



# *Health & Wellbeing*



During COVID-19

# ACTIVITY BOOK

We would love to hear from you and find out what activities you are finding help you to manage at this time. If you are happy for us to share any pictures or information on our social media please email us at [homefromhome@sfh.ie](mailto:homefromhome@sfh.ie) or send in any pictures you have coloured.

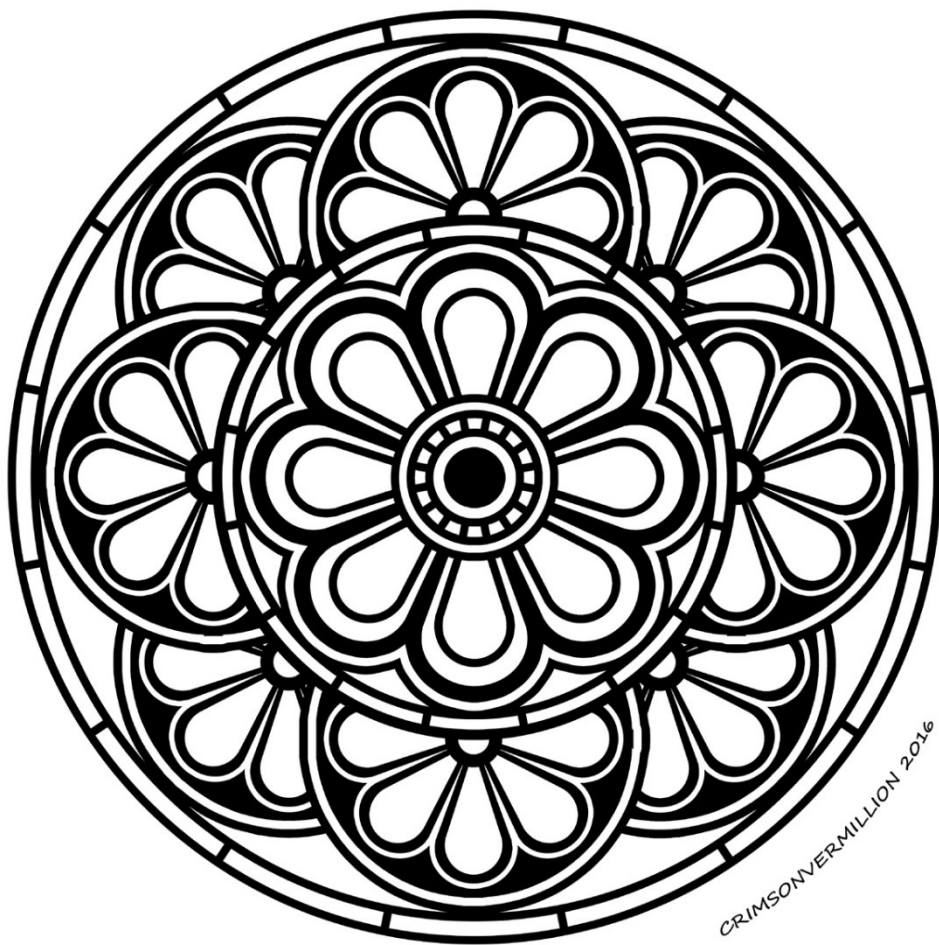
We would also appreciate your input! Please send in any ideas or suggestions you have of themes to cover, quizzes, recipes that we can include in future activity books to [homefromhome@sfh.ie](mailto:homefromhome@sfh.ie)

## Contents

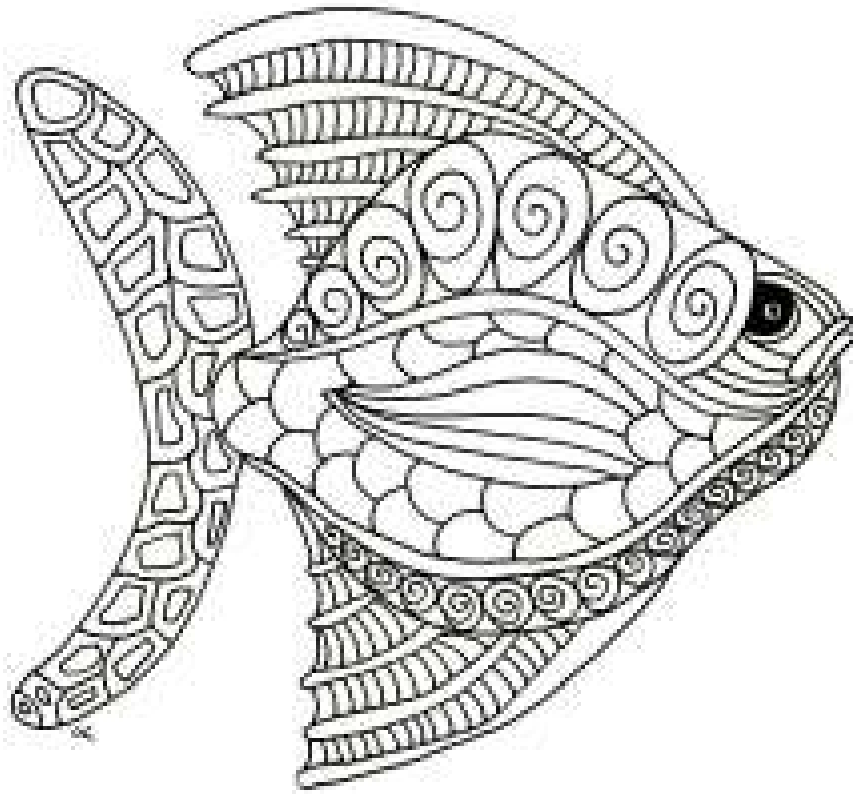
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## Colouring

Colouring can be a perfect mindful exercise, allowing you to focus on the present. It will help you with your mental health, motor skills and creativity – Enjoy!

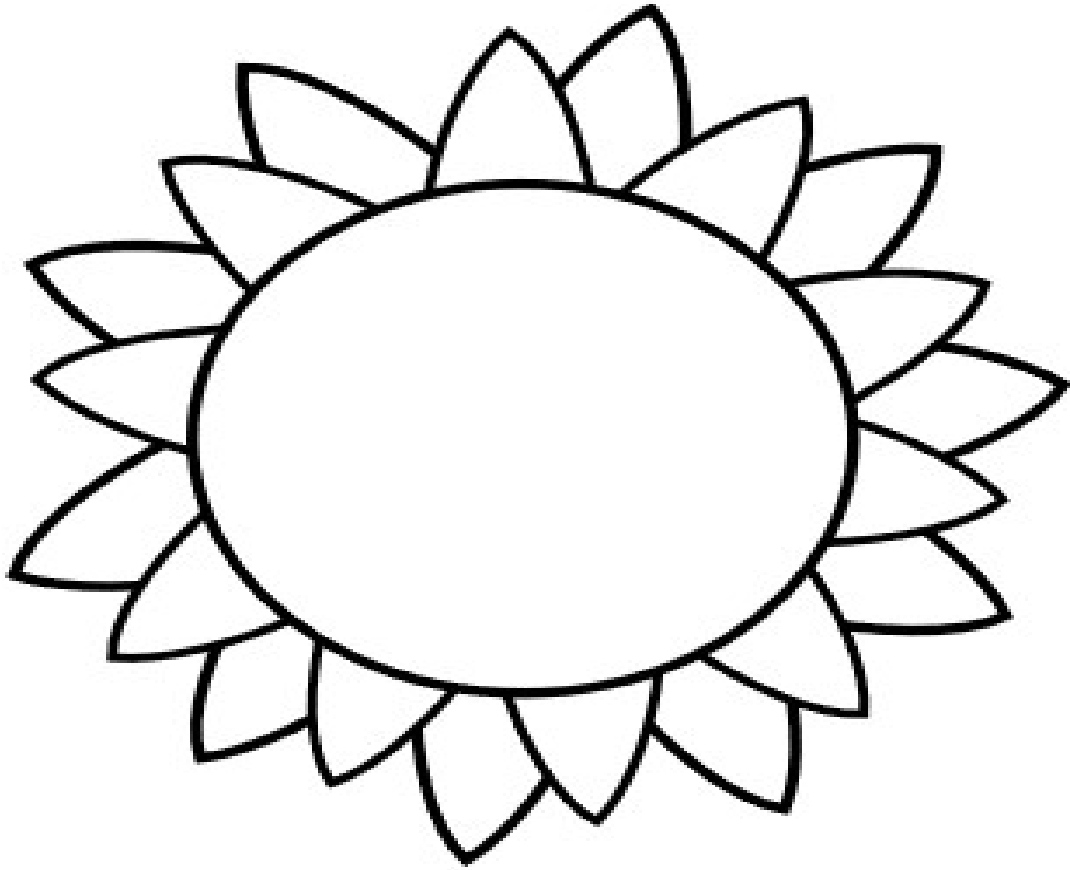


Source: [www.justcolor.net](http://www.justcolor.net)



Source: [www.justcolor.net](http://www.justcolor.net)

Activity Book 4





## Name that Song

1. The Irish.....

2. The Galway ...

3. Wagon....

4. When Irish eyes are.....

5. It's a long way to.....

6. In Dublin's fair.....

7. The town I loved.....

8. The Homes of.....

9. Raglan.....

10. The girl from.....



# Wordsearch

## Most Common Pets

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

CAT  
BIRD  
CHICKEN  
IGUANA  
FISH  
GUINEA PIG  
RAT  
DOG  
FERRET  
HAMSTER  
LIZARD  
SNAKE  
GERBIL  
TURTLE  
MOUSE

Play this puzzle online at : <http://thewordsearch.com/puzzle/8/>



# Kitchen Items

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

MICROWAVE  
 CUTLERY  
 SPONGE  
 BRUSH  
 FRIDGE  
 MOP  
 BREADMAKER  
 TOASTER  
 BLENDER  
 COFFEE MAKER  
 PLATES  
 DISHWASHER  
 RADIO  
 OVEN  
 STOVE  
 SINK

Play this puzzle online at : <http://thewordsearch.com/puzzle/34/>



## A Dublin Quiz



The song "In Dublin's Fair City" states: "She wheeled her wheelbarrow through streets broad and narrow". A statue of which famous fishmonger can be found in Dublin?

- Queen Meave
- Brenda Fricker
- Molly Malone
- Mary Harney

2. Name the landmark headquarter site for the Gaelic Athletic Association.

- St. Enda's Park
- Landsdowne Road
- Croke Park
- Pearse Park

3. Which Dublin park contains the Zoological Gardens, the Wellington Monument, many sports fields and wild deer?

- Marley Park
- Phoenix Park
- Corkagh Park
- St. Enda's Park

4. Name the street that is the main thoroughfare in the City of Dublin.

- Grafton Street
- O'Connell Street
- Henry Street
- Parnell Street

**5. Which famous river flows through the heart of Dublin?**

- The Shannon
- The Corrib
- The Lee
- The Liffey

**6. Which area located in Dublin's City Centre is famous among party revelers for its nightlife?**

- Tallaght
- Ranelagh
- Temple Bar
- Templeogue

**7. The Guinness Brewery in Dublin is one of the oldest breweries in the world. Guinness has been brewed there since 1759AD. What is the renowned location of the brewery?**

- St. Stephen's Green
- Collins Barracks
- St. James Gate
- Merrion Square

**8. Name the site of the 1916 Easter Rising.**

- Dublin Castle
- The G.P.O.
- Harold's Cross
- Temple Bar

9. Dublin has been used as a base of power by many invaders; which group of invaders made it their base in 9th century?

- The Normans
- The Vikings
- The Romans
- The British

10. There are two ports in Dublin. Dublin Port is one; what is the name of the other port?

- Howth
- Bull Island
- Malahide
- Dun Laoghaire

11. The Ha'penny Bridge is one of the oldest in Dublin. How did it get its name?

- Because it is shaped like half a penny
- Because it once cost a half penny to cross the bridge
- Because it was built by Harry Penny and his friends called him Ha
- Because a girl named Penny used to perform tricks on it

12. Jameson Whiskey was distilled in Dublin; in what suburb would you find the old Jameson Distillery?

- Dorset Street
- Lower Abbey Street
- Smithfield
- Bluebell

**13. Which famous Irish rock band calls Dublin home?**

- Radiohead
- AC/DC
- U2
- The Killers

**14. Which Irish poet, depicted sitting on a bench, is honored with a bronze statue on the banks of the Grand Canal?**

- William Butler Yeats
- James Joyce
- Austin Clarke
- Patrick Kavanagh

**15. What is the Gaelic name for Dublin?**

- Dun Na nGall
- Baile Ath Luain
- Baile Atha Cliath
- Port Laoirge

Source: [www.funtrivia.com](http://www.funtrivia.com)

Answers at the back of the book

## Recipes

### Fairy Buns

#### Ingredients

175g self-raising flour

125g caster sugar

125g butter or margarine

2 eggs

2 tablespoons cold water



#### Method

1. Preheat oven to 200 °C.
2. Next, put bun paper into buns tins.
3. Put the flour, sugar, butter/margarine, eggs and water into a bowl. Beat all the ingredients together with an electric mixer or wooden spoon until the mixture is smooth.
4. Put heaped teaspoons of the mixture into each bun case.
5. Place in the oven on the top shelf and bake for about 15 minutes until golden brown.
6. Cool on a wire tray. When cold, decorate as liked with your favourite toppings – icing, chocolate spread, hundreds and thousands or sweets.

Source: <https://www.odlums.ie/recipes/queen-cakes-fairy-cakes-or-buns-2/>

## Blackberry and Walnut Teabread

### Ingredients

- 350g Cream Plain Flour
- 50g Margarine (room temperature)
- 150ml milk
- 2 Eggs
- 125g Sugar
- 2 Teaspoons Baking Powder
- 50g Chopped Walnuts
- Rind of Lemon
- 150g Blackberries



### Method

1. Preheat oven to 190°F. Grease and base line a loaf tin.
2. Put the margarine, milk, eggs and sugar into a bowl and beat well together.
3. Stir in the flour, baking powder, walnuts and lemon rind. Finally fold in the blackberries.
4. Transfer to prepared tin and smooth top.
5. Bake for about 40 minutes until risen and firm to the touch. Turn onto a wire tray to cool.

<https://www.odlums.ie/recipes/blackberry-walnut-teabread/>

## Finish the Saying

A stitch in time .....

Make hay while the .....

A watched kettle .....

The grass is always greener .....

A bird in the hand is worth .....

Strike while the iron is .....

Answers at back of book



## Famous Faces

Who is this?



---



Name this painting

---



Name this sportsman

---



Name this group

---

Who is this?

---



Name this person

---

Name this person

---



## Name that Song – Answers

1. The Irish Rover
2. The Galway Girl
3. Wagon Wheel
4. When Irish eyes are smiling
5. It's a long way to Tipperary
6. In Dublin's fair city
7. The town I loved so well
8. The Homes of Donegal
9. Raglan Road
10. The girl from Ipanema

## Dublin Quiz – Answers

Q1. **Molly Malone** - Molly Malone's statue is situated off Grafton Street in Dublin city centre. It's a bronze life-sized statue and a well-known tourist attraction. The song "Molly Malone" has been sung by many artists including The Chieftans.

Q2. **Croke Park** – Situated on the north side of the city, Croke Park is home to Gaelic football and hurling. Croke Park has also been used as a venue for concerts and is a frequently used conference venue.

Q3. **Phoenix Park** – The Phoenix Park is situated on the west side of the city, and is one of the biggest enclosed city parks in

Europe. It encapsulates approximately 707 hectares of land and is home to the Zoo, the Papal Cross and the Wellington Monument, amongst other features.

**Q4. O'Connell Street** – This street was named after the Irish political hero Daniel O'Connell and a monument to him is located on O'Connell Street. Daniel O'Connell was born in Co. Kerry in 1775. He fought to have Catholic Emancipation, which was the right for Catholics to sit in the House of Parliament at Westminster. He died in 1847.

**Q5. The Liffey** – The River Liffey flows from the Dublin Mountains into the Irish Sea. It is not the longest river in Ireland; that honour belongs to the River Shannon, which stretches from its source in Co. Cavan all the way to its mouth in Limerick, where it joins the Atlantic Ocean.

**Q6. Temple Bar** – Temple Bar runs adjacent to the River Liffey from Christchurch to Westmorland Street. The cobbled streets are mostly pedestrianised and its eclectic mix of bars and restaurants attract tourists and locals alike.

**Q7. St. James Gate** – Arthur Guinness began brewing Guinness at St. James Gate in 1759. He was originally trying to brew ale when a fire damaged his stock of hops, which he was going to use for the process. Seeing that he couldn't afford to replace

them, he was forced to use them in the brewing process. What resulted was dark, red liquid, which was called stout and the rest is history.

**Q8. The GPO** – The General Post Office was turned into a fortified barrack in Easter of 1916. The bullet holes made by the British army while attacking the building still remain on the pillars and outer walls of the building. The GPO is located in the middle of O’Connell Street and acts as the Headquarters for Ireland’s postal service.

**Q9. The Vikings** – Dublin held its Millennium Celebrations in 1988, citing that the city was 1000 years old and had been established as a city in 988AD. Dublin has had a turbulent history with many occupants over the years.

**Q10. Dun Laoghaire** – Once known as Kingstown, was established in 1820. Located on the coast, to the south of Dublin, Dun Laoghaire has a rich boating history and a large marina that can be found brimming with vessels all year round.

**Q11. Because it once cost a half penny to cross the bridge** – Originally, the bridge was known as Wellington Bridge. It is officially called the Liffey Bridge, but more commonly known as the Ha’penny Bridge. The bridge was built in 1816 and a toll

of a half penny was imposed for people wishing to cross from one side of the Liffey to the other. The toll was lifted in 1919.

Q12. **Smithfield** - John Jameson and Sons Distillery was established in 1780. The site of the old distillery can be found on Bow Street in the area of Smithfield in Dublin. A guided tour of the old distillery can be taken, and tourists also get the opportunity to sample some Jameson Whiskey at the end. Jameson Whiskey was later bought by French drinks company Pernod Ricard, but is still distilled in Ireland in the Middleton distillery, County Cork.

Q13. **U2** - Bono, Edge, Larry and Adam all hail from Dublin and have played in Croke Park on a number of occasions. A waxwork of the four rockers can be seen in the Wax Museum in Dublin City Centre. Visitors can even have a pint in The Clarence, Bono and The Edge's hotel, located on the edge of the River Liffey.

Q14. **Patrick Kavanagh** - Patrick Kavanagh, originally a County Monaghan resident, moved to Dublin in 1939. Some of his best known poems are "Stoney Gray Soil", "Canal Bank Walk" and "Advent". His poetry is usually sombre and contains a lot of lamentations, especially in "Stoney Grey Soil" where he seems to resent the fact that his distinctive gait is due to walking across the uneven land of his native County Monaghan.

Q15. **Baile Átha Cliath** - The name Dublin comes from the Old Gaelic name 'Dubh Linn', which means 'Black Pool'. It is more commonly called by its more modern Gaelic name 'Baile Atha Cliath', meaning 'the town of the hurdled ford'. Dublin is also the capital city of the Republic of Ireland.

### Finish the Saying – Answers

A stitch in time saves nine

Make hay while the sun shines

A watched kettle never boils

The grass is always greener on the other side

A bird in the hand is worth two in the bush

Strike while the iron is hot

### Famous Faces – Answers

1. Nelson Mandela
2. Mona Lisa
3. Muhammad Ali
4. ABBA
5. Humphrey Bogart
6. Brian O'Driscoll
7. Maureen Potter