



Welcome to our very first 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 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



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

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Spring Season Trivia Quiz

1. Before Spring, Springtime and Springing time, what was the season known as based on an old English word?

- a) Lent b) Advent c) Epiphany d) Pentecost

2. On which date this year does the Spring Equinox fall in Australia?

- a) September 1 b) September 15 c) September 23 d) September 30

3. In which of William Shakespeare's plays is the poem known as "Spring" (entitled "Ver") sung at the end?

- a) The Tempest b) The Winter's Tale c) Love Labour's Lost d) Two Gentlemen of Verona

4. Which following vegetable is considered in season in Spring?

- a) Artichoke b) Capsicum c) Celery d) Eggplant

5. In Victoria and New South Wales (Australia), a festival of which flower is celebrated in Spring?

- a) Wattle b) Agapanthus c) Lily d) Tulip

6. In Vivaldi's "Four Seasons" where does Spring occur when played in the correct order?

- a) First b) Second c) Third d) Fourth

7. According to folklore, what can we balance on the ground on the first day of Spring?

- a) A stone b) An egg c) A broom d) A football

8. Birds, especially magpies, swoop on people and moving things during Spring for which reason?

- a) More sunlight makes them aggressive b) An increase in the amount of people outside
c) Sprouting plants make them ravenous for food d) To protect their nests

9. Which type of meat is traditionally popular in Spring?

- a) Beef b) Lamb c) Chicken d) Goat

10. Which nautical creature is popular to observe in Spring as they migrate back to the Antarctica from Australia?

- a) Whales b) Sharks c) Barramundi d) Dolphins

11. On the first day of Spring, the Sun appears _____

- a) to reach its highest altitude of the year b) to descend to its lowest altitude of the year
c) to cross the Celestial Equator d) largest, as it is closest to Earth on this date

12. Who coined the term "Hope springs eternal..."

- a) William Shakespeare b) Alexander Pope c) Jane Austen d) St. Thomas Aquinas

13. Which of the following statement(s) is/are true about the spring tide?

- a) It only occurs during the full moon b) It occurs during the full and new moon
c) It is higher than the neap tide d) It happens every 18.6 years

14. The Japanese celebrate the arrival of Spring by hosting mass viewings of which flower?

- a) Azalai b) Tulips c) Cherry Blossoms d) Lilacs

15. What does Spring symbolise?

- a) Love b) Faith c) Rebirth d) Death



Answers on the last page!

Spring Word Jumble

1. DFOIAFDL _____
2. WRAM _____
3. ETSEAR _____
4. ULEBMRLA _____
5. NUTRAE _____
6. DSAIY _____
7. GGES _____
8. RNIBOAW _____
9. TIULP _____
10. AYM _____
11. KTIE _____
12. BRDIS _____
13. SLONFUEWR _____
14. MOBLO _____
15. ARPLI _____

Bloom

Bloom where you are. Bloom despite the weeds and grow tall and beautiful anyways. Bloom where you are even if you wish you were elsewhere. Take in all of the light when the sun is shining and know that the rain is necessary when it's not. Know that everything you need to bloom right now is right inside of you – you already have the strength and capability to grow. Nourish your body and take care of your mind. Keep learning and growing. Let your true colours shine. Bloom.

-Nikki Banas



Find as many Hollywood movie titles as you can in the image below.
(The answers will be in the last page)

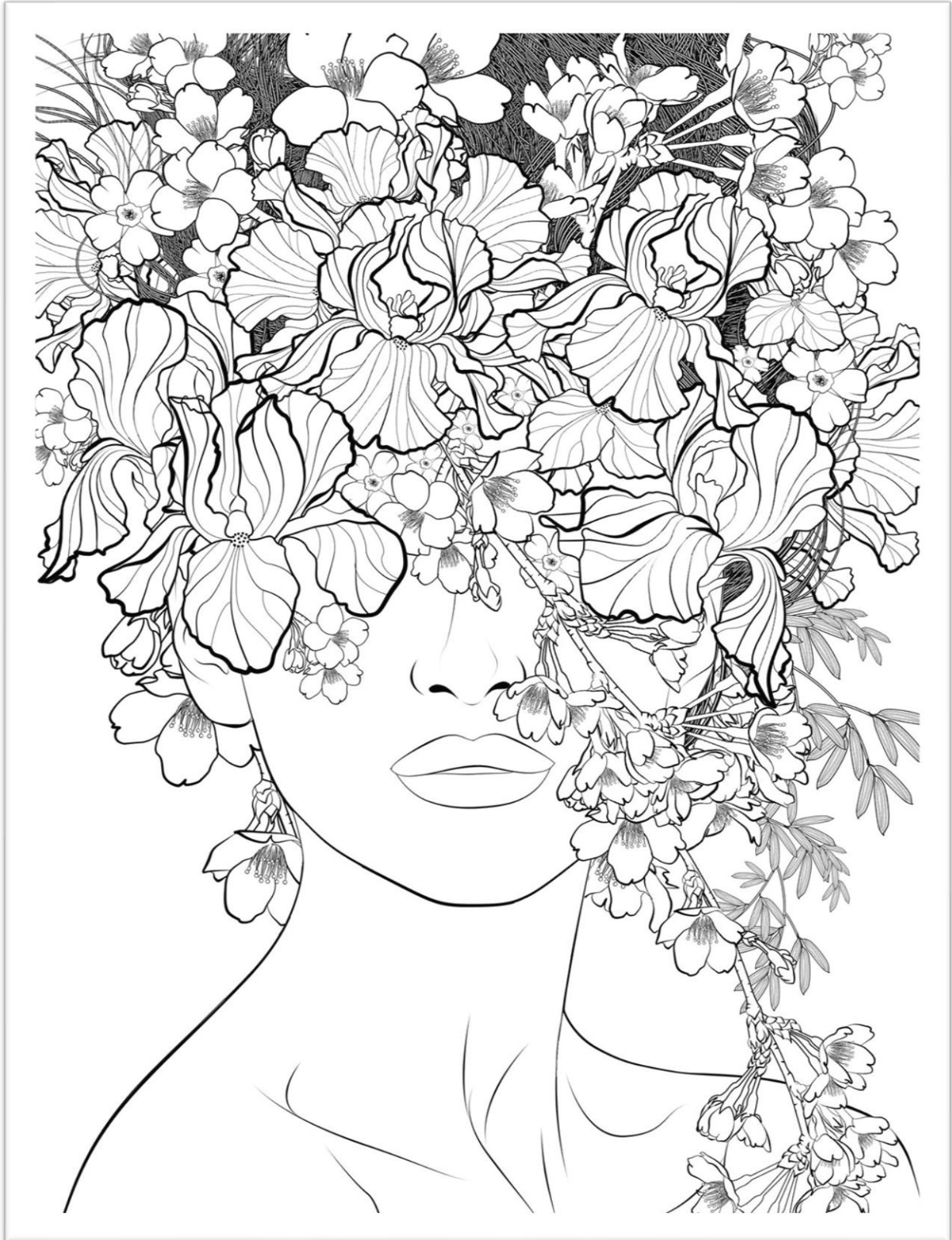






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Captain America: The First Avenger (2011)

Another crime fighting adventure, except this was the beginning of a superhero journey in the Marvel industry of comics coming to life. The story is the start of many more phases, and this was an entertaining start to Phase One. The film is filled with a mixture of fast-paced action, adventure and fantasy and it has fit well into the franchise. There is a sense of morality and patriotic heroism evidenced by Captain America (Chris Evans).

Available on Disney+



Fast and Furious 7 (2015)

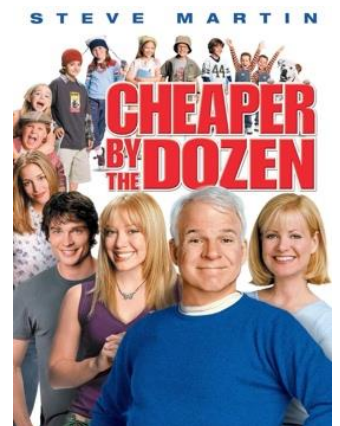
An exciting adventure centred around cars and crime. Fast and Furious 7 is full of mystery and new and old thrills, but it does not fail to forget how far the cast's journey has come. A must watch movie, especially if you have seen the rest of the collection. The franchise has definitely evolved in the right way with not only action, but passion too, which is why we hold it so close to our hearts.

*Available on Netflix

Cheaper by the Dozen (2003)

The perfect family comedy and a nostalgic memory for some. A father (Steve Martin) of twelve children attempts to handle a new job and his unstable family, whilst his wife (Bonnie Hunt) is on a book tour. The journey is chaotic but funny with lots of witty comments made by the cast members, some of which are familiar on the screens. It is definitely a movie that is enjoyed by all.

*Available on Disney+



Cheese and Onion Pie

Prep Time: 30 minutes | Cook Time: 30 minutes

Servings: 4

Skill Level: Medium

Ingredients

- 1-2 rolls of ready rolled Shortcrust Pastry (depending on the size of your dish)
- 200g potatoes (about 2 medium potatoes)
- 1-2 red onions
- 1 tbsp butter
- 2 tsp olive oil
- 175g cheese
- Black pepper and salt (to taste)



Method

1. Peel the potatoes and cut into small pieces. Place them in a saucepan filled with water and allow it to boil. Salt the water and cook the potatoes for approximately 10 minutes or until it can be easily cut with a knife. Strain the potatoes and set aside to cool.
2. Thinly slice the onions. Add the butter and the 2 tsp oil into the frying pan and set over a medium heat. Add the sliced onions to pan and allow it to cook until they are translucent and soft (it should take approximately 15 minutes). Once cooked, put them on greaseproof paper or kitchen roll to absorb excess oil.
3. Preheat the oven to 180°C
4. Combine the potatoes with the onions and season to taste with salt and pepper
5. Roll out the ready rolled shortcrust pastry. Depending on the size of your dish, use 1 roll and cut in half if it is small or two for a larger dish (one piece for the bottom and one for the top)
6. Lightly grease the dish and place one piece of the pastry at the bottom
7. Add in the filling mixture and cheese and spread evenly.
8. Place the second pastry sheet on top and gently press the edges together to seal and trim off any excess pastry. Brush the top with a little milk or a whisked egg and cut a small slit in the middle to allow steam to escape.
9. Bake in the oven for 30-35 minutes or until the pastry is cooked through with a golden colour on top. Remove from the oven once cook and allow to cool for 5 minutes before cutting and serving.

TIP: you can try other fillings, such as: chicken or even baked beans!

Chocolate Nests

Prep Time: 25 minutes | Cook Time: 8 minutes

Servings: 12

Skill Level: Easy

Ingredients

- 200g Milk Chocolate
- 85g Crushed Shredded Wheat
- Mini Chocolate Eggs

Method

1. Melt the chocolate in a bowl over a pan of hot water.
2. Take off the heat, once melted, and stir in the shreddie until combined.
3. Spoon the mixture in to 12 cupcake cases and press the back of a teaspoon in the centre to create a nest shape.
4. Add 1-3 mini eggs on top of each nest and allow to set in the fridge for 2 hours.



DIY Spring Vase

You will need:

- A Mason Jar
- Floral decorative (washi) tape, stickers, markers, glitter, paint
- Spring Flowers of your Choice



1. Make sure your jar is clean and is ready to work with
2. Decorate your jar however you wish. Marker pens, floral tape and stickers are just some examples!
3. Once you are happy with how it looks, add your flavours and water into the jar!

Spring Trivia Quiz - Answers:

1. *a) Lent*
2. *c) September 23*
3. *c) Love Labour's Lost*
4. *a) Artichoke*
5. *d) Tulip*
6. *a) First*
7. *b) An egg OR c) A broom*
8. *d) To protect their nests*
9. *b) Lamb*
10. *a) Whales*
11. *c) to cross the Celestial Equator*
12. *b) Alexander Pope*
13. *b) It occurs during the full and new moon*
14. *c) Cherry Blossoms*
15. *c) Rebirth*

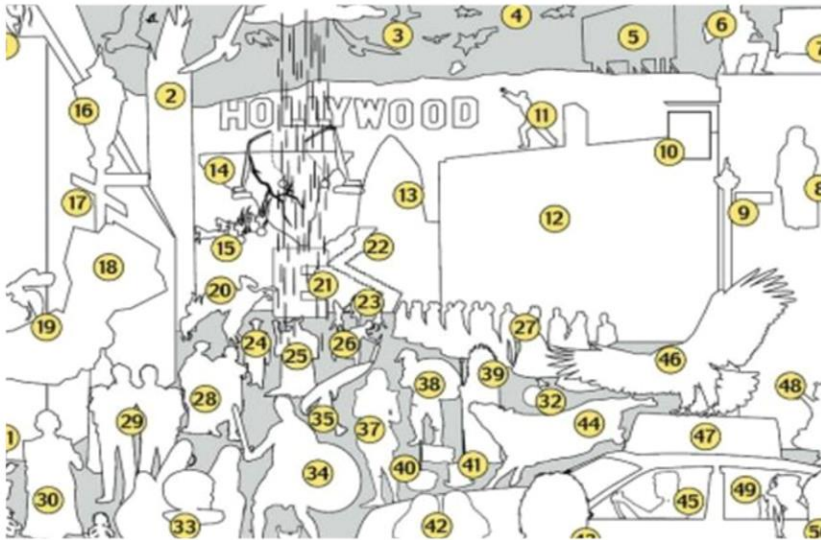
Spring Word Jumble - Answers:

1. Daffodil
2. Warm
3. Easter
4. Umbrella
5. Nature
6. Daisy
7. Eggs
8. Rainbow
9. Tulip
10. May
11. Kite
12. Birds
13. Sunflower
14. Bloom
15. April



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50 Hidden Movie Titles - Answers:



- | | |
|--------------------------|-------------------------------------|
| . Cat On A Hot Tin Roof | 26. Batman |
| . The Towering Inferno | 27. Seven Brides For Seven Brothers |
| . The Birds | 28. Lady And The Tramp |
| . Star Wars | 29. Guys And Dolls |
| . Breakfast At Tiffany's | 30. Toy Story |
| . Fiddler On The Roof | 31. The Black Dahlia |
| . The Piano | 32. Clockwork Orange |
| . Ghost | 33. North By Northwest |
| . 42nd Street | 34. Gladiator |
| 0. Jamaica Inn | 35. Blade Runner |
| 1. Gone With The Wind | 36. Jaws |
| 2. The Last Picture Show | 37. Shakespeare In Love |
| 3. School Of Rock | 38. Bad Santa |
| 4. The Dam Busters | 39. The Lion King |
| 5. Chariots Of Fire | 40. American Pie |
| 6. Gaslight | 41. Top Hat |
| 7. Mean Streets | 42. Happy Feet |
| 8. A Fistful Of Dollars | 43. Shane |
| 9. The Sting | 44. Raging Bull |
| 0. Blazing Saddles | 45. Taxi Driver |
| 1. Wall-e | 46. The Eagle Has Landed |
| 2. The 39 Steps | 47. All About Eve |
| 3. Dances With Wolves | 48. American Graffiti |
| 4. The Graduate | 49. The Queen |
| 5. Singin' In The Rain | 50. Edward Scissorhands |