



Mental Health Matters Wales Activity Packs

Hair

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.

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.

This activity book has
been kindly printed by



Cardiff and Vale University
Health Board Voluntary Services



MHM WALES

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Hair

National Hair Day takes place every October 1st and gives the nod to all the styles, products, tools and people who keep our hair healthy and looking its best. When the clothes don't fit, or you're running late, it's always nice to know your hair looks great. These activities celebrate all hair types, from fine and thin to thick and course, even hair that's no longer there!



FIVE

Facts about Hair



Each Strand of hair can contain traces of 14 different elements - including gold!

In 1950, only 5% of women dyed their hair. Now, that number has increased to 75%!

All The Hair Follicles you'll ever have were formed when you were a five month old fetus!



People Have About 100,000 strands of hair on their head

The Longest Female Hair was measured at 18 feet and 5.5 inches. Xie Jiuping grew her hair for over 30 years!



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Just Giving <https://www.justgiving.com/mentalhealthmatterswales>
Registered Charity Number: 1123842 Company Number: 6468412

Hair Word Grid

How many individual words of 3 or more letters can you make from the letters in Hairstyle?

H	A	I
R	S	T
Y	L	E

Hair Word Search



Haircut Blowdry Shampoo Growing Grey Dandruff

Tangled Comb Scalp Conditioner Salon Brush Balding

Length Washing Redhead Blonde Brunette Trim Curly

Hair

A short story by Jaime Rosenthal

Everybody in our family has different hair. My papa's hair is short. He doesn't have much, but it suits him. My hair is long and straight. Not a curl if I try! Just long and straight down past my shoulders. Jeff's hair is great. It is thick and soft. It has body and can be shaped. Very different from my dad's hair now, but it was once the same.

But my mother's hair, my mother's, well it's not really hair. She has cancer so she lost it all. It's growing back though, and so soft, like fur! Fuzzy, soft to touch and soft to the face when she's holding you and you feel safe. It is the warm smell of a baby, it is the smell of comfort when you cuddle up next to her, and she tickles your back letting you know she loves you. All your worries and troubles disappear when she holds you. When I rub her head it's like rubbing a magic lamp. I wish for her to be happy and healthy, and for all her beautiful hair to come back to protect and keep her head warm the way she protects and keeps me warm. That's mama's hair, like a baby. Soft and warm like her heart.



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

Registered Charity Number: 1123842 Company Number: 6468412

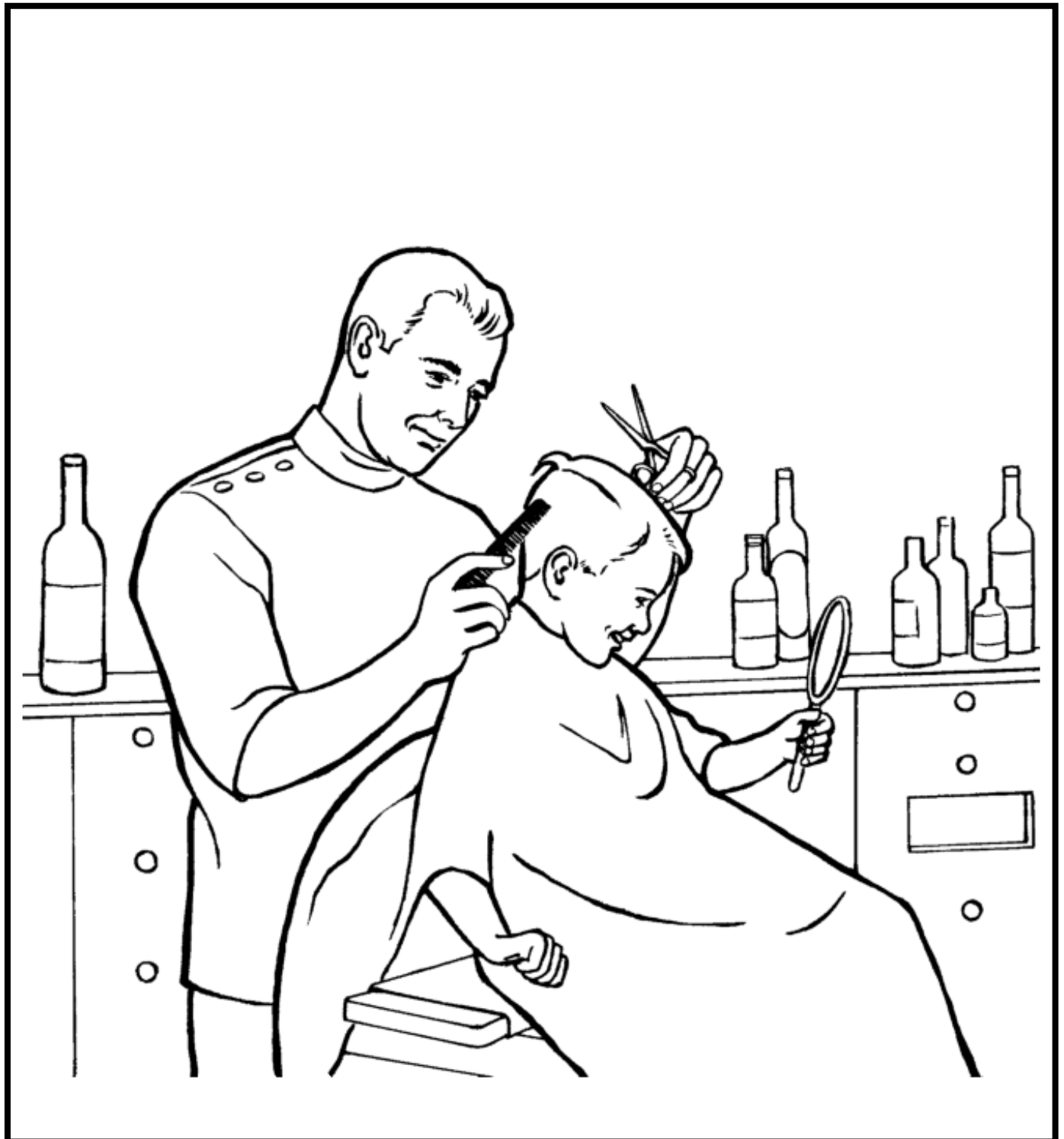
At the Salon Word Scramble

RODAHI	
LERAX	
LISTGYN	
RABSERB	
PONTIPTTEAMN	
LOUGRINOC	
THORS CABK DAN SDIES	
GINERF	
THINCATG	
KHITC	
LURCY	
NOLG	
TUNGTIC	
SORSCISS	
GISHWAN	

Answers:

**HAIRDO RELAX STYLING BARBERS APPOINTMENT COLOURING
SHORT BACK AND SIDES FRINGE CHATTING THICK CURLY LONG CUTTING
SCISSORS WASHING**

Colouring Pages







My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

A moment of **SILENCE** please,
for all the **GOOD HAIR DAYS**
where you saw no one **IMPORTANT!**

