



# Heathlands

## Activity Book No.13

Be Safe  
Be Healthy  
Be Kind!



# Hello!!!!

And welcome to the Diwali special 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, Nicks workout and sign of the day, Helen T's How to make an Origami Boat and Microwave Curry recipe plus Mark G and Sarah F read the Wonky Donkey..... Enjoy.





# Placing Remembrance Stones



These stones were painted at Heathlands by Mark G and other members, Mark spent the day on Friday placing these stones at Remembrance points around our local area... Thank you Mark for all your hard work.



# Microwave Vegetable Curry

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## Ingredients:

1 onion roughly chopped  
3 cloves garlic minced  
1 inch of root ginger minced  
A mixture of veg you like roughly chopped  
2 tbsp of curry powder OR the mixture of spices below  
1 can chopped tomatoes  
500ml vegetable stock  
Salt and pepper  
1tbsp plain flour



## Spice mixture:

Toast 1tsp caraway seeds, 1tsp fenugreek seed and 3 cardamom pods, grind the caraway and fenugreek together in a pestle and mortar and use 1/2tsp in the spice mix.

¼ tsp salt  
4 or 5 grinds of black pepper  
¼ tsp ground cinnamon  
1 tsp ground cumin  
½ tsp turmeric  
½ tsp ground coriander  
¼ tsp asafoetida / hing



## Method:

1. Add onion, garlic and ginger to a 3 litre microwave casserole dish with 1tbsp oil. Cover and cook for 3 minutes on high.
2. Add all your spices and the flour, stir well and cook for a further 2 minutes on high.
3. Add your hardest vegetables, ie potatoes and carrots and cook for 10 minutes on high.
4. Next add all your other vegetables except the softest [ie mushrooms, tomatoes, courgette and spinach], add your stock, chopped tomatoes and a squeeze of tomato puree. Stir well and cook for 10 minutes on medium.
5. Add your soft vegetables and cook on medium for a further 10 minutes.
6. Check your veg with a knife to see if they are cooked. Every microwave is different, so add time if you need to.
7. Enjoy with rice, naan breads or just on its own!





1			
2	4	3	
	2	1	
3		2	



# Sudoku

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

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



Answers in the back of this book

# Weather Word Match

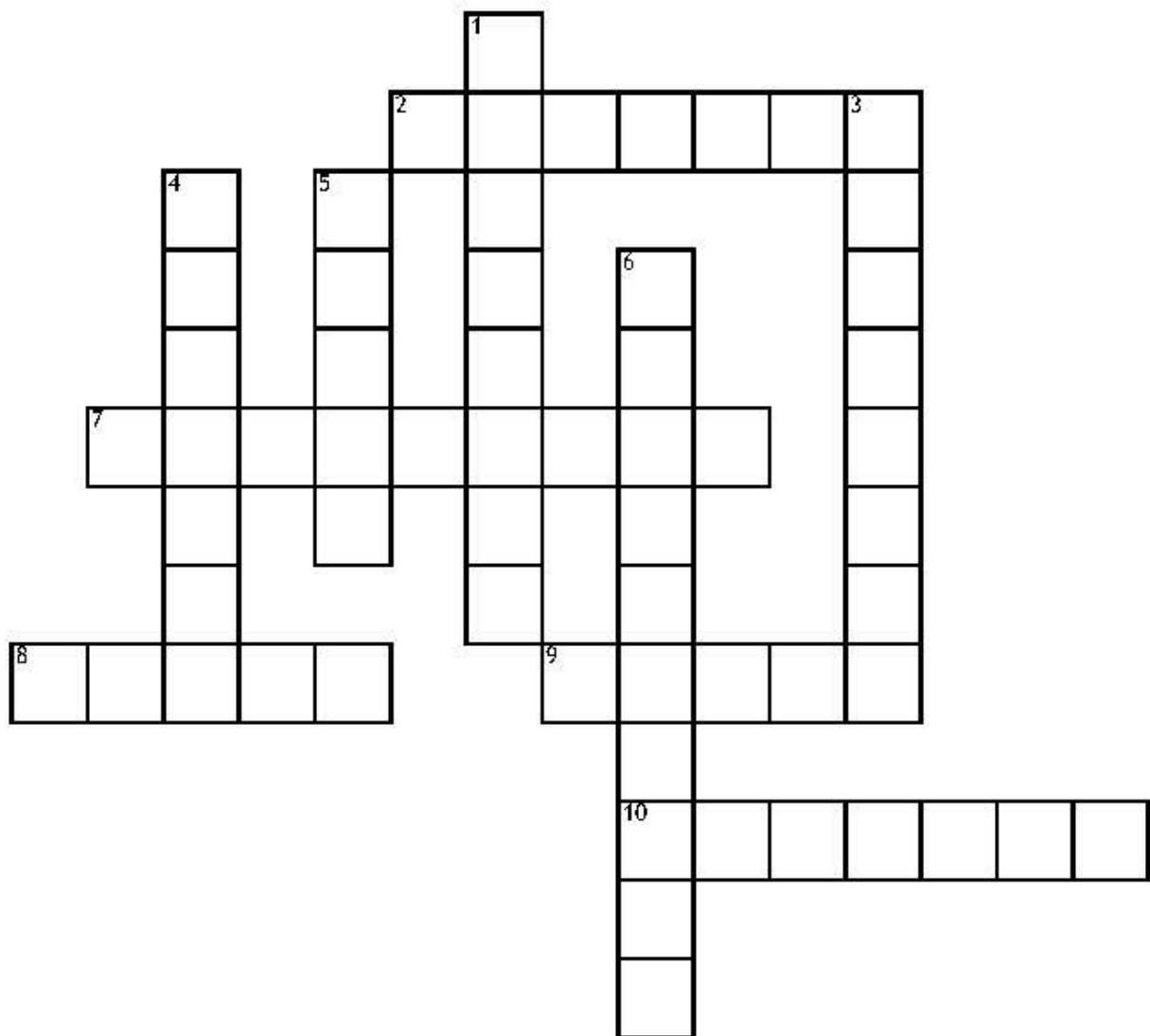


- |  |              |
|--|--------------|
| 1. ---- Caesar! An icy greeting? (4)           | A. Frost     |
| 2. X-Men character who can control the weather | B. Hail      |
| 3. Severe winter storm                         | C. Wind      |
| 4. Bolt from the blue?                         | D. Storm     |
| 5. Clap following a flash                      | E. Blizzard  |
| 6. You are my ..., my only ...                 | F. Cloud     |
| 7. Fluffy object in the sky                    | G. Sunshine  |
| 8. Winter's Jack                               | H. Lightning |
| 9. Needed to fly a kite                        | I. Monsoon   |
| 10. Indian rainy season                        | J. Thunder   |

Answers in the back of this book



# Traditional Games Crossword



## Across

- 2. Collected from a tree
- 7. Pavement Jumping
- 8. Little pub missiles
- 9. Pick up game
- 10. Rolling stones

## Down

- 1. Spotted game-pieces
- 3. Taste the rainbow
- 4. Game played with cues
- 5. A bishop moves diagonally
- 6. Bacon board game



Answers in the back of this book



# Star Wars Word Scramble



1. PNWADAA \_\_\_\_\_
2. AREDV \_\_\_\_\_
3. YDOA \_\_\_\_\_
4. HTIS \_\_\_\_\_
5. ARJ AJR KBSIN \_\_\_\_\_
6. ORSTTPOMREOR \_\_\_\_\_
7. OABB FTET \_\_\_\_\_
8. HTHO \_\_\_\_\_
9. ELUIMINILM OLFNCA \_\_\_\_\_
10. KEWO \_\_\_\_\_
11. BRLEE ENALLCI \_\_\_\_\_
12. KREYASWKL \_\_\_\_\_
13. CPO3 \_\_\_\_\_
14. EIID \_\_\_\_\_
15. -XIWGN \_\_\_\_\_

Answers in the back of this book



# Diwali Word Search

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

candle diwali diyas fesitival of light fireworks harvest hindu  
kartika knowledge lakshmi lantern mithai prayer puja rangoli

**HAPPY**  
*Diwali*



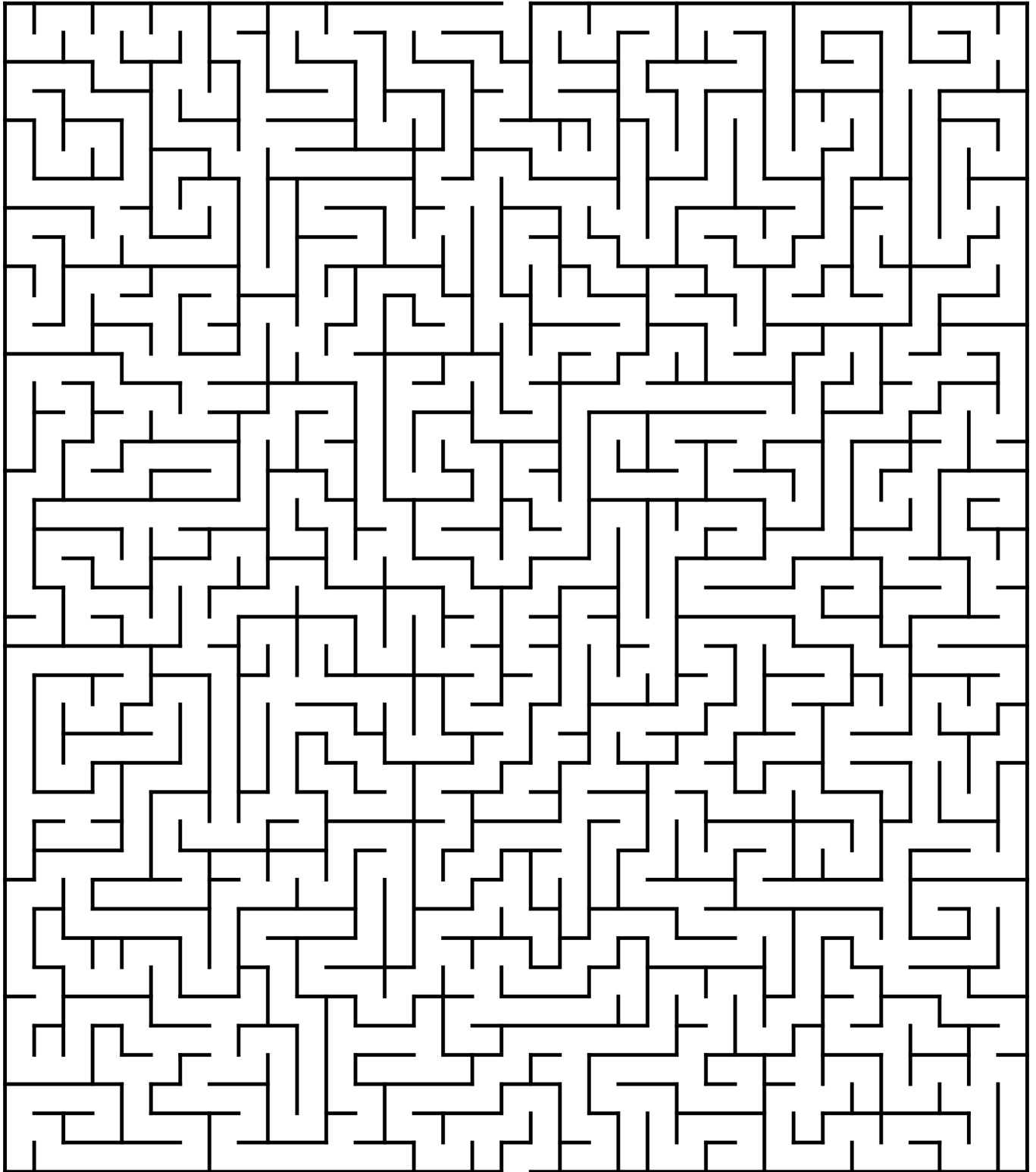
Answers in the back of this book



Can you navigate  
this Maze?



Start →



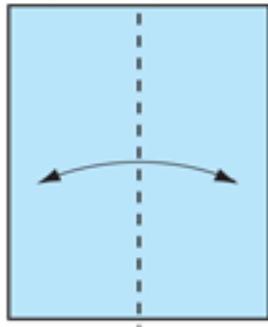
Finish ↗

Answer in the back of this book

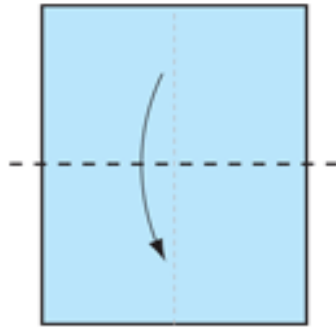




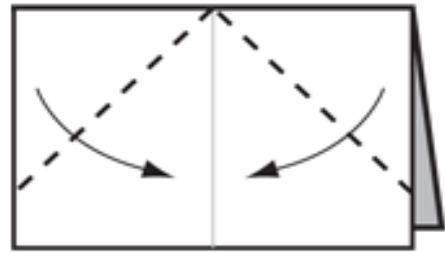
# Origami Boat Instructions



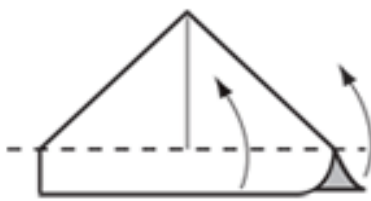
1. FOLD IN HALF



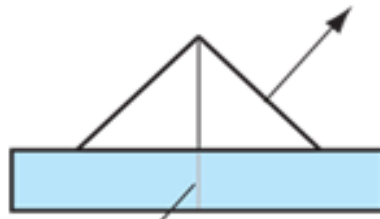
2. FOLD IN HALF AGAIN



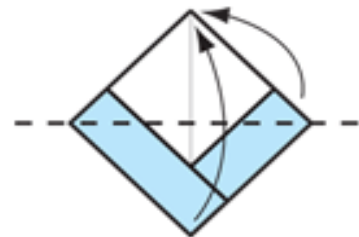
3. FOLD IN CORNERS



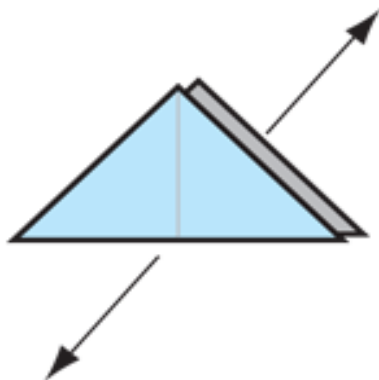
4. FOLD UP EDGES ON BOTH SIDES



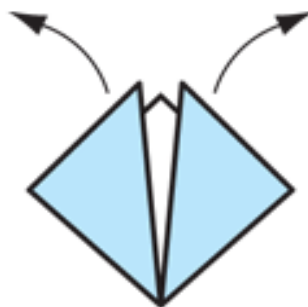
5. PULL THE SIDES OUT AND FLATTEN



6. FOLD FRONT AND BACK LAYERS UP



7. PULL SIDES APART AND FLATTEN

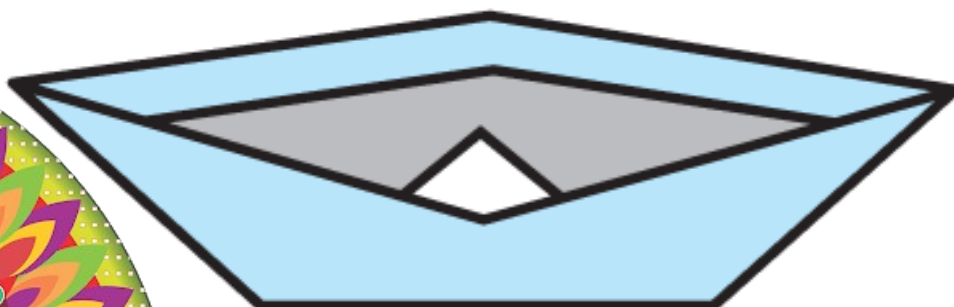


8. PULL TOP FLAPS OUTWARDS



9. SQUISH THE BOTTOM AND PULL THE SIDES UP

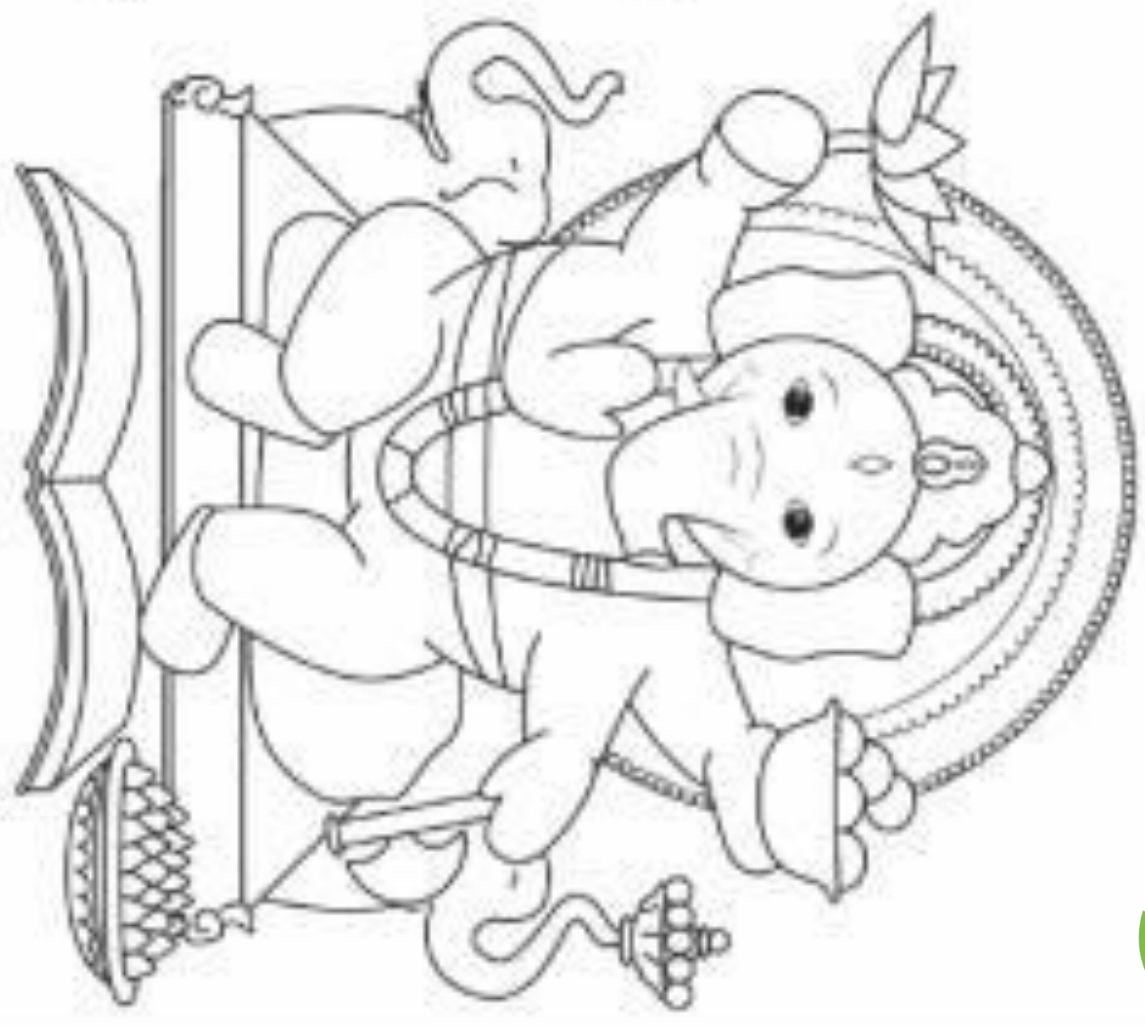
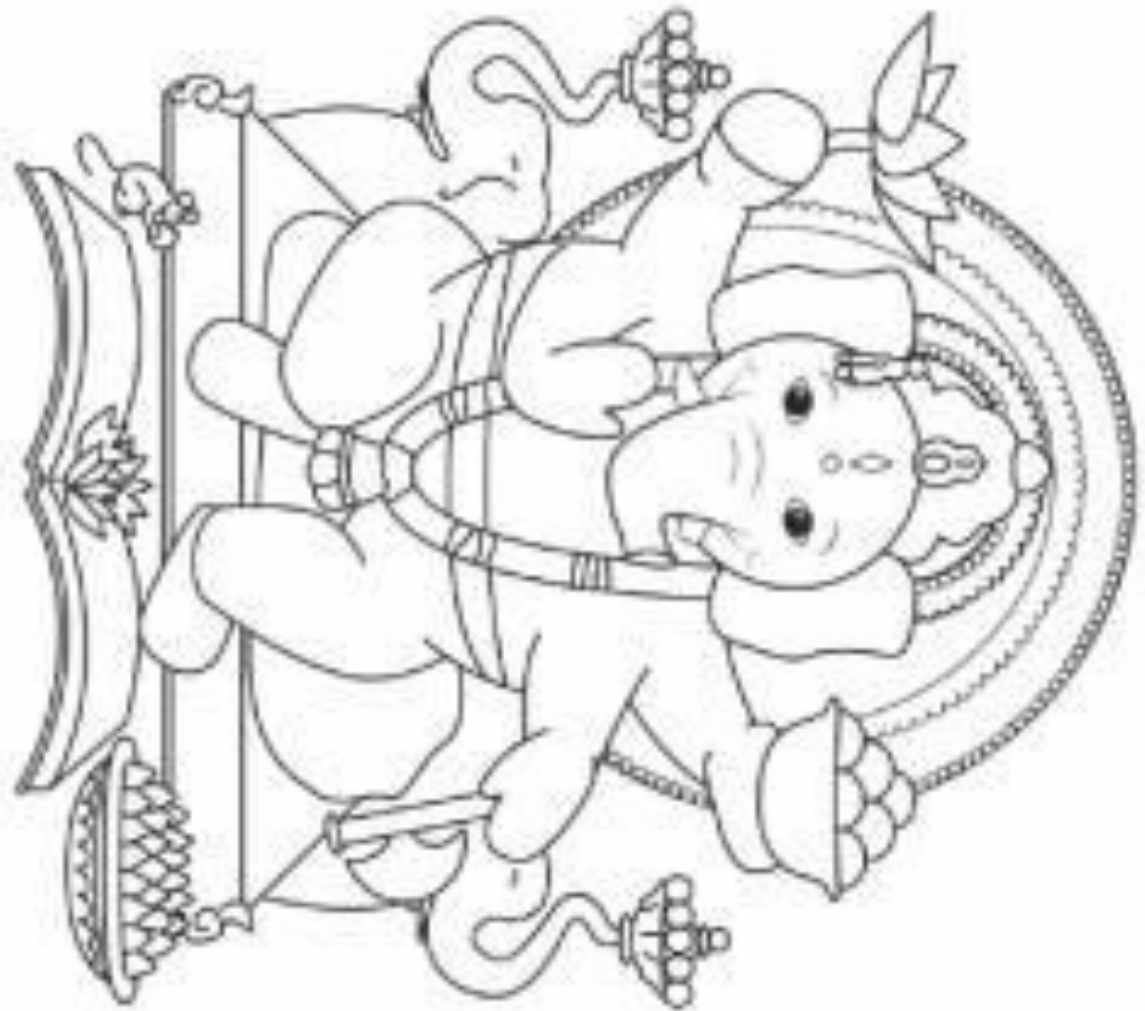
10. TA DAAA!



Instructional video by Helen T  
available on the DVD and YouTube



# Diwali Spot Differences - 10 to find





# How to make - Diwali Lanterns



Diwali is the Indian Festival of Lights and celebrates the victory of light over darkness and goodness over evil. To celebrate this festival we're going to show you how to make a paper lantern.

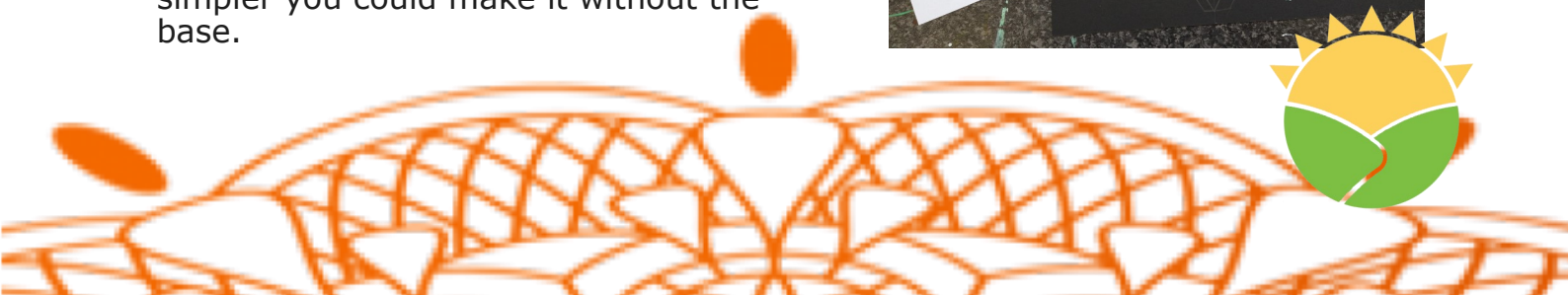
## You will need:

- Black paper or card (we used a sheet of A4)
- Coloured tissue paper
- Glue stick
- Scissors
- LED tealight candle (don't use a real candle!)
- Ruler
- Pencil



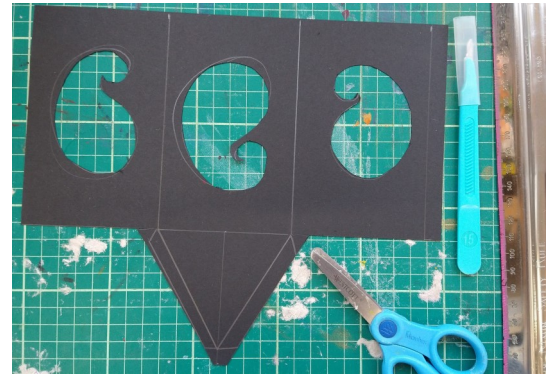
## Step 1.

Using our template as a guide, draw out the lantern onto the card. The lantern has three sides and a base but to make it simpler you could make it without the base.



## Step 2.

Cut the lantern out, making sure to leave tabs to glue the base and side together. We used a craft knife to cut the shapes out of each section but you can just use scissors.



## Step 3.

Put glue around the edge of each cut out shape and then attach pieces of tissue paper across the cut out areas to fill it with colour.



## Step 4.

Put glue on the tabs and stick the lantern together.



## Step 5.

Pop an LED tea-light candle in your lantern and admire your hard work.



# HAPPY DIWALI





# How to make - Flapping Parrot Puppet!

Don't get in a flap if you're looking for something to do. Have a go at our flapping parrot puppet instead!

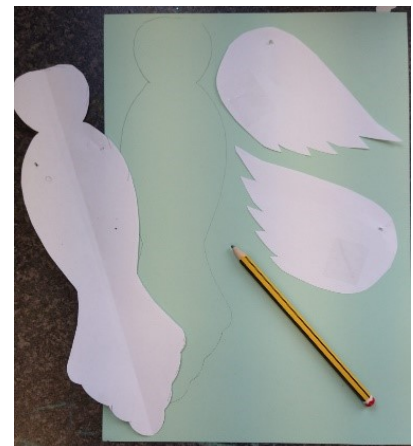
## You will need:

Coloured Paper or Card  
Bird template  
Felt tip pens or coloured pencils  
Pencil  
Scissors  
String or thread  
Needle  
Paper fasteners



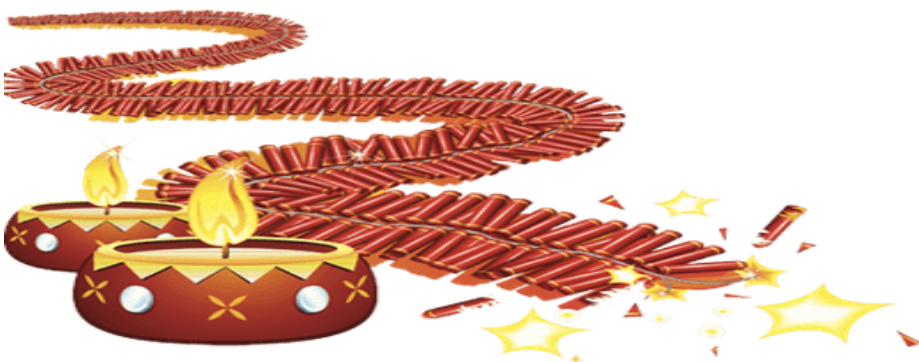
## Step 1.

Print out our template (or draw your own) and use it to draw a body and two wings onto the coloured card. Cut these pieces out.



## Step 2.

Decorate your parrot! We used felt tip pens but you could collage different materials (like feathers) onto it if you wanted or add wiggly eyes.





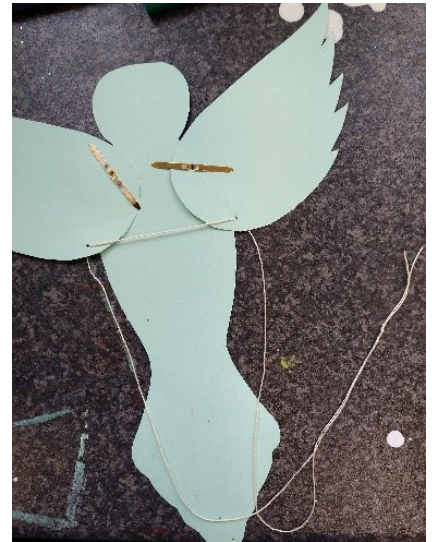
### Step 3.

Attach the wings to the body using the paper fasteners. You might need to use a needle to make a guide hole.



### Step 4.

On the back, thread a piece of string through the edge of each wing. Make sure the string is long enough to hang below the tail.



### Step 5.

Attach another piece of string to the head as a hanging loop.



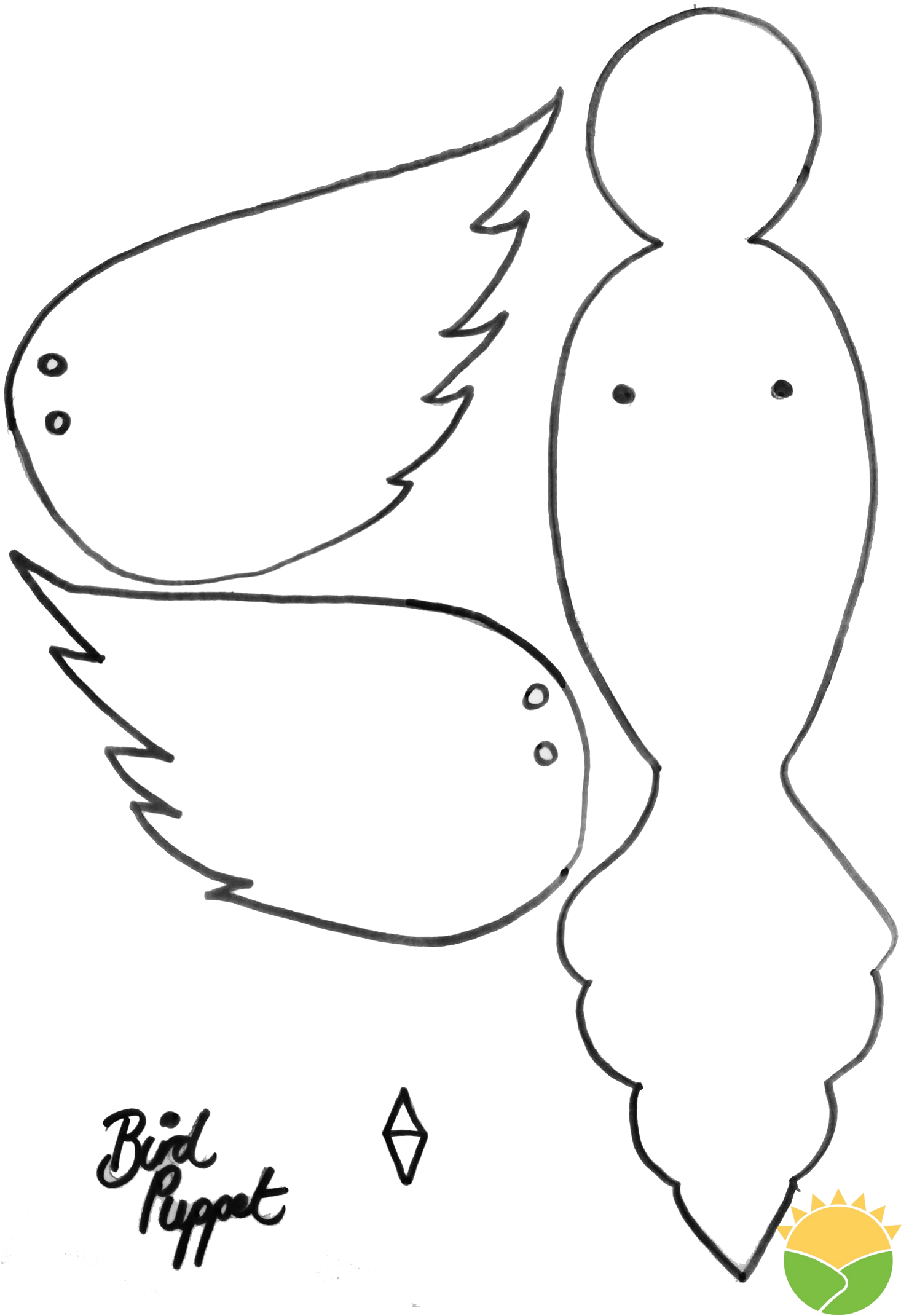
### Step 6.

Hang your parrot up and pull the string to make the wings flap down.



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



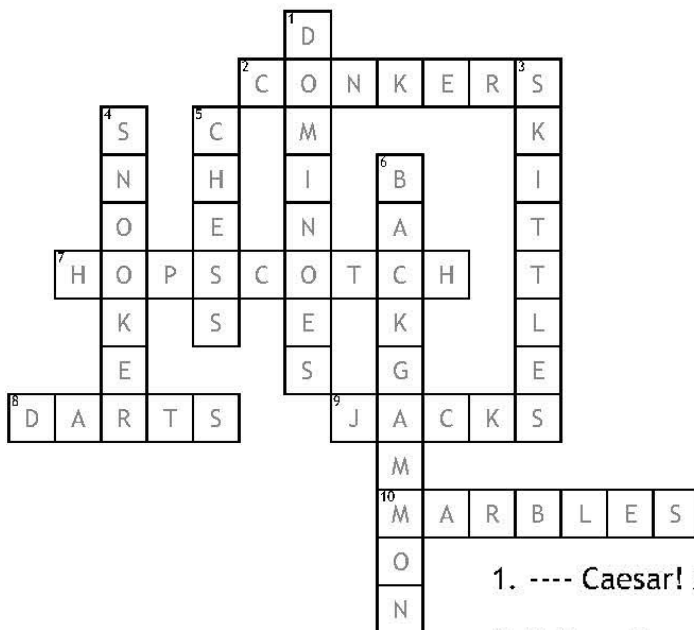


# Answers

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

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

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

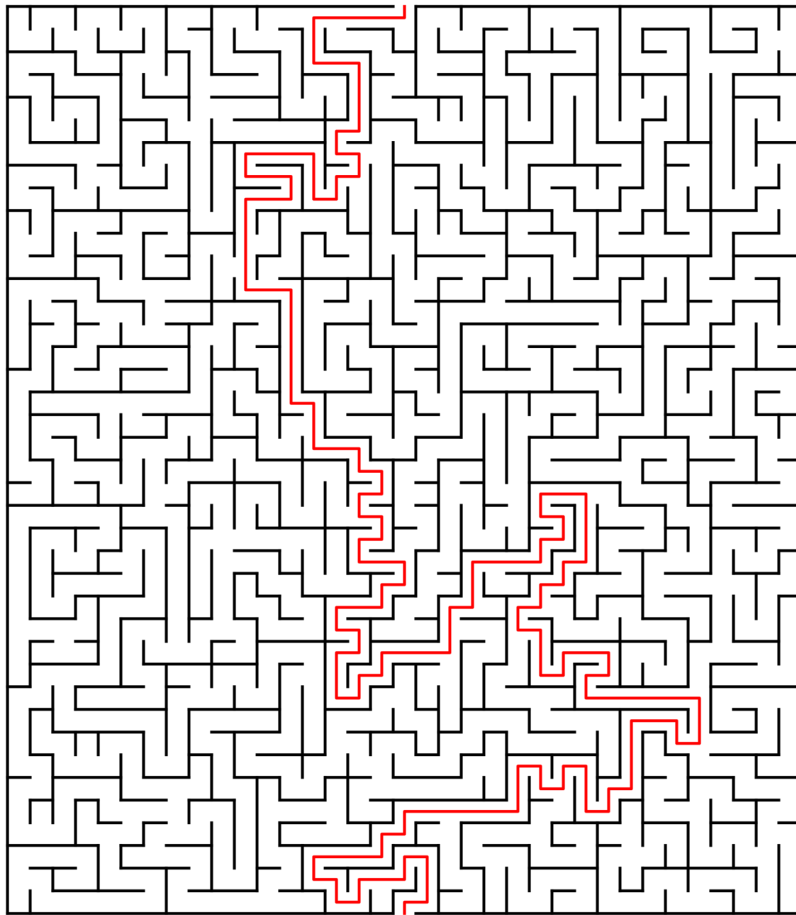


3	2	7	9	6	5	1	8	4
6	1	4	2	7	8	9	3	5
9	8	5	3	4	1	7	6	2
7	9	2	6	5	3	4	1	8
4	5	3	8	1	2	6	9	7
8	6	1	4	9	7	5	2	3
5	7	8	1	2	9	3	4	6
2	4	9	7	3	6	8	5	1
1	3	6	5	8	4	2	7	9

1. ---- Caesar! An icy greeting? (4) **B**
2. X-Men character who can control the weather **D**
3. Severe winter storm **E**
4. Bolt from the blue? **H**
5. Clap following a flash **J**
6. You are my ..., my only ... **G**
7. Fluffy object in the sky **F**
8. Winter's Jack **A**
9. Needed to fly a kite **C**
10. Indian rainy season **I**







1. PNWADAA Padawan
2. AREDV Vader
3. YDOA Yoda
4. HTIS Sith
5. ARJ AJR KBSIN Jar Jar Binks
6. ORSTTPOMREOR Stormtrooper
7. OABB FTET Boba Fett
8. HTHO Hoth
9. ELUIMNINLM OLFNCA Millennium Falcon
10. KEWO Ewok
11. BRLEE ENAALLCI Rebel Alliance
12. KREYASWKL Skywalker
13. CPO3 C3PO
14. EJID Jedi
15. -XIWGN X-wing



**Spot the difference answers - Did you find all 10?**



**HAPPY DIWALI**



# 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>

