

Creative Therapy

Creative/Art Therapy is a great way of diverting your emotions when you are feeling anxious, upset or would like to express yourself. It also allows you to learn and enjoy a new skill whilst helping you to relax and gain confidence.

There are many simple creative activities you can work on from home that can be beneficial for your wellbeing and don't require lots of resources. Here a few ideas you could work on and some helpful links:

Colour therapy books

These are a very simple and relaxing way to be creative and you can access lots of free templates online. Here is one website that has lots of free templates for you to print:

www.pinterest.co.uk/cathydouglas754/art-therapy-free-printables/



Simple collages using magazines

Using all of your spare magazines, you can create a collage using just Pritt Stick glue or washable PVA glue. Create a selection of images that mean something or stand out to you, whilst allowing yourself to express your emotions and create an effective medium of artwork. In addition to this you can also create a digital version using a mix of photos, memories and words on your computer by 'copying and pasting' a selection of imagery on to a Word document.



Card making

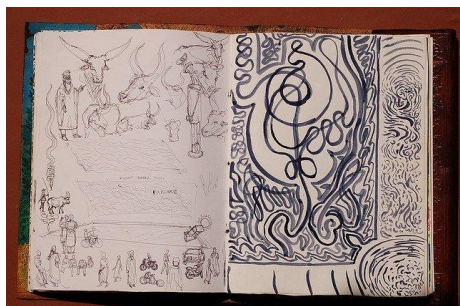
If people are 'craft minded', they may often keep blank cards etc. at home along with embellishments to make crafts. Why not save yourself time and create special occasion cards for your loved ones? In addition to this, try making a bookmark to accompany the card as an extra keepsake, and for design detail use any spare ribbon to stylize your bookmark with a hole punch.

Mindfulness puzzles and word searches

These are always a great way to calm down and distract yourself whilst keeping your wellbeing and mental health engaged. There are many versions that you can access online.

Illustrating Music

Most of us enjoy listening to music and find this very relaxing and good for our wellbeing. Try playing a song that means something to you or lifts your mood and doodle how you feel. Doodling can be very relaxing and a good diversion.



Art Journaling

Cut out words that you find uplifting and inspiring in magazines (e.g. 'Nature', 'Joy' or 'Love') and stick them in to an old journal and doodle around them. In addition to this you can also add a collage or colour if you have any colouring pens, pencils or paint at hand.

Creative Writing

Creative writing is a great way to express emotions and helps to release anxiety. It is also a very relaxing thing to do whilst you are sitting at home or in the garden whilst observing nature. You can work on simple activities such as writing about a 'treasured possession', describing what it looks like, its meaning to you, and the story behind it. Try listening to a favourite piece of music or selecting a meaningful photo to write about, including any memories that they remind you of. Or if you prefer perhaps express these thoughts through doodling if you are more artistically minded.

Creating a keepsake box

Most of us have a selection of personal items that hold a meaning to us, such as photos of family, a piece of jewelry, ticket stubs, and even recipes that have been passed down. Why not find a spare box that you may have kept at home and spend some time decorating it? You can do this with pens, paint or even old buttons, photos or fabric to make it special so when



you want to reminisce and reflect you have a personalised box to store all of these items in.

Gardening

Horticulture is also a great way to relax and be creative, whether it's just spending some time in your garden, enjoying your surroundings or potting some plants and herbs. In addition to this, if you have some paint at home why not decorate an old plant pot and give it as a gift to someone? There are also plenty of creative ideas for keen gardeners online that you can use as inspiration.

For more creative ideas and inspiration for simple projects to do at home, please see links below that may be of help. You can also adapt some of these ideas to suit children or adults.

Websites such as [Pinterest.co.uk](https://www.pinterest.co.uk) are always very useful for creative ideas and free templates.

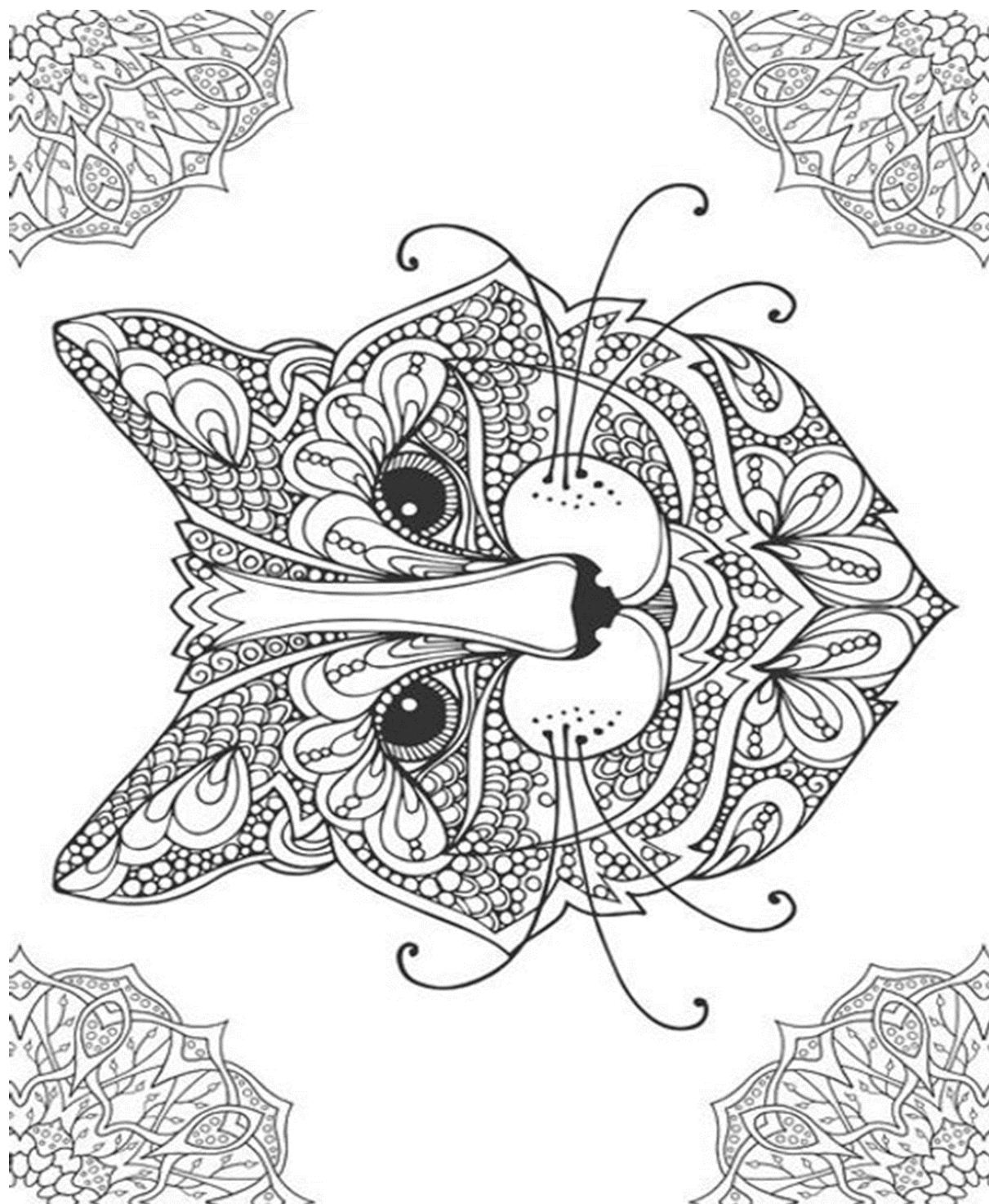
<https://www.lifehack.org/articles/lifestyle/20-art-therapy-activities-you-can-try-home-destress.html>

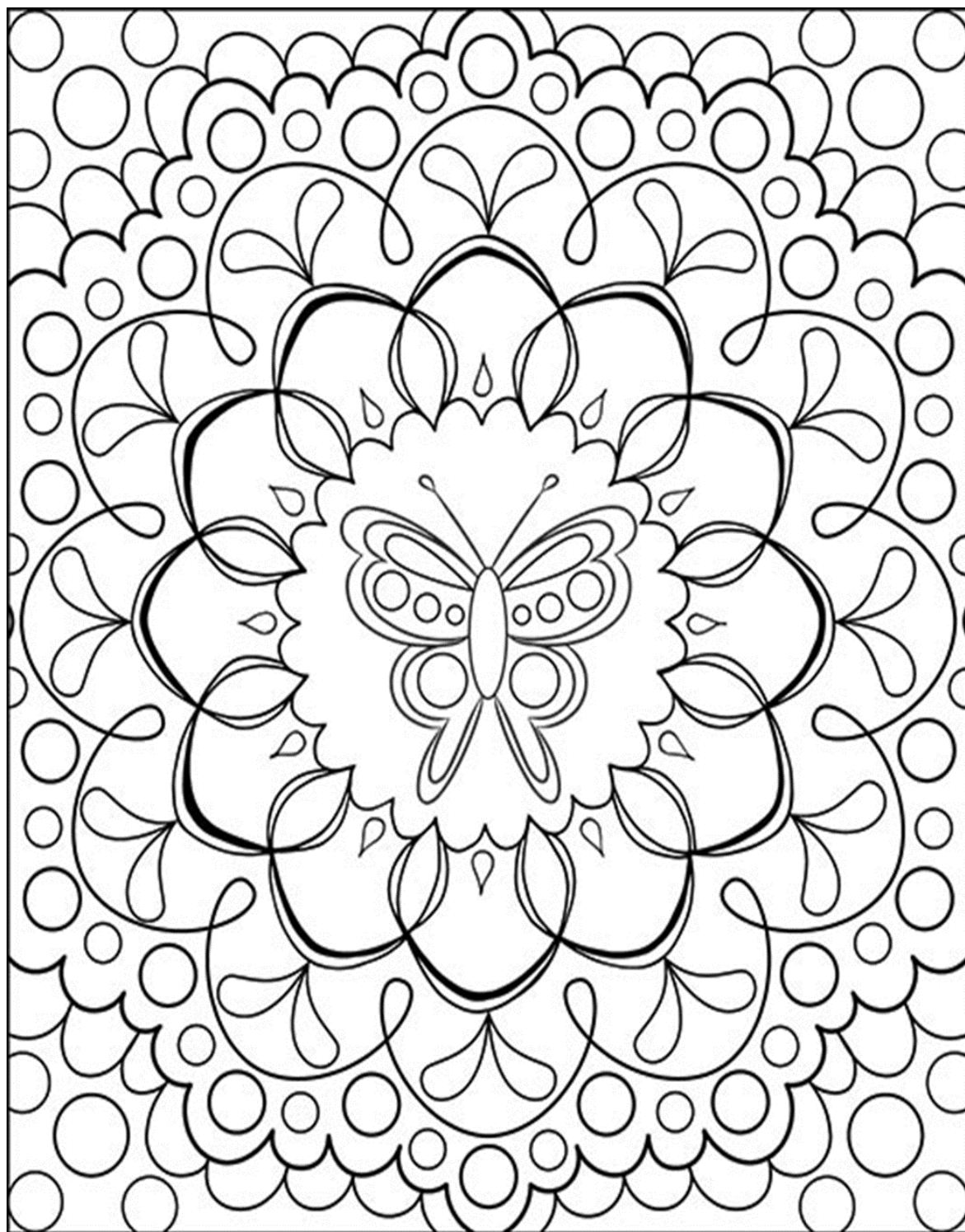
<https://www.daviddomoney.com/easy-ideas-50-quick-fixes-for-the-garden-this-spring/>

<https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/>

Printable activity packs for adults and children

Colour Therapy







Havens
Hospices



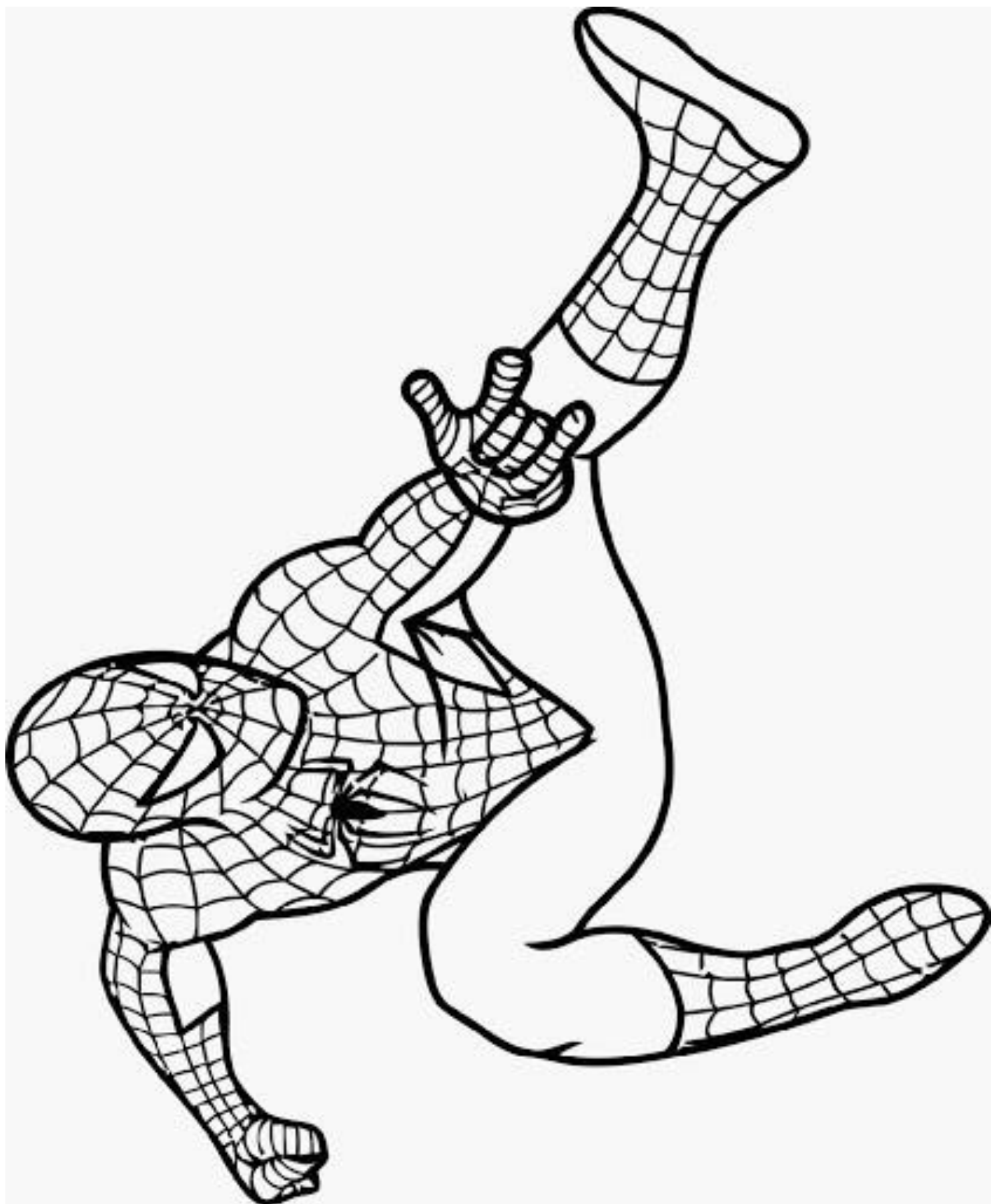
Every one of us
Making every day count.

Registered Charity Number 1022119



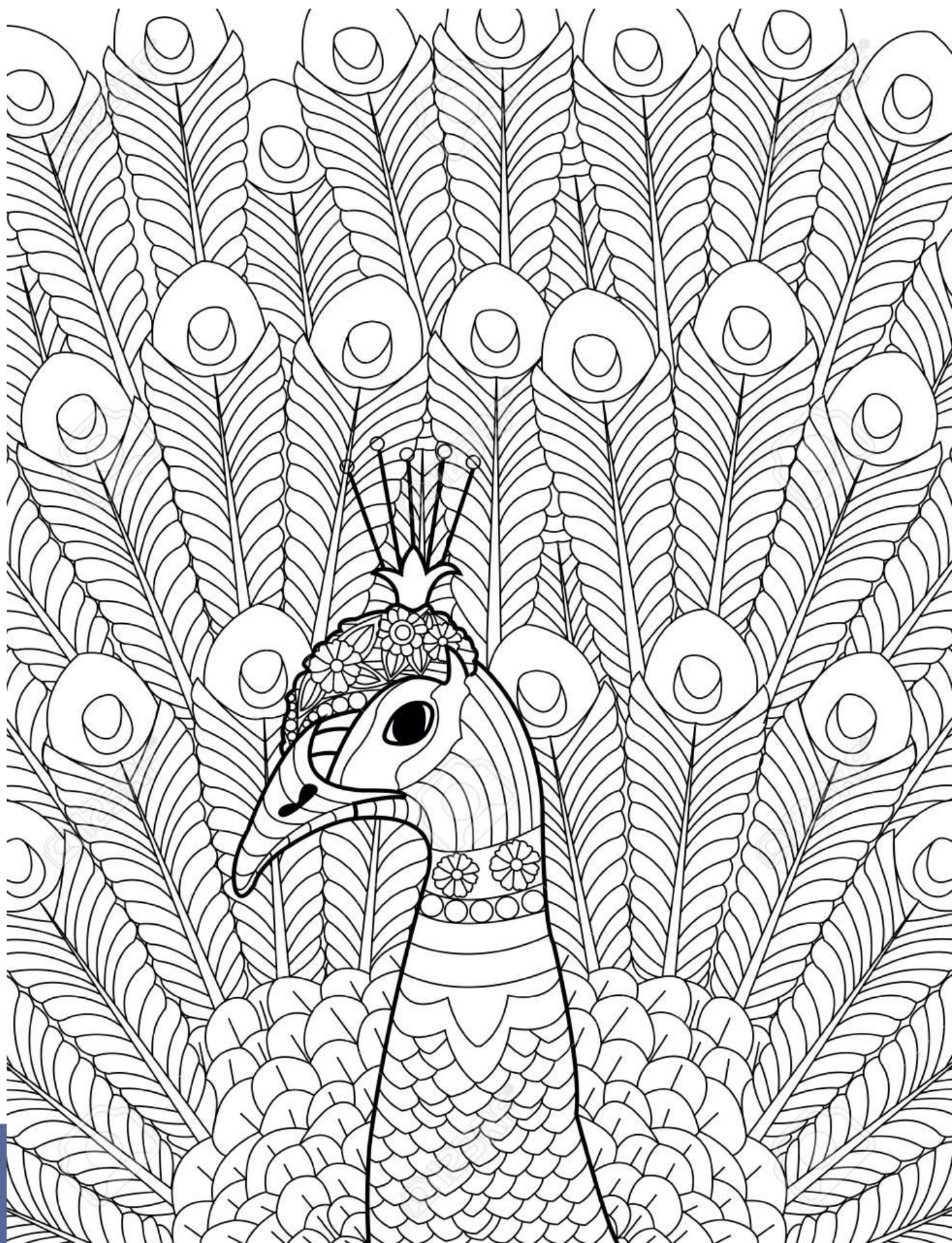


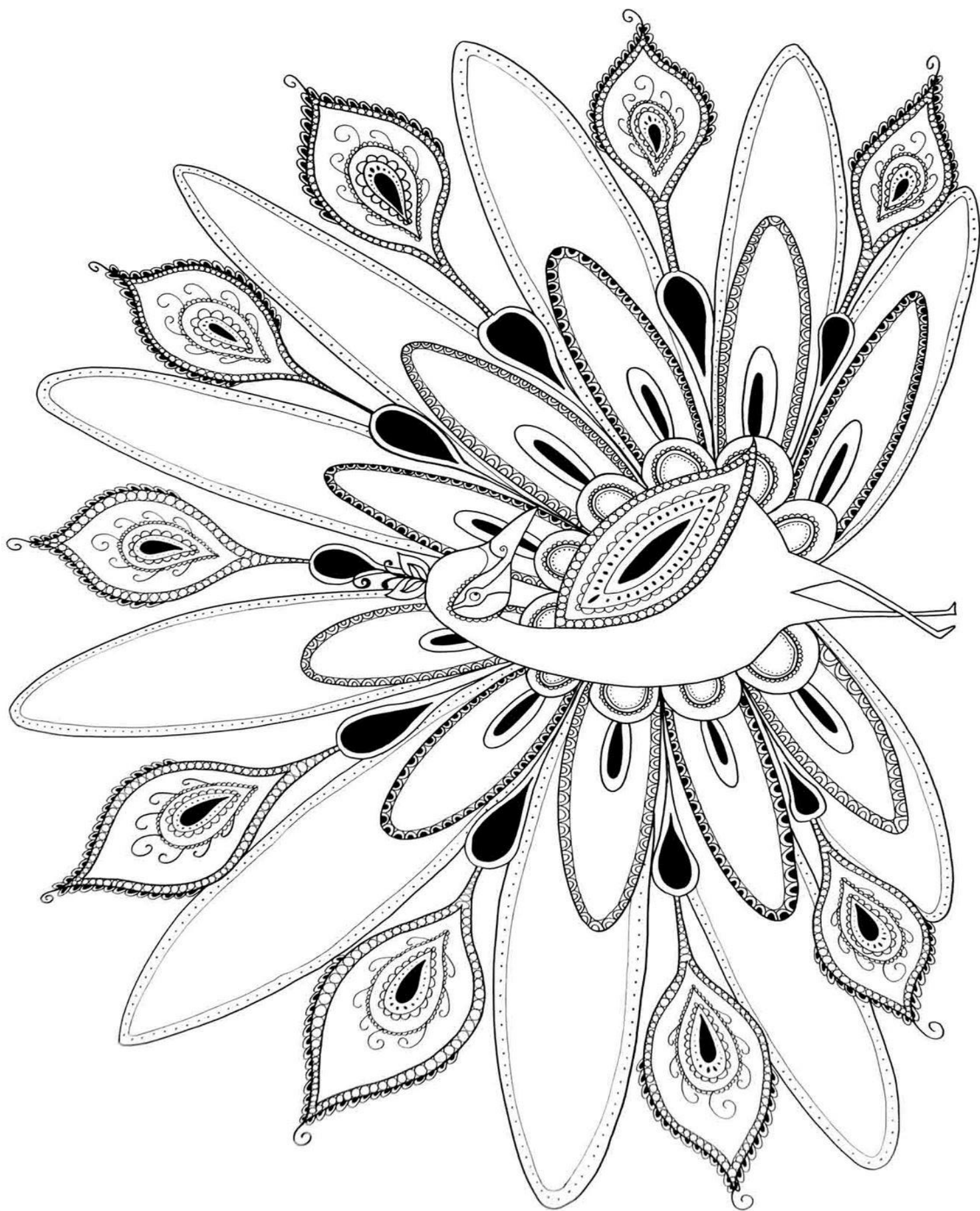
Havens
Hospices



Every one of us
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Word search puzzles

Free Printable Word Search Puzzles

Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

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

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON

Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>



French Food



Find the words from the list below. They can be forwards or backwards, and can run horizontally, vertically or diagonally. Accents and spaces between words should be ignored.

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

baguette
boudin
brie
camembert
cassoulet
choucroute
confit de canard

coq au vin
crème brûlée
crêpe
croissant
éclair
escargot
foie gras

fondue
gougères
grenouille
madeleine
milles feuilles
mousse au chocolat
quenelle

ratatouille
rillettes
roquefort
salade niçoise
tapenade
tarte tatin



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Puzzle 5 - **WEDDINGS**

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

BALLOONS
BELLS
BEST MAN
BRIDE
BUBBLES
CARDS
CHAMPAGNE
CHURCH
COMMITMENT
CONFETTI
DANCING
DOVE

DRESSES
FAMILY
FLOWERS
GARTER
GIFTS
GROOM
GUESTS
HAPPY
HONEYMOON
INVITATIONS
KISSING
LOVE

MONEY
MUSIC
OUTSIDE
PARTY
PASTOR
RECEPTION
RICE
RING
SHOWER
SPEACHES
TUX
VOWS

Fabulous Felines Word Search Puzzle

All manner of wild cats are lying in wait in this word search puzzle.

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

BAYCAT
 BOBCAT
 CARACAL
 CHEETAH
 COUGAR
 FISHINGCAT
 GOLDENCAT
 JAGUAR
 JAGUARUNDI
 JUNGLECAT
 LEOPARD
 LEOPARDCAT
 LION
 LYNX
 KODKOD
 MARGAY
 OCELOT
 PALLASCAT
 PAMPASCAT
 PANTHER
 SANDCAT
 SERVAL
 TIGER
 WILDCAT

All About. puzzles
puzzles.about.com

Pirate Word Search

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

PIRATE
SHIP
TREASURE
BUCCANEER
OVERBOARD

CAPTAIN
CANNON
MATEY
OCEAN
ISLAND

AHOY
GOLD
CREW
PLANK
AYE



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INSTRUCTIONS:

FIND AND CIRCLE
THE PET WORDS
IN THIS PUZZLE.
WORDS MAY BE
FOUND ACROSS,
DOWN AND
DIAGONALLY.

PET TIP:

PETS CAN BE
WONDERFUL
FRIENDS IF YOU
RESPECT THEM
AND GIVE THEM
LOTS OF
PROPER CARE.
BE GOOD TO
YOUR PETS AND
HAVE FUN WITH
THIS PET
PUZZLE!



Word Search

Pet Words

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

- | | | | |
|-----------|------------|-------------|--------------|
| 1. DOG | 7. HAMSTER | 13. COLLAR | 19. BIRD |
| 2. PUPPY | 8. GERBIL | 14. TREATS | 20. FISH |
| 3. CAT | 9. FERRET | 15. BEDDING | 21. EXERCISE |
| 4. KITTEN | 10. RAT | 16. WATER | 22. CARE |
| 5. BUNNY | 11. MOUSE | 17. FOOD | 23. TRAINING |
| 6. RABBIT | 12. LEASH | 18. PARROT | 24. LIZARD |

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