

Ideas of how to use your notebook:

Create your own riddles to test your family and friends.

Write a short story.

Draw the view from your window.

Create a timetable to keep you busy during social distancing.

Create your own game and teach your family.

Design your own super hero.

Create a wish list of what you would like to do once social distancing is lifted.

Get Creative!

Use your pens and anything you have on hand at home to decorate your note book.

Use your Card and pens to create a rainbow for your window to brighten someone's day.

Use your card to create a unique bookmark.

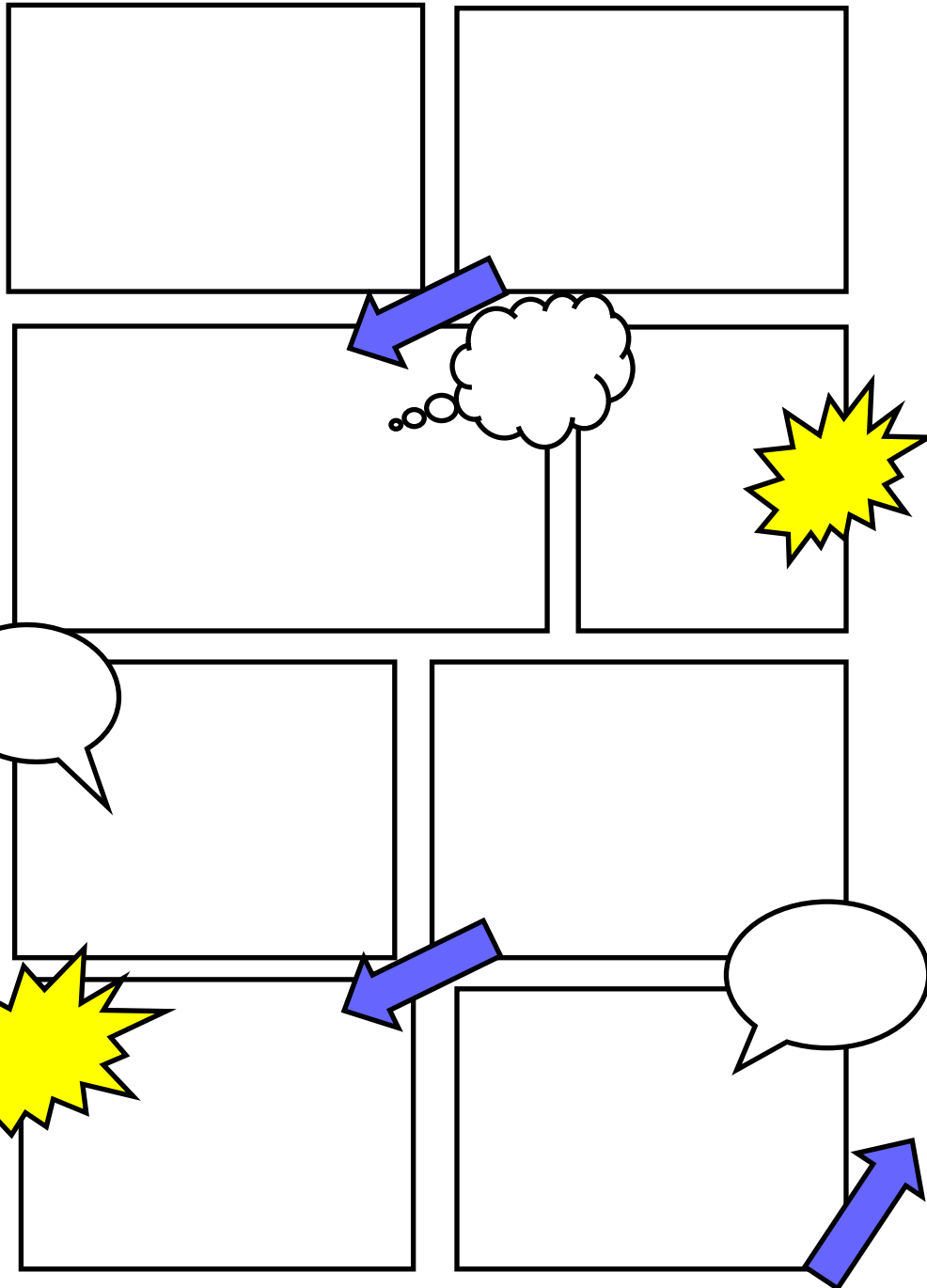
Make a card to send to family or friends.

Don't forget to share with us all your creative activities and what your getting up to!

Practice your coloring in!



Create your own comic book!



Diary challenge

There are many unexpected benefits to keeping a diary, so why not use your extra time at home to give it a go?

Some benefits of keeping a diary:

- It can be good for your mental health! It's a great way to process your experiences and review events in a less stressful way by focusing on your thoughts and feelings.
- It helps to improve your writing! Practice makes perfect, you might not enjoy writing but it's a skill we all need to learn and improve.
- It's a great way to keep memories you can look back on for years to come.

Different ways to keep a diary:

- Its all about having a personal record. It doesn't have to always be writing. Get creative with your diary. You can add small written notes, or not!
- Drawing an event from your day.
- Stick in cut outs from books/ magazines
- Use tickets to show what you have been up to.
- Writing poems
- Choose a quote or goal of the day.

Tip tips to remember:

- Don't worry, just write!
- Try to write every day, but don't worry if you miss a few days!
- Try to get a balance of negative and positive! It's a great place to vent but try reflecting on your positive experiences too.
- Write as if you were writing to a friend or your future self.
- Read your past entries to see if your thoughts or feelings have changes.
- Set an alarm for 10/20 minutes to help you focus on your writing.
- Have fun!

Guess the country

Can you work out which country these flags represent?

1.



6.



2.



7.



3.



8.



4.



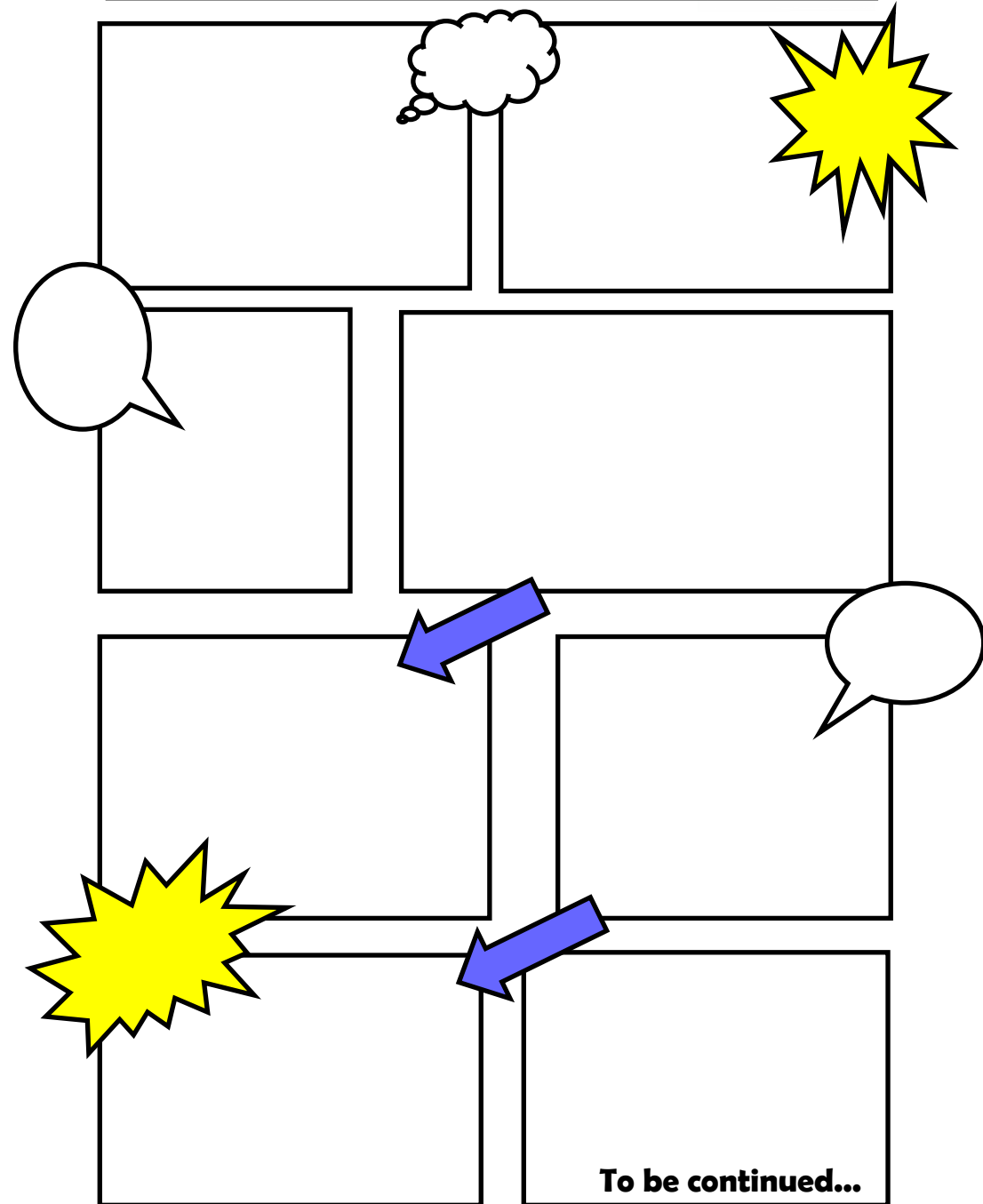
9.



5.



10.



Top tip: Why not continue your story in your note book!

Show us your comic ideas!

Word Search

Can you find the months of the year?

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

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

Guess the film from one line

1. Yoo-hoo! Big summer blowout!
2. My mom said to just be myself, and everyone would like me
3. Yes, cake is my weakness.
4. Arlo, it's up to us to protect our home
5. If I wasn't terrified of heights, I'd like this
6. Just because something works doesn't mean it can't be improved.
7. Hi I lost my family
8. Thank you for nothing, you stupid reptile
9. So you see, the story is not quite as you were told.
10. When I found you, I saw raw, untamed power, and beyond that, something truly special.



Get creative!

Use the card in your pack to create your own quilling emoji!

Quilling is the art of using rolled up strips of card to create imaginative designs.

You will need :

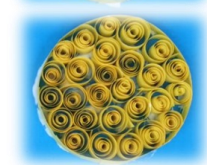
1 piece of plane card for the background

1cm strip of card cut lengthways

The rest of the card cut into 1cm strips widthways

Glue

1. Create the border of your emoji by shaping the long strip of card and sticking the ends together. Glue this onto the background.
2. Curl the remaining strips of card as shown. Use these to fill in your emoji by gluing to the background . (Tip: Put glue on the back-ground fist, then stick your quilling to it.)
3. Cut out the features of your emoji from different coloured card. Be creative!
4. Glue the features in place on top on your quilling.
5. Stand back and admire your work.



Complete the picture



Top Tip: You can find more quilling designs online.

Don't forget to share your artwork with us: @ymca_go @ymcansyo

Sudoku

To solve the Sudoku puzzle you have to use the numbers 1-9 to fill in the blank spaces so that each row, each column and each 3x3 square has all the numbers 1-9 appearing once.

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

Riddles

1. When you need me, you throw me away. But when you're done with me, you bring me back. What am I?
2. What kind of room has no doors or windows?
3. You can run all day, but never outrun me. But as soon as night appears I disappear. What am I?
4. A box without hinges, key or lid, yet golden treasure inside is hid. What am I?
5. What can run but never walk, has a mouth but never talks, has a bed but never sleeps, has a bank but no money?
6. What has roots nobody sees, is taller than trees. Up, up it goes, yet it never grows?
7. What has wheels and flies, but is not an aircraft?
8. What is deaf, blind and cannot speak, yet always tells the truth?
9. I'm tall when I'm young, and I'm short when I'm old. What am I?
10. What can you break, even if you never pick it up or touch it?

Spot the difference

Can you find the 10 differences?



Spot the difference

Can you find the 10 differences?



Make your own Bucket List

What experiences or achievements do you hope to have or accomplish during your lifetime?

Example:

1. Visit London
2. Walk to the top of a mountain

_____ 's Bucket List

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

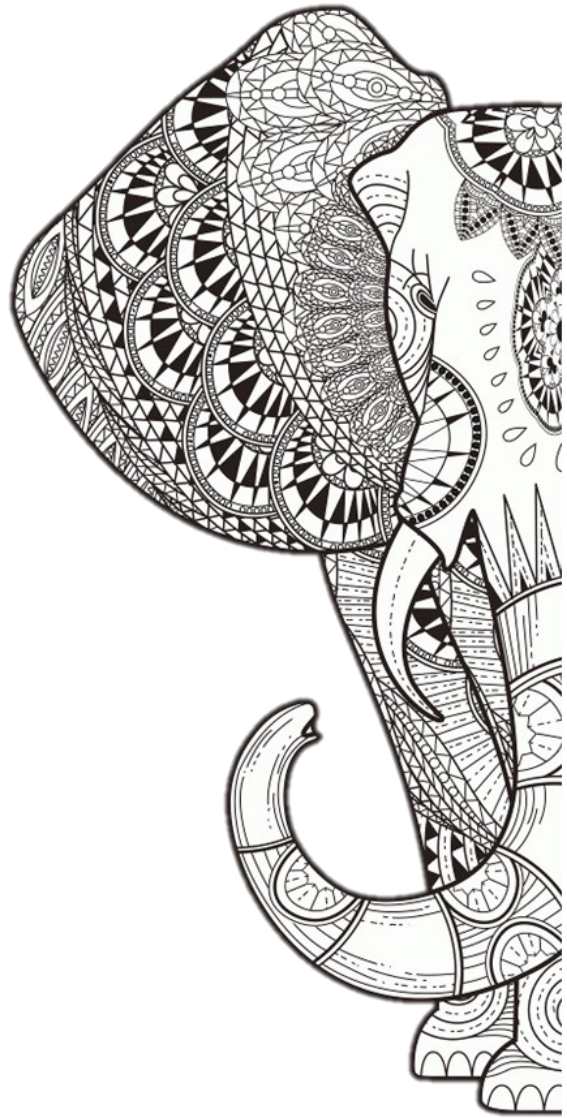
Anagrams

Can you unscramble these anagrams to discover the hidden food?

1. See ace heck
2. Pinch dis hafs
3. Mean trowel
4. Poetic gate
5. Free boats
6. He tackle cocoa
7. Debar
8. Photo signet beagles
9. Dopy rude shriking
10. Coats

Top Tip: Create your own anagrams to test your family and friends!

Complete the picture



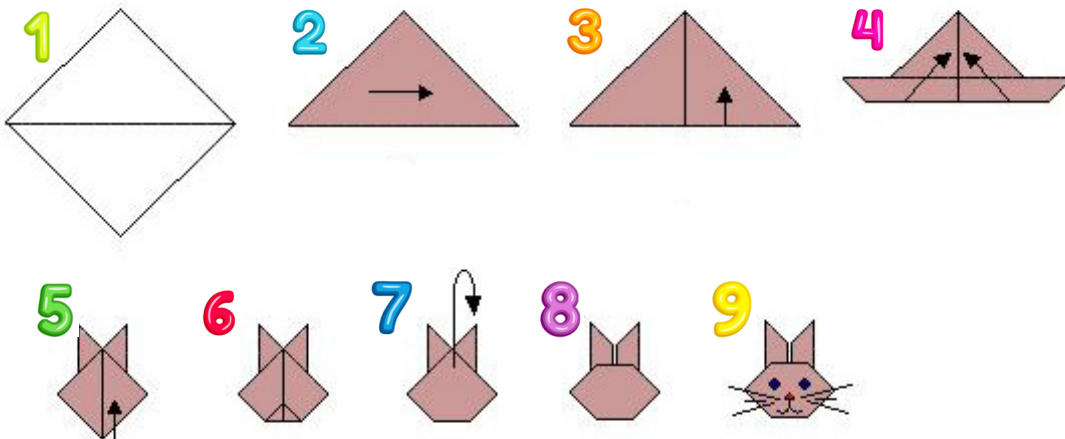
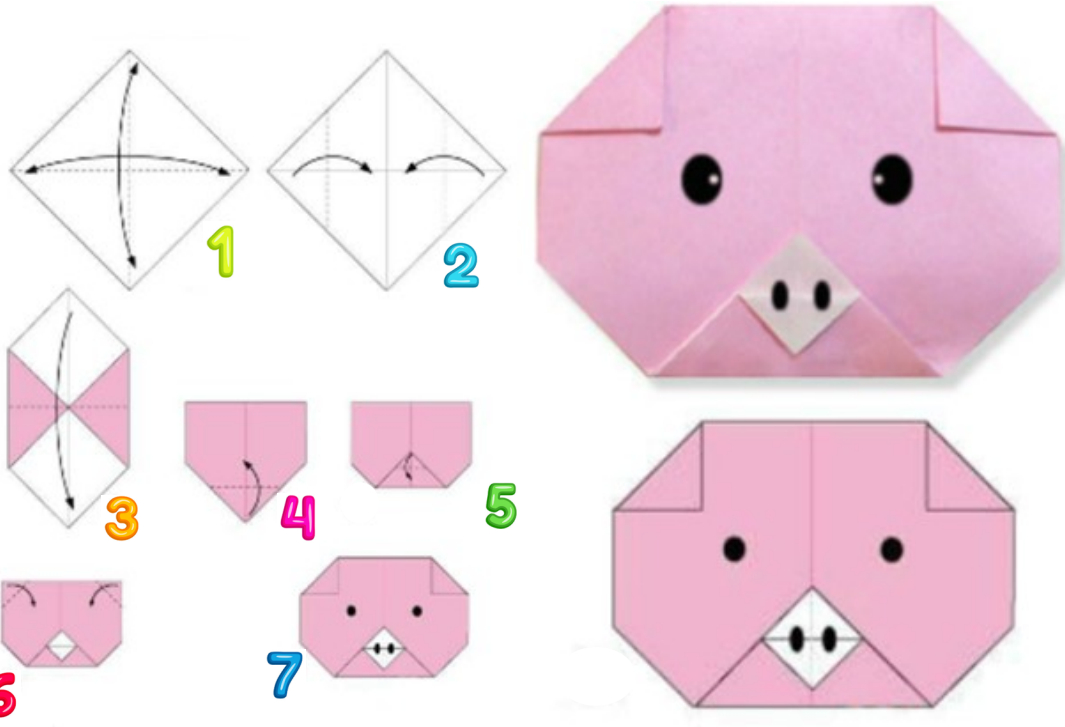
Guess the song

Can you guess the song from the emoji's?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Origami

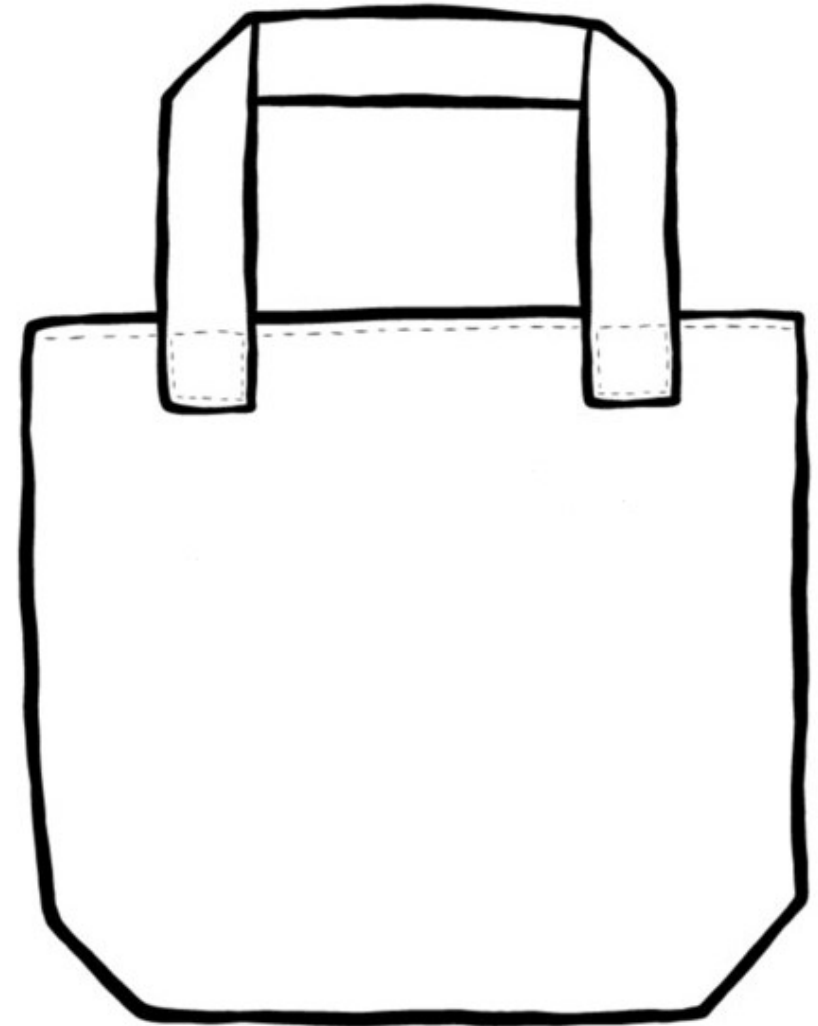
Use your origami paper to create these creatures!



Get creative!

Use your pens and anything you have on hand at home to design your tote bag!

You can use this outline to practice your design.

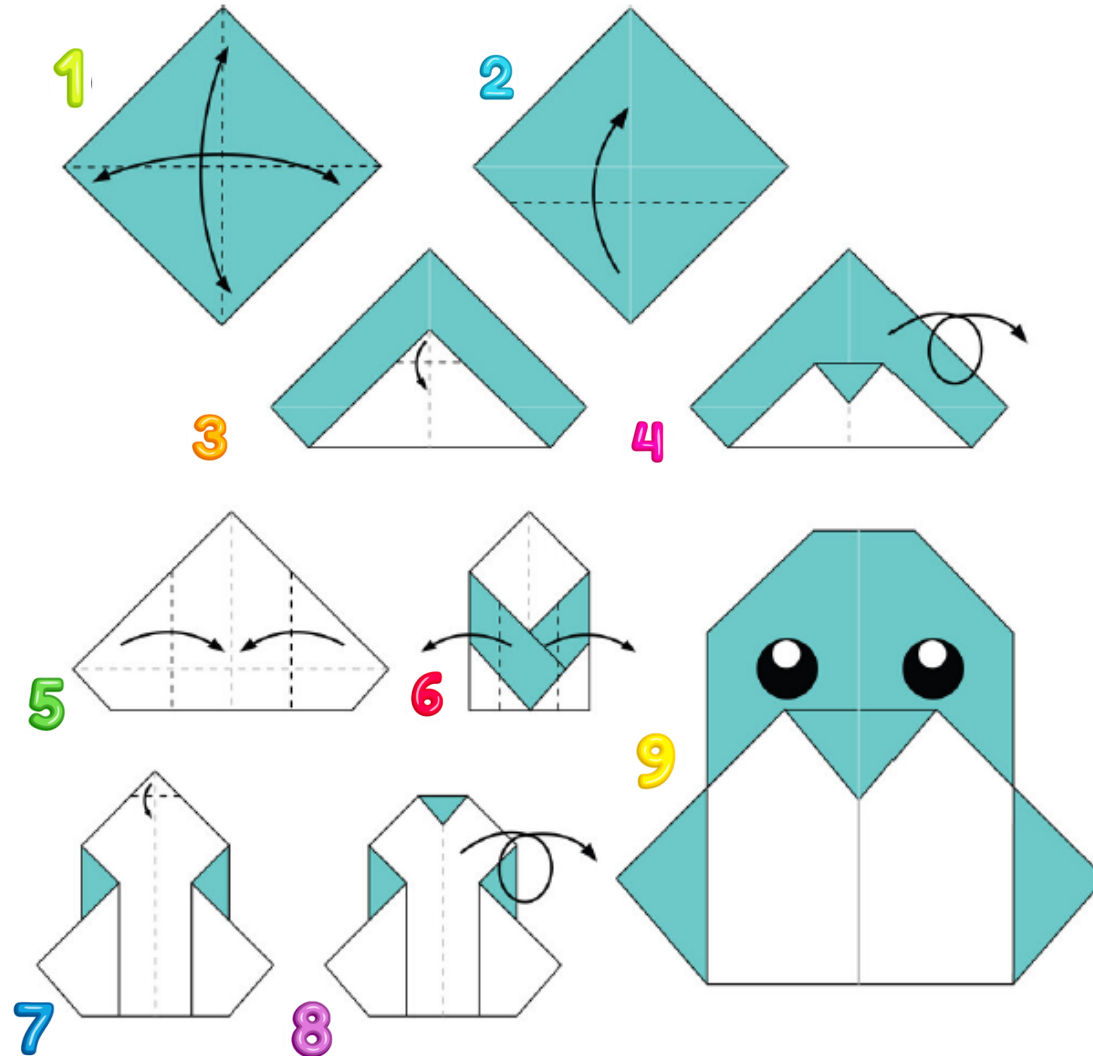


Top tip: Why not use your notebook to practice some different designs?
Don't forget to share you designs with us:

Sudoku

To solve the Sudoku puzzle you have to use the numbers 1-9 to fill in the blank spaces so that each row, each column and each 3x3 square has all the numbers 1-9 appearing once.

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



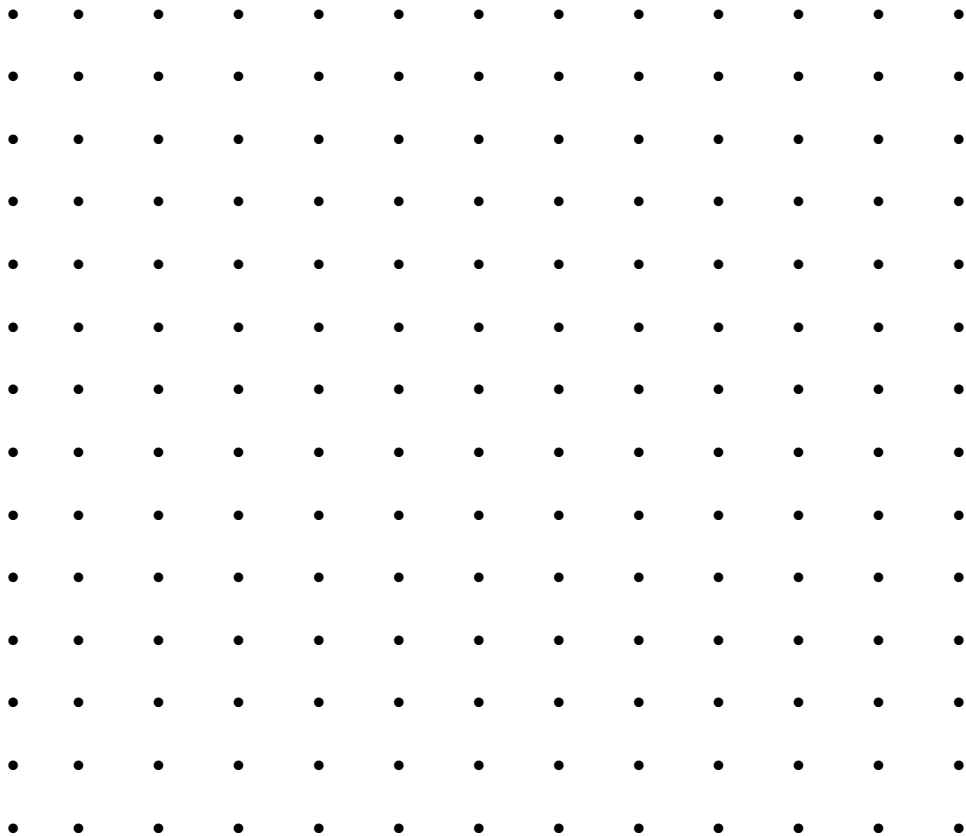
Top Tip:

You can look online for more origami designs. Or can you create your own origami animal?

Don't forget to share your creations with us:

Play squares with your family!

Take it in turns to draw a line, horizontally — or vertically |, from one dot to the next. Once a player completes a square □ they put their initials in it. Once all the squares are made. Count up your squares to find the winner!



Top Tip:

You can draw this game out in your note book to keep challenging your family! Create any size you want!

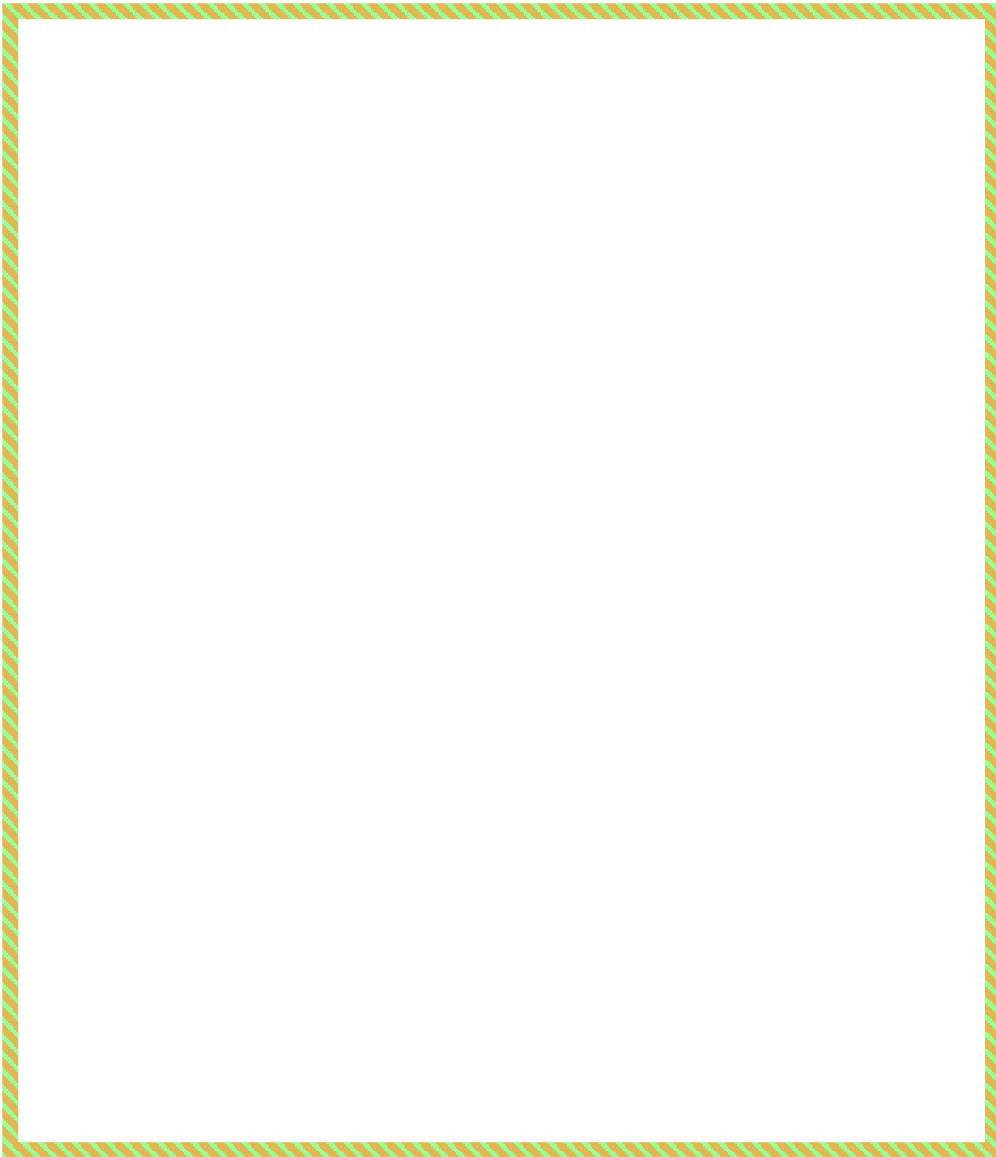
Riddles

Can you solve these riddles? Why not test your friends and family too!

1. The more you take the more you leave behind. What am I?
2. David's father has three sons; Snap, Crackle and _____?
3. What has many keys, but can't open a single door?
4. I am full of holes but I can still hold water. What am I?
5. What has a head, a tail, is brown, and has no legs?
6. If I have it, I don't share it. If I share it, I don't have it. What is it?
7. What can you hear but not touch or see?
8. Can you name three consecutive days without using the words Wednesday, Friday and Sunday?
9. What can you catch but not throw?
10. What loses its head in the morning but gets it back at night?

Self Portrait

Use your creativity and imagination to create a image of yourself!



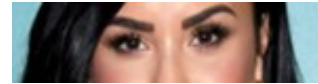
Top Tip: Why not use your note book to draw your family and friends?
Don't forget to share your artistic skills with us:

Can you guess the celebrity?

1.



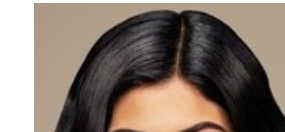
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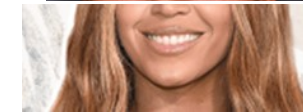
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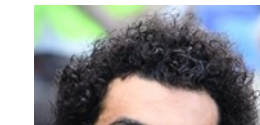
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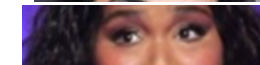
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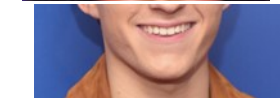
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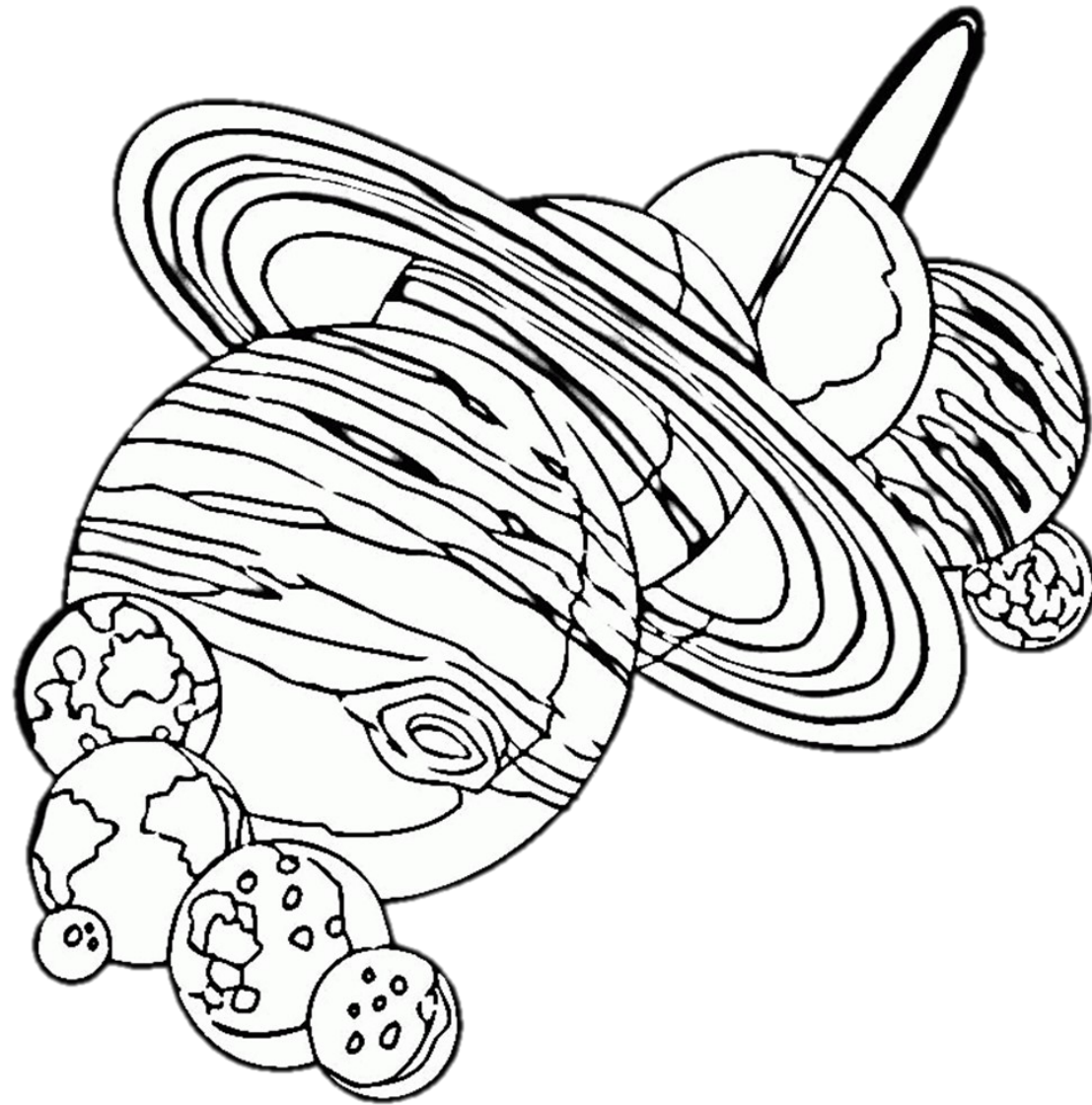
11.



12.



Take a break with some coloring



Word Search

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

Astronauts

Mars

Planet

Sun

Capsule

Meteor

Pluto

Supernova

Gravity

Nebula

Saturn

Venus

Launch

Neptune

Space