

# Mental Health Matters Wales

## Activity Pack

# USA

### 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 wellbeing.

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...

USA

July 4th is the day that citizens of the United States of America celebrate their independence with patriotic displays and fun and games. Let's help them celebrate with a selection of puzzles and colouring!

### 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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Support**

# FIVE

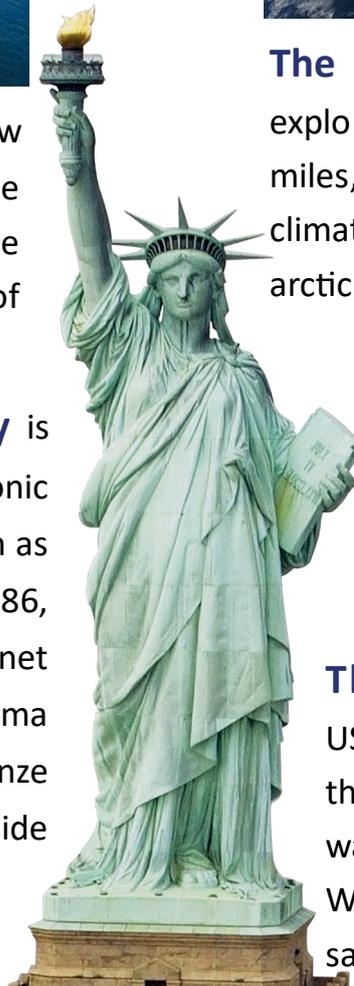
## Facts about the

# USA



**Old New York** was once New Amsterdam. They changed it in the 17th Century after capture by the British who named it in honour of the Duke of York

**The Statue of Liberty** is possibly the most iconic symbol of the USA. Given as a gift from France in 1886, she has the famous sonnet The New Colossus by Emma Lazarus cast upon a bronze plaque and mounted inside the lower pedestal.



**The USA** is a great place to explore. It spans thousands of miles, has six time zones, and has a climate ranging from tropical to arctic

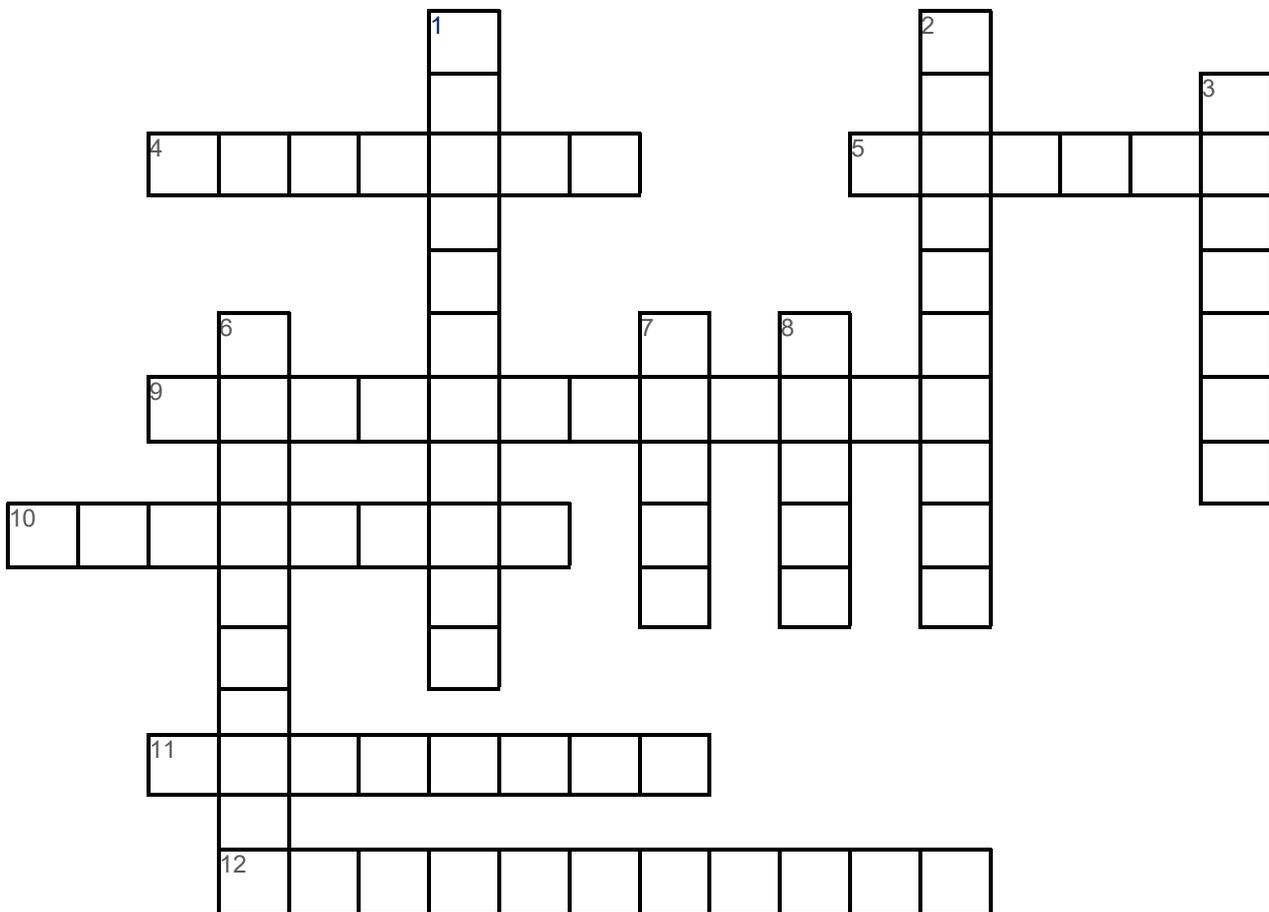


**The Liberty Bell**, one of the USA's most symbolic pieces from the American independence, was made in London at The Whitechapel Bell Foundry - the same place as Big Ben!



**The 50 stars and 13 stripes** we know today was designed in 1958 by 17 year old Robert G. Heft of Ohio who's design was chosen by President Dwight D. Eisenhower out of 1,500 entries

# USA Crossword



## Across

4. Which state borders California and Mexico?
5. Which is the biggest state?
9. What is the name of the biggest Great Lake?
10. Which state touches three of the Great Lakes?
11. Which ocean is on the East Coast?
12. Which USA city has the biggest population?

## Down

1. What is the smallest state in the USA?
2. Which state has the biggest population?
3. Which ocean is on the West Coast?
6. Who was the first President of the USA?
7. Which state borders Mexico and Louisiana?
8. How many states are there in the USA?

# USA Word Search

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

America Barbeque Bell Blue Fireworks Flag Fourth  
 Liberty Red Stars States Stripes Uncle Sam  
 United Watermelon White

# THE NEW COLOSSUS

BY EMMA LAZARUS

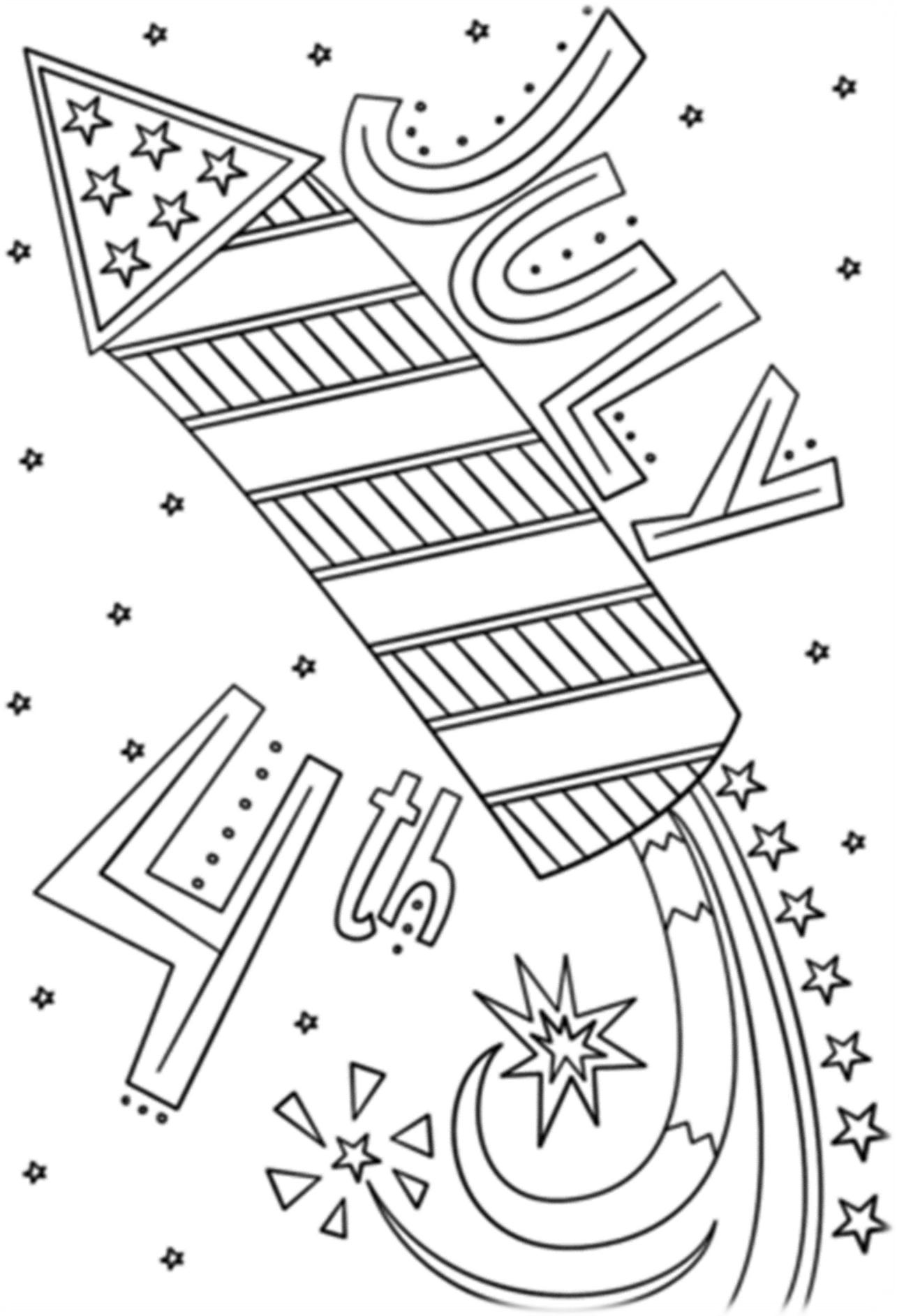
Not like the brazen giant of Greek fame,  
With conquering limbs astride from land to land;  
Here at our sea-washed, sunset gates shall stand  
A mighty woman with a torch, whose flame  
Is the imprisoned lightning, and her name  
Mother of Exiles. From her beacon-hand  
Glow world-wide welcome; her mild eyes command  
The air-bridged harbor that twin cities frame.  
“Keep, ancient lands, your storied pomp!” cries she  
With silent lips. “Give me your tired, your poor,  
Your huddled masses yearning to breathe free,  
The wretched refuse of your teeming shore.  
Send these, the homeless, tempest-tossed to me,  
I lift my lamp beside the golden door!”



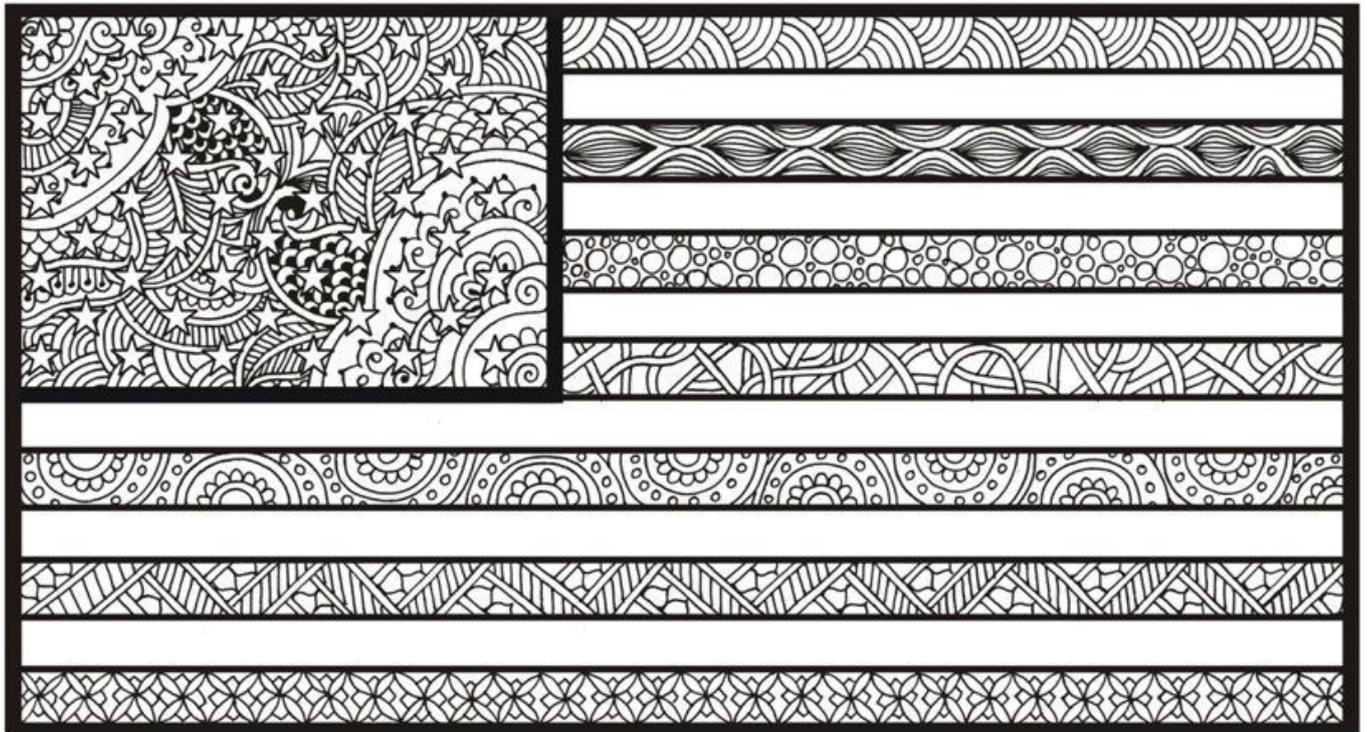
# USA in the 1950s

1. AMIRCEAN AREDM \_\_\_\_\_
2. ASTVEREN \_\_\_\_\_
3. IG LBLI \_\_\_\_\_
4. ROCEUISMSMN \_\_\_\_\_
5. URTNMA \_\_\_\_\_
6. ENSIWEHORE \_\_\_\_\_
7. TRIAOIINCDMINS \_\_\_\_\_
8. EESRNGTAE \_\_\_\_\_
9. JSEAM DAEN \_\_\_\_\_
10. OMNLAR DBOANR \_\_\_\_\_
11. EDTNIVIGSRA \_\_\_\_\_
12. RKOC NDA RLLO \_\_\_\_\_
13. EIVLS PREELYS \_\_\_\_\_
14. HCCSTIMAYRM \_\_\_\_\_
15. DER RCSAE \_\_\_\_\_
16. IGGRSOTNAEE \_\_\_\_\_
17. TITLEL ORCK 9 \_\_\_\_\_
18. 20. BUS TTOBCYO \_\_\_\_\_
19. 21. KYEDNNE \_\_\_\_\_
20. 24. IVICL HIGRTS \_\_\_\_\_









# 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...



*Conformity is the jailer of freedom  
and the enemy of growth*

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Just Giving <https://www.justgiving.com/mentalhealthmatterswales>

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