



Welcome to the third 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.

We plan to put together and distribute My Sunshine Pack as often as possible 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



Web: www.n-compass.org.uk/our-services/carers

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3 things I am grateful for

- 1.
- 2.
- 3.

2 acts of kindness I did today

- 1.
- 2.

1 thing I love about myself

- 1.



Gluten-free Crepe Pancakes

Prep time: 5 minutes | Cook time: 25 minutes | Skill: Easy | Servings: 6

Ingredients:

125g gluten-free plain flour

1 egg

250 ml milk

Butter, for frying

Method:

1. Put the flour in a bowl and make a well in the centre. Crack the egg in the middle and pour in a quarter of the milk. Use an electric or balloon whisk to thoroughly combine the mixture. Once you have a paste, mix in another quarter and once lump free, mix in the remaining milk. Leave to rest for 20 minutes. Stir again before using.
2. Heat a small non-stick frying pan with a knob of butter. When the butter starts to foam, pour a small amount of the mixture into the pan and swirl around to coat the base – you want a thin layer. Cook for a few minutes until golden brown on the bottom, then turn over and cook until golden brown on the other side. Repeat until you have used all the mixture, stirring the mixture between pancakes and adding more butter for frying as necessary.
3. Serve with agave syrup and a squeeze of orange juice or your pancake filling of choice.



Recipe from BBC Good Food

Speedy Mediterranean Gnocchi

Cook time: 5 minutes | Skill: Easy | Servings: 2

Ingredients:

400g gnocchi

200g chargrilled vegetables

2 tbsp red pesto

A handful of basil leaves

Parmesan or pecorino (or vegetarian alternative)

Method:

1. Boil a large pan of salted water. Add the gnocchi, cook for 2 minutes or until it rises to the surface, and then drain and tip back into the pan with a splash of reserved cooking water.
2. Add the chargrilled vegetables, chopped into pieces if large, red pesto and basil leaves. Serve with shavings of Parmesan, pecorino or vegetable alternative.



Recipe from BBC Good Food

Chromatography Flowers

You will need:

White coffee filters

Water

Water-based markers

Small syringes or pipettes

Plates or plastic tablecloth

Pipe cleaners

Instructions:

1. Choose a marker to try out first
2. Take a coffee filter. Be sure to place it on a plate since the marker will go through the coffee filter. Draw a thick circle around the centre of the coffee filter.



3. Add about 0.5 ml of water to the centre of the coffee filter and watch to see what happens. The more water you add the further the colours will spread. Allow the filters to dry completely.



4. Once dry, bundle them up into flower-like shapes and twist at the bottom. Attach the pipe cleaners to the bottom of the coffee filter flower by twisting it around the funnel shaped part to form stems.



Craft from 123HomeSchool4Me



And The World Carries On

The plates will still shift
and the clouds will still spew
The sun will slowly rise
and the moon will follow too.

Life's beauty will continue
to flourish all around,
but now you are gone,
these birds have no sound.

And my heart does not beat.
It is still inside my chest.
My tears keep on falling
and my head will not rest.

But I have no choice only
to move through this life.
Endless attempting
to fill this longing that is rife.

Amy O Connor

Source: <https://www.familyfriendpoems.com/poem/and-the-world-carries-on>

Movie Quiz!

1. In what 1976 thriller does Robert De Niro famously say “You talkin’ to me?”
2. For what movie did Steven Spielberg win his first Oscar for Best Director?
3. Which show about Danny and Sandy was made into a film with John Travolta and Olivia Newton-John?
4. Which singer starred in The Bodyguard?
5. Who played Jack in Titanic?
6. Which 2020 film starring Robert Downey Jr tells the story of a physician who can talk to animals?
7. In the movie Frozen, which song does Elsa sing as she builds the castle?
8. What is the name of the hobbit played by Elijah Wood in the Lord of the Rings movies?
9. On what date is the Frank Capra classic It's a Wonderful Life set?
10. Where did Harry Potter go to school?
11. Which musical based on Romeo & Juliet was a 60s Oscar winner?
12. Who does Tom Cruise play in Top Gun?





Quotes from Books

“Be yourself and people will like you.” – Diary of a Wimpy Kid by Jeff Kinney

“Even the darkest night will end, and the sun will rise.” – Les Misérables by
Victor Hugo

“It’s the possibility of having a dream come true that makes life interesting.” –
The Alchemist by Paulo Coelho

“We need never be ashamed of our tears.” – Great Expectations by Charles
Dickens

“It doesn’t matter who you are or what you look like, so long as somebody
loves you.” – The Witches by Roald Dahl

“You are your best thing.” – Beloved by Toni Morrison

“It is better to be hated for what you are than to be loved for what you are
not.” – Autumn Leaves by Andre Gide

Can you spot the ten differences in this restaurant scene? Answers on the last page!



Movie quiz and spot the difference answers

1. Taxi Driver
2. Schindler's List
3. Grease
4. Whitney Huston
5. Leonardo DiCaprio
6. Dolittle
7. Let It Go
8. Frodo Baggins.
9. Christmas Eve
10. Hogwarts
11. West Side Story
12. Maverick

