

# Kentville PLAYS KIT



Youth Kit #2

16+



## Kit Overview

Add this guide to your duotang from kit 1. This week's kit expands on some of the activities and items we used last time, and also provides you with new items and hobbies to explore!

Journaling .....	3
Planting.....	4
Fitness .....	5
Skipping .....	5
Fitdeck.....	7
Chalk Challenges.....	9
Hiking Tips .....	11
Mindfulness.....	13
Making Mindful Bubbles .....	13
Stress Balls .....	14
Friendship Bracelets .....	15
Pottery .....	16
Coloring .....	17
Sudoku.....	29
Deck of Cards .....	31
Tricks.....	31
Games.....	32
Would You Rather .....	34
American Sign Language .....	36
We Need Your Feedback! .....	37

### Included in this week's kit:

Skipping rope  
Chalk  
Seeds  
Soil  
Sponge  
Mini yarn  
Beads

Dice  
Paint – white and black  
Crayons  
Gum  
Clay  
Flour  
Balloons

### What you'll need from Kit 1:

Paint  
Your Pot  
Scissors

# Journaling

Hopefully you've been making daily use of your journal! Don't forget to use your journal to set goals, reflect on the activities you explore in your kit, and your daily life in general. Here are a few more prompts to keep you motivated. Try and do one each day or every other day!

- What did you do today?
- What are three things you can't go without?
- When do you feel happiest?
- What current event or issue do you feel very strongly about?
- What period of your life do you look back upon most fondly?
- Finish this thought: *Nobody knows that I . . .*
- Have you ever done something that you thought you couldn't?
- What would you like to tell your future self?
- How have you learned from your biggest mistakes?
- What do you love most about life?
- List 30 things that make you smile.
- What do you think your body would say if it could talk?

Grab your crayons to add a splash of color! Doodle or add drawings to add to your reflections.



# Planting

**Mint** is a tasty perennial (which means it lives for more than two years), with a refreshing scent that you'll be sure to recognize. It makes a great intro for beginner gardeners, so get out your newly decorated pots from last week and get planting!



You may have noticed a hole at the bottom of your pot. This is a drainage hole to make sure water doesn't build up at the bottom and ruin your plant. Outdoors, this will be less of an issue, but since you should at least start your plant indoors, make sure you cover the hole with something that lets the water seep through without soil making it to the floor. If you have it at home, you could use a once-folded piece of newspaper or a coffee filter. Or you can keep it in the sink or over another dish until the water is no longer dripping. Then you can hang it back up in your macramé holder!

**Step 1:** Once you've lined the bottom of your pot (should you choose to), you can pour your soil into it!

**Step 2:** Space your seeds out so that they are 1cm or half an inch apart (get out your ruler if you like!)

**Step 3:** Your seeds don't need to be buried very deep at all! Just 3mm into the soil.

**Step 4:** Water your mint and hang in your macramé holder!

## Continuing care

Hang or place your mint somewhere where it has access to **sun**.

Water your mint regularly. **Your soil should always be somewhat moist.**

Starting indoors, your mint should start to sprout within **10 -15 days**.



Your mint will need regular water to keep it moist. It's something you can take care of and watch grow over time. Enjoy it! Try logging its growth in your journal. Draw what it looks like when you start, as it sprouts, and any other times that you notice a difference. Write down when you start to notice its scent. Once it's big



enough, you can trim the leaves and add flavour to your water, cooking or a cool glass of lemonade on a hot day. Yum!



# Fitness

Let's get moving! Take out your journal. Take a look at your fitness goals over the past few weeks. Did you meet your objectives? Was it a little too hard? Maybe it was too easy! Before you get started on your goals for this week, reflect on what you think went well and what you can keep improving on. Here are a few questions you can try and answer in your journal:

*Have you noticed any patterns in your exercise routine?*

*Are some days easier than others to get motivated?*

*Are some days easier than others when you're actually doing your workout activity?*

*Do you ever dread a workout or activity and then feel way better afterwards?*

Try and write down things you think make it easier or more challenging for you personally.

Maybe you find it really hard to get motivated or to get the energy to move your body at certain times of day.

Try and pinpoint when you enjoy exercising most and what workouts are your favorite.

## Skipping

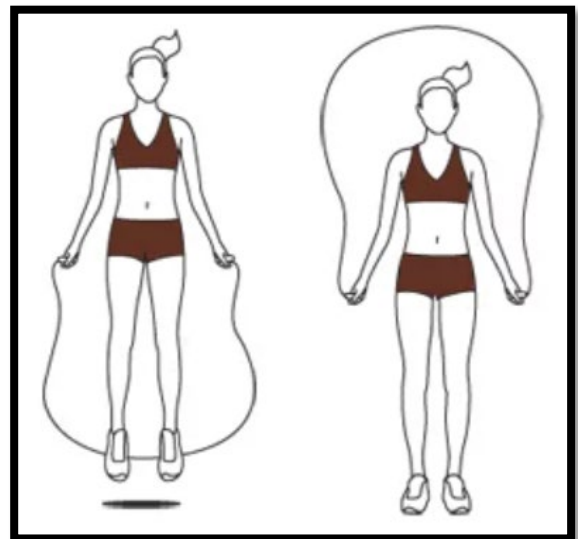
This week, your kit includes a new skipping rope so hop to it! This old-school recess favorite has great fitness benefits for youth and adults. Jumping rope is an effective cardio exercise that works your arms, legs, and core, helps strengthen your bones, and improves balance.

Here's a jump rope routine to get you back into a bouncy fitness rhythm:

Begin each move standing with your knees slightly bent, holding the rope at about hip height, with your palms facing your body. With each jump, push evenly off the balls of your feet, keeping your knees soft and your torso upright. Resist the urge to bounce between jumps.

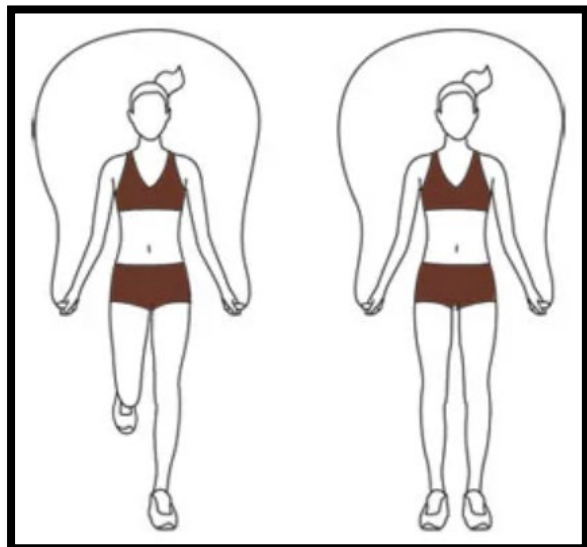
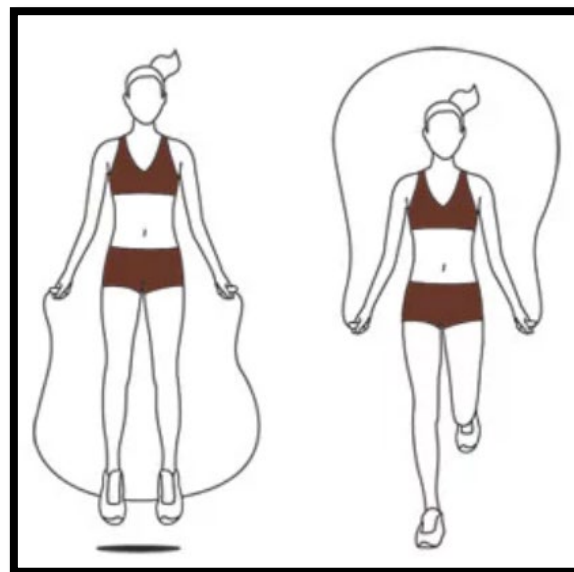
### Move 1: Basic Jump

Swing the rope over your head and jump as it passes your feet (see left below). You don't have to jump high, just enough to clear the rope (see right below). Land evenly on both feet. Continue for one minute, then rest for one minute.



## Move 2: Alternate-Foot Jump

Swing the rope over your head and jump as it passes your feet (left) Land on your right foot (right). On the next rotation, land on your left. Continue this, as if you were running in place, for one minute. Rest for one minute.

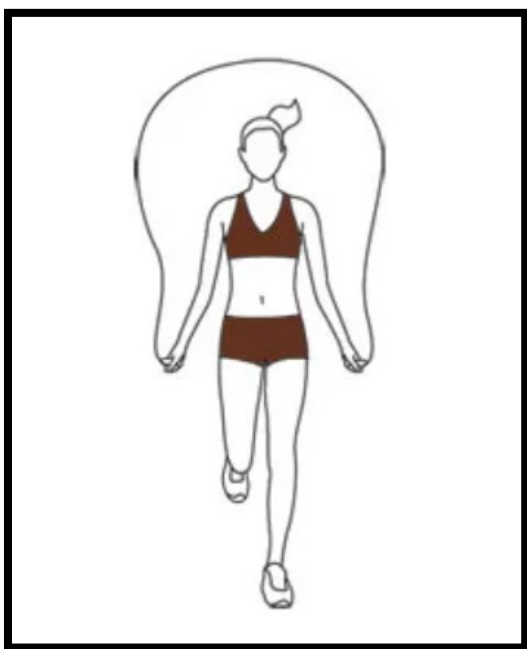
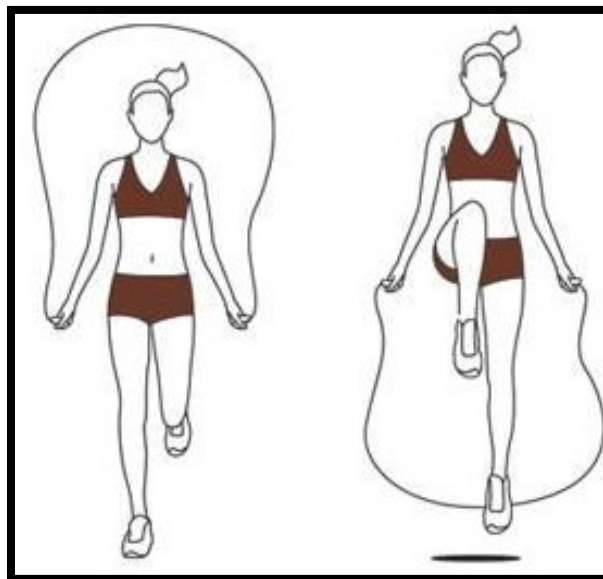


## Move 3: Combo Jump

Repeat the alternate-foot jump for eight turns of the rope (near right). Next, do eight basic jumps (far right). Continue this alternating pattern for one minute, rest for one minute, then repeat the sequence one more time.

## Move 4: High Step

Repeat the alternate-foot jump (near right), but this time raise each knee to a 90-degree angle while jumping (far right). Continue for one minute, then rest for one minute.



## Move 5: Endurance Jump

Do either the basic jump or the alternate-foot jump for five minutes. If you can't keep it up that long, start by jumping for one minute, resting for one minute, and repeating for five sets. Aim to complete at least 600 jumps total.

## Fitdeck

Pull out your fitdeck! This kit includes a new set of exercises to try out! In addition to this new set of exercises, you can amp up your workout and include cardio by warming up with or incorporating your skipping rope. You can assign each of the activities below to the card suits like you did in your first kit.

**Sit-ups** are often confused with crunches. Sit-ups engage a variety of muscles around the core, including the back, neck, chest and hips, whereas crunches focus exclusively on the abdominal muscles. Neither one is better than the other, but both offer a great workout!

1. Lie down on your back.
2. Bend your legs and stabilize your lower body.
3. Cross your hands to opposite shoulders, or place them behind your ears without pulling on your neck.
4. Lift your upper body from the ground. Exhale as you rise.
5. Return to your starting point. Inhaling as you lower back down.

Keep your back straight as you move up and down as shown in the pictures to the right. This is what strengthens your core!



**Tricep Dips** are an exercise that you can use to build your arms at home, at the gym, or even on a park bench during your morning run. The dip's accessibility makes it a versatile exercise, but you need to be careful about form to stay safe and get the best results. Try tricep dips on a park bench, or the ground and see what works best for you. The instructions below outline the bench dip, but the only differences between the two are that your bum may touch the ground if starting on the floor, and your knees will be bent the whole time.

1. Scoot off of your seat, supporting yourself with your hands. Drive your weight into the palms of your hands and the soles of your feet, with straight arms as shown. Your legs should still have a slight bend so as not to lock your knees!
2. Slowly begin to lower yourself until your arms reach a 90-degree angle, engaging your core and leg muscles. As you lower, think about keeping your elbows from flaring out. They should stay pointed directly behind you.
3. Don't let your bum touch the ground! Pause for a moment once your elbow reaches 90 degrees. Slowly return to your starting position and repeat.





**Lunges** can help you develop lower-body strength and endurance. When done correctly, lunges can effectively target your lower-body muscles without placing added strain on your joints.

1. Stand tall with feet hip-width apart. Engage that core!
2. Take a big step forward with right leg. Start to shift your weight forward so heel hits the floor first, but still keeping your back **straight**.
3. Lower your body until right thigh is parallel to the floor and right shin is vertical. It's ok if your knee shifts forward a *little* as long as it doesn't go past your toe. If mobility allows, lightly tap left knee to the floor while keeping weight in right heel.
4. Press into your right heel to drive back up to the starting position and repeat on the other side (on the spot) OR step from one side forward into the other (walking lunges).



**Leg Raises**, despite the name, work your abs more than your legs. They can also improve strength and flexibility in your back and hips. We've done core exercises before, but this one focuses specifically on the **lower abs**, which makes it especially challenging. Try it out!

1. Lie on your back, **legs** straight and together.
2. Keep your **legs** straight and lift them all the way up to the ceiling until your butt comes off the floor.
3. Slowly lower your **legs** back down till they're just above the floor. Hold for a moment.
4. **Raise** your **legs** back up. Repeat.

Keep logging your workouts and setting new goals! Don't forget to reflect each week on your challenges and improvements!





# Chalk Challenges

You can use your chalk for SO many different things! It's an awesome tool not only for any artistic patterns you can come up with, but also to get you and your friends or family moving together, and from a safe distance! Here are just some of the countless ways you can use your chalk. Playing outdoors can make your experience more fulfilling, and using chalk will allow you to socialize with friends while maintaining social distancing for games like tic tac toe or traditional boardgames like snakes & ladders. You could even take one of your sudoku puzzles and map it outdoors!

## Sidewalk Twister

A fun spin on an old classic! Get outside and get twisted. This activity lets you test your strength, flexibility, and coordination, through some fun competition. You can have family members challenge each other by calling out left/right hand/foot to each color, use your dice and assign different values or make your own rules!

**Not recommended to play with those outside your bubble!**

**Here's a set of rules you can start with:**

1 – 6 = **left**

7 – 12 = **right**

Odd number = **hand**

Even number = **foot**

1 – 3 = **green**

4 – 6 = **yellow**

7 – 9 = **blue**

10 – 12 = **red**

**Example:** if you rolled a 7, you'd call **right hand blue**. Alternatively, you can roll the dice three times to determine left/right, hand/foot, and your color.



## Chalk bullseye

Time for target practice! Draw yourselves a bullseye and assign values to each circle. As far as throwing goes, you can find rocks to throw into the target, use your dice from earlier or, if it's a hot day, grab your sponge and bucket of water to toss in the rings. Be sure to mark where the throw line is. Come up with new angles and distances to challenge each other to throw from! If you want, make it into a game of horse, where everyone has to hit the same target.

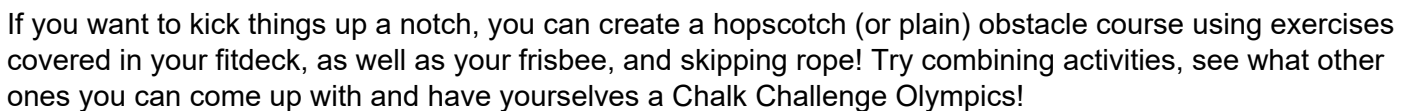


After everyone throws, have each participant tally their own scores. At the end, add them all up to see who wins!



Make your own snakes and ladders board! You can use markers for each player, or you can walk the course yourself! Roll the dice to see who goes first. If you land at the bottom of a ladder, move up to the other end. If you land at the top of a snake, you'll slide back down. The winner is whoever gets to the final square first!

A hand-drawn map of a dance floor with various dance moves and counts. The map includes a 'START' box, a 'Spin' circle, a 'Double Jump' circle, a 'Hop' circle, a 'Back Hop 2x' circle, a 'Hop Forward' circle, a 'Twirl' circle, a 'Kiss a Cloud' circle, a 'Rock Up 5x' circle, a 'Snap 3x' circle, and a 'Clap 5x' circle. The moves are connected by lines, forming a continuous path.



**What else can you think of? Try and come up with 5 new games or ways to use your chalk!**



# Hiking & Trail Running

Canada is a country of extremes – from soaring mountains to rugged coastline, and from arid desert to lush rainforest, it's a hiker and trail runner's paradise just waiting to be explored!

## Hiking Equipment

Depending on the difficulty level and the length of your hike, equipment can range from a pair of boots and the essentials, to tents and full camping gear.

## Trail Running

Where running meets hiking, you will find trail running, which is a sport that is increasing in popularity due to the interest in ever-changing, more challenging terrain, beautiful natural scenery and a desire to break-free from the everyday routine.

## Trail Running Equipment

As with hiking, trail running requires specialized equipment, such as trail running shoes that will protect the feet from sharp rocks and other objects found on rugged hiking trails. Depending on the season and the terrain, you could also attach lightweight crampons to your shoes to help give more traction on snow and ice. You can also use light hiking poles for speed and stability during your runs.

Whether you're out for a leisurely day-hike or trail run through park trails or a strenuous multi-day trek through the backcountry wilds, ensure your trip is a safe one:

- Check the weather before you leave and be prepared for it to change.
- Carry extra food & clothing – a good rule of thumb for day-trippers is to be able to stay out overnight, in case of trouble.
- Be [bear aware](#) and [cougar aware](#). Bears and cougars aren't just in the backcountry – our parks and cities encroach on their habitat. Ensure you know what to do if you meet one.

Canada's trails are for everyone, so while you're out there remember:

- Keep to the trail. Shortcuts contribute to erosion and can destroy sensitive growth.
- Slow your pace and announce your presence/intentions when approaching other users.
- Share the trail. Downhill yields to uphill. Hikers yield to horseback riders.

Enjoy!



## Tick Talk

Ticks can be active spring through fall. So even though this is a great time of year to enjoy time outside, we still need to be aware and careful when walking in long grass, wooded or shrub covered areas where there may be blacklegged ticks (also called deer ticks). These are very small ticks - sometimes as small as the period at the end of this sentence. In Nova Scotia, only the blacklegged tick carries the bacteria that causes Lyme disease, and not all blacklegged ticks carry the bacteria.



Blacklegged (deer) ticks



Bulls -eye rash



Tick habitat



Prevent tick bites

Help protect yourself and your family whenever you enjoy the outdoors by:

- Applying insect repellents containing DEET or icaridin to exposed skin and clothes.
- Wearing light-colored long-sleeved shirts and pants, closed shoes, and tucking pant legs into socks.
- Keeping lawns mowed short.
- Putting playground equipment in sunny, dry places away from wooded areas, yard edges, and trees.
- Checking your whole body for ticks and, when possible, taking a bath or shower within two hours of coming indoors. This makes it easier to find ticks.

Tick checks can help prevent Lyme disease. If the tick carries the bacteria, it can only pass Lyme disease to a human or animal after it has filled itself with blood. This takes 24 hours. Removing the tick as soon as possible may help to stop the spread of Lyme disease into the body.

Lyme disease can be treated with antibiotics. The earliest and most common symptom of Lyme disease is a bulls-eye rash at the site of the bite. You may also develop flu-like symptoms, such as fever, headaches, tiredness, stiff neck, pain and swelling in the joints, and aches and pains all over your body. Symptoms may appear in stages and may appear over a period of months. If you have these symptoms after a tick bite, contact your healthcare provider.

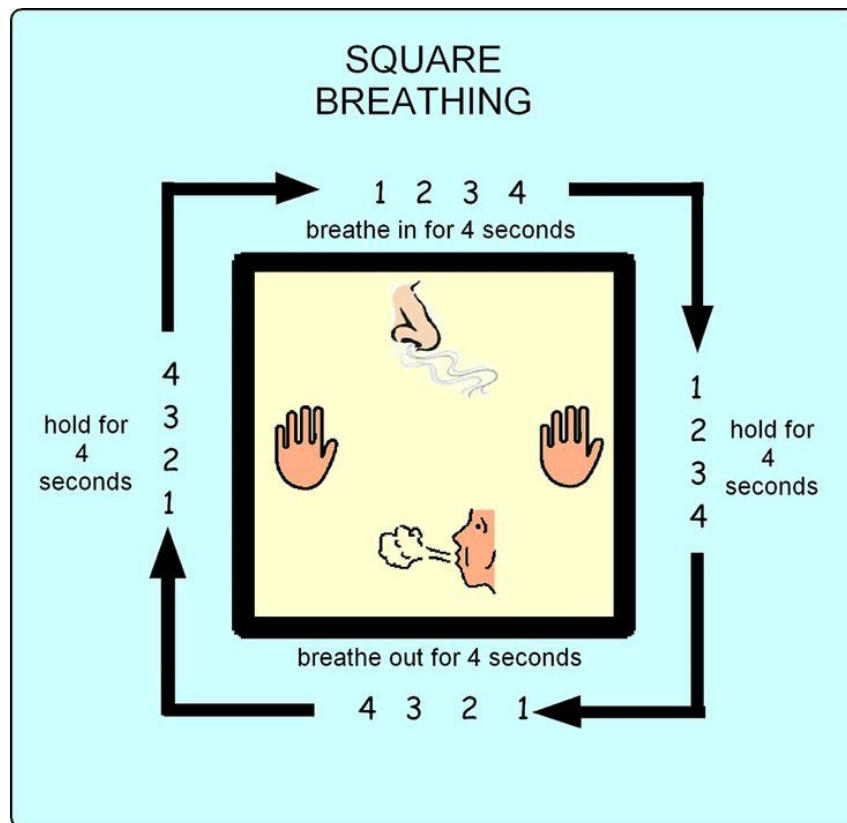
- For a great video for kids and for more information on Lyme disease, visit <http://www.novascotia.ca/dhw/cdpc/lyme.asp> and contact your local Public Health office.
- For ideas on landscape management around parks, buildings and homes, visit <http://novascotia.ca/dhw/CDPC/documents/Landscape-Management-Handbook.pdf>



# Mindfulness

Mindfulness is often associated with yoga, but mindfulness can be practiced anytime and anyplace. We can practice mindfulness by focusing on the present, taking things one thing at a time, and paying attention to ourselves and our surroundings. This helps us take a step back from the things that are stressing us out. Sometimes when we're stressed, it can feel like we're trapped inside a bubble. Taking a moment to practice mindfulness can give us another perspective that makes life seem a little less overwhelming. The following exercises can help you refocus on the present moment when life gets to be too much. If you feel like it, try writing down how you feel beforehand in your journal, then again after your mindfulness activity. Do you notice any difference?

This mindfulness exercise can be used to focus attention to your breathing and to calm your body. Use it throughout your yoga practice from your first kit, and in everyday life when you need a moment to reset.

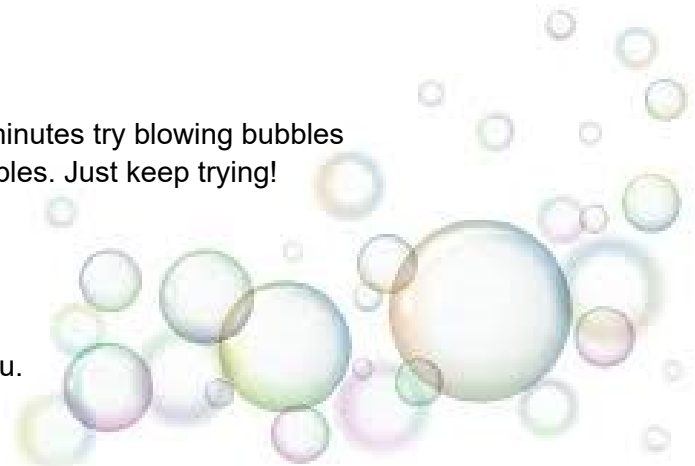


## Making Mindful Bubbles

Breakout your pack of gum and get chewing! For two minutes try blowing bubbles with your gum. It's okay if you don't make the best bubbles. Just keep trying!

Focus on your breath, what happens to your bubbles if you change the way you breathe?

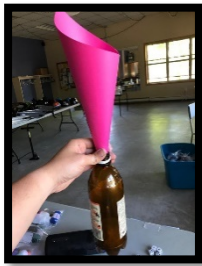
Let go of any judgement of yourself or those around you.



# Stress Balls

Sometimes mindfulness just isn't enough! Here's a guide to making your own stress ball when you just need to squeeze something!

1. Grab an old plastic bottle, your balloons, flour, scissors and a piece of paper.
2. Take your piece of paper and make a cone funnel.
3. Pour your flour through the funnel, into the bottle.
4. Blow up your balloon to give it some stretch (not all the way). Twist the end, so it doesn't deflate.
5. Secure the balloon on the top of the bottle, flip the bottle over and squeeze all the flour into the balloon.
6. Slowly deflate the balloon, cut off the end. Take a second balloon, cut off its end so that it covers the hole of the first balloon. Repeat with your third balloon and you're done!



# Friendship Bracelets

It can be hard to find ways to connect with others right now, especially while distancing ourselves. Create a friendship bracelet for someone you miss or want to show appreciation for!

## What you'll need:

Scissors  
Mini yarn  
Beads  
Something to keep your bracelet in place

## Getting Started:

1) First, cut 60cm of your mini yarn and hold the end in place with tape, a clipboard, or whatever you have available. Then, cut a second, 100cm piece. Connect the pieces with a knot that marks the midway point of the long cord, and that's 6cm from the top of the first cord, as shown in the photo below.

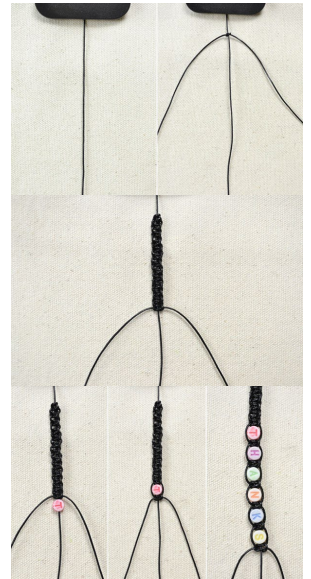
2) Make fourteen **square knots** (take a look at your knot guide from kit 1!) with the two **outer cords**.

3) Slide a bead onto the **middle cord**. Tie another square knot after it.

4) Continue sliding one bead at a time and securing it with the square knot until you are happy with how it looks.

5) Tie thirteen more square knots, then trim the excess of the outer cords, making a little knot to clean them up

6) Line up and overlap both ends of your middle cord. Cut another 15cm and tie six more square knots around the middle cords. Then cut off any extra cord and tie a knot. Trim any bits that are messy!



You're done! Now give your gift to whomever you choose!





# Pottery

Your kit this week comes with air dry clay. You can create lots of awesome things with it, but since it doesn't go in a kiln or oven, it is **not food safe**, so don't make a mug or bowl that you plan on eating from! We're going to print plants in clay! This activity is a simple one to introduce you to pottery, but it will take place over a few days, as the clay takes a long time to dry! If you have any clay leftover once you're done, put it in a ziplock bag with a sprinkle of water to keep it fresh, and think of what else you can make!

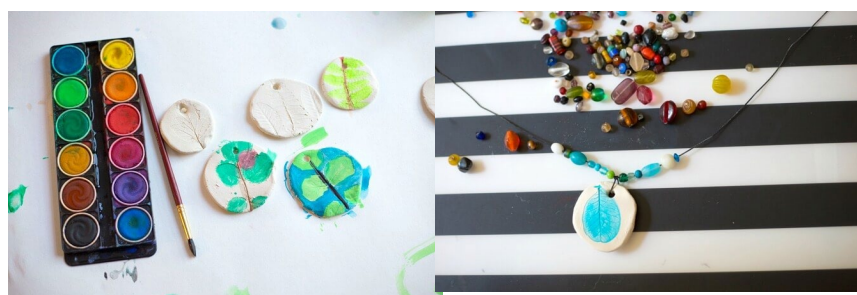
## Before you begin:

Your clay comes with instructions on the back of the package, as well, but **FIRST**, we need to get outside collect some nature for our art! Go for a trail walk or gather materials while you're outside doing another activity. Anything that catches your eye will work, but gather some flowers, grass, leaves, shells, pinecones, whatever you like. This is what we'll be pressing into our clay.

Once you've collected your nature, make sure you have a clear space that you don't have to worry about getting messy. Get yourself a bowl of **warm water**, a **cloth or paper towel** to clean as you go, and a **rolling pin** (anything you can roll with – like a smooth **water bottle**) or **something to press your clay down flat with like a book**. Make sure you dress for the mess!

## Getting Started:

- 1) After you unwrap your clay, you'll want to dip your hands in water as you start to handle it. Notice the texture. How does it feel in your hands? As you knead it with your fingers, start to flatten it out. Grab whatever you have at home to flatten it, you'll want it to be no more than 1cm thick. Don't use too much clay, and make sure it's in a shape you like. You can add a hole or groove in the back if you think you'd like to hang it or give it to someone as jewelry.
- 2) Take your collection of nature and start pressing it into the clay (dried plants are fine, but fresh ones will make for sharper, more pronounced lines) with whatever you're using to press it down.
- 3) Once it's pressed down, remove all of your materials from the clay. You may need to pick some pieces out with your fingers or a pair of tweezers if you have them. If you want, you can press stones or even beads from your bracelet activity into it to make a border!
- 4) Now you'll leave your piece to dry for **at least one day**, maybe longer if it still doesn't feel dry enough. You might want to leave it under a flat heavy object to make sure the clay doesn't curl or warp as it hardens. This piece may also act as a mold if you want another set of prints that look like they're coming out at you. **It will be delicate as it dries**, but don't worry, you have plenty of clay for multiple attempts. The pictures shown use *far* more than is needed!
- 5) If you would like to, make a second print by using your **now completely dry** original. Keep in mind, it *will* be delicate!
- 6) Depending on the shape you've made, you may be able to make a piece of jewelry out of it! You can use your bracelet making materials, as well as the leftover paint from kit 1 (You've received black and white this time so you can play with shades and tones even more)! Once it dries, hang it, place it or give it to someone! You're done!





# Coloring

Coloring may seem like a mindless activity at times, but think again! Here are some of the great benefits of coloring in youth **and** adulthood.

## **Reduce Stress & Anxiety**

Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.

## **Improve Motor Skills & Vision**

Coloring goes beyond being a fun activity for relaxation. It requires the two hemispheres of the brain to communicate. While logic helps us stay inside the lines, choosing colors generates a creative thought process.

## **Improve Sleep**

We know we get a better night's sleep when avoiding engaging with electronics at night, because exposure to the emitted light reduces your levels of the sleep hormone, melatonin. Coloring is a relaxing and electronic-free bedtime ritual that won't disturb your level of melatonin.

## **Improve Focus**

Coloring requires you to focus, but not so much that it's stressful. It opens up your frontal lobe, which controls organizing and problem solving, and allows you to put everything else aside and live in the moment, generating focus.

You don't have to be an expert artist to color! If you're looking for an uplifting way to unwind after a stressful day at work, coloring will surely do the trick. Pick something that you like and color it however you like!

**Convinced yet? The next few pages offer some templates for you to get coloring!**














Be

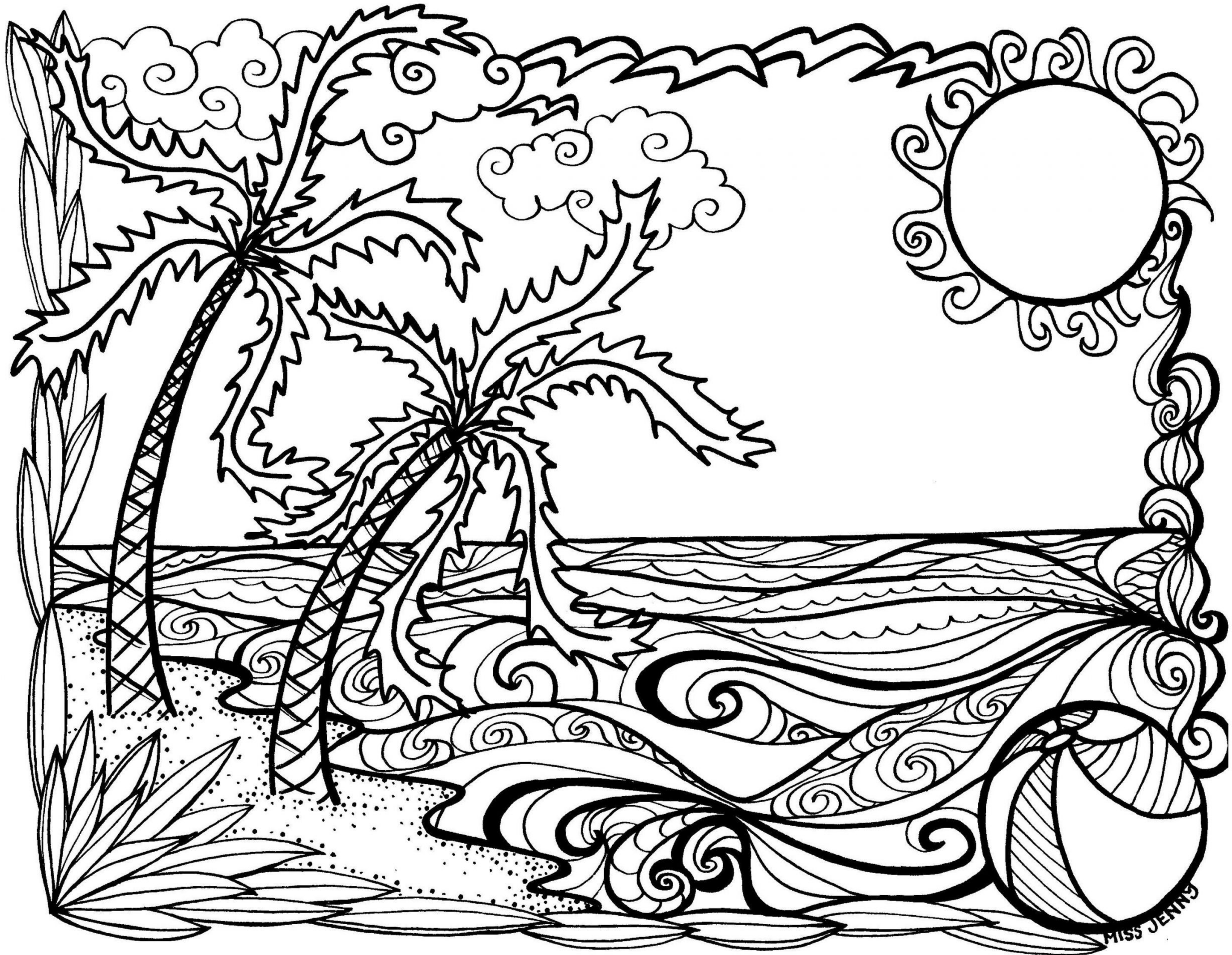
Kind

Let your  
Light  
Shine

You are  
amazing!!







MISS JENNY

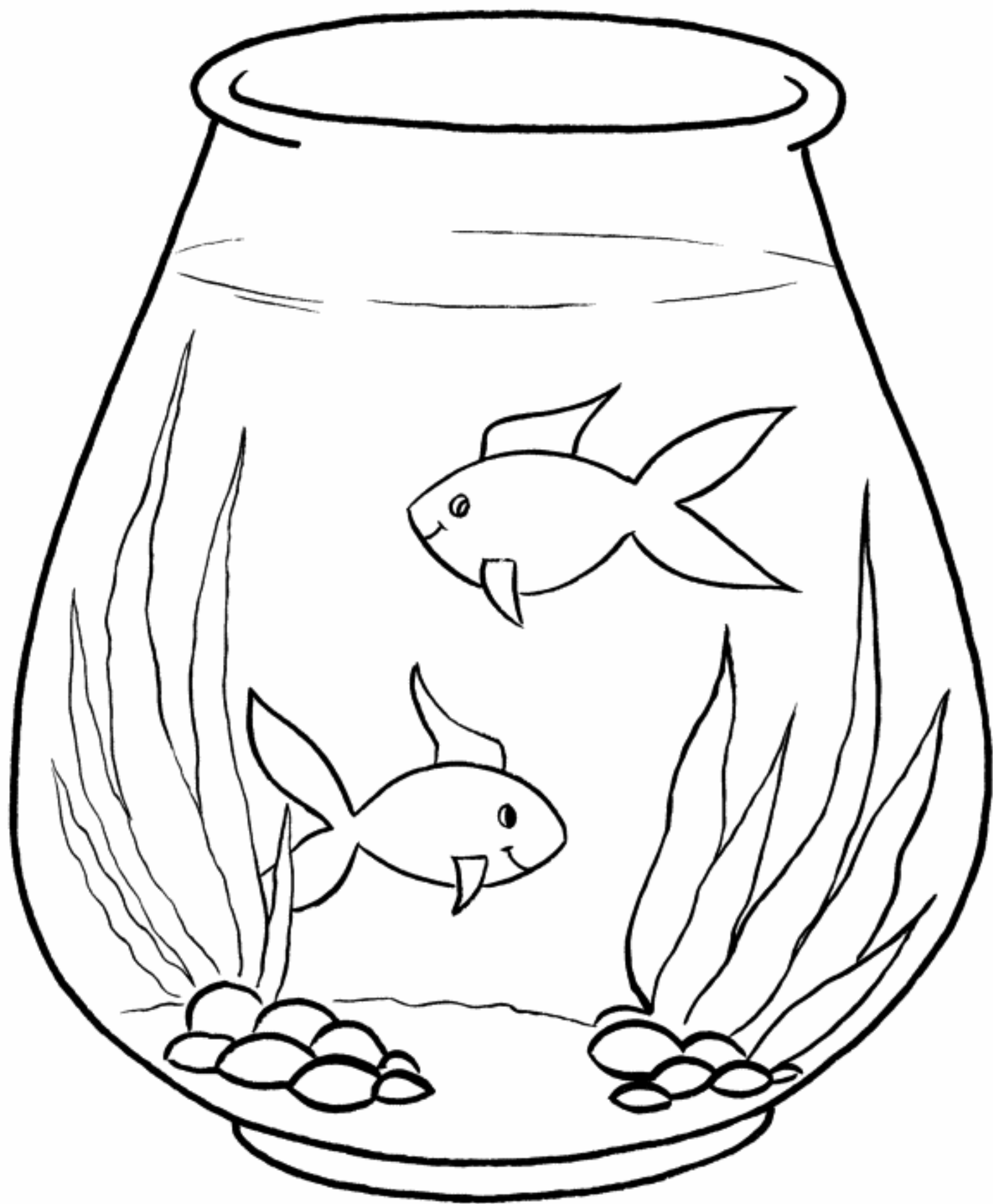








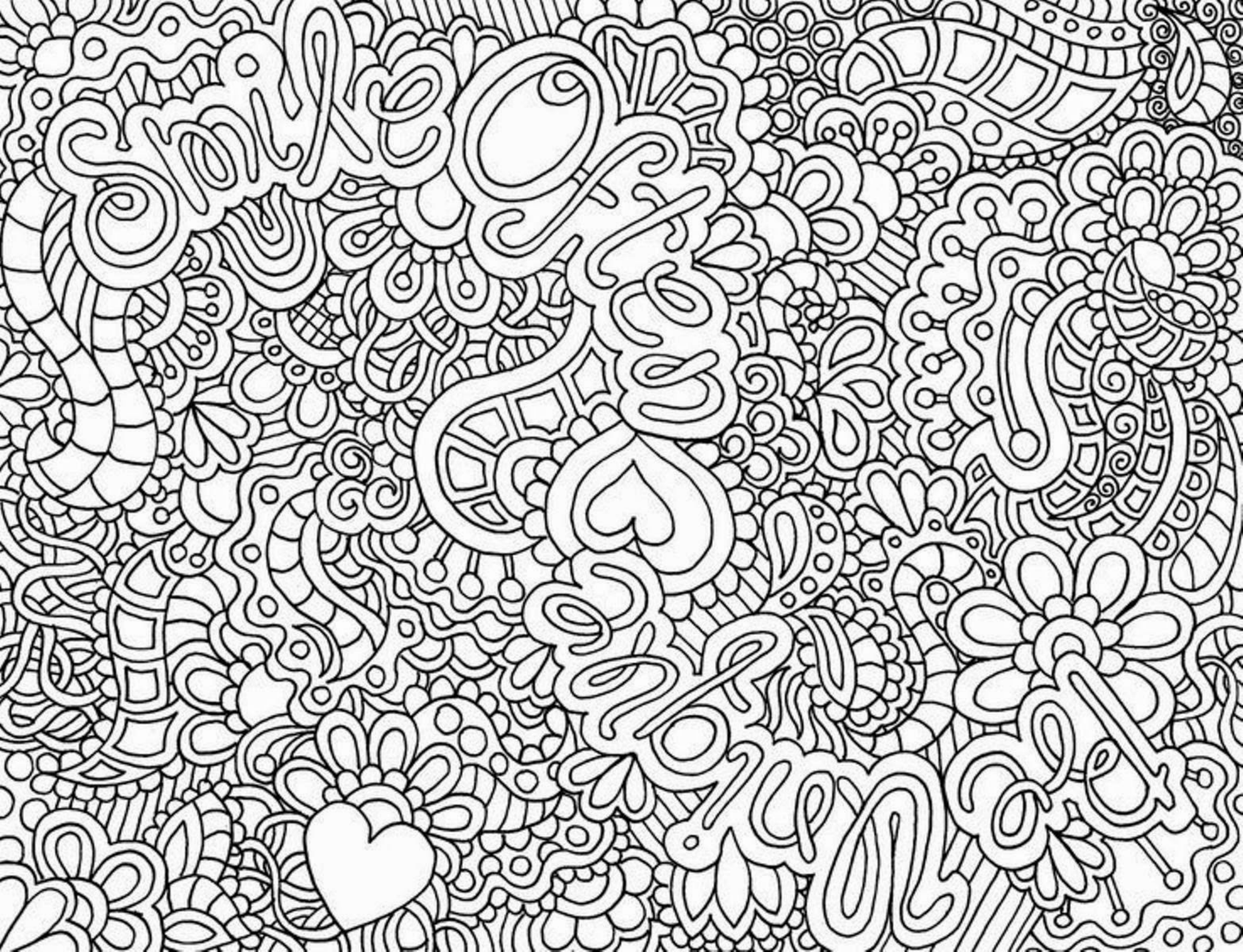


















# Sudoku

Remember the rules from your first kit? Here are six more sudoku puzzles to solve! You can find the solutions on the next page.

Easy 1

	7					9	4
1	9	2				7	
5	4			3		2	
6			8	7	5	4	1
		9	6			5	
	3			4			6
7			2			3	
			5			8	9

Easy 2

	8		2	9		5		4
	3	2				7	8	
	5							3
			4		9	6	5	
			3					
			7	8	1			
8			5			9		
	7	3						5
						2	1	7

Medium 1

		9					1	
6						4		8
	1			2		5		
9	3			7	4			
				2	1		6	
5			6			8		
4								3
				8				
		5					7	

Medium 2

	7						2	
	8					3		5
9		5						8
4			5		1			2
				8				
			2					4
		4					6	
5				9	8			
	3			7	2		1	

Hard 1

6				5				
		5	9	7				
	8							6
				4				
						9	6	
4		7	8					2
		2	3		9			
9								5
			2					1

Hard 2

				3				1
				8			9	
					5			4
	8					6	7	
5					4			
				9	2		3	
	3	9				2		
	2				3		8	
		4	9					

Easy 1 Solution

3	7	6	1	8	2	5	9	4
4	5	8	3	9	7	1	6	2
1	9	2	4	5	6	7	8	3
5	4	7	9	3	1	6	2	8
6	2	3	8	7	5	9	4	1
8	1	9	6	2	4	3	5	7
9	3	5	7	4	8	2	1	6
7	8	1	2	6	9	4	3	5
2	6	4	5	1	3	8	7	9

Easy 2 Solution

7	8	1	2	9	3	5	6	4
6	3	2	1	4	5	7	8	9
4	5	9	6	7	8	1	2	3
3	1	7	4	2	9	6	5	8
2	9	8	3	5	6	4	7	1
5	4	6	7	8	1	3	9	2
8	2	4	5	1	7	9	3	6
1	7	3	9	6	2	8	4	5
9	6	5	8	3	4	2	1	7

Medium 1 Solution

3	5	9	4	6	8	7	1	2
6	7	2	9	1	5	4	3	8
8	1	4	7	3	2	9	5	6
9	3	6	8	7	4	1	2	5
7	4	8	5	2	1	3	6	9
5	2	1	6	9	3	8	4	7
4	9	7	1	5	6	2	8	3
1	6	3	2	8	7	5	9	4
2	8	5	3	4	9	6	7	1

Medium 2 Solution

3	7	6	8	5	9	4	2	1
1	8	2	7	4	6	3	9	5
9	4	5	1	2	3	6	7	8
4	6	9	5	3	1	7	8	2
7	2	3	9	8	4	1	5	6
8	5	1	2	6	7	9	3	4
2	9	4	3	1	5	8	6	7
5	1	7	6	9	8	2	4	3
6	3	8	4	7	2	5	1	9

Hard 1 Solution

6	3	1	4	5	8	2	7	9
2	4	5	9	7	6	1	8	3
7	8	9	1	2	3	4	5	6
5	9	3	6	4	2	7	1	8
1	2	8	5	3	7	9	6	4
4	6	7	8	9	1	5	3	2
8	5	2	3	1	9	6	4	7
9	1	6	7	8	4	3	2	5
3	7	4	2	6	5	8	9	1

Hard 2 Solution

2	4	6	7	3	9	8	5	1
3	5	1	4	8	6	7	9	2
9	7	8	2	1	5	3	6	4
4	8	2	3	5	1	6	7	9
5	9	3	6	7	4	1	2	8
6	1	7	8	9	2	4	3	5
1	3	9	5	6	8	2	4	7
7	2	5	1	4	3	9	8	6
8	6	4	9	2	7	5	1	3

# Deck of Cards

Here are a few ways to keep using your deck of cards!

## Tricks

Card tricks are a fun way to entertain others, but the practice it takes to get good is done solo. Try practicing these card tricks when you're at a loss for what to do on a rainy day.

### Amazing Aces

The spectator takes a pack of cards and deals them into four piles. When the dealing process is finished, one ace is found on top of each pile.

**Explanation:** Before the trick begins, secretly remove the four aces and place them on the bottom of the deck. Offer the deck to your spectator and ask them to deal the cards into four piles one card at a time. While it isn't important if your volunteer deals a few cards consecutively in the same pile, it is important that the last four cards (the aces) are dealt singularly onto each of the piles. A helpful idea to accomplish this is to say "really think about where you deal each card," as you volunteer comes closer to the bottom of the deck. If you're not comfortable with this, simply instruct your spectator to deal the cards one at a time into four piles. Once the dealing sequence is complete, ask them to turn over the top card of each pile to reveal that they've found the four aces!



### A Coincidence

The magician removes two predictions from the pack and sets them on the table. A volunteer is invited to deal through the deck face down until they're satisfied. At this point either prediction is selected and placed face up on the dealt cards. The balance of the deck is placed on top. The procedure is then repeated. After the second prediction has been lost, the magician spreads the cards and locates the two face-up predictions. After taking the single cards immediately above the predictions, it is revealed that the spectator has placed each prediction next to their mates in the deck!

**Explanation:** As you look through the deck to find your two "predictions," note the top and bottom card of the pack. Let's say in this example that the top card is the Eight of Hearts, and the bottom is the Five of Spades. In this situation your predictions should be the mates of these two cards (Eight of Diamonds and the Five of Clubs). Place the predictions face up on the table and invite a spectator to deal through the deck face down until they are satisfied. When they stop dealing, invite them to place either prediction face-up on the dealt cards and drop the balance of the deck on top of the prediction. Repeat this process for the second prediction. After this is complete, ribbon spread the deck revealing where the spectator has chosen to place the two predictions, then take the card immediately above both face-up cards. You're now ready to reveal that the spectator has placed the cards you selected next to their mates.



### **Pick a Card, Any Card**

A classic of card magic. The magician offers the cards to a spectator and asks for a selection to be made. After noting their card, the spectator is invited to return the card to the deck. The magician then goes through the pack and is able to easily divine the identity of the selection.

**Explanation:** Before the trick begins, separate the cards into red and black halves. When the spectator selects his card, note whether or not his selection comes from the red or black portion of the deck. If they've selected a red card, when the spectator places their card back in the deck, make sure they return their card to the black half. The opposite applies if the selection is a black card. It's now easy to figure out what the selection is; simply go through the pack and find the card in the wrong group.

### **Blind Three Card Monte**

The Queen of Hearts and two black Aces are removed from the deck and placed face-up in front of the spectator. The magician then turns his/her back and invites the spectator to think of any of the three cards, flip them face down and mix them up. After looking at each card, the magician is able to tell exactly which of the three cards the spectator is thinking of.

**Explanation:** Lay the cards face-up as follows: Ace of Spades, Queen of Hearts, Ace of Clubs. Turn your back and invite the spectator to think of any of the three cards, and then switch the positions of the two cards that they're not thinking of (i.e. if the Ace of Spades is the mental selection, then the spectator switches the positions of the Queen and the Ace of Clubs). Instruct your volunteer to turn all three cards face down. When this is complete turn around and look at the three face down cards. At this point you instruct the spectator to mix all three cards on the table. What you must do is follow the card in the center. When the spectator is finished shuffling look at the card you've followed. If the card you're looking at is the Queen of Hearts, their mental selection was the Queen. If you are looking at the Ace of Spades, then their mental selection is the Ace of Clubs. Should you be looking at the Ace of Clubs, their mental selection is the Ace of Spades. Reveal their thoughts, and they'll be guessing for days.

## **Games**

As things start opening up, you may be starting to spend time with others outside of your household. Here are a few games you can play with your deck of cards!

### **Go Fish**

**Requires:** 2-6 players, standard deck of cards (no Jokers)

If there are three or more players, each player is dealt five cards. If there are only two players, deal 7 cards to each. The remaining cards are placed in a pile between all the players.

Starting with the player to the left of the dealer, each player takes a turn asking another player if they have a specific card rank (e.g. "Phoebe, do you have any nines?" or "Joe, do you have any Queens?"). If asked for a rank he has in his hand, a player must hand over all of the cards of that rank. The asker then gets to take another turn. If a player has no cards of the requested rank, he responds, "Go fish." The asker then draws a card from the pile. If he happens to draw the card he was requesting, the asker shows the card to the group as proof and takes another turn.

#### **How do you win?**

Players try to form sets of four-of-a-kind. When they do, the four cards are immediately placed on the table face up. Play continues until all books have been made. Winner is the player who makes the most books.





## Concentration

**Requires:** 2+ people (the more the merrier!), one deck of cards, jokers removed.

### Game play

Make sure the deck is well shuffled before laying out the cards, facedown, in four rows of 13 cards. Each player takes turns flipping two cards face-up — if they are of the same number and color (e.g., 9♠ and 9♣, or Q♥ and Q♦), then that player wins the pair and gets another turn. If the cards are not of the same number and color, they are turned back facedown, and it becomes the next player's turn to pick two cards. The game continues until players have picked up all the pairs; the winner is the player with the most pairs.

**Objective:** Turn over more pairs of matching cards than your opponent.

### Mix it up

**Any Color:** Good for young children. Any number pairings are a match, regardless of color.

**Zebra:** Pairs match with opposite colors (J♦ would match with J♣ or J♠, but not J♥)

**Two Decks:** For a much longer game, lay them out in 8 rows of 13 cards. Pairs must be same number and same suit (10♠ with 10♠).

**Fancy:** The card layout can be in any formation the dealer may choose — circle, triangle, or pyramid

**Spaghetti:** Cards are strewn about randomly on the floor in no shape or pattern, making the card locations tougher to remember.

## Crazy Eights

**Requires:** 2 to 5 players can play with one deck (shuffle in a second deck for more players), no jokers

### Game play

Deal 8 cards to each player.

Place the remaining cards facedown in the center of the table. Turn the top card face-up next to the stack. The player to the dealer's left will then play a card that matches either the rank or suit of the face-up card. For example, if the face-up card is 4♥, then the player can play any 4 or any heart. If a player cannot play on the face-up card, then he draws facedown cards from the stockpile until he finds a playable card. Whenever the stockpile runs out, the top card is removed from the face-up pile and the cards are reshuffled.

All 8s are wild and players can use them when they don't have another card to play or at other strategic times. The person who plays the 8 calls out what suit they want it to represent and the next player must play a card of that suit. If the Q♠ is played, the following player picks up 5. If a 2 is played, the next player picks up 2 cards, if they lay another 2 (or multiples) the next player picks up the accumulative number (2, 4, 6, 8).

**Objective:** The first player who runs out of cards wins the game.

### Make it more fun

Spice it up with your own rules. Make 4s reverse the order of play. Or have Kings skip the next player. Make it sillier by having 7s mean the players have to touch their nose. Let your imaginations run wild.

**Grab a pen and paper and write everyone's names down for Crazy Eight Countdown.**

**Once a player gets rid of all their cards deal 7 cards. 8s are now normal, and 7s are crazy. Repeat with 5, 4, 3, 2 and 1. The first player to get rid of all their cards at each number wins!**



# Would You Rather

Questions are a good way to get to know people and provoke interesting conversation. Here are 50 that are sure to add spark to any social gathering.

1. Would you rather go into the past and meet your ancestors or go into the future and meet your great-great grandchildren?
2. Would you rather have more time or more money?
3. Would you rather have a rewind button or a pause button on your life?
4. Would you rather be able to talk with the animals or speak all foreign languages?
5. Would you rather win the lottery or live twice as long?
6. Would you feel worse if no one showed up to your wedding or to your funeral?
7. Would you rather be without internet for a week, or without your phone?
8. Would you rather meet George Washington, or the current President?
9. Would you rather lose your vision or your hearing?
10. Would you rather go to school more hours per day, but fewer days or have fewer hours per day, but more days?
11. Would you rather listen to music from the 70's or music from today?
12. Would you rather become someone else or just stay you?
13. Would you rather be Batman or Spiderman?
14. Would you rather be stuck on a broken ski lift or in a broken elevator?
15. For your birthday, would you rather receive cash or gifts?
16. Would you rather go to a movie or to dinner alone?
17. Would you rather always say everything on your mind or never speak again?
18. Would you rather make a phone call or send a text?
19. Would you rather read an awesome book or watch a good movie?
20. Would you rather be the most popular person at work or school or the smartest?
21. Would you rather put a stop to war or end world hunger?
22. Would you rather spend the night in a luxury hotel room or camping surrounded by beautiful scenery?
23. Would you rather explore space or the ocean?
24. Would you rather go deep sea diving or bungee jumping?
25. Would you rather be a kid your whole life or an adult your whole life?
26. Would you rather go on a cruise with friends or with your family?

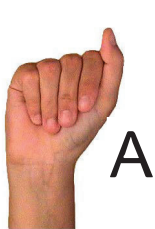


27. Would you rather lose your keys or your cell phone?
28. Would you rather eat a meal of cow tongue or octopus?
29. Would you rather have x-ray vision or magnified hearing?
30. Would you rather work in a group or work alone?
31. Would you rather be stuck on an island alone or with someone who talks incessantly?
32. Would you rather be too hot or too cold?
33. When you're old, would you rather die before or after your friend?
34. Would you rather have a cook or a maid?
35. Would you rather be the youngest or the oldest sibling?
36. Would you rather get rich through hard work or through winning the lottery?
37. Would you rather have a 10-hour dinner with a headstrong politician from an opposing party, or attend a 10-hour concert for a music group you detest?
38. Would you rather be an Olympic gold medalist or a Nobel Peace Prize winner?
39. Would you rather have a desk job or an outdoor job?
40. Would you rather live at the top of a tall NYC apartment building or at the top of a mountain?
41. Would you rather have Rambo or The Terminator on your side?
42. Would you rather be proposed to in private or in front of family and friends?
43. Would you rather have to sew all your clothes or grow your own food?
44. Would you rather hear the good news or the bad news first?
45. Would you rather be your own boss or work for someone else?
46. Would you rather have nosy neighbors or noisy neighbors?
47. Would you rather be on a survival reality show or dating game show?
48. Would you rather be too busy or be bored?
49. Would you rather watch the big game at home or live at the stadium.
50. Would you rather spend the day with your favorite athlete or you favorite movie star?

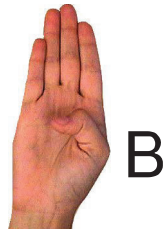


# American Sign Language Alphabet

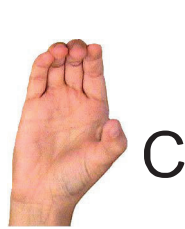
It's never too early, or late to learn a new language. Learning sign language is a great way to help build more inclusive and accessible communities. Start practicing by trying to spell your name!



A



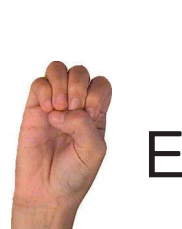
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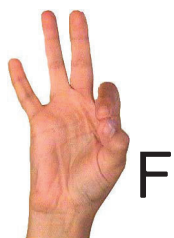
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E



F



G



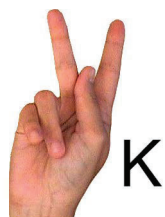
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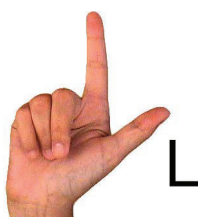
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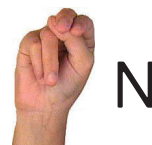
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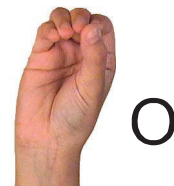
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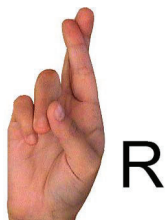
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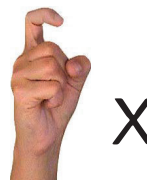
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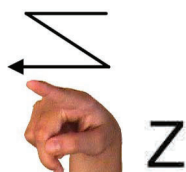
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X



Y



Z



# NEIGHBOURS HELPING NEIGHBOURS IN THE ANNAPOLIS VALLEY



The ongoing COVID-19 pandemic is affecting many in our Annapolis Valley community. Many need help and also many are willing to help.

Are you self isolating and have some practical needs?  
Do you need groceries or medical supplies delivered to your home?  
Are you out of work and out of money?

OR

Are you able to help us meet some of these needs?

If you answered yes to any of these questions, please visit  
<https://helps.openarms.ca>

This website is intended to connect those who need help with people who can help.



# We Need Your Feedback!

To make sure we're meeting your needs please fill out this form to return to your kit provider during the next drop off. This will help us identify what folks are most interested in. Feel free to use the back of this page if you need more room.

Look back through your journal when thinking about your answers!

If you have online access and prefer to submit electronically, you can contact [recreation@kentville.ca](mailto:recreation@kentville.ca) for a link to the form.

## Do you have regular/home access to:

Phone	yes / no
Computer	yes / no
Internet/data	yes / no
Smartphone or tablet	yes / no

1. What was your favorite activity in this kit?
2. What was your least favorite activity in this kit (that you participated in)?
3. Were there any activities you chose not to participate in?
4. If yes, which ones? Why did you choose not to try that activity?
5. Are there any items you did not use in this kit?
6. Since receiving your kit, have you found any other uses for the items provided?
7. When using your kit, did you run out of any of the supplies **before** completing any activity?
8. Were there any activities you would like to see included again?
9. Overall, do you feel equipped to repeat the activities in this kit on your own moving forward?
10. Have you found any new interests or hobbies since receiving your kit?
11. Was there anything that made it particularly easy or difficult to use your kit regularly?