

ELIM HOUSING

# Activity Pack



Elim Housing

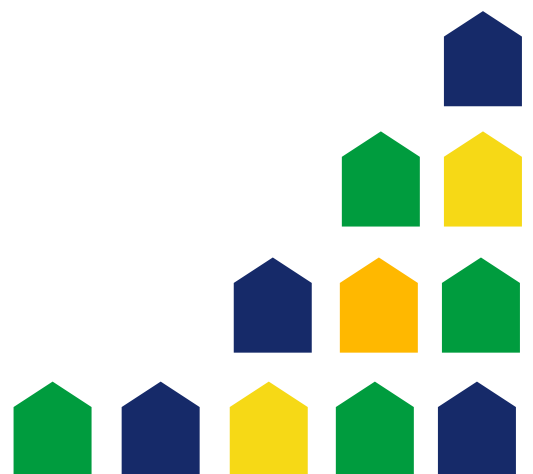
# **WELCOME** to your “Beat the Boredom” Activity Pack

We, at Elim, want you to stay active physically and mentally and enjoy a variety of activities that you can do on your own or with your household.

This activity pack includes chair based exercises that you can do in the comfort of your own home. These gentle exercises are NHS approved and can be done on a chair, or your sofa.

We have also included a word search, colouring sheets and a baking recipe. If you have any suggestions for future activities, we want to hear from you.

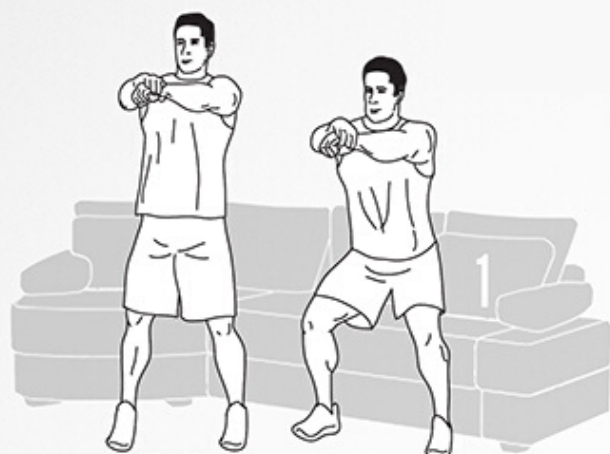
ENJOY and STAY SAFE



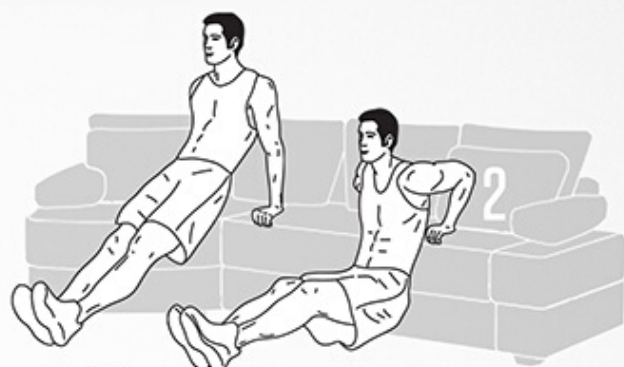


# Sofa Workout

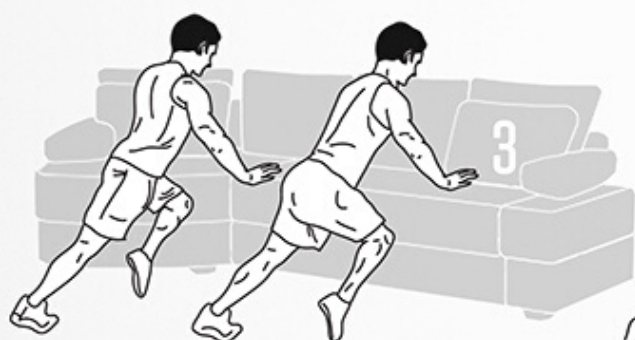
Repeat 3 times | up to 2min rest between sets



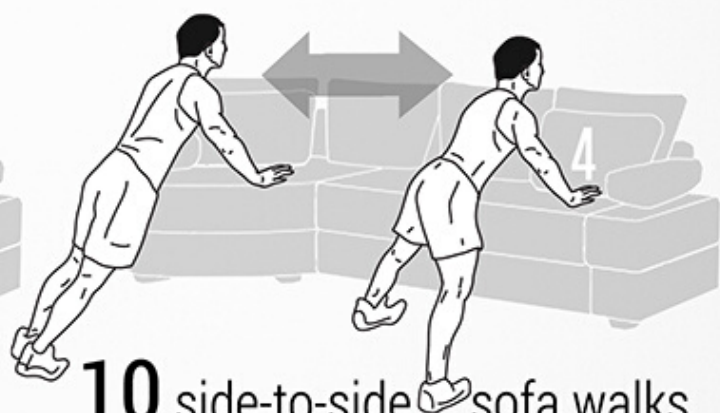
**20** half squats



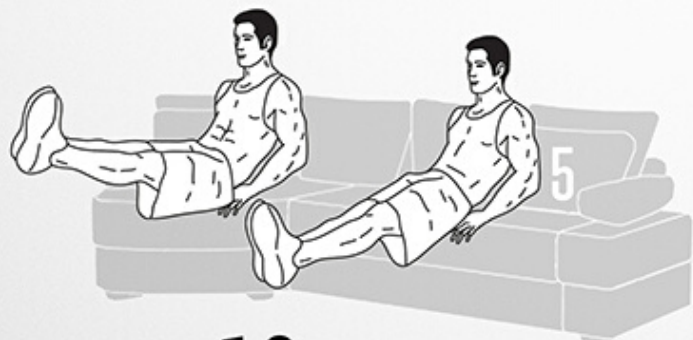
**10** sofa dips



**20** climbers



**10** side-to-side sofa walks



**10** leg raises



**10** raised leg circles

# 3-minute seated Yoga

OFFICE-FRIENDLY WORKOUT

30 seconds each

[www.nhs.uk](http://www.nhs.uk)

**NHS**  
choices



body fold



stretch up



alternating side stretch



alternating lotus twist



alternating lift & reach



alternating half lotus



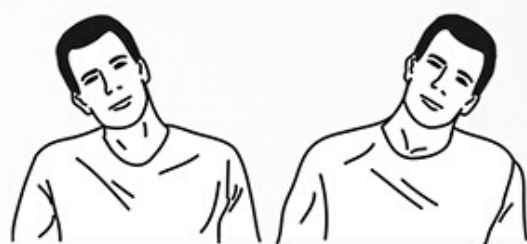
# NECK PAIN & TENSION RELIEF

**3 sets** | up to 2 minutes rest between sets

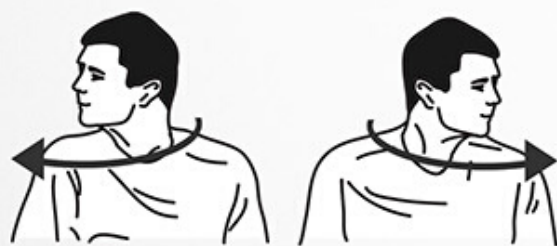
[www.nhs.uk](http://www.nhs.uk) **NHS** choices



**10** back and forth tilts



**10** side-to-side tilts



**10** neck rotations



**10-count** press



**10-count** press



**10-count** alternating side press

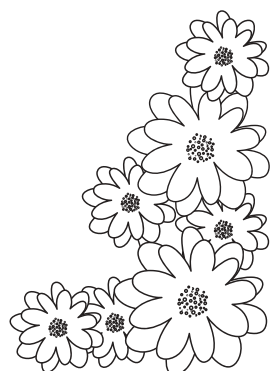
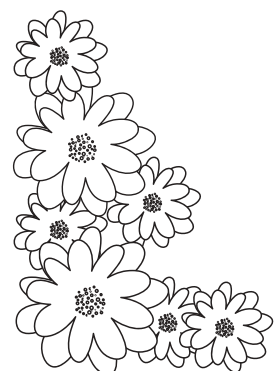


**10-count** alternating chin press

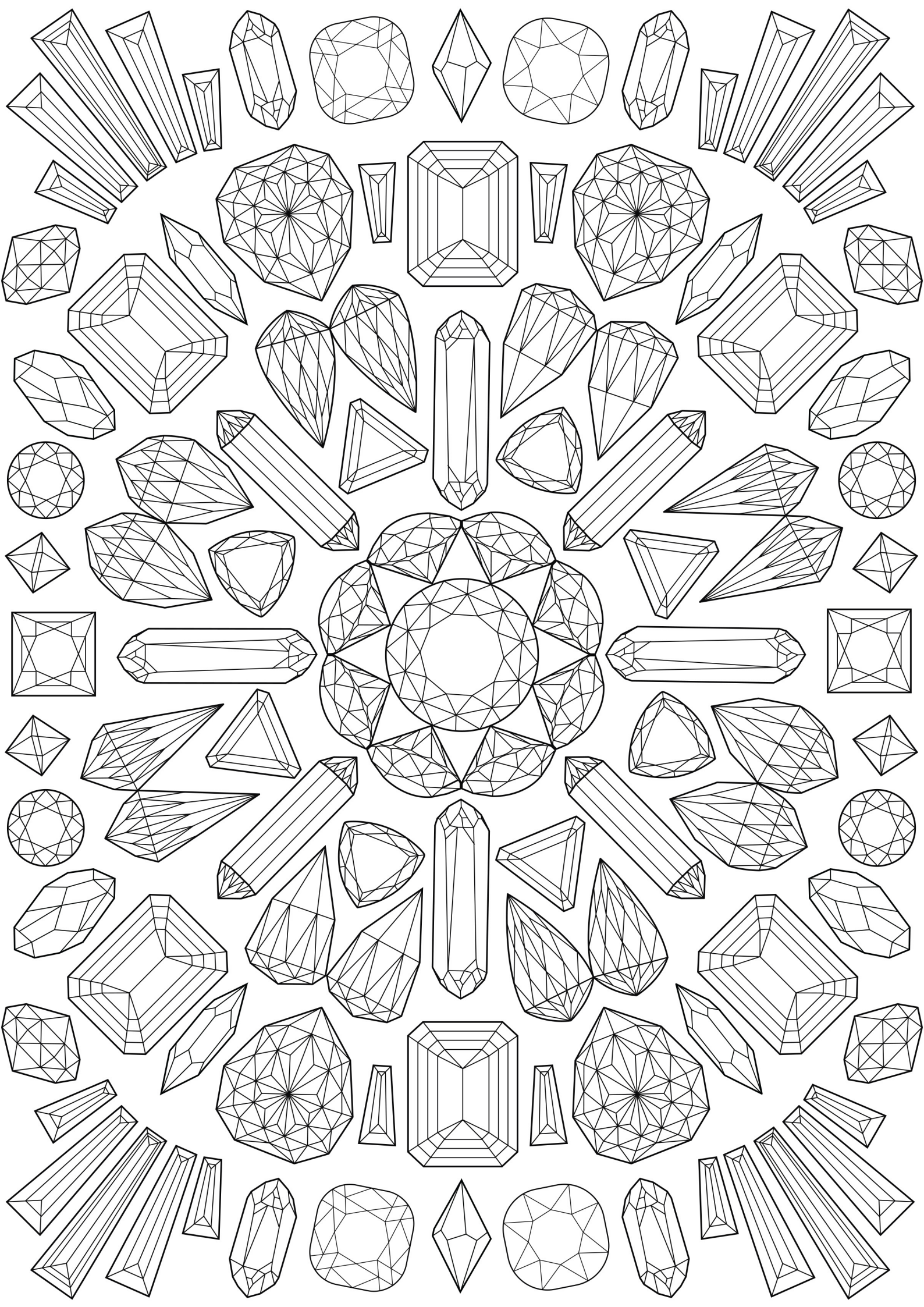
# Elim Garden- Word Search

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

|             |            |        |            |
|-------------|------------|--------|------------|
| Annual      | Basil      | Bud    | Chives     |
| Cotyledon   | Cucumber   | Flower | Fruit      |
| Germination | Green Bean | Leaf   | Lettuce    |
| Marigold    | Perennial  | Pest   | Pollinator |
| Root        | Seed       | Soil   | Stem       |
| Tomato      | Vegetable  |        |            |



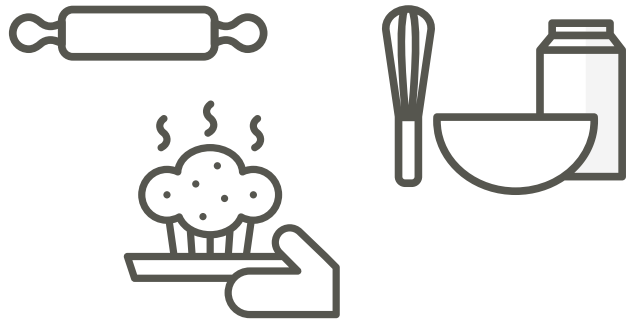












## Alex's Simple Flapjack Recipe

Most people have got a bag of porridge oats in the cupboard, alongside a tin of golden syrup of uncertain vintage! All you need to add is some butter and brown sugar and you've got a treat that you can almost convince yourself is healthy!

### Ingredients:

- 3oz Butter
- 4oz Soft Brown Sugar (but any type will do)
- 2tbsp Golden Syrup
- 6oz Porridge oats
- Chocolate (optional)

### Method:

- Preheat oven to 160 fan.
- Grease and line a square dish. A small lasagne dish works well.
- Melt the syrup, butter and sugar in a pan over a low heat. To measure out the syrup more easily, dip the tablespoon into hot water first, then it won't stick as much. If your tablespoon won't fit in the tin, then you can use the equivalent of 3 tsp for 1 tbsp.
- Once the syrup mixture is melted, add in the oats and mix well.
- Turn into the tin and bake for around 15-20 minutes, until the flapjacks are golden brown and still a little soft.
- Leave to cool in the tin, then turn out and cut into your preferred shape.
- Any leftover chocolate from Easter (I believe some people may have some, although leftover chocolate seems an alien concept to us) can be melted and the flapjacks dipped into it, or topped with it.