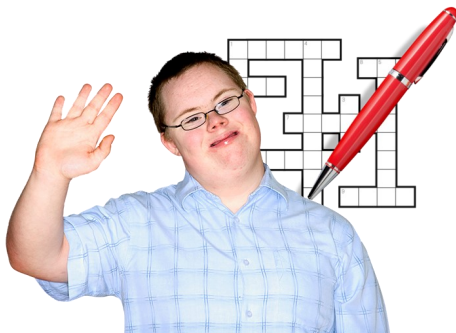




# Something to do book

December 2022



**Hello** 😊

This is a booklet of things for you to do at home.



We know Christmas and New Year can be a tricky time.

This book has some things to do to help pass the time.



If you are bored or feeling low you can have a go at some of the puzzles or colouring in.

This can help you **breathe slower** and **feel calmer**.



Can you **spot 6 Christmas card designs** coloured by advocates?

Look and see if you can spot them. Good luck!

# Can you spot 10 differences?



# Winter things crossword puzzle

Can you write the word for each picture?

## WINTER THINGS — crossword puzzle —

1. 

1.1 

2. 

3. 

4. 

5. 

6. 

7. 

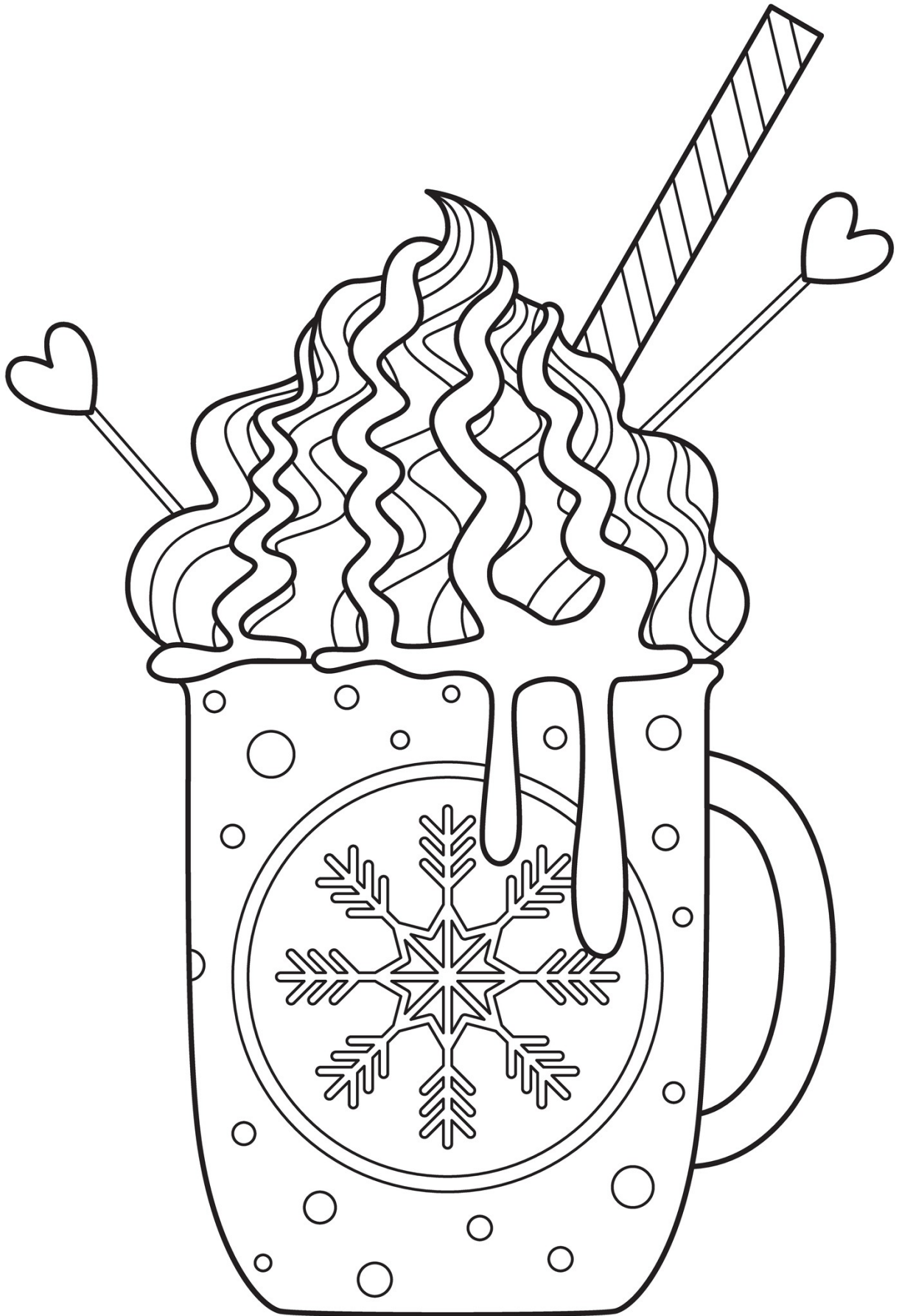
8. 

9. 



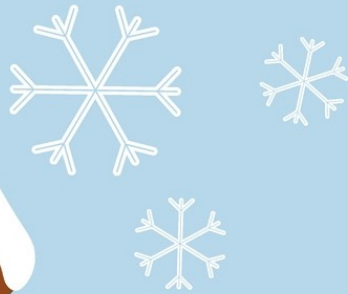
ANSWER: 1.Snowflake 1.Snowman 2.Hat 3.Boot 4.Scarf 5.Tea 6.Chocolate 7.Earmuffs 8.Mitten 9.Sweater

# Winter warmer colouring



# Winter wordsearch

Can you find all **16 words** in the wordsearch?



## Winter Word Search

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



WINTERTIME  
COLD  
SNOW  
FIREPLACE

HOODIE  
BLANKET  
CHRISTMAS  
ICE SKATES

ICICLE  
SNOWMAN  
ICE  
HOT COCOA

SOCKS  
MITTENS  
DECEMBER  
SNOWFLAKE

# 2023 calendar

## JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



## MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## JULY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## AUGUST

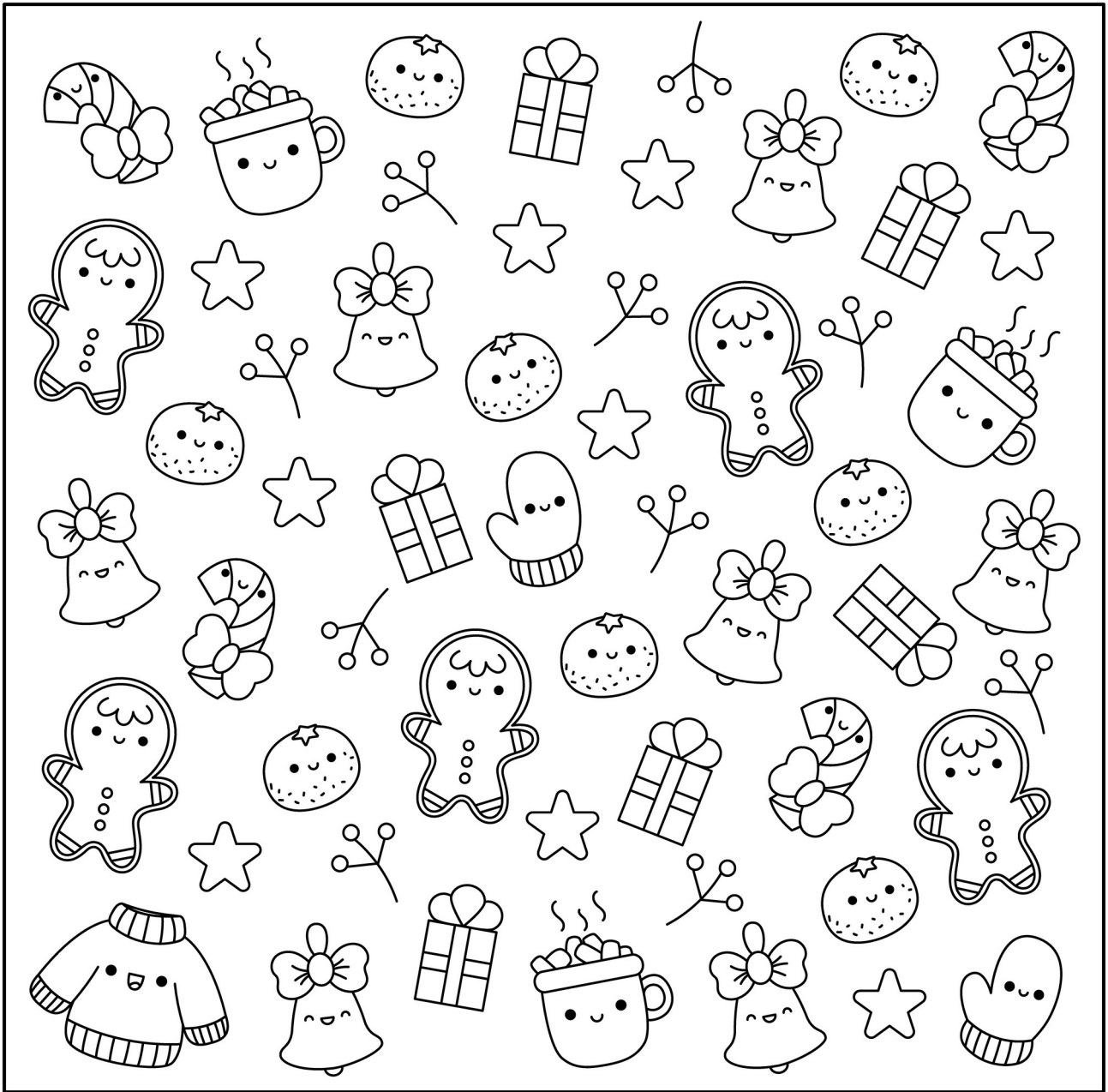
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	21	22	24	25	26
27	28	29	30	31		











## DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# How many things can you spot?

## CHRISTMAS I SPY



	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>
	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>





# Work out the hidden Christmas message

A	B	C	D	E	F	G	H	I	J	K	L	M

N	O	P	Q	R	S	T	U	V	W	X	Y	Z









!



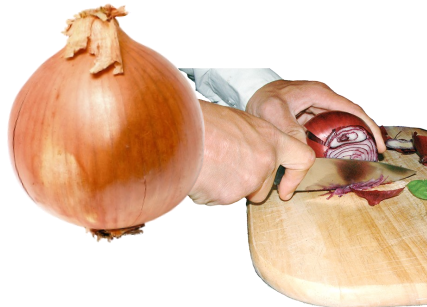
# How to make vegetable soup



## What you will need



1 tablespoon oil



1 onion  
finely chopped



1 leek  
finely chopped



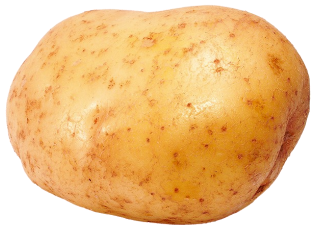
3 carrots  
Sliced (no need to peel)



2 sticks celery  
Sliced



1 parsnip  
peeled and sliced



1 medium potato  
peeled and chopped  
into small (1cm) cubes



500ml vegetable  
stock



Salt and pepper  
to taste



## What to do

1. Place the oil, onion and leek in a large saucepan. Cook on a low heat with the lid on for 5 minutes. Stir until softened.



2. Add the prepared carrot, celery, parsnip and potato, and stir.



3. Add all the stock and some salt and pepper to taste.



4. Bring to the boil and then simmer on a low heat, with the lid on, for 15 minutes - or until all the vegetables are completely soft.



5. Use a hand blender to make the soup into a smooth puree.

Add a little extra boiling water from the kettle if you think the soup is too thick.



6. Taste the soup and add more salt and/or pepper if it needs it.



7. Ladle into bowls and serve with some bread.



Remember we are here to help **any** adult with learning disabilities in Norfolk. We offer information and advice but can also support you in other ways...



Support from staff and volunteers



Getting our newsletter regularly



Joining a zoom social group or Advocacy Group

# To contact Opening Doors



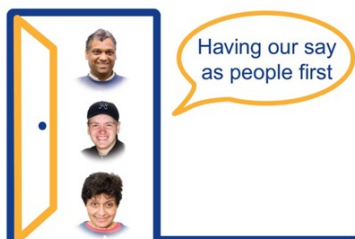
The office phone number is answered Monday to Friday 9am to 5pm



**01603  
631433**



Opening Doors, 38a Bull Close  
Norwich, NR3 1SX



**Opening Doors**



[admin@openingdoors.org.uk](mailto:admin@openingdoors.org.uk)



[www.openingdoors.org.uk](http://www.openingdoors.org.uk)