



UNITING GENERATIONS & SPARKING CONVERSATIONS
#STAYUNIFIED THROUGH COVID 19

UNIFI'S SECOND SELF ISOLATION ACTIVITY PACK

**A MASSIVE THANK YOU TO THE NHS AND ALL OF OUR AMAZING
ESSENTIAL WORKERS WHO CONTINUE TO
BRIDGE THE GAP BETWEEN U AND I**

UNIFI ACTIVITY PACK #2

UNITING GENERATIONS SPARKING CONVERSATIONS

UNIFI aim to '*bridge the gap*' by uniting generations, improving communication and wellbeing for all.

In these difficult times, it is important that we not only take care of our physical health, but our mental health too. Therefore, we believe it's essential that we battle through this crisis together and unite against any loneliness it may cause.

In this addition, we have updated various activities such as drawing games, postcards and word searches for all age groups to play, whenever and wherever you are. Enjoy these fun tasks with one another and play either through digital communication such as a video call, or play with the people in your household.

To print this activity pack, please print double sided in colour for the best experience.

Please keep talking!

#StayUNIFled



What is the first thing that you want to do after lockdown?

Does anyone you know work for the NHS and what is their job?

If you worked for the NHS, what job would you want?

Have a themed dinner.. You could pretend to be in a different country for the night!

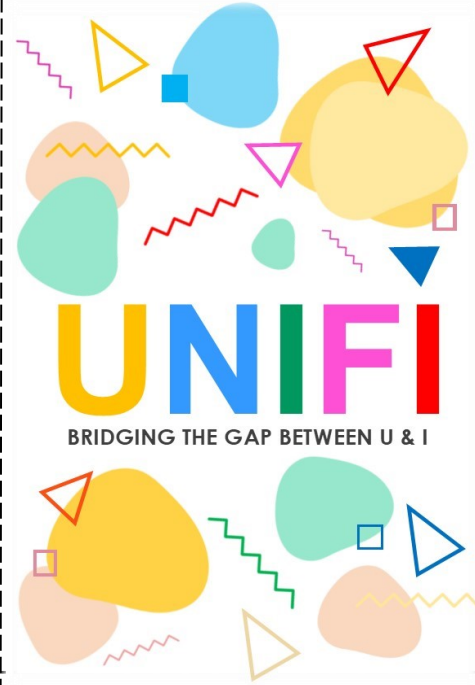
Colour in the rainbow from this pack and pop it in your window

Think of a new acronym to remember the colours of the rainbow (ROYGBIV)

Is there anyone in particular who you remember helping you in a hospital?

What is a positive that you think could come out of lockdown?

What has been your favourite way to keep in touch with friends and family in lockdown?



**True Colours
(Cyndi
Lauper)**

**Better Days
(OneRepublic)**

**Rainbow
Connection
(The Muppets)**

**Rainbow
(Kacey
Musgraves)**

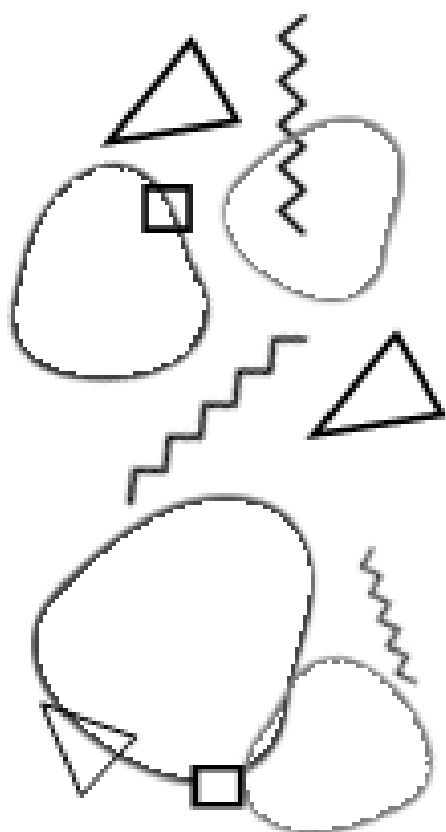
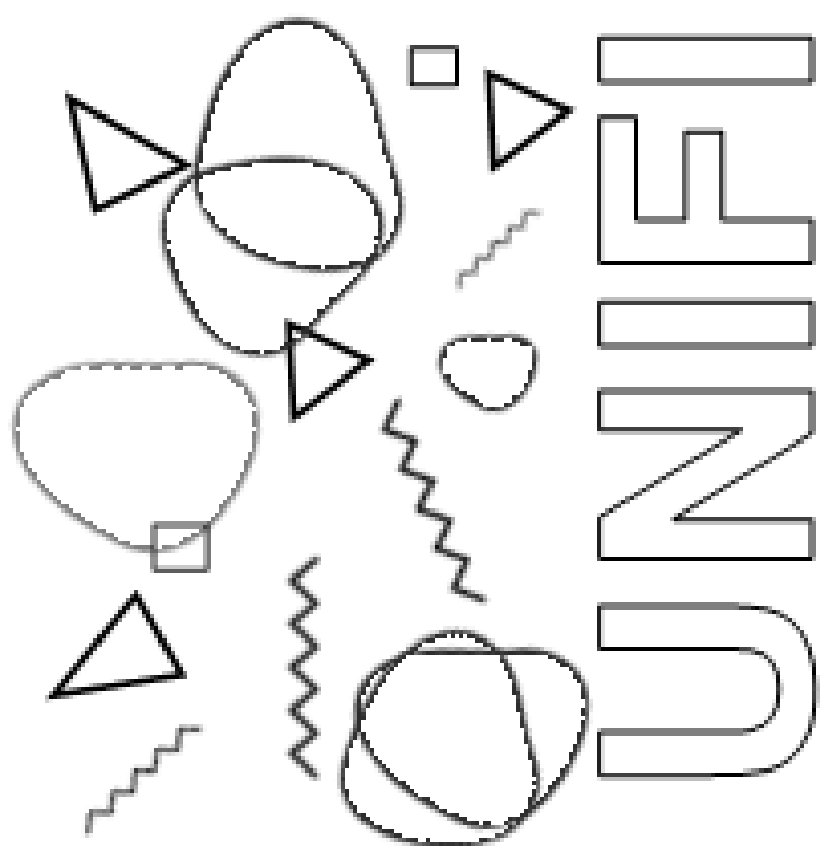
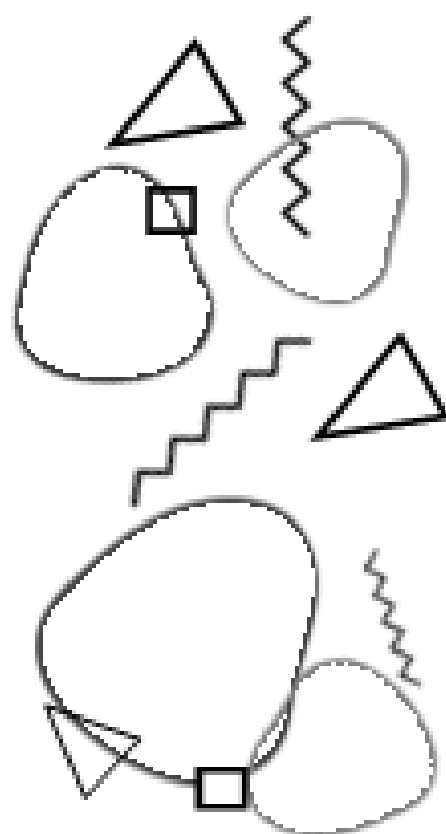
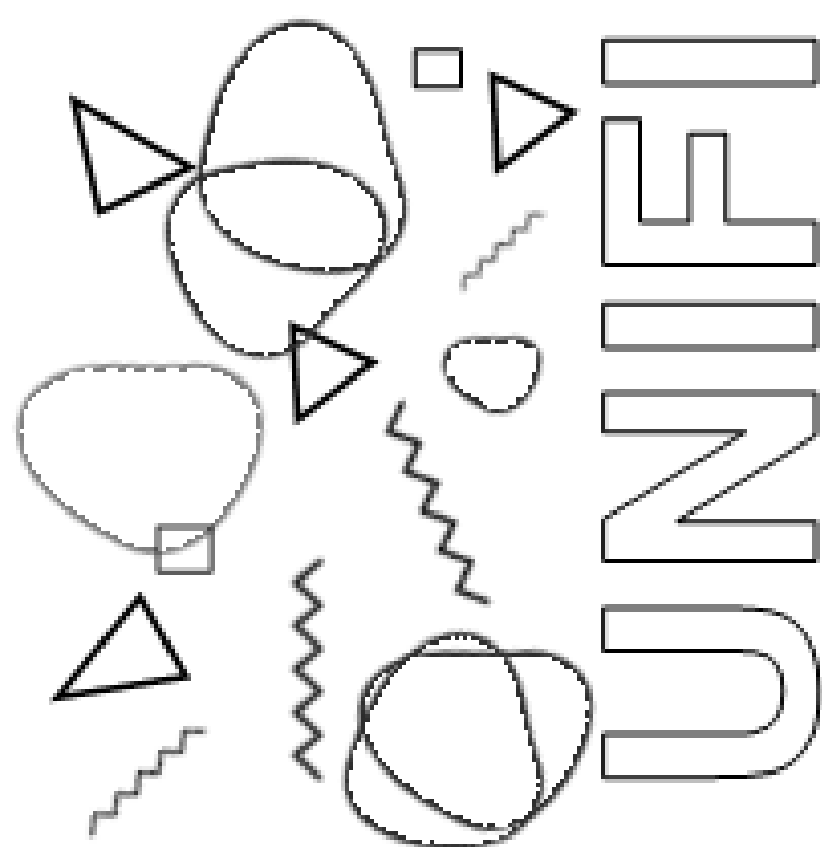
**Somewhere
Over the
Rainbow
(Judy
Garland)**

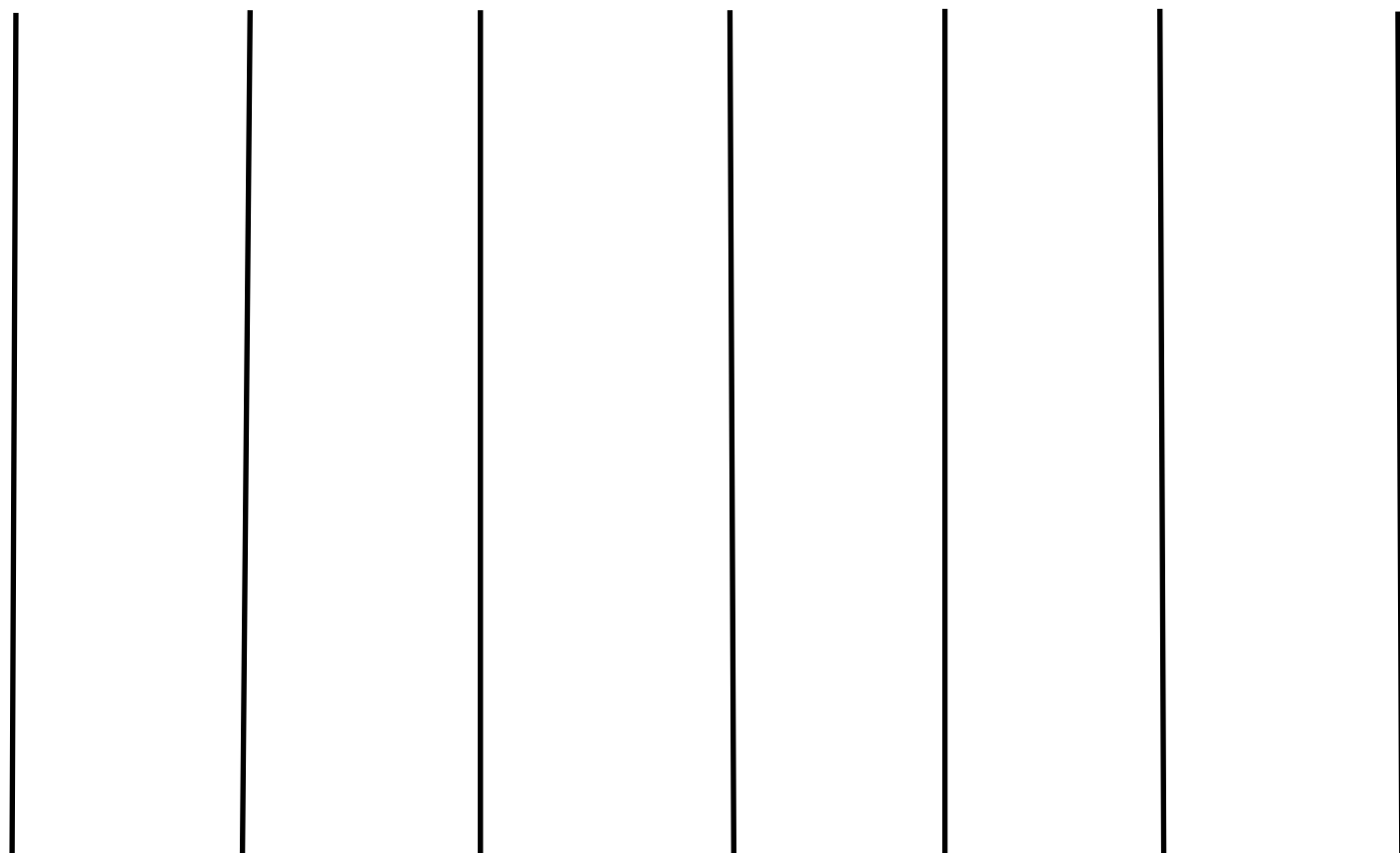
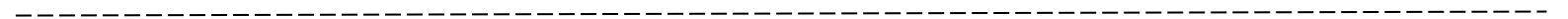
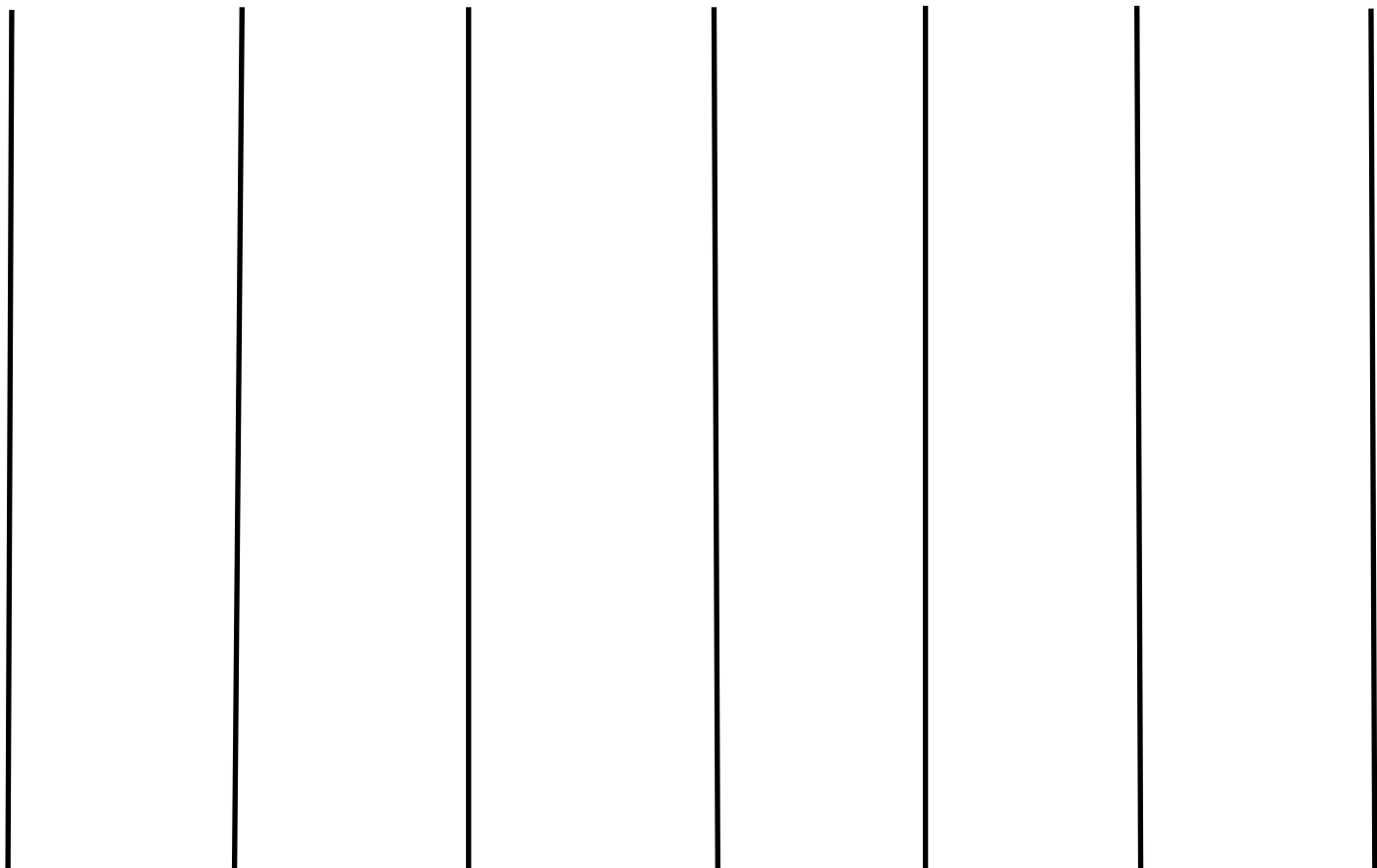
**She's a
Rainbow
(The Rolling
Stones)**

**Teach each
other an
interesting fact
you've learnt in
lockdown**

**Create a
scrapbook of your
lockdown
memories**

**Do a 10 minute
dance lesson on
YouTube**







UNIFI Word Search

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | C | O | M | M | U | N | I | T | Y | C | S | K | F |
| R | O | S | S | E | N | R | E | H | T | E | G | O | T |
| A | W | A | E | N | K | R | S | R | O | T | C | O | D |
| U | O | N | M | R | O | O | Y | O | S | I | Y | E | N |
| D | R | M | E | L | K | I | C | K | E | N | S | Y | A |
| L | K | I | S | S | E | L | T | O | S | R | E | K | S |
| C | E | E | S | R | A | O | A | C | N | A | H | H | M |
| P | R | E | T | T | W | T | I | T | E | N | T | N | N |
| N | S | S | D | N | M | R | N | W | K | T | E | S | S |
| M | T | T | H | C | Y | T | E | F | A | S | O | C | I |
| E | F | T | N | N | N | N | C | S | R | E | N | R | T |
| L | D | A | S | T | T | H | A | N | K | S | S | S | P |
| N | A | A | N | U | R | S | E | S | H | N | E | N | K |
| H | E | S | R | E | R | A | C | N | N | E | S | E | C |

CARERS
TALK
DOCTORS
SAFETY
WORKERS
CONNECT
NHS
THANKS
COMMUNITY
NURSES
PROTECTION
TOGETHERNESS

NHS WORDSEARCH

UNIFI Word Search

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | I | U | U | S | H | G | U | C | F | N | T | H | A |
| T | N | N | E | D | N | N | A | L | I | L | A | D | U |
| L | I | A | V | Y | C | I | T | A | N | C | N | N | N |
| A | I | L | I | I | G | R | Y | L | I | M | A | F | I |
| N | D | F | T | N | D | A | I | G | N | I | E | G | T |
| G | I | M | C | M | S | C | I | S | F | D | D | N | E |
| U | S | E | A | E | N | U | D | N | N | R | I | D | D |
| A | I | R | R | F | R | I | E | N | D | S | T | N | A |
| G | H | E | A | L | T | H | C | A | R | E | N | Y | U |
| E | I | N | N | A | A | F | T | M | U | S | I | C | I |
| N | A | U | N | I | H | E | L | I | N | T | U | T | U |
| C | U | T | A | N | I | E | C | D | N | I | S | A | U |
| N | L | F | E | I | U | N | I | F | I | E | D | A | E |
| L | U | R | N | N | E | I | G | E | H | A | A | E | R |

FUN
HEALTHCARE
ACTIVE
MUSIC
CARING
UNITED
UNIFIED
FAMILY
FRIENDS
LANGUAGE

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | Y | T | M | R | E | I | D | A | R | V | Y | C | D |
| T | Y | Y | T | I | V | I | T | A | E | R | C | O | I |
| W | I | T | E | R | L | T | O | V | A | V | O | Y | I |
| T | C | I | E | C | N | I | U | Y | D | F | N | I | V |
| T | U | E | O | C | G | W | I | L | I | R | C | N | Y |
| R | O | R | C | E | H | I | D | E | N | I | T | D | T |
| A | E | C | A | F | D | N | V | A | G | R | A | V | I |
| T | R | A | R | E | R | I | O | I | V | C | G | M | V |
| E | X | U | D | R | E | E | R | L | I | R | V | O | I |
| T | E | T | O | G | D | Y | E | R | O | T | Y | V | T |
| T | K | R | O | W | T | T | R | T | I | G | I | I | C |
| T | T | I | E | I | I | R | O | A | I | P | Y | E | A |
| P | R | O | D | U | C | T | I | V | I | T | Y | S | T |
| F | T | C | D | A | E | S | I | C | R | E | X | E | M |

READING
TECHNOLOGY
ACTIVITY
MOVIES
PRODUCTIVITY
CREATIVITY
EXERCISE
ART
WORK
FOOD

**Colour the rainbow on
the flipside and stick it
on your window!**

#StayUNIFled



