



Welcome to another edition of My Sunshine Pack – a selection of activities, easy reads and ideas put together by our volunteers for you to enjoy in your own time in the comfort of your own home. The theme for this edition is Love – loving yourself and loving others.

We plan to put together and distribute My Sunshine Pack monthly and include a wide variety of activities each time. We have designed our activities with Carers in mind who are unable to access our online support groups and activities at this time, but still keep connected and involved with what we are doing!

We would love to hear from you too. If you have any suggestions for activities to be included in future editions of My Sunshine Pack, or would like to write something for us, please let us know by emailing admin@n-compass.org.uk or calling 03450 138208. Enjoy!

My Sunshine Pack Team



L is for 'laughter' we had along the way.

O is for 'optimism' you gave me every day.

V is for 'value' of being my best friend.

E is for 'eternity', a love that has no end.

John Peter Read

Can you create your own fun acronym?

L

O

V

E

DIY: Valentine's Day Mosaic Card

You will need:

- Glue
- Scissors
- Paper Trimmer
- White Card and Envelopes
- Pink Card
- Gold Glitter Card

How to Make:



1. Start by making the heart template to create the aperture in the front of the card. To do this, fold a piece of scrap paper in half, draw a half-hearted shape along the folded edge of the paper and cut the heart out.
2. Use the handmade heart template to trace with a pencil onto the card front. Remove the aperture using a craft knife or scissors. Erase any pencil marks on the front of the card.
3. Select a few shades of pink card and gold glitter card. Cut one stripe of each colour to an approximate width of 1cm with a paper trimmer.
4. Taking the strips one at a time, cut into small pieces of varying lengths.
5. Use a glue stick or tacky glue to adhere the pieces onto the inside of the card so that when the card is closed, the heart aperture is covered.

<https://www.hobbycraft.co.uk/ideas/papercraft/how-to-make-a-kids-valentines-day-mosaic-card>



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<https://www.thesprucecrafts.com/free-valentine-coloring-pages-1358218>



Valentine's Day

Word Scramble

EOLV _____

WRTSAEEEEHT _____

RBRYUFAE _____

CIDPU _____

YDANC _____

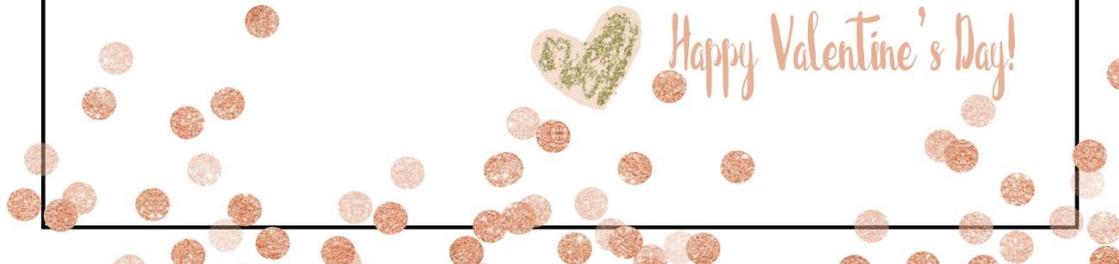
NKIP _____

OLETHCAOC _____

FLERWO _____



Happy Valentine's Day!



Spot the Difference!



From <https://www.thedelite.com/spot-the-difference-pictures-how-many-can-you-find/9/>



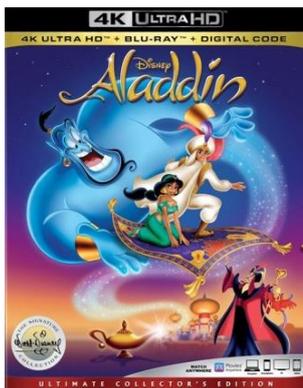
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<https://www.homemade-gifts-made-easy.com/valentines-day-coloring-pages.html>

Our Disney Classic Favourites



Aladdin (1992) – 1h 30m

A kindhearted street urchin and a power-hungry Grandizervie for a magic lamp that has the power to make their deepest wishes come true.

Available on Prime Video and Disney+

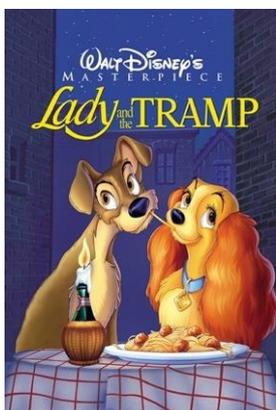
Watch the live action version (2019) – Which do you prefer?



Enchanted (2007) – 1h 47m

A young maiden in a land called Andalasia, who is prepared to be wed, sent away to New York City by an evil Queen, where she falls in love with a lawyer.

Available on Prime Video and Disney+



Lady and the Tramp (1955) – 1h 16m

The romantic tale of a sheltered uptown Cocker Spaniel dog and a streetwise downtown Mutt.

Available on Prime Video and Disney+

Why not enjoy this film with a themed meal? Spaghetti

Spaghetti Bolognese

Recipe from

https://www.bbc.co.uk/food/recipes/easy_spaghetti_bolognese_93639



Homemade Pink Lemonade

Recipe from <https://www.bbcgoodfood.com/recipes/pink-lemonade>

Red Velvet Cupcakes

<https://preppykitchen.com/red-velvet-cupcakes/>



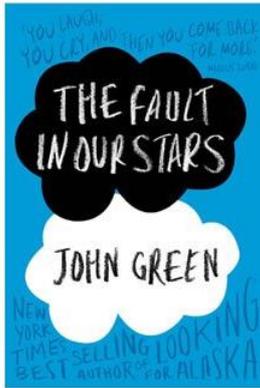


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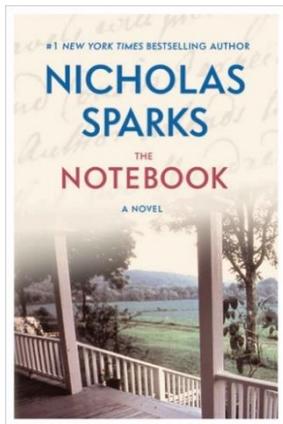
Drink a glass of water 	Take 10 long deep breaths	Call a friend	Eat a healthy breakfast 	Create a morning routine
Eat a piece of chocolate	Go to bed early 	Sit outside with no device	Make your bed	Exercise for at least 10 minutes
Try making a new dish	Do some yoga	Drink some water 	Clean something	Read a book 
Play a board game	No devices for 1 hour 	Take a nap	Enjoy a lovely dinner	Learn a new thing
Relax!	Cook your favourite meal	Make a gratitude list	Go for a walk 	Say: "I am great. I am brave. I am kind."

Book Passages



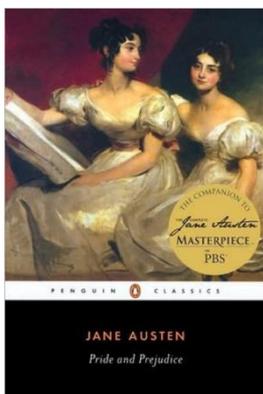
“Sometimes, people don’t understand the promises they’re making when they make them”, I said. Isaac shot me a look. “Right of course. But you keep the promise anyway. That’s what love is. Love is keeping the promise anyway.”

The Fault in Our Stars by John Green



“I am nothing special; just a common man with common thoughts, and I’ve led a common life. There are no monuments dedicated to me and my name will soon be forgotten. But in one respect I have succeeded as gloriously as anyone who’s ever lived: I’ve loved another with all my heart and soul; and to me, this has always been enough.”

The Notebook by Nicholas Sparks



In vain I have struggled. It will not do. My feelings will not be repressed. You must allow me to tell you how ardently I admire and love you.”

Pride and Prejudice by Jane Austen

Answers

Word Scramble:

1. Love
2. Sweetheart
3. February
4. Cupid
5. Candy
6. Pink
7. Chocolate
8. Flower

Spot the Difference:

