camperdown, Australia. Carved by one John Greenshields, it was shipped there during the 1850's.

John Steinbeck's 1937 novel "Of Mice and Men" takes its title from a famous line in Burns' "To a Mouse": "The best laid schemes o' mice and men gang oft agley".

The former Soviet Union was the first country in the world to honour Burns with a commemorative stamp marking the 160th anniversary of his death in 1956.

The first ever Burns Supper was staged at Burns Cottage by his friends on July 21, 1801, the fifth anniversary of his death.

It wasn't until 1802 that the celebration moved to Burns birth, it was celebrated on January 29th as they had got the date wrong! By 1803 it was celebrated on January 25th after checking with Aye Parish Records and has been celebrated ever since.

In 1786, *Poems, Chiefly in the Scottish dialect* were published and its success was instantaneous. Burns became well known all over Scotland.

Burns was the son of two farmers and grew up in severe poverty and hardship. The manual labour he did as a child left him with health problems for the rest of his life.

Burns fathered at least 12 different children to four different women.

The Burns poem *Address to a Haggis* is famously recited at Burns Night suppers before the guests tuck in, with the reader holding the haggis aloft during the poem's final line.

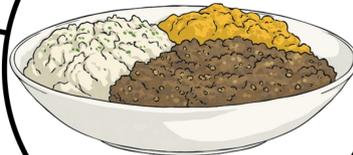
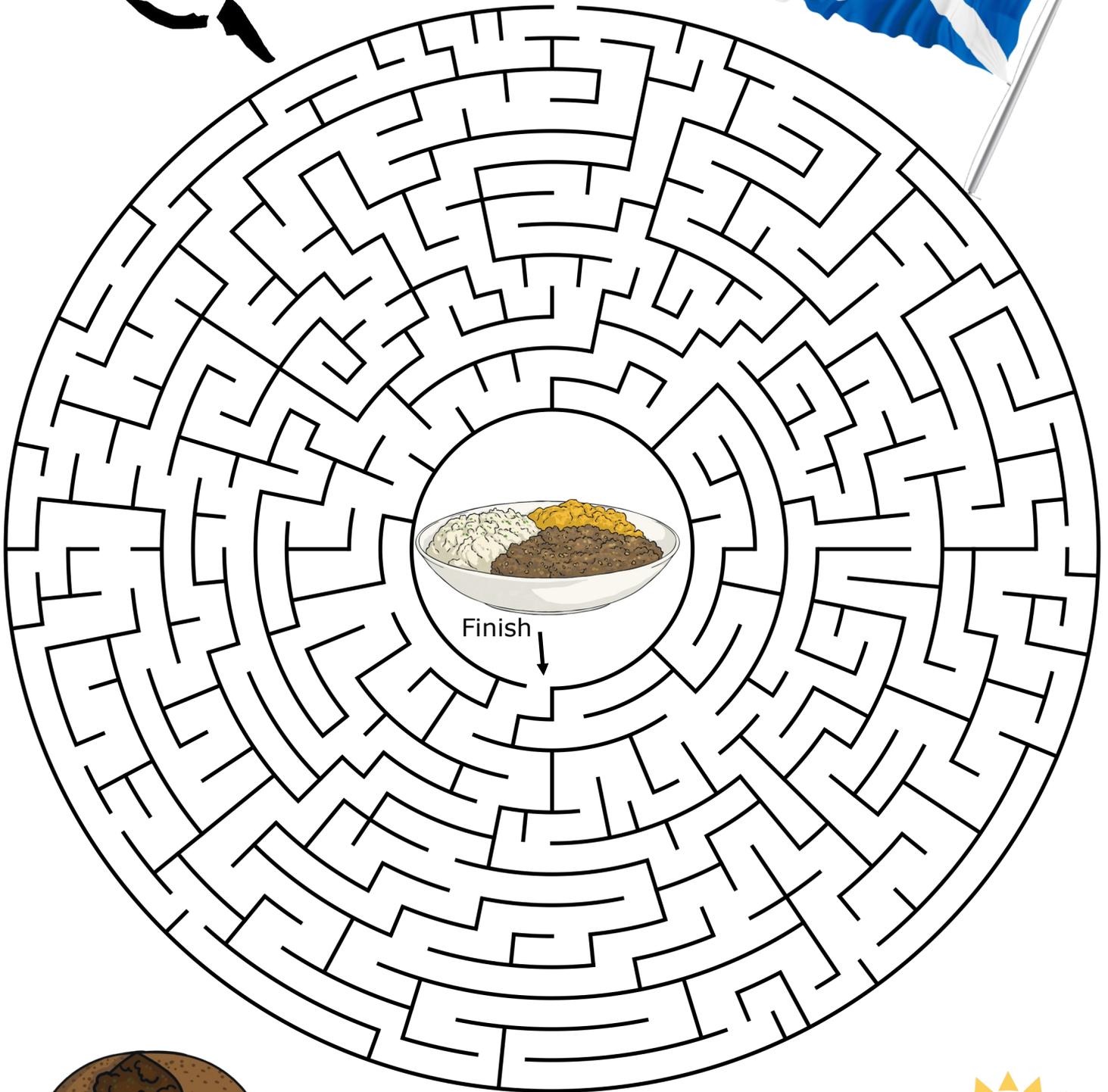
Burns Night



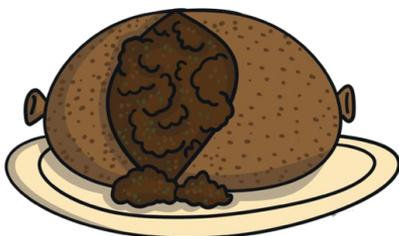
Can you help Mr Burns find his haggis, neeps and tatties at the centre of this Maze?



Start



Finish



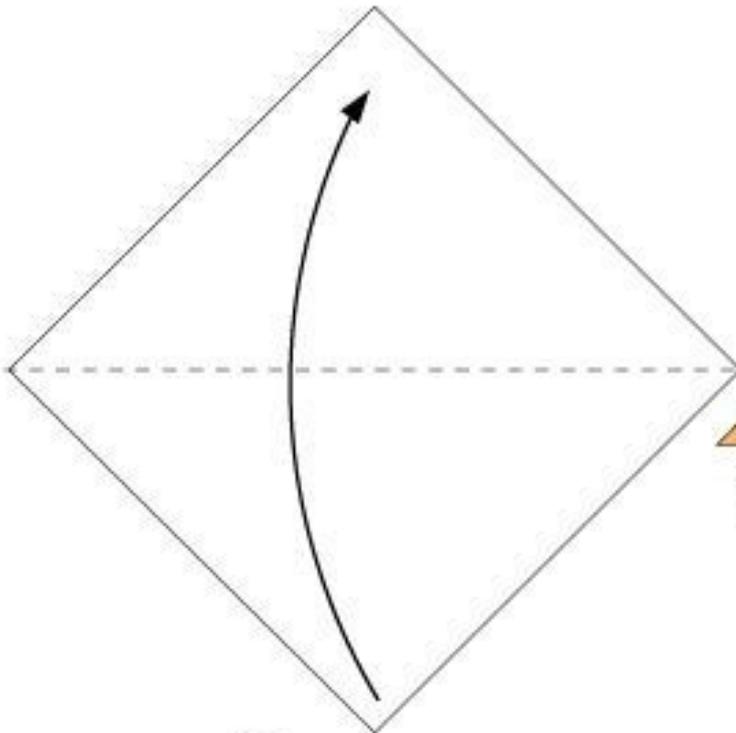
How many words can you make with 3 or more letters from

BURNS NIGHT ?

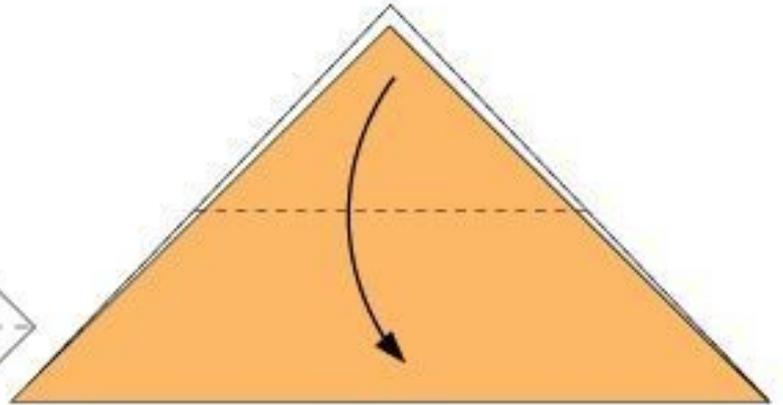
Burns
Night



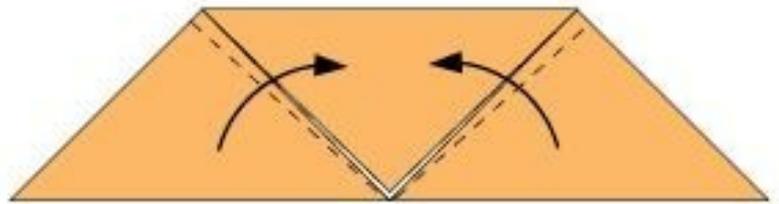
How to make an Origami Fox



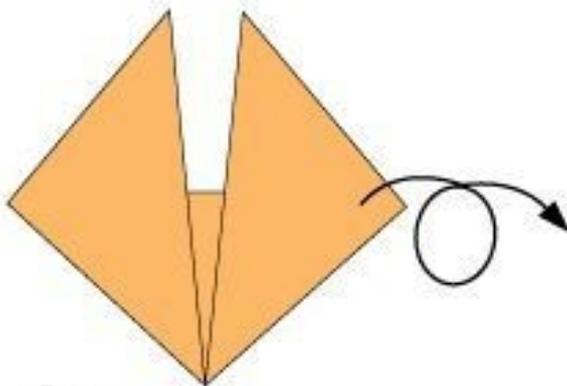
1 Fold in half



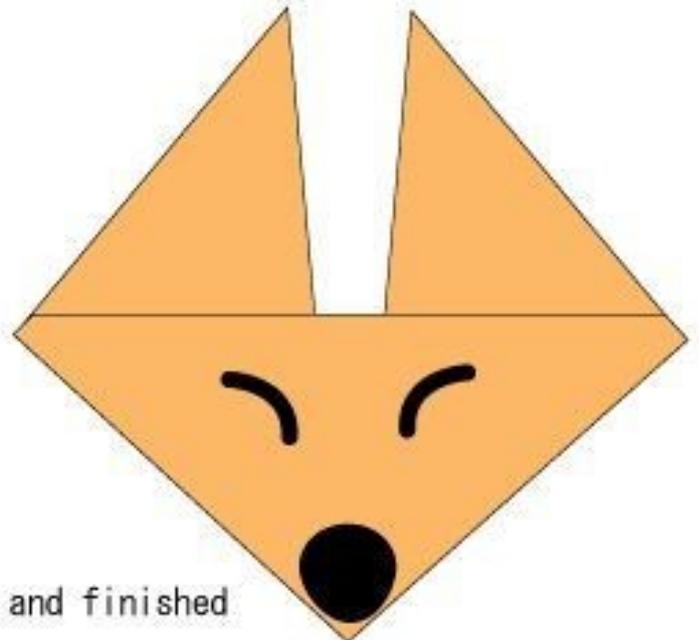
2 Fold in the dotted line



4 Fold in the dotted line



3 Turn over



5 Draw eyes, a nose and finished



Burns Night Thistle Card



Happy Burns Night!

25th February Scot's all over the world celebrate Burns Night in honour of poet Robert (or Rabbie) Burns. Traditionally, a meal of haggis, neeps (turnips) and tatties (potatoes) is served whilst people recite poems and sing songs by Burns. We thought we'd show you how to make a card featuring another famous Scottish emblem; the thistle!

You will need:

- Blue, green and purple felt
- Green embroidery thread
- Plain Card and envelope*
- Needle
- Scissors
- Glue stick
- Thistle template (print out a little bit smaller than your card)



*You don't have to make this as a card, you could just make it as a small picture



Burns Night

Step 1.

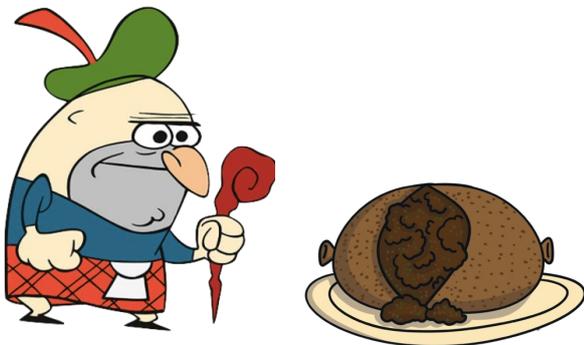
Begin by cutting a background from the blue felt, slightly smaller than the front of your card.



Step 2.



Use the template to cut out 2 leaves, a stem and the round part of the flower from green and the top part of the flower from purple felt.



Step 3.

Make little cuts into the purple felt to make little petals. Make sure not to cut right to the edge!



Step 4.



Lay the stem and flower head parts onto the background. Make sure the green circle overlaps the purple edge. Pop a pin in to hold things in place while you work. Use running stitch to attach the stem.



Step 5.

Make a set of diagonal stitches across the green circle, making sure you go through the purple felt underneath at the top edge. Make another set of diagonal stitches in the opposite direction.



Step 6.

Now place the leaves in place and use pins to hold them whilst you work. Use running stitch to attach them.



Step 7.

Glue your finished thistle onto the front of the card and you're done! You can now send the card to someone special or keep it as a decoration!



How to make Magnetic Memo Pegs



Here's a good way of helping you get a bit more organised! Stick these pegs on your fridge (or other magnetic surface) and use them to keep track of all those important bits of paper.

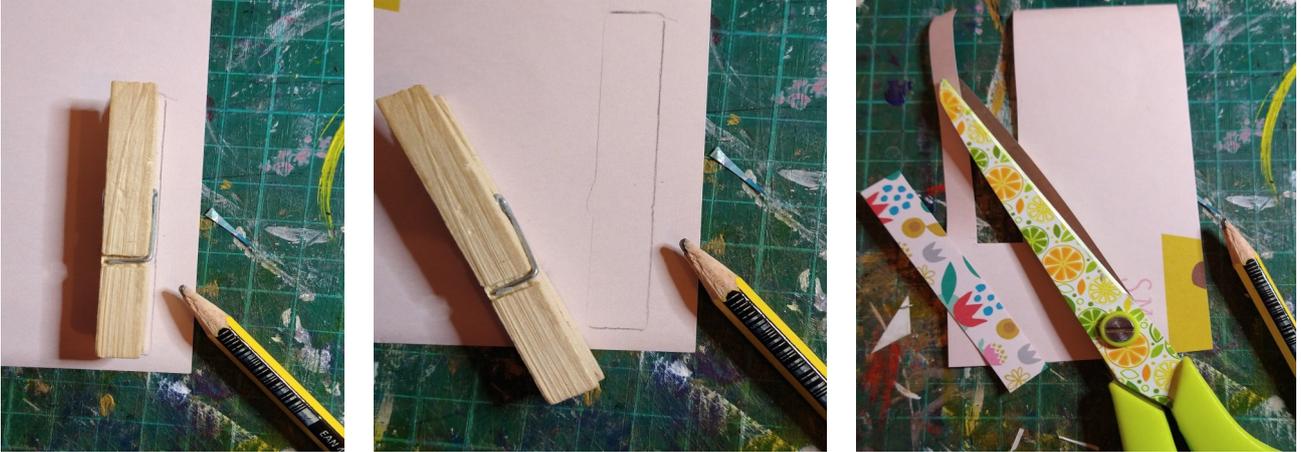
You will need:

- Wooden Pegs
- Small magnets or magnetic tape
- Scraps of pretty paper
- Buttons or other embellishments
- PVA glue



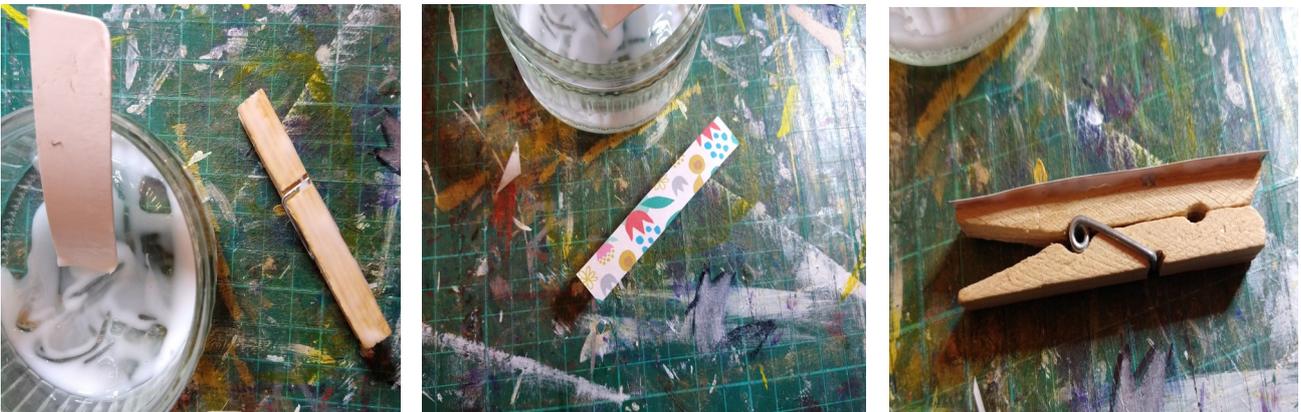
Step 1.

Using your peg as a guide, cut out strips of paper the same length and width as your peg. The easiest way to do this is to place your peg on the paper and draw round it.



Step 2.

Use the PVA glue to attach the strips of paper to one side of the peg.



Step 3.

You could now add some buttons and other embellishments to make your pegs extra special. Make sure you use plenty of glue to make sure they're really secure! Allow the glue to dry before moving onto the next step. You can also trim any over hanging bits of paper once the glue has dried.





Step 4.

Glue a magnet or small piece of magnetic tape to the back of the peg. Again, make sure to use plenty of glue!

When the glue is dry you can put your memo peg on your fridge.

Have fun and don't forget to show us how you get on!

There is also an follow along video session on the DVD for this craft.



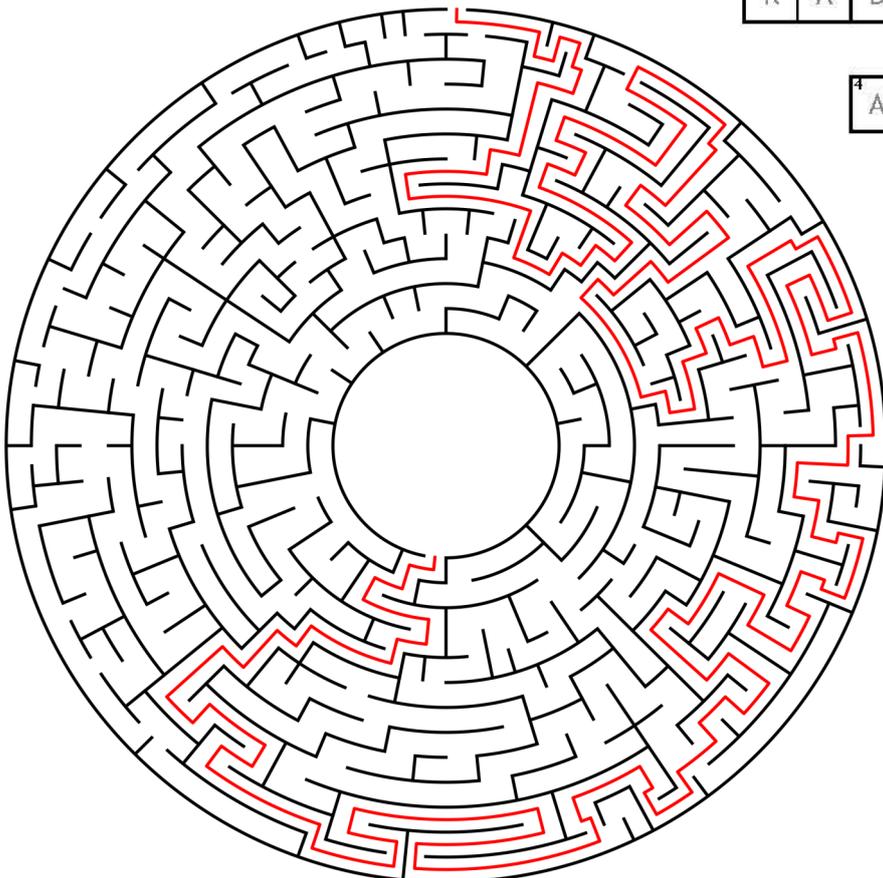
Answers

1	4	3	2
2	3	4	1
4	1	2	3
3	2	1	4

1	2	4	6	5	3
6	5	3	1	2	4
4	3	2	5	1	6
5	6	1	4	3	2
2	4	5	3	6	1
3	1	6	2	4	5

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

¹S
²L O C H
 R
³R A B B I E B U R N S
 A
⁴A U L D L A N G S Y N E



⁵E
⁶C
⁷K
⁸H A G G I S
⁹M O N S T E R
¹⁰T
¹¹T U G O W A R
 H
 R
 T
 A
 N

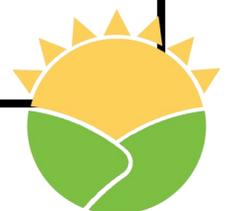


J Y T H F E M G N I C N A D G I D	1. ROOSDWANB snowboard
F C U R C Z E O V Z H A B J L I G	2. WNALSOLF snowfall
D O R U O W O T V A B I K F A N H	3. WAEFSLNKO snowflake
W M E T J X P M G S F Y I T I Z I	4. WOSNDE IN snowed in
H P E X W K A G E V F H A R D B G	5. UWNSBNODO snowbound
U T I R T P I Z P H T T J I S P F	6. LNSBLAOW snowball
I T K D O S W S C O T L A N D Q L	7. MNNSAOW snowman
B V E I A P D U N I X Q R P B S M	8. OSNW SSIK snow skis
A O E Q T O L V E P X J R M N S L	9. OLPNWSOW snowplow
G U L S C T D S O W F E A R S F D	10. NSOW OLWP snow plow
P O A O A K T M V V P E U W U C M	11. AGNINODWBSRO snowboarding
I O K N K H N H D I B B J C M Q V	12. ABWNLLOS IFGHT snowball fight
P F C G E M E A P A T R E B O R J	13. WSON ANEGL Snow angel
E K O S R U E R T U L G E N W I R	14. ONWS SVOHEL snow shovel
S Y C X J U P L C R T L I K K F K	15. TROOWMSNS snowstorm
Q Q N Y Y P S C M N A A P L I Q U	
J I J P L O Y P I S D T F Z X Q P	

How many words can you make with 3 or more letters from BURNS
NIGHT ?

Here are some but I am sure there will be many more!

Bursting, burnings, buntings, shunting, brushing, turnings.
 Burnish, burning, hurting, bunting, turning, nursing, busting, brutish, bushing, rushing,
 rusting, hunting,
 Grunts, hubris, girths, tuning, tubing, string, strung, burghs, things, inrush, brings,
 nights, bright, rights, unrigs, births, ninths, bights,
 Suing, ruing, stung, sting, grins, grist, rings, grits, grubs, grunt, ruins, hints, shunt,
 shrub, hurts, shirt, hunts, night, sight, ninth, runts, rungs, shrug, thing, using, turns,
 bungs). Bunts, burgh, burns, brush, brunt, birth, unrig, units, bring, burnt, burst, girth,
 thins, thugs,
 Unit, rust, this, suit, ruts, runs, rush, rubs, shit, rugs, ruin, urns, rung, thru ,sung, shin,
 thug tins, thin, tubs, sign, sing, stir, snub, sigh, tugs, thus, turn, ting, shun, stun, shut,
 stub, snug hugs, grit, grin, gnus, gits, gist, girt, grub, guns, gush, hubs, hits, hint, guts,
 gust, buts, bits bins, bugs, bust, bush, burn, brig, bunt, buns, hung, inns, rigs, huts,
 nuns, runt, nits, ribs hurt, nigh, hunt, nubs, nibs, ring, nuts
 Nut, his, nun, tug, nub, tub, bun, run, big, urn, bin, rub, bit, rug, rig, gun,
 rib, bug, bus, sir). Inn, gut, sub, hut, hit, hub, hug, sin, sit, sun, its, tin, but,
 nit, gin, git, nib, gnu, gib



Useful Links

If you have access to the internet, here are some useful links.

You will need to type them into your internet browser.

<https://www.heathlandscumbria.org/>

<https://www.heathlandscumbria.org/news.html>

<https://www.facebook.com/Heathlands.Cumbria/>

Also why not try out the new **Heathlands at Home** section of our website!

We will be keeping it up to date with activities, videos, information and useful links to keep you busy while you're at home.

<https://www.heathlandscumbria.org/heathlands-at-home.html>

Burns Night

