



Health
South Eastern Sydney
Local Health District

Stay at Home Pack

Fourth Edition

Adapted from St George Mental Health Stay Home Pack by
SESLHD Allied Health Response Team

This pack includes many activities and suggestions on things to do at home

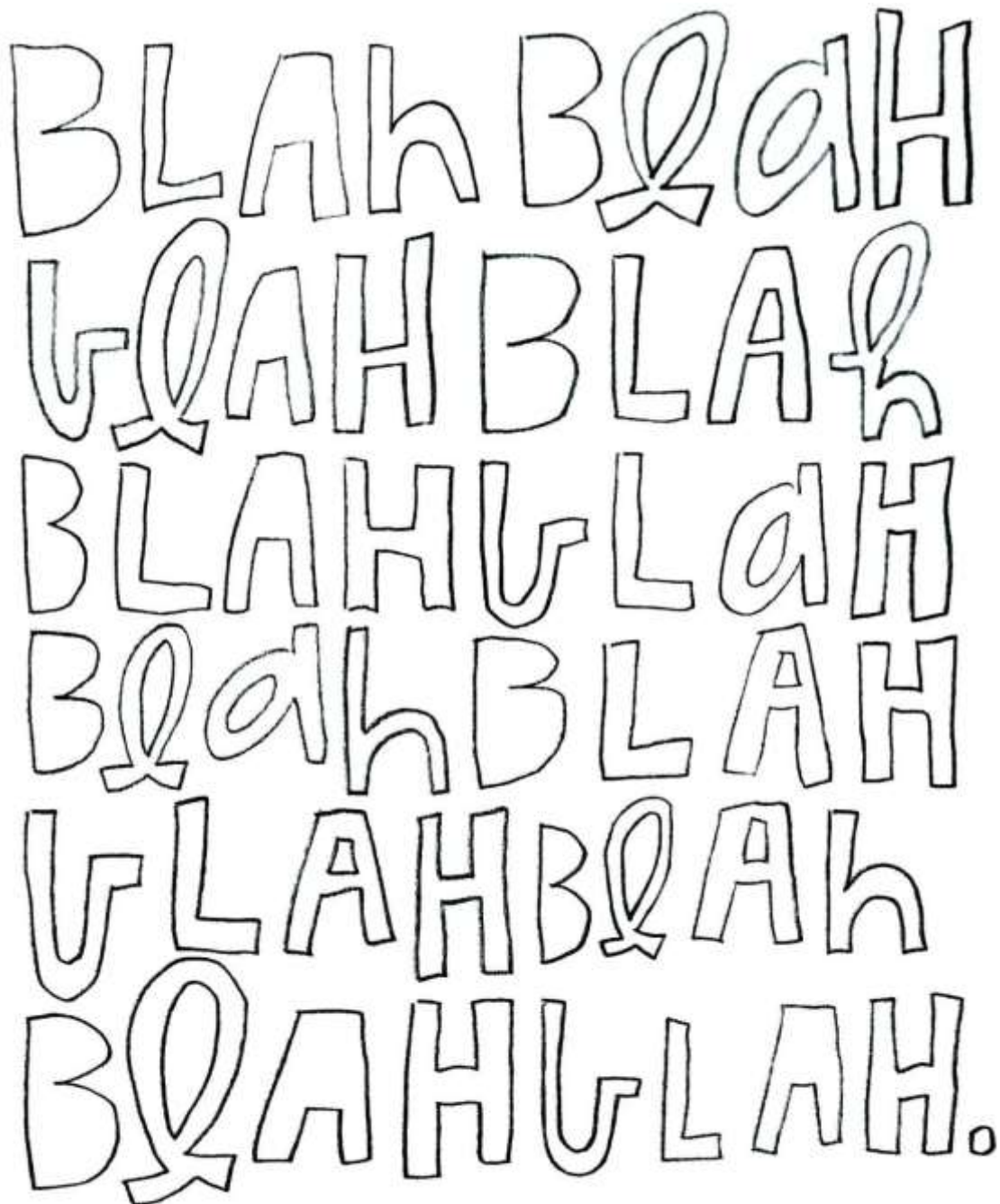
- Try to maintain a regular routine.
- Eat well and get enough sleep.
- Do something nice for yourself every day, a cup of tea in the sun, reading a book, doing a puzzle or listening to your favourite music.
- Stay in touch with others through the internet or phone. Video calls help you to feel more connected because you can see the faces of the person you are speaking to.
- You may need to change any regular appointments to be online at this time, try to keep attending them.
- Light a scented candle or use essential oils/room spray.
- Get creative in the kitchen. Try a new recipe or hand making bread.
- Learn a new hobby such as origami which is affordable and easy to do at home.
- Read or do a puzzle.
- Do some gardening, or catch up on home maintenance.
- Hang up Christmas or twinkling lights if you have them. The added sparkle helps to change the feel of the inside space.
- Listen a podcast or an audio-book. Even if you don't concentrate on what is being said, the sound of voices in the background helps to feel less alone. A number of free podcasts and audiobooks can be accessed through the ABC Radio National library and also via the ABC Listen App available on the app store and google play. Go to <https://www.abc.net.au/radio/listenapp/audiobooks/>
- If you have access to YouTube there are many long train journey videos. Playing these on the TV, phone or computer can give a sense of being in a larger space and being outdoors on a virtual trip from your home. Some slow journey links include:
 - o The Ghan, Australia - <https://www.youtube.com/watch?v=cgRUlyzQ7c0> (3hr)
 - o Bergen to Oslo- https://www.youtube.com/watch?v=xisVS_DKpJq (7hr, 14min)
 - o Royal Gorge Railroad, Colorado- <https://www.youtube.com/watch?v=YpcJ6jJlz6o> (1hr, 36min)
 - o Winter ride through snowy mountains to Adriatic Sea Coast- <https://www.youtube.com/watch?v=Y53k5YCL93c> (3hr)

Stay at Home Riddle

Pick me off and scratch my head. Once was red is black instead. What am I?

Find answer at the bottom of page 7.

Colour Time



Sudoku: Easy Challenge

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

Sudoku provided by Sudoku.com.au

Sudoku: Medium Challenge

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

Sudoku provided by Sudoku.com.au


Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

5 Things You Can See 

4 Things You Can Feel 

3 Things You Can Hear 

2 Things You Can Smell 

1 Thing You Can Taste 

Word Search

Words of Self-Empowerment

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

RESILIENT RECEPTIVE RADIANT QUIET PROUD PRECIOUS
POWERFUL POSITIVE PLAYFUL PEACEFUL PASSIONATE
OPTIMISTIC OPEN NOBLE MARVELOUS MAGNIFICENT
MAGICAL LOVABLE LOVING KIND JOYFUL JAZZED
INSPIRED FAITHFUL HOPEFUL HAPPY GRACIOUS GLOWING
FUN FRISKY FREE FOCUSED FABULOUS EXTRAORDINARY
EXQUISITE EXCITED ENTHUSIASTIC ENLIGHTENED ENERGIZED
EMPOWERED EASY DYNAMIC DELIGHTFUL DECISIVE
CREATIVE COURAGEOUS CONFIDENT COMFORTABLE CLEAR
CHEERFUL CALM BRILLIANT BOLD AWESOME APPRECIATE
AMAZING

Virtual Tours from your Home!

- National Gallery of Victoria- <https://www.ngv.vic.gov.au/virtual-tours/>
- National Arts Gallery- <https://www.nag.org.au/virtual-tour>
- Art Gallery of New South Wales- <https://artsandculture.google.com/partner/art-gallery-of-new-south-wales>
- Australian Museum, Sydney- <https://artsandculture.google.com/partner/australian-museum-sydney>
- Australian National Surfing Museum- <https://artsandculture.google.com/partner/australian-national-surfing-museum>

Virtual Fitness from your Home!

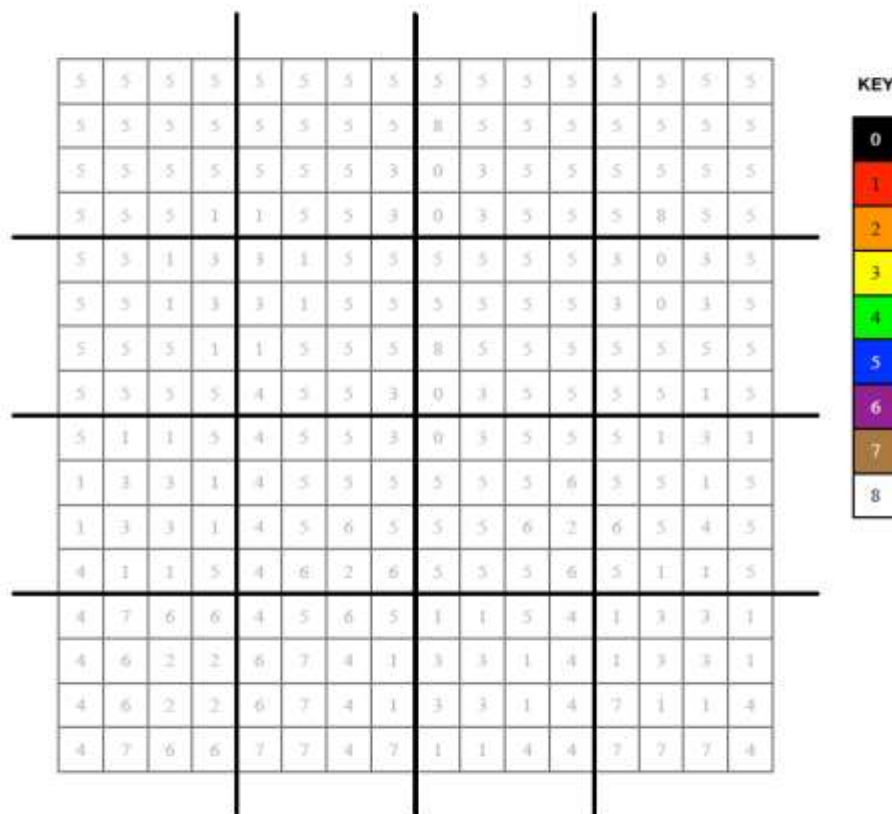
- Free yoga- <https://www.youtube.com/user/yogawithadriene>
- Free 7 day trial dance classes- <https://www.steezy.co/itd1>
- Free trial pilates - <https://online.hustl.com.au/>
- Low-impact workouts: Leslie Sansone's Walk at Home <https://www.youtube.com/user/walkathomedia>

Riddle answer: A Match

Simple Colour By Number Pixel Puzzle Picture 1S: Mini-beasts

Pictures can be stored in a computer as a grid of numbers. Each number gives the colour of that small area or **pixel**. This is also the way digital images are stored and represented on a screen.

In this simple colour-by-number puzzle you must recreate the picture by colouring each **pixel** as given by its number. Look up the colour for each number in the key. For example, colour pixels marked 0 in black, and pixels marked 1 in red.



What **algorithm** did you use to colour the picture?

Here are three ways:

- 1) Work along the rows colouring each pixel in turn before moving to the next row.
- 2) Pick a colour then work along the rows, colouring pixels of only that colour. When you get to the end of the grid, pick the next colour and start again. Repeat this until you run out of colours.
- 3) Pick an uncoloured square and colour it, then colour all pixels around it that are the same number, moving outwards until there are no more adjacent pixels with that number. Then pick a new uncoloured square and repeat until the whole picture is done.

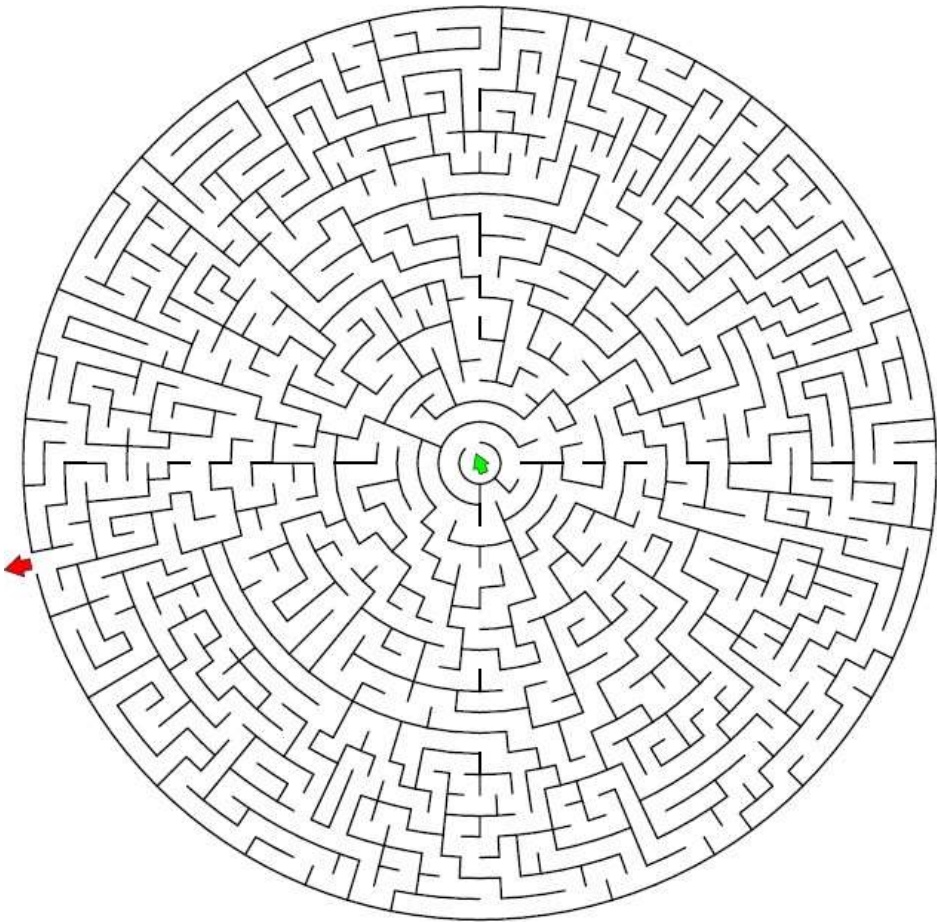
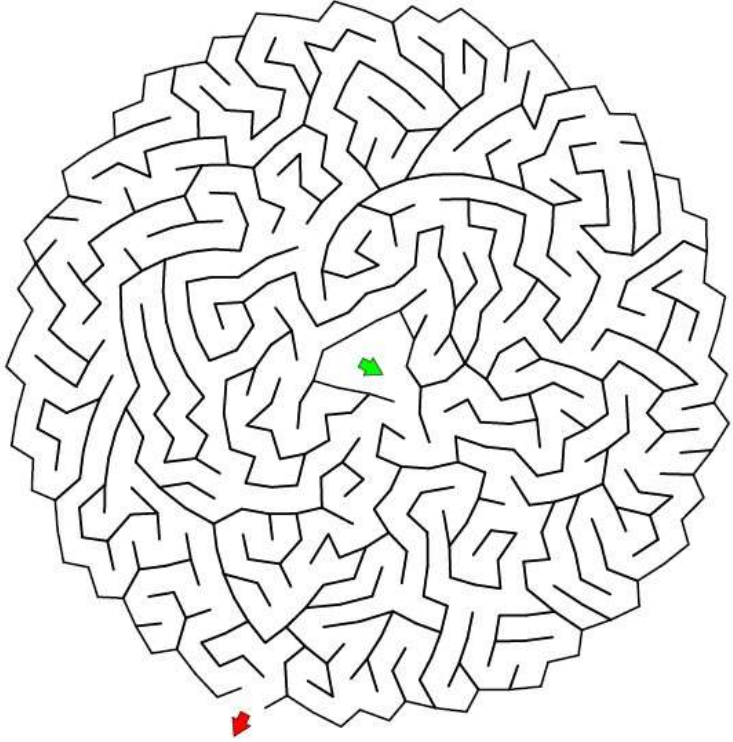
Why not create your own pixel puzzle picture?

Computer Science activities with a sense of fun: Pixel Puzzle Pictures 1S V2 (26 June 2016)
Created by Paul Curzon, Queen Mary University of London
with support from the Mayor of London
for Teaching London Computing: <http://teachinglondoncomputing.org>



Amazing Mazes

www.printablemazes.net



Colour Time

