

# Mental Health Matters Wales

## Activity Pack

### Father's Day

#### Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

#### Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.



**MHM Wales**



**Better  
Together**



**Wellbeing  
Hubs**



**Therapeutic  
Support**

This activity book has  
been kindly printed by



Cardiff and Vale University  
Health Board Voluntary Services

## Aim of Pack:

To create activities that celebrate...

### Father's Day

*'When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years.'*

-Mark Twain

#### The Benefits of these Activities include but are not limited to

##### Better Communication

Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.

##### Improved Coordination

Activities can delay the loss of muscle control.

##### Relaxation

It is a wonderful distraction from the blues, chronic pain, and other stressful situations.

##### Pride

There can be immense satisfaction and pleasure taken from drawing projects.



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# FIVE

## Facts about

# Fathers Day

**Father's Day** is celebrated on the third Sunday in June each year, and is the day you celebrate fathers and fatherhood, paternal bonds, and the influence of fathers in society.



**Father's Day** Father's Day was invented by American Mrs. Sonora Smart Dodd whose father had, as a single parent raised his six children. The first Father's Day was celebrated on June 19, 1910.

**Father's Day** in China used to be celebrated on 8th August. The reason is a linguistic one; the Chinese for eight is “ba”, while a colloquial word for father is “ba-ba” – therefore the eighth day of the eighth month sounds similar to “papa”.

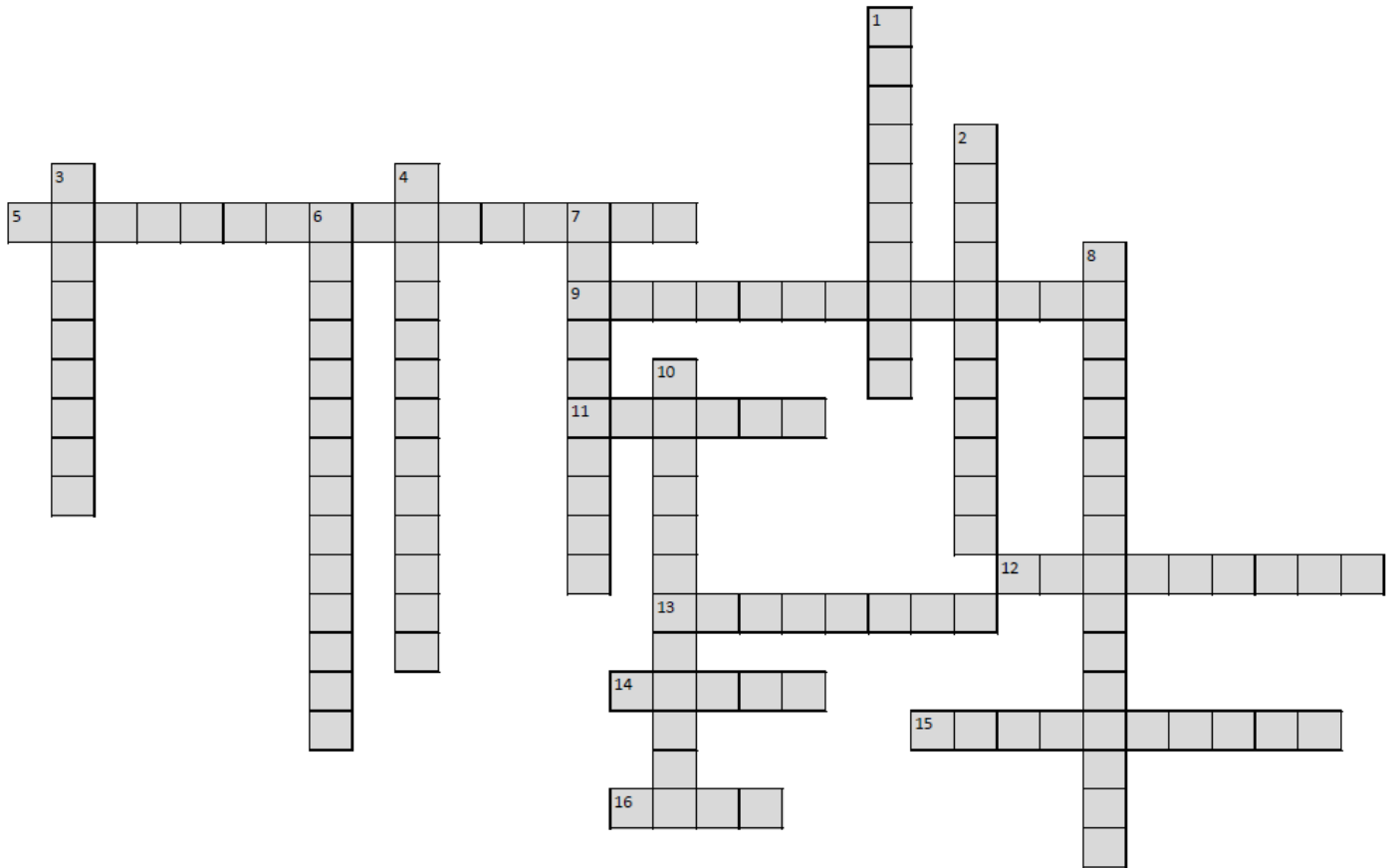


**Father's Day** was originally the target of much satire, parody and derision with a local newspaper complaining that it would lead to mindless promotions such as 'National Clean Your Desk Day'.



**Father's Day** is celebrated differently in Germany. *Männertag* (Men's day) is celebrated by getting drunk with wagons of beer and indulging in regional food. Emergency services are on high alert those days!

# Famous Fathers Crossword



## Across

5. He was childless but considered the father of the United States
9. He is considered the 'Father of Freedom'
11. In Greek mythology, he is the Father of the Universe
12. Another name for the head of a family
13. Hong Kong American martial artist and action film actor, father of two
14. The word 'father' in Spanish
15. Father of two and first African-American president
16. In the Roman Catholic Church, who is the 'Holy Father'?

## Down

1. American singer-songwriter, father of five, 'I Walk the Line'
2. Famous artist, father of one, played Spartacus in the 1960 film
3. Known as the 'Father of History'
4. Father of modern biology
6. Father of modern physics
7. Father of Jamie Lee Curtis
8. Father of three who's famous speech included "I have a dream"
10. He played the lead role in the film 'The Godfather'

# Father's Day Word Search

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

Sport

Tennis

Tools

Grandfather

Surprise

Kiss

Daddy

Gifts

Friend

Worker

Hug

Television

Laugh

Gardener

Generous

Love

Neckties

Reward

Cuddle

Papa



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Registered Charity Number: 1123842 Company Number: 6468412

# Father's Day Word Jumble

1. TSBE \_\_\_\_\_
2. NUNYF \_\_\_\_\_
3. HSGU \_\_\_\_\_
4. AMFLYI \_\_\_\_\_
5. EIT \_\_\_\_\_
6. WROK \_\_\_\_\_
7. ADD \_\_\_\_\_
8. TSOLO \_\_\_\_\_
9. IOREVTECTP \_\_\_\_\_
10. TPSSRO \_\_\_\_\_
11. SCAR \_\_\_\_\_
12. EUJN \_\_\_\_\_
13. ELHPLUF \_\_\_\_\_
14. RAETHF \_\_\_\_\_
15. GSIFT \_\_\_\_\_
16. NDYUSA \_\_\_\_\_

# Things Dads Say

From top-tips and tool tips to never-to-be-forgotten phrases, our fathers have some wonderful sayings! How many are familiar to you?

If you don't have time to do it right, when will you have time to fix it later?

There is nothing more expensive than a cheap tool

How do you eat an elephant?  
One bite at a time

Never point out a problem without offering a solution

Be good or be careful

Think about what you say before you say it, then hopefully you'll say nothing!

If at first you don't succeed, get a bigger hammer

Don't tell your mum!



# Cat's in the Cradle

This heart-breaking song penned by Harry Chapin tells of a father and son who can't schedule time to be with each other, and it serves as a warning against putting one's career before family. Although dad gets the necessities of child rearing accomplished, he doesn't allow himself to put in quality time with his son because of his career. Initially, this seems like no big deal because of his hectic and oblivious life working and paying bills.

The recurring verse has the son saying, "I'm gonna be like you Dad, you know I'm gonna be like you..."

Over time, as father and son grow into a switching of life roles, the father slowly grasps the reality that now that the son is all grown up with a fast-paced job and kids of his own, he has no time to spend with his father. With a heavy heart, dad realizes that his boy has become just like him.

My child arrived just the other day  
He came to the world in the usual way  
But there were planes to catch, and bills to pay  
He learned to walk while I was away  
And he was talking 'fore I knew it, and as he  
grew  
He'd say "I'm gonna be like you, dad"  
"You know I'm gonna be like you"

And the cat's in the cradle and the silver spoon  
Little boy blue and the man in the moon  
"When you coming home, dad?"  
"I don't know when"  
But we'll get together then  
You know we'll have a good time then

My son turned ten just the other day  
He said, thanks for the ball, dad, come on let's  
play  
Can you teach me to throw, I said, not today  
I got a lot to do, he said, that's okay  
And he walked away, but his smile never  
dimmed  
It said, I'm gonna be like him, yeah  
You know I'm gonna be like him

And the cat's in the cradle and the silver spoon  
Little boy blue and the man in the moon  
"When you coming home, dad?"  
"I don't know when"  
But we'll get together then  
You know we'll have a good time then

Well, he came from college just the other day  
So much like a man I just had to say  
Son, I'm proud of you, can you sit for a while?  
He shook his head, and he said with a smile  
What I'd really like, dad, is to borrow the car  
keys  
See you later, can I have them please?

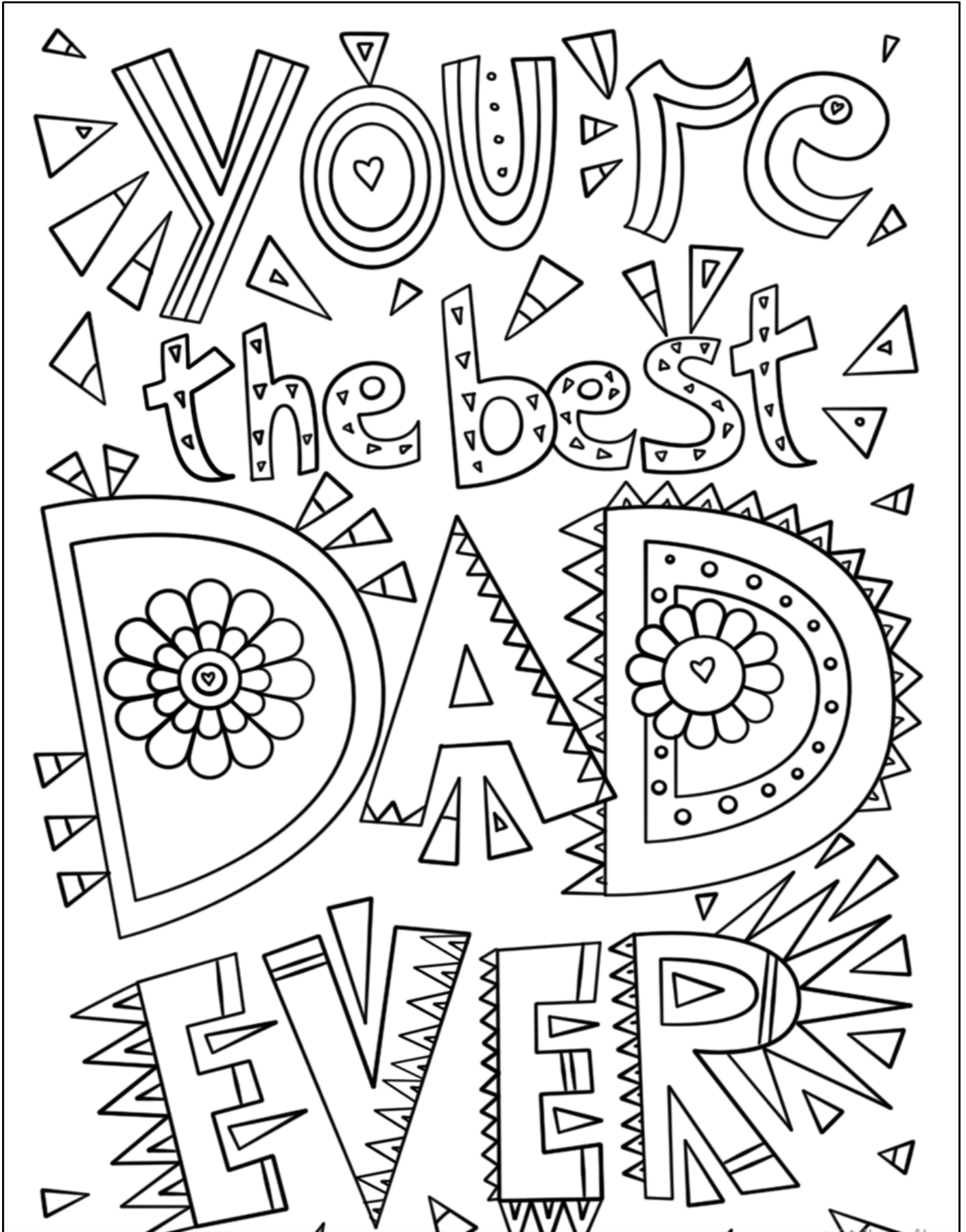
And the cat's in the cradle and the silver spoon  
Little boy blue and the man in the moon  
"When you coming home, son?"  
"I don't know when"  
But we'll get together then, dad  
You know we'll have a good time then

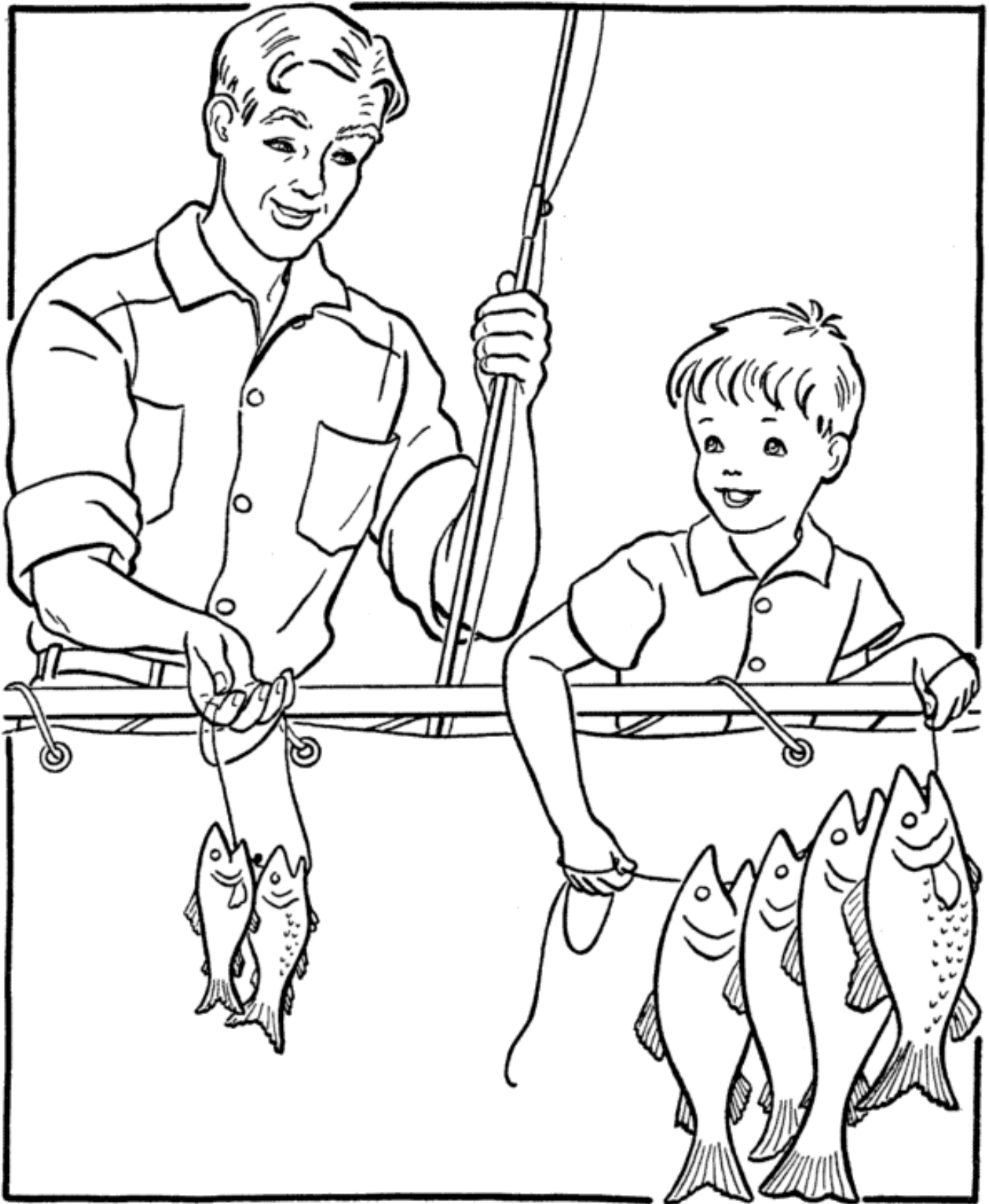
I've long since retired and my son's moved away  
I called him up just the other day  
I said, I'd like to see you if you don't mind  
He said, I'd love to, dad, if I could find the time  
You see, my new job's a hassle,  
and the kids have the flu  
But it's sure nice talking to you, dad  
It's been sure nice talking to you...  
...and as I hung up the phone, it occurred to me  
He'd grown up just like me  
My boy was just like me

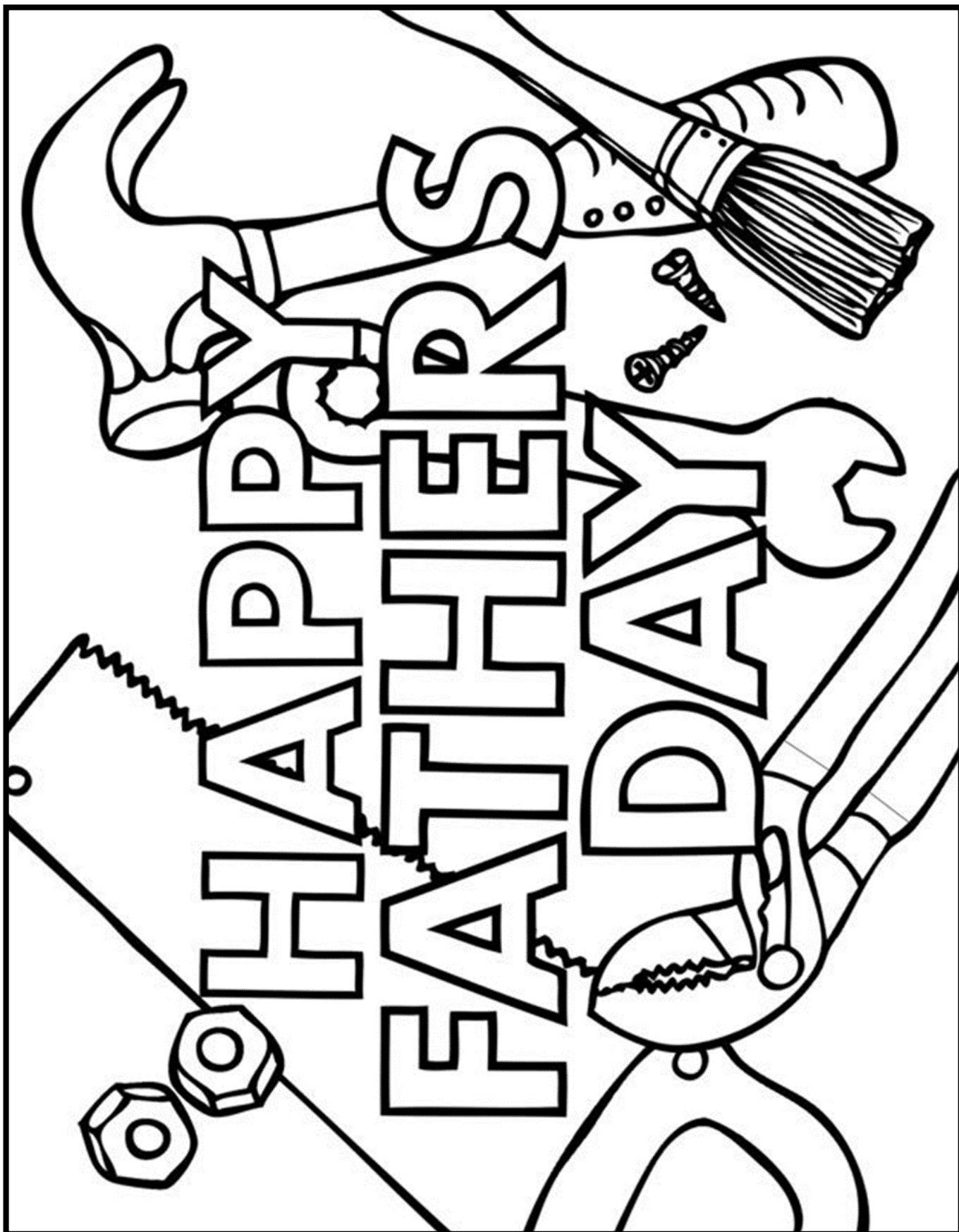
And the cat's in the cradle and the silver spoon  
Little boy blue and the man in the moon  
"When you coming home, son?"  
"I don't know when"  
But we'll get together then, dad  
We're gonna have a good time then



# Colouring Pages









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# My Weekly Planner

MORNING

AFTERNOON

EVENING

<b>S</b>			
<b>M</b>			
<b>T</b>			
<b>W</b>			
<b>T</b>			
<b>F</b>			
<b>S</b>			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

# Say to Yourself

**A good father won't stop you falling, but will pick you up, dust you off and let you try again**



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