

Kentville PLAYS KIT



Senior Kit #3



Kit Overview

This week's kit offers some brand new activities for you to explore! We also recognize you may be running out of room in your duotang, so we've included a binder for you to keep your kit guides safe when you want to use them again.

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All of the items throughout your kits have been purchased for \$4.00 or less, with the majority of them being under \$2.00. Even when you have used up all of your items, look at your budget and checkout your local discount stores to keep exploring your recreational interests. We hope these kits have brought some joy and meaning to your lives during these times. Keep having fun, and play on!

Yours in Recreation,

The Kentville Parks & Rec Team



This week's kit includes:

- Embroidery hoop
- Embroidery floss
- Embroidery needle
- Fabric
- Paint
- Sketchbook
- Postcard & Stamp
- Bird seed
- Sketchbook
- Stones
- Word hunt book



Journaling

This kit also provides you with a sketch book for your more artistic journaling and creative endeavors. Feel free to log and write in one, draw and glue in the other, or mix and match.

The next few pages offer some art-based mindfulness activities for you to reflect on and add to your journal or sketch book. Here are some more prompts to write down and keep exploring yourself with!

- ***What is your favorite way to spend the day?***
- ***What is your daily routine?***
- ***What are your favorite things to wear? Why? How do you feel when you wear them?***
- ***What would your perfect day entail?***
- ***What's on your mind?***
- ***Describe a time when someone was unexpectedly kind to you.***
- ***Describe a random act of kindness you did for someone else.***
- ***How have you learned from your biggest mistakes?***
- ***What matters most in life?***
- ***What is the best advice you ever received?***
- ***What do you love most about life?***

For each of the boxes below, write an associated activity down in your journal!

| | | |
|---|---|--|
| An activity I like to do alone | An activity I like to do with others | An activity I like indoors |
| An activity I can do in the winter | An activity I know I'm good at | An activity I like that's physically active |
| An activity I like outdoors | An activity I'd like to do but have never tried before | An activity I like to do to relax |
| Try and make time for at least one of these things in the next 7 days! | | |

This week, your kit includes a stamped postcard for you to mail to someone you miss! They can be from your neighbourhood, or from another province.

Since your postcards are pre-stamped, once your done you can drop it in the nearest mailbox. It's a more personal way to reach out to those you care about, and it's fun getting mail!

EMOTIONAL CHECK-IN: ART THERAPY EXERCISE



Description

This is a simple and accessible Art Therapy exercise used to check in with your emotional experience. No artistic skill is required.

When to create

This exercise can be used anytime you want to slow down and self-reflect. It could easily be added to an established evening unwinding/check-in routine or used to enhance your regular journaling practice. It can also be used to monitor your emotional responses immediately after a specific event, experience, or practice.

Materials

- A writing utensil
- Several different colors of a material of your choice
- A blank sheet of paper/journal page

Before you begin

Identify the time period or experience you would like to emotionally reflect on.

Process

1. Write a list of all of the emotions that you experienced during the period you want to reflect on

Take a few deep breaths and move your focus inward. Tune into your emotional experience. We often only acknowledge the same few emotions, so try to get specific and list as many different emotions as you can. Use the feeling wheel on the previous page to help identify your emotions!

2. Select a different color to represent each emotion

Create a legend. You might put a box beside each emotion and color it in with the corresponding color.

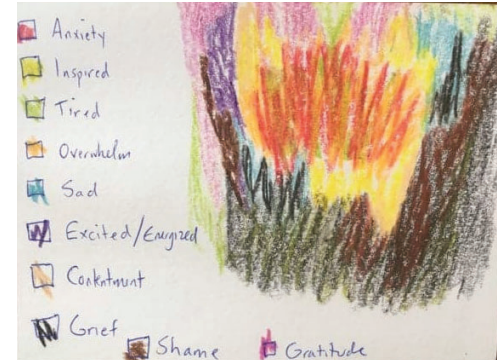
3. Use the rest of the page to explore each color/emotion

Move through your list of emotions and represent them through color on your page. Reflect on how present each emotion has been, the more frequently you have experienced an emotion the more space it will take up on the page. Sometimes we experience more than one emotion at the same time, these colors can overlap on the page.

4. Image Reflection

Sit back and look at your image:

- What stands out to you about the image?
- Which color is taking up the most space?
 - o Do you need to give yourself the space to work through or process this emotion?
 - If yes, what can you do to carve out the space for processing?
- Are there colors overlapping on the page?
 - o What is the relationship between these two emotions?
- Are there any emotions depicted that you would like to feel more often?
 - o If yes, identify what was going on in your life when you felt these emotions.
 - Are you able to increase the frequency of the experiences that elicit these emotions?



This activity is brought to you by Halifax Art Therapy.

Halifax Art Therapy offers a person-centered, strengths-based approach that empowers clients to recognize, activate, and build on their tools for achieving and maintaining mental and emotional well-being.

Visit HalifaxArtTherapy.com for more information.

Self-Portraits Drawn with Eyes Closed



Description

Creating a self-portrait is a powerful way to honour and witness your experience. Designed as a quick and accessible reflection tool, this technique helps you consider new perspectives about your day. By drawing with your eyes closed, you deepen your ability to focus on internal sensations while also limiting your ability to control your image. This combination increases the likelihood of revealing unconscious material which helps you learn something new about yourself.

Trigger warning: our Inner Critic can show up when we create an image of our self. If your Critic shows up, be gentle with yourself, but also remember this may be important information for you to explore.

This technique has 4 steps:

1) image creation; 2) state of mind reflection; 3) image reflection; 4) filling the vessel

Purpose

- enhance self-awareness
- reveal trends in your experience
- normalize variations in emotional experience
- self-care

When to create

Create a self-portrait at the end of your day. Be consistent. Best results come from creating a series of portraits over the course of a few weeks. Reflecting on the series as a whole reveals trends in your experience that you may not have noticed when reflecting only on individual portraits.

Materials

- Required: pen & paper (either loose leaf or journal)
- Optional: paint, pastel, markers, pencil crayon, collage... (any material you feel like exploring)



5 - 30 minutes



no artistic skill required

General Creativity
Personal Development
Revealing the Unconscious

Countertransference
5
Psychosomatic Work



Process

1) Image creation - portrait outline drawn with eyes closed

- begin by centering your pen on the page and close your eyes
- imagine looking in the mirror and seeing your reflection with a neutral expression
- avoid the temptation to insert emotion into your drawing
- move your attention slowly over your facial features, drawing each feature as you focus on it
- before opening your eyes, draw a vessel or shape to represent your body
- once your portrait is complete, cover your image and set it aside before opening your eyes

2) State of mind reflection

Immediately following the creation of your self-portrait, and before looking at your image, write down whatever you're most aware of in this moment, including emotions, sensations, thoughts and preoccupations. This will help you document key factors of your experience and will serve as an important source of information in revealing trends in your experience.

3) Image reflection

I recommend you wait at least an hour before revealing your self-portrait and reflecting on the image. This will help you distance yourself from any overwhelming or conscious experiences and will allow you to reflect more clearly on the image. When you reveal your portrait, follow these points of reflection:

- note your immediate reaction to seeing your portrait, describe this reaction
- what facial/emotional expression do you interpret from your image?
- does this drawn emotion align with how you were feeling when you drew your image?
 - if yes, what is it like to see your known self reflected back to you?
 - if no, zoom out and consider where this different emotion could be coming from
- notice the alignment of your portrait, are elements where they should be? Did you forget anything?

4) Filling the vessel - optional

- This is your space to consciously enhance your self-portrait. Fill the vessel with imagery and/or colours that feel relevant to you at this moment. Use any creative materials you want.

Additional notes for consideration

*** A note on dealing with difficult images:** Sometimes seeing an imperfect image of ourselves can trigger overwhelming feelings. Be gentle with yourself and remember you created this image with your eyes closed. Often the images we react most strongly to are the ones that can teach us the most. It is worth paying attention to your reactions, especially when they are uncomfortable. If you find this experience troubling, pause and take some distance from your portrait. Come back to it at a later time.

Bird Feeder

Make a home bird feeder to invite local birds (and potentially squirrels) to your yard! This is a fun way to get outside and connect with nature.

Materials

- Pinecones or a toilet paper roll
- Peanut butter, honey, syrup – Anything you have in your cupboard!
- Twine
- Bird seed



Instructions

1. First thing's first – get outside and hunt for pinecones! Look for ones that will be easy to spread your peanut butter, honey or syrup on. If you can't access an area that has them, save a spare toilet paper roll and use that!
2. Cut a length of twine for each pinecone. The twine should be long enough to tie around the top of a pinecone and then hang from a tree branch (12-20")
3. Tie the twine around the very top part of the pinecone. NOTE: Do this first because doing it last (after the pinecones are covered in peanut butter) would be super messy.
4. Using a small spatula or butter knife, spread peanut butter over the pinecone. NOTE: A little goes a long way, so you don't need a lot and the less you use the less mess to clean up afterwards!
5. Pour some birdseed into a bowl wide enough for the pinecone. Roll the pinecone in the birdseed. You can also sprinkle birdseed directly onto the pinecone to make sure it is well covered.
6. Pick a spot and hang them up! Preferably in a place where you can watch the birds enjoy their treat.
7. Enjoy the view! Try and capture pictures of the birds that come by your feeder. Paint or color them in your journal to keep track.





Fitness

Take a look at your goals from kit 1. Did you make any changes for kit 2? Take a look ahead at the activities in this kit, as well as the exercises from kit 1 and 2. Revisit page 9 of your first booklet and make some new goals for yourself. You can set short-term, weekly goals, as well as longer term ones you hope to achieve with more time and persistence. Keep journaling! Log your progress!

Go through your exercises and activities. Write down each activity and exercise involved and what you liked and didn't like about doing each one.

Even in your bird feeder and pottery activities, you had the chance to go outside to collect your items. This goes to show how much more active we can be in our daily lives, even when we're more interested in artistic activities. It *also* shows us that we can still be active without being someone that's necessarily interested in sports or working out all the time. Take a look at the questions below and write down your answers in your journal. Think about how you most enjoy being active and moving your body.

What has been your favorite physical activity so far?

What's been your favorite exercise specifically?

What's an exercise you absolutely hate? Why don't you like it?

Moving Forward

Try and incorporate the self portrait activity from earlier into your fitness logs. Throughout your fitness journey, and life in general, your body will morph and change. Regardless of your goals, however big or small they may be, be kind to yourself. Even if you want to make big changes, the only way you'll be able to achieve them is by *using your body!* Everytime you look in the mirror or go for a run and see progress, it's your body that has let you make that progress, even when it's your body that you're trying to change!

Theraband

The following pages offer 4 more exercises you can do with your theraband. Keep aiming for 3 sets of 5 repetitions. Take as much rest as you need. As you improve, try and add 1 repetition. Keep building until you're doing 3 sets of 12.

These exercises focus on the front and back of your legs, as well as your lower back and core. Make sure you mix it up with exercises from kits 1 and 2 as well!

Legs – Front

Start: Tie the band in a knot and wrap it around your feet, or tie it around the leg of your chair and put your opposite foot through the loop.

Finish: Extend one leg out, keeping your knee in the same position. Keep your posture. Pause and slowly return to the starting position.



Legs – Back

Start: Stand behind the chair holding the back for support. Wrap the tied band around your ankles, or tie the band around the leg of the chair with your foot through the loop.

Finish: Curl one ankle up. Keep the knee in the same position and your back stable. Pause and slowly return to the starting position.



Lower Back

Start: Stand behind the chair, again holding the back for support. Keep knees slightly bent, lean your body forward with your back straight. You can do this exercise with the band wrapped around your ankles or without it!

Finish: Extend one leg out so that it's in line with your body. Don't over-extend the leg or arch the lower back. Pause and slowly return to the starting position.



Abdominals

Start: Seated comfortably in the chair, chest up and both knees bent with your feet on the ground in front of you.

Finish: Lift one knee higher than the opposite, or slightly rock back with both feet off the ground. Tighten your abdominal muscles. Keep your chest up, pause and slowly return to the starting position.



Embroidery



Embroidery is a fun activity that can contribute to your home décor, or even revamp your outdated wardrobe collection!

What you'll need:

- **Embroidery hoop** - this is a ring consisting of two parts. You put the fabric in between the hoops - this helps keep it taut, making the embroidering easier.
- **Embroidery floss** – you can split your floss for thinner threading if needed!
- **Embroidery needles** – These have bigger eyes than normal needles to accommodate the size of the floss. Please be careful! Your needle is labelled and in a smaller bag within your kit to avoid accidental pricks!
- **Fabric** – you'll have enough to practice two or three pieces with your hoop, but you can also try it out on old clothes, shirts, pants, hats, pillow cases, whatever you have at home!
- **Scissors** – grab them from kit 1!



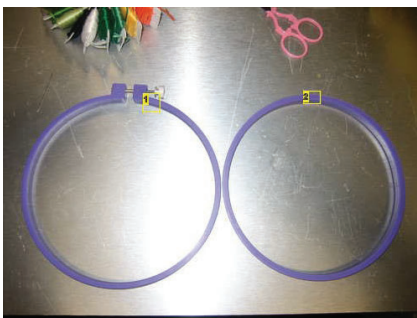
Setting Up: Your Embroidery Hoop

Loosen the nut at the top of the hoop. You'll then separate the hoops. Put the one that has the nut and bolt to the side, you don't have to worry about it just yet.

The other part of the hoop is the part you'll drape the fabric you're using over.

After you have the fabric over the bottom hoop, push the top hoop down over the bottom one. This will sandwich the fabric between them. Now you'll want to tighten the nut a bit and begin pulling the fabric taut. The fabric floating between the hoops should not give very much. After the fabric is taut, keep tightening the nut until it feels secure to you.

Also note that this is the best time to trim the fabric if you need to. If you trim before you put it into the hoops you'll often find that it doesn't work as you think it will!

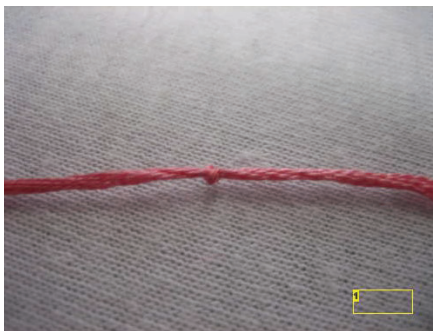
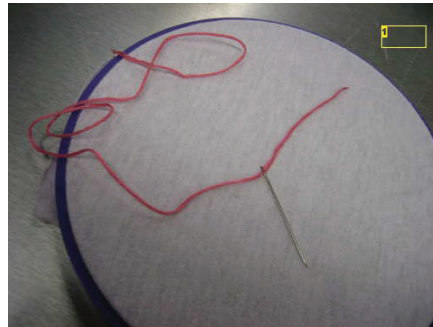
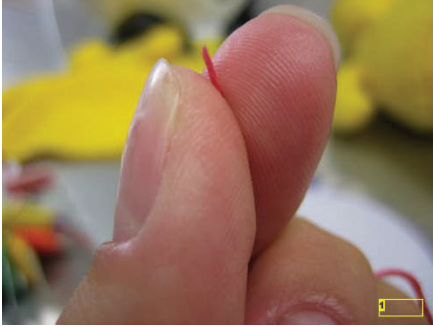


Setting Up: Threading the Needle

Needle threading can be a little complicated at times. I've found the easiest way to do it is by wetting the tip of the floss with your mouth and squishing it between your thumb and forefinger. This flattens it out and allows it to pass through the eye of the needle with less fuss.

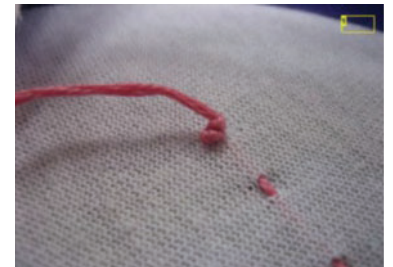
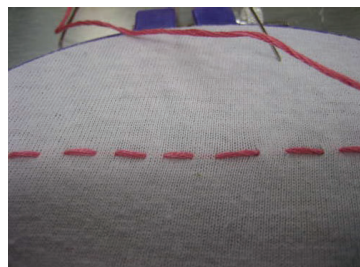
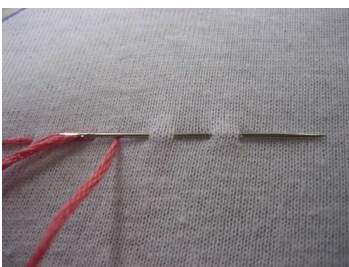
Keep in mind that you don't have to double the floss as you sometimes do with thread. You're simply going to pull the thread through the eye and let a few inches hang loose. You'll knot the other end as usual. (And make sure to cut off the loose stuff after the knot - it'll make your work neater!)

Most floss is multi strand. The most common is six strands. You can divide the floss for more detailed work. The best way to do this is to use your fingernails to separate the strands and then pull it apart slowly.



The Running Stitch

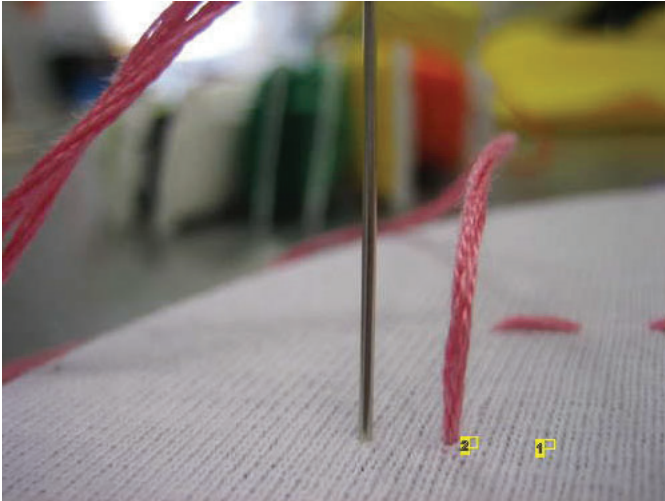
Done just as it is in regular sewing. You can make the stitches long or short or randomly placed depending on your design. This stitch may be used for framing and embroidery design, or for things that you want to seem open and airy (like a thought cloud or speech bubble). You can either do the standard up and down, or push the needle through and make several stitches at once. Both methods are shown below.



Backstitch

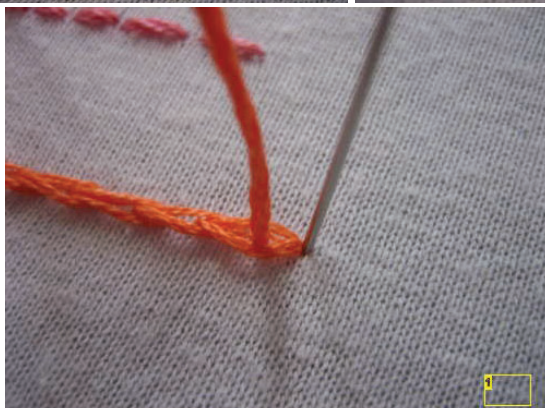
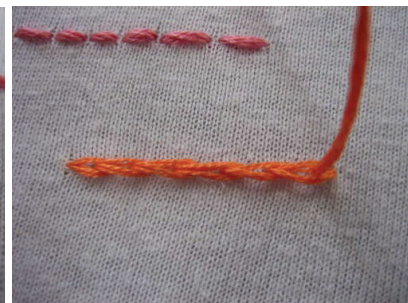
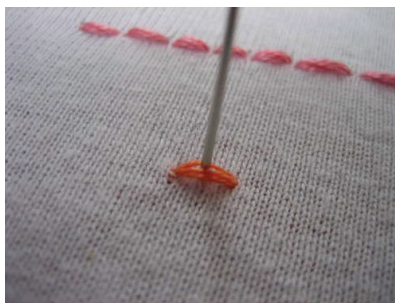
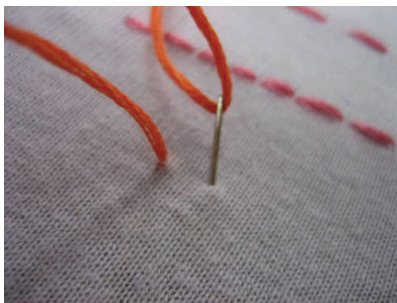
I use this stitch all the time for text. It makes the text easier to read and it's more uniform. You just pull the thread up through the fabric, and make a stitch to the left or right, depending on which way you'll be going. (Left if you'll be going right, right if you'll be going left.) You'll then bring the thread up again a stitch length from the original. You'll then take the thread back down and right next to the original stitch.

Bring the needle back up at point 1 as shown in the left image below, then bring it down at point 2.



Split Stitch

This is a great raised decorative stitch. It can be used much like a backstitch and works much like one. I use this when I want things to have a little bit of texture. For example: the frosting on a cupcake, treetops. For this stitch you'll pull the thread up and make a small stitch. You'll then come back up through the middle of that stitch and take it back down through the fabric a short distance away in the direction you're going in. It's best to keep your stitches pretty short (1/8 of an inch to 1/4 of an inch.) when doing this - otherwise your stitches look messy and they won't conform to curves as much as you'd like.



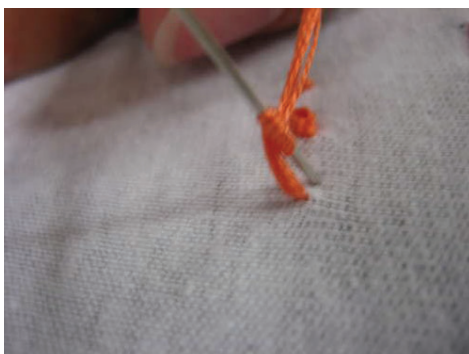
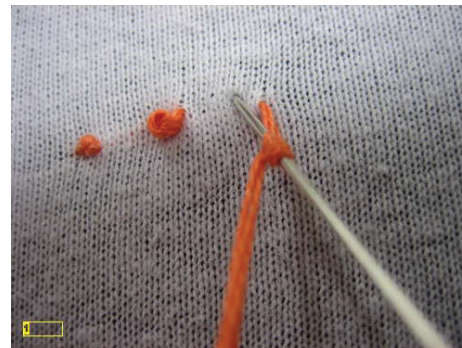
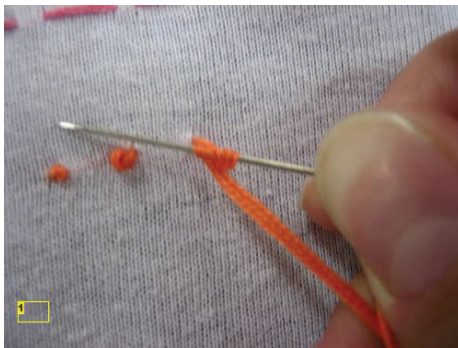
French Knots

These are considered to be a nightmare for most embroiders, but I love them. They're very delicate and cute and they never look the same.

Their size can also vary greatly, so you can use them in a ton of ways. You can use them for the center of flowers, as eyes, for polka dots, and even as lines if you're feeling patient.

To pull off a french knot successfully, you'll need to follow these steps:

1. Pull the floss through to the front of the fabric.
2. Wrap the floss that's between the fabric and the needle around the needle 1, 2, or 3 times. (One time is a small knot, 2 is medium, 3 is large.)
3. Hold the floss tightly so that it is wrapped tightly around the needle.
4. With your other hand, push the needle through to the back of the fabric very close to where the floss emerged.
5. Keep holding the floss taut and pull the needle all the way through.
6. Practice lots until it's second nature!



Blanket Stitch

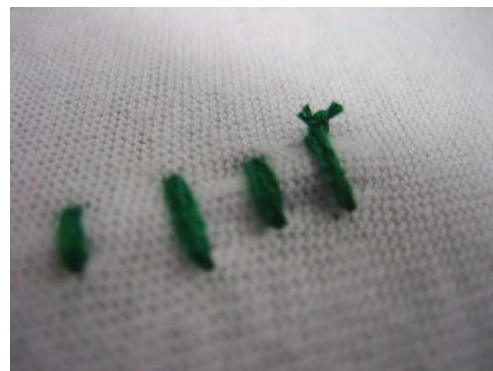
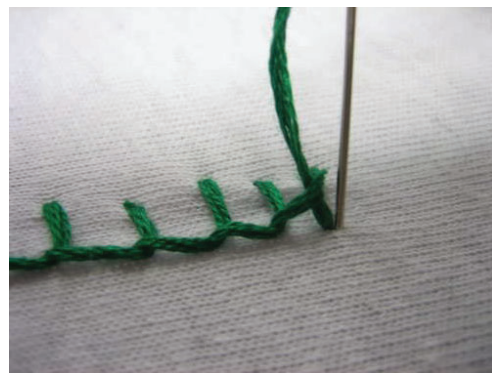
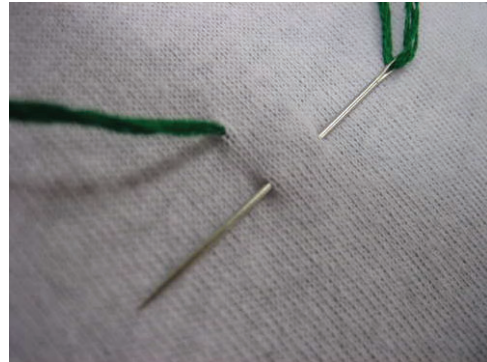
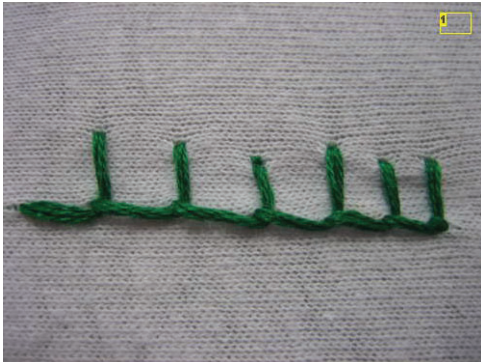
This can be used for borders and thicker lines. You can also vary the spacing of these quite a bit.

This is often used to "edge" materials - things like blankets, towels, hems on clothing, etc. (this stitch is not recommended for use on cotton t-shirts).

How to do the blanket stitch:

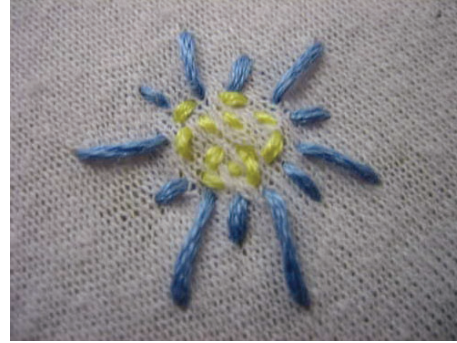
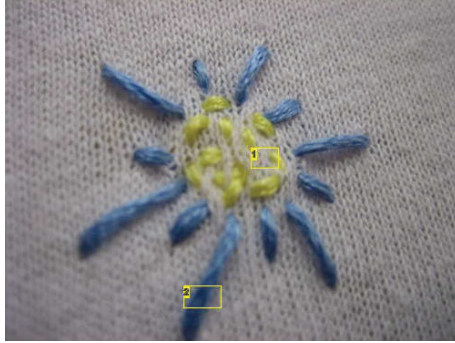
1. Insert the needle where you'll want the bottom of the backstitch to be and pull it up through the fabric.
2. Reinsert the needle up and right of your current position. Where you insert it will depend on how tall and far apart you want the stitches to be.
3. Have the needle reemerge so that it lines up with where you put the needle through the last time. Make sure the floss between the fabric and thread is under the needle. Pull the floss through!
4. To end, simply take the needle down and right, next to the curve of the last stitch. This will secure the stitch.
5. Make sure to knot on the backside. You can separate the floss into equal parts and knot it normally, if you like!

The images below show different size and spacing options.



Straight & Seed Stitches

These are similar to running stitch - you're just not following a line! The placement is very random. Straight stitches can vary in length. Seed stitches are very tiny - you'll be catching just a few threads with these! Seed stitches are most often used to fill areas in. Straight stitches can be used for a ton of different things - filling things in, adding detail, shading, etc.. See below for an example.

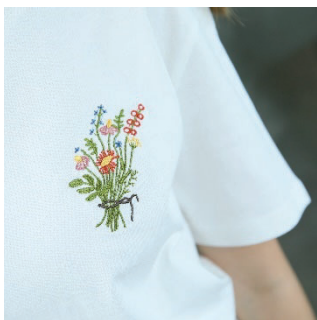


Point 1 above shows a seed stitch
Point 2 shows a straight stitch

Additional Recommendations

Everything in this tutorial was freehanded on an old t-shirt. Things will look much better if you're following a pattern. To create a pattern, you can draw on the fabric, use iron on transfers or carbon paper to copy a design onto the fabric. You can get many free patterns online too!

Have fun!



Sheet Music – Recorder

The next few pages offer you more music for your recorder. Some of these songs may be more challenging than your first pages. Don't get discouraged! Keep practicing!

Old Mc Donald Had a Farm

En la Granja de Mac Donald

Popular
tocapartituras.org

tubecore.net
tocapartituras.com

NOTAS
NOTES



Antre Sheet Music

Ode to joy

L.v. Beethoven



The Sound Of Silence



Rose Titanic

James Horner

BSO

tubepartitura

Intro Flauta

Flauta

13

Fl

Momento espectacular (escuchad el contracanto)

24

Fl

35

Fl

Flauta

46

Fl

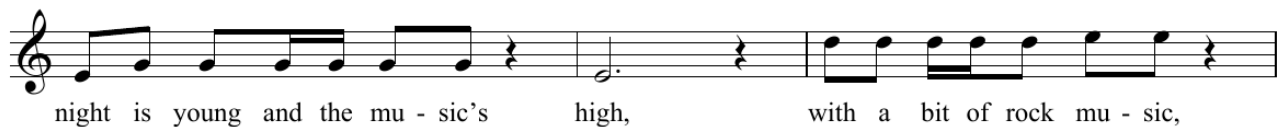
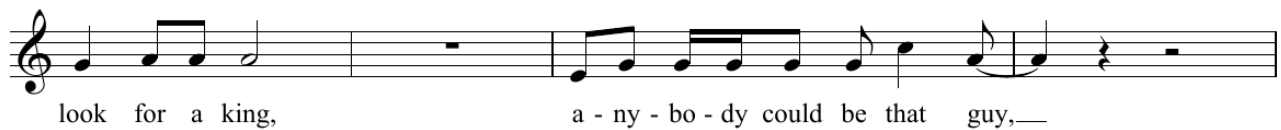
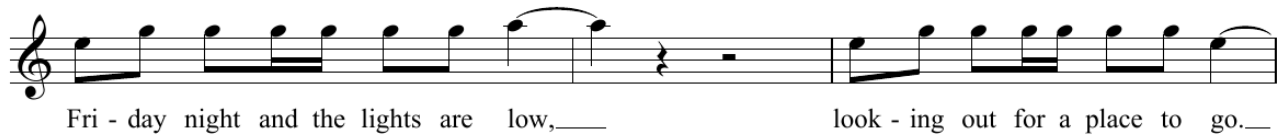
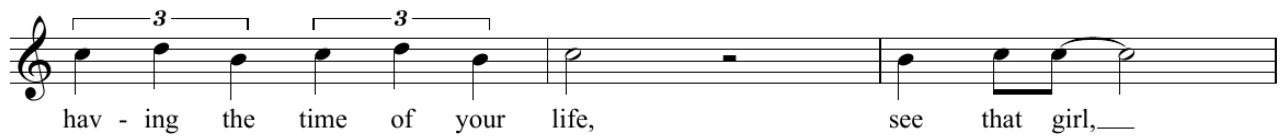
Flauta (un compás antes)



Dancing Queen

Words & Music by Benny Andersson, Stig Anderson & Björn Ulvaeus

Moderate rock



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Games to Play with Others

As restrictions begin to lift, you may be able to socialize more with family members, friends and neighbours. The next several pages offer rules and Do It Yourself templates for the games of Chess and Mancala.

Additionally, your kit this week includes a Word Hunt Booklet, similar to the Sudoku book you received last week. This is another activity that you can continue to pursue when you want alone time or aren't able to play with others.

Enjoy!

Chess

Chess is a famous board game that exercises your mind. Chess can raise your IQ, promote creativity, improve reading skills, memory, problem-solving skills, and concentration skills. It also teaches us the importance of planning and foresight. This helps us make educated decisions in situations and shows us how different actions lead to different consequences. The next few pages include a guide to the rules of chess, as well as a chess board and pieces you can cut out to use at home. This is a game that you can play with household members or friends as you expand your bubble, and will keep your brain sharp! Sit down for some healthy competition! You can also play online with others at **chess.com** if you don't have people at home to play with at the moment.

Rules

Chess is a game played by two people on a chessboard, with sixteen pieces (and six types) for each player. Each type of piece moves in a distinct way. The goal of the game is to checkmate, that is, to threaten the opponent's king with inevitable capture. Games do not necessarily end with checkmate – players often resign if they believe they will lose. In addition, there are several ways that a game can end in a draw.

Besides the basic movement of the pieces, rules also govern the equipment used, the time control, the conduct and ethics of players, accommodations for physically challenged players, the recording of moves using chess notation, as well as provide procedures for resolving irregularities which can occur during a game.

Initial Setup

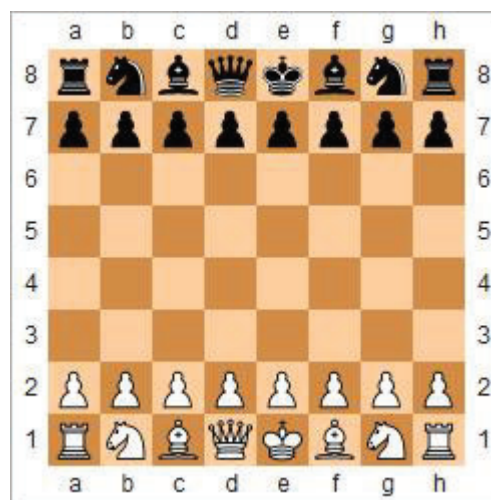
Chess is played on a chessboard, a square board divided into 64 squares (eight-by-eight) of alternating color, which is similar to that used in checkers. No matter what the actual colors of the board, the lighter-colored squares are called "white", and the darker-colored squares are called "black". Sixteen "white" and sixteen "black" pieces are placed on the board at the beginning of the game. The board is placed so that a white square is in each player's near-right corner. Horizontal rows are called ranks and vertical rows are called files.

At the beginning of the game, the pieces are arranged as shown in the diagram to the right.

For each side, there is one king, one queen, two rooks, two bishops, two knights, and eight pawns.

Pieces are placed, on each square, as follows:

- The **rooks** are placed on the outside corners, right and left edge.
- The **knights** are placed immediately inside of the rooks.
- The **bishops** are placed immediately inside of the knights.
- The **queen** is placed on the central square of the same color of that of the player: white queen on the white square and black queen on the black square.
- The **king** takes the vacant spot next to the queen.
- The **pawns** are placed one square in front of all of the other pieces.



People often say "queen on her own color" and "white on right" to remember where to place pieces. The latter refers to setting up the board so that the square closest to each player's right is white.



Gameplay

The player controlling the white pieces is named "White"; the player controlling the black pieces is named "Black". White moves first, then players alternate moves. Making a move is required; it is not legal to skip a move, even when having to move is detrimental. Play continues until a king is checkmated, a player resigns, or a draw is declared, as explained below. In addition, if the game is being played under a time control players who exceed their time limit lose the game.

The official chess rules do not include a procedure for determining who plays White. Instead, this decision is left open to tournament-specific rules (e.g. a Swiss system tournament or Round-robin tournament) or, in the case of non-competitive play, mutual agreement, in which case some kind of random choice is often employed. A common method is for one player to conceal a piece (usually a pawn) of each color in either hand; the other player chooses a hand to open and reveal their color. Play then commences with white.

Movement

Each type of chess piece has its own method of movement. A piece moves to a vacant square except when capturing an opponent's piece.

Except for any move of the knight and castling, pieces cannot jump over other pieces. A piece is captured (or taken) when an attacking enemy piece replaces it on its square (en passant is the only exception). The captured piece is thereby permanently removed from the game. The king can be put in check but cannot be captured.

The king moves exactly one square horizontally, vertically, or diagonally. A special move with the king known as castling is allowed only once per player, per game.

A rook moves any number of vacant squares in a horizontal or vertical direction. It also is moved when castling.

A bishop moves any number of vacant squares in any diagonal direction.

The queen moves any number of vacant squares in a horizontal, vertical, or diagonal direction.

A knight moves to the nearest square not on the same rank, file, or diagonal. (This can be thought of as moving two squares horizontally then one square vertically, or moving one square horizontally then two squares vertically—i.e. in an "L" pattern.) The knight is not blocked by other pieces: it jumps to the new location.

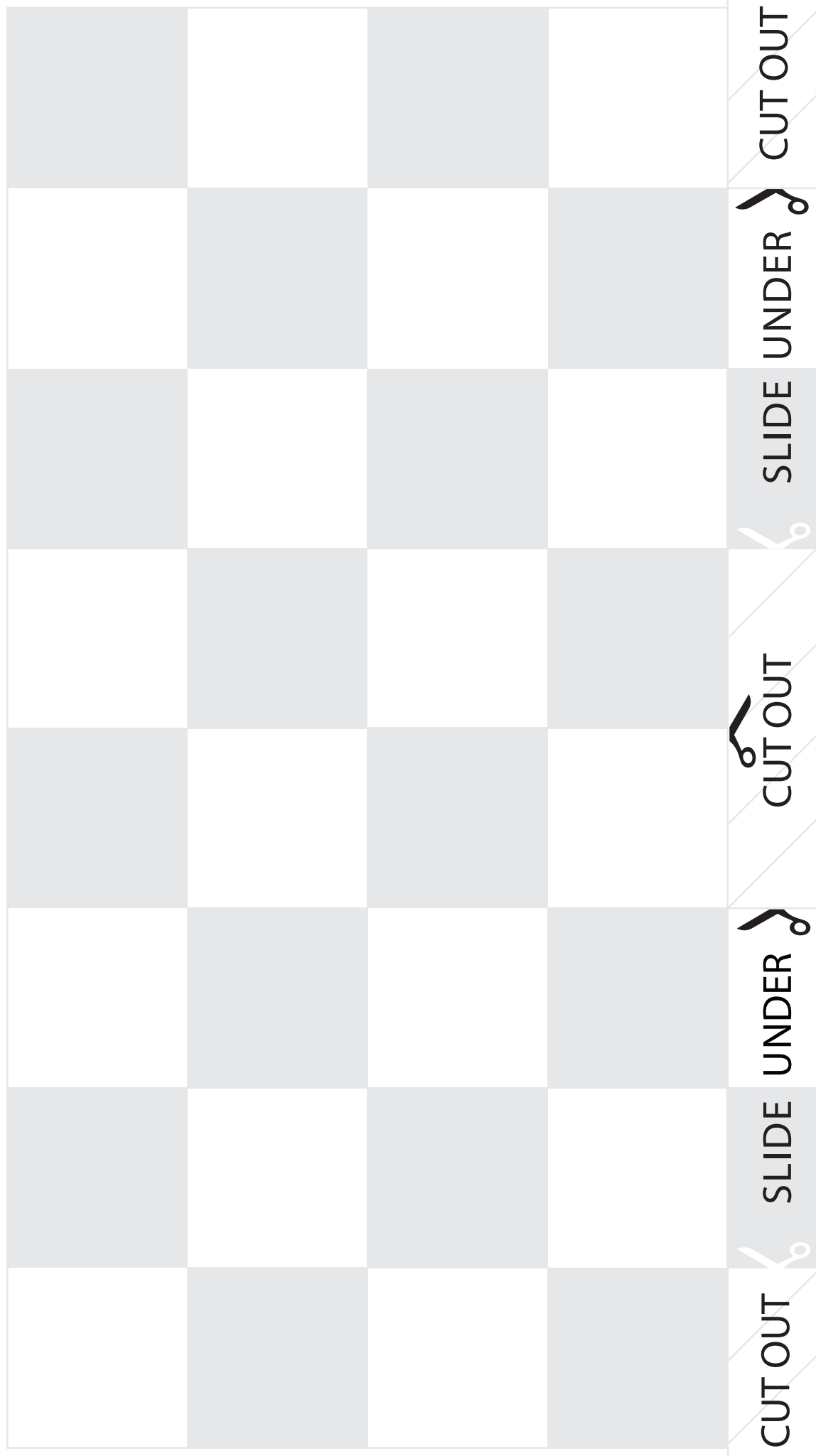
Pawns have the most complex rules of movement:

A pawn moves straight forward one square, if that square is vacant. If it has not yet moved, a pawn also has the option of moving two squares straight forward, provided both squares are vacant. Pawns cannot move backwards.

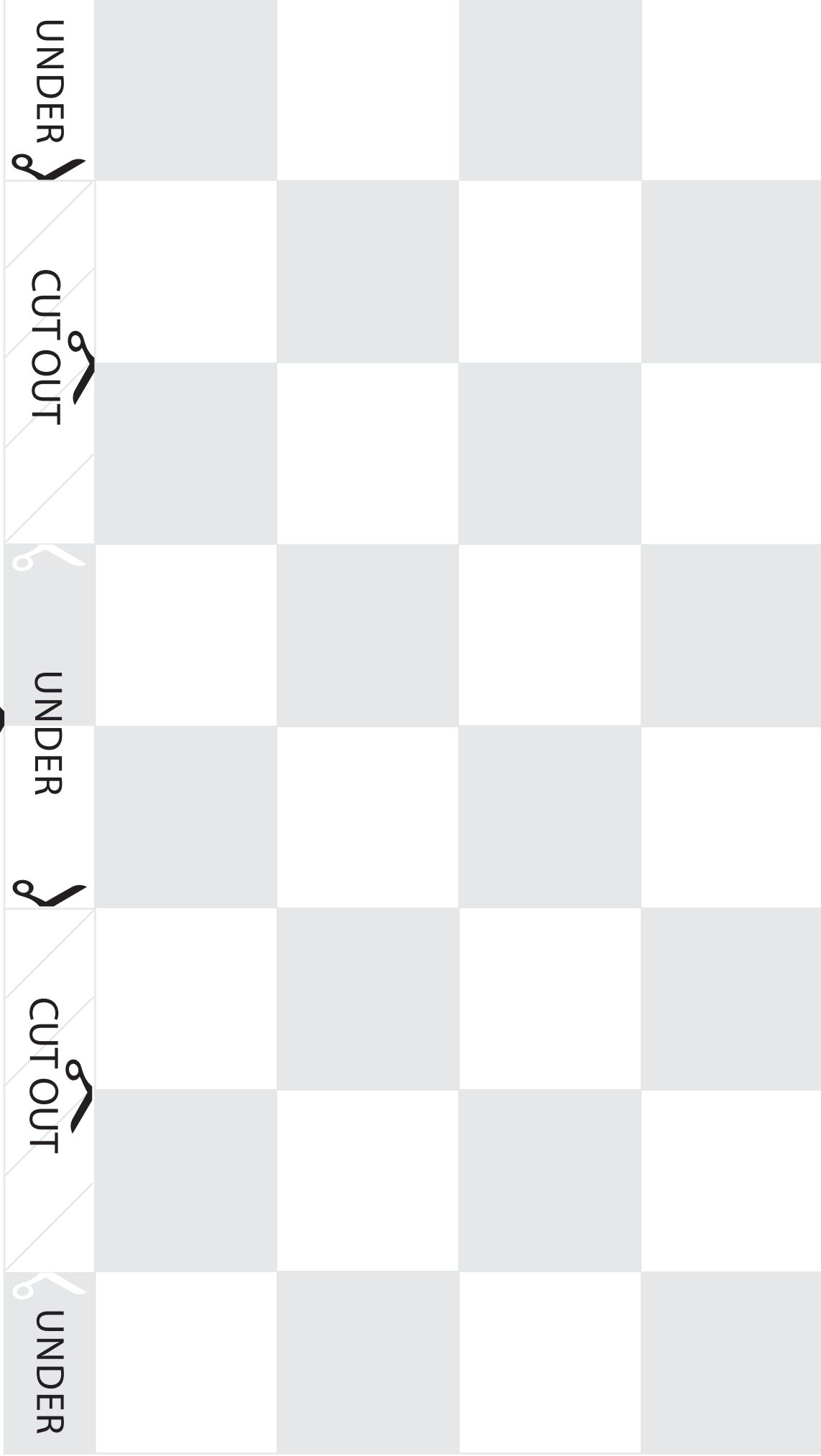
Pawns are the only pieces that capture differently from how they move. A pawn can capture an enemy piece on either of the two squares diagonally in front of the pawn (but cannot move to those squares if they are vacant).

If a pawn reaches the back of the opponent's side of the board, its player may choose to replace it with any of the other pieces.

BL

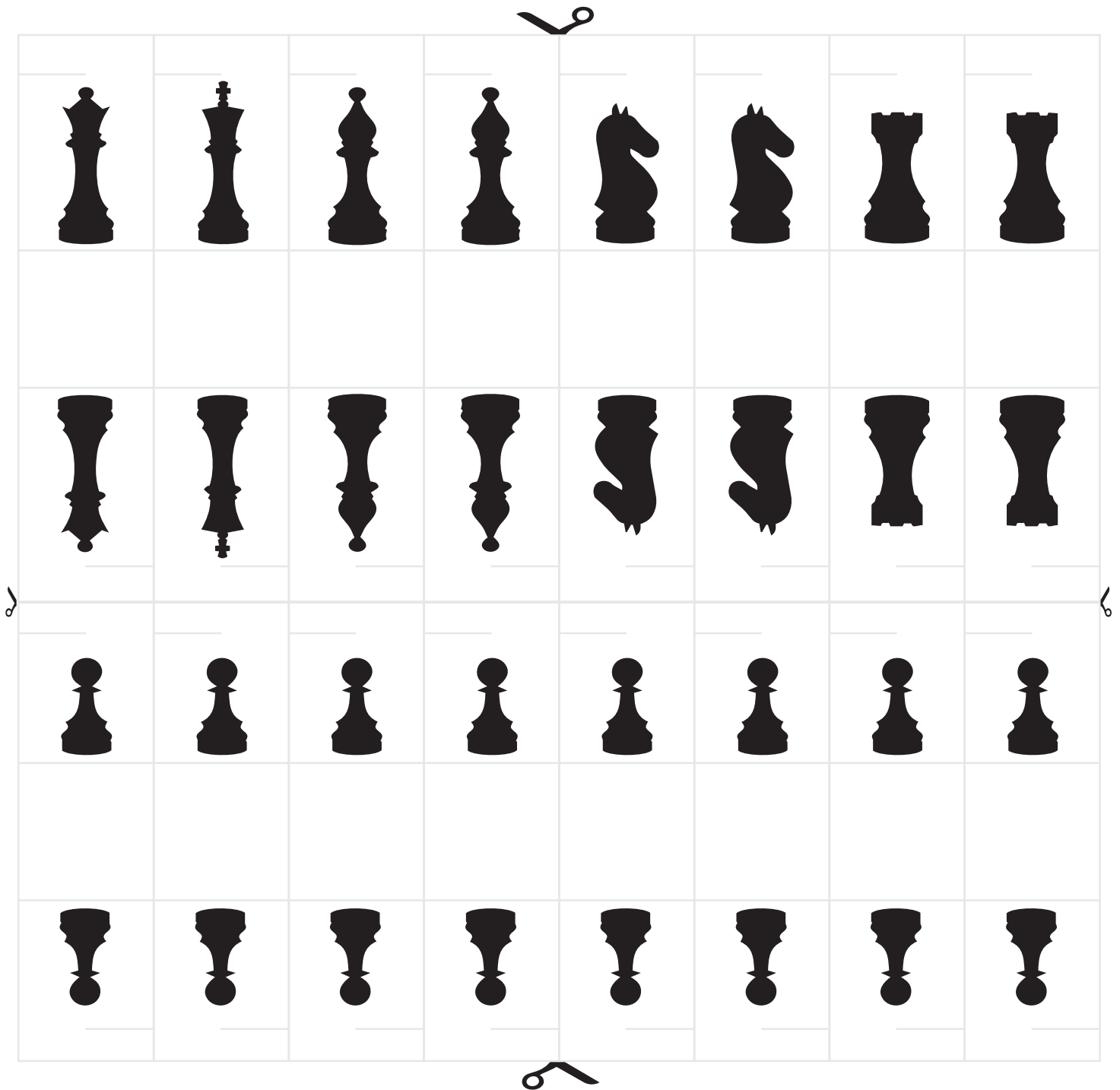


CUT FOUR SHORT (HALF SQUARE LENGTH) SLICES AS INDICATED BY SCISSORS
THEN CUT OUT AND REMOVE THE AREAS MARKED

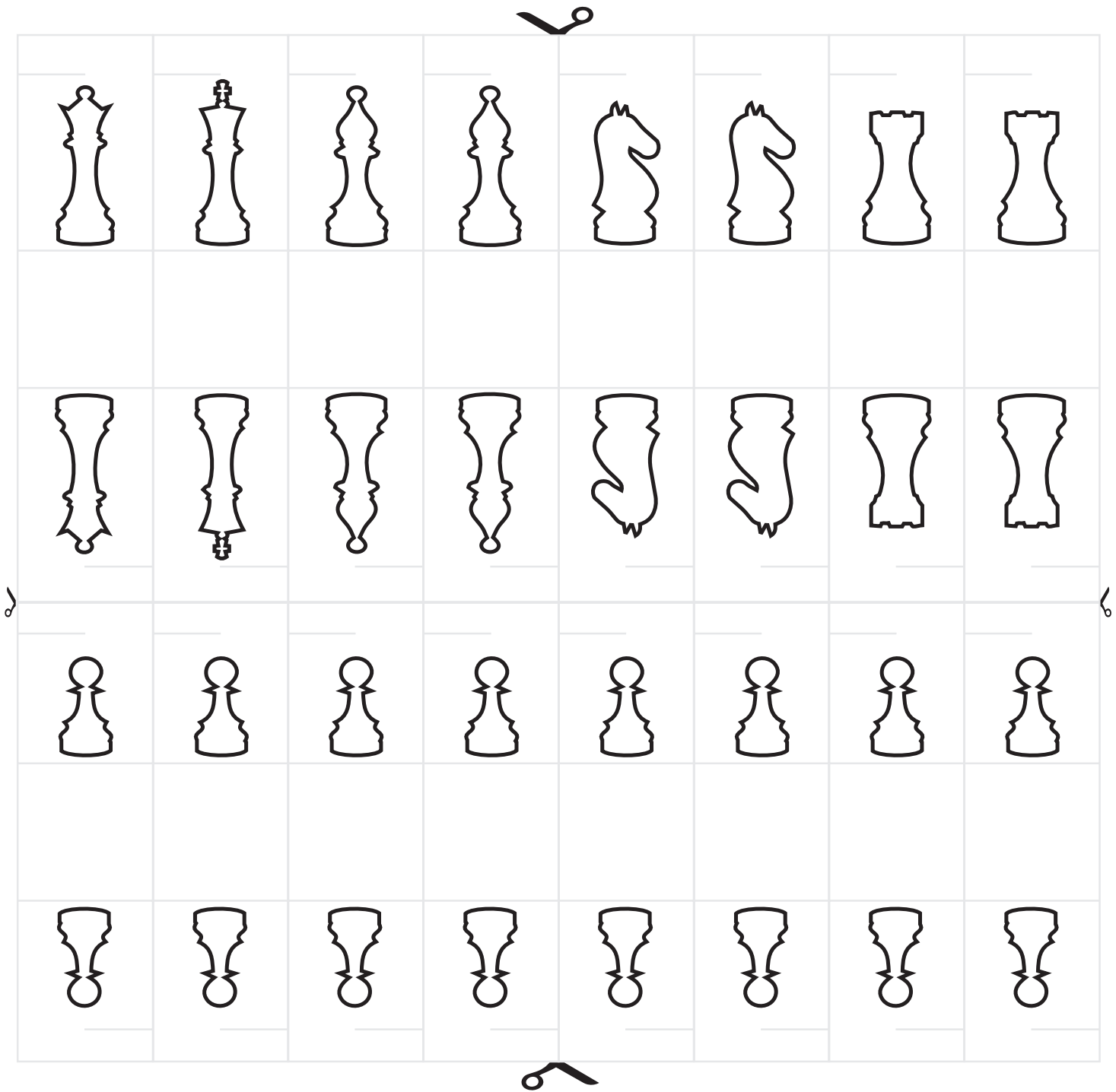


CUT FOUR SHORT (HALF SQUARE LENGTH) SLICES AS INDICATED BY SCISSORS
THEN CUT OUT AND REMOVE THE AREAS MARKED

BLACK PIECES



WHITE PIECES



Mancala

Traditional Mancala Instructions

Mancala is an ancient family of board games, and there are numerous variants. This is a version of the basic game, known as two-rank Mancala or Kalah.

What you'll need:

- 1 Mancala board – You can make this yourself from an egg carton! Check out the instructions on the next page.
- 48 Stones, marbles, seeds – We've provided you with some stones to use, but whatever you have will work!

Set Up:

The Mancala board is made up of two rows of six pockets (also called "holes," or "pits") each.

Four pieces are placed in each of the 12 pockets. The color of the pieces is irrelevant.

Each player has a "store" (also called a "Mancala") to his/her right side of the Mancala board.

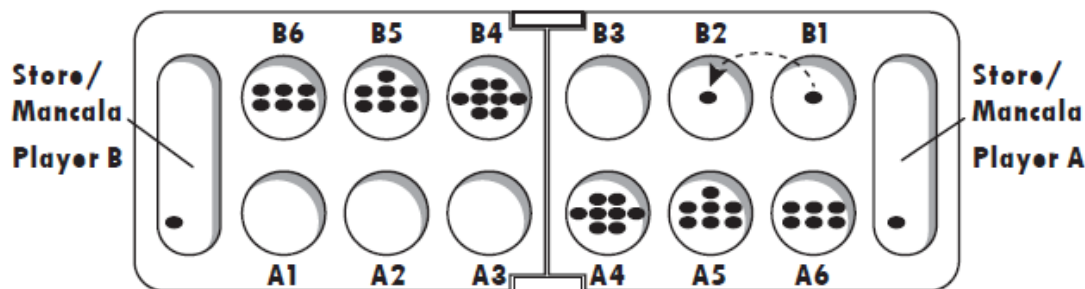
Object:

The object of the game is to collect the most pieces by the end of the game.

Game Play:

1. The game begins with one player picking up all of the pieces in any one of the pockets on his/her side.
2. Moving counterclockwise, the player deposits one of the stones in each pocket until the stones run out.
3. If you run into your own Mancala (store), deposit one piece in it. If you run into your opponent's Mancala, skip it and continue moving to the next pocket.
4. If the last piece you drop is in your own Mancala, you take another turn.
5. If the last piece you drop is in an empty pocket on your side, you capture that piece and any pieces in the pocket directly opposite.

(See figure below: In this image, player B has moved his/her piece from space B1- B2. By occupying the empty pocket on his/her side, player B earns THAT piece IN ADDITION TO the pieces in pocket A5 on the opposite side)



6. Always place all captured pieces in your Mancala (store).
7. The game ends when all six pockets on one side of the Mancala board are empty.
8. The player who still has pieces on his/her side of the board when the game ends captures all of those pieces.
9. Count all the pieces in each Mancala. The winner is the player with the most pieces.

DIY Mancala Board

What you'll need:

- Egg carton
- Scissors

1. Take your empty egg carton.
2. Carefully cut off the top. Once the top is cut off, cut each end of the top as well as two pieces from the middle to the edge as pictured.
3. To make the end pockets, tape together each cut off end and the middle-to-edge pieces. Make sure the outside of the carton for the middle pieces is facing towards the inside of the end piece.
4. Tape each end pocket to either end of the bottom of the carton, the middle piece facing inward. Make sure they are taped securely on the sides, top and bottom.
5. Fill each small pocket with four of anything, any color - stones, treats, marbles, you pick!
6. Now you are ready to play!



Recreation for Life

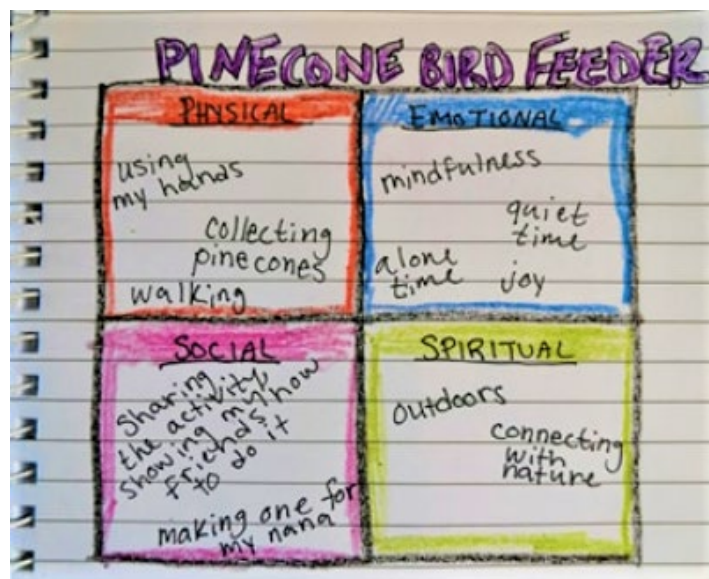
Before you continue reading, try answering these questions in your journal. It's ok if you don't know the answer! Just write down what you think or feel.

- What do you think of when you think of recreation?
- What does recreation have to offer?

As you near the end of your Kentville Plays Kit, we hope you've been able to identify new hobbies and interests that bring you joy. Stay curious as you continue exploring those interests (and disinterests). Different activities fulfil different needs in our lives, and as we continue to grow, and our lives and routines change, the things that rejuvenate us and bring us joy will change too. Should you find yourself losing interest in something you once love, be kind to yourself. Don't force it. Take a break and explore new things you enjoy. You may find that taking a break lets you come back to it with a new mindset that works better for where you're at in that moment, rather than where you were or wanted to be.

Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.

Now try and brainstorm all the different ways that recreation can be beneficial for us and those around us, as shown in the chart below (e.g., physically, mentally, socially, spiritually). What do you come up with? You can do this exercise in your journal with every activity you have tried already and any new ones you pursue to organize your thoughts and gain a better understanding of what you gained from the experience.



Interest Inventory

Your first kit included an interest inventory to get you thinking about what you are interested in and how you most enjoy spending your time. The checklist on the next page will let you expand on this by letting you color code your interests based on what you've already tried throughout your kits. The activity on the last page can also help as you go through each activity.

| Interest Level | Activity Type |
|---|--|
| = None | = Physical |
| = Little | = Making/Brain |
| = Some | = Relax |
| = Lots! | = Connect/Social |
| = Not Sure | |

| Needs Met | Tried it yet? |
|---|---|
| = getting outside | Yes No |
| = contributing/making something | |
| = exercising | |
| = socializing | |
| = quiet time | |

Make yourself a legend based on the needs and benefits you have identified in your own exploration.

Now start color coding your chart!

As you go, take note of any patterns you find. Maybe you enjoy activities that take place outdoors more than indoors. Maybe you enjoy being in the water. Maybe you only like making things if it's for someone else.

This is a starting point moving forward. As you continue exploring your interests, keep journaling, make it your own and keep having fun!

| Activity | Interest Level | Activity Type | Needs met | Have tried it? |
|------------|---|---|---|---|
| Macramé | | | | |
| Embroidery | | | | |
| Gardening | | | | |
| Running | | | | |
| Yoga | | | | |

| Activity | Interest Level | Type of Activity | Need(s) it fulfills | Have I tried it? |
|------------------------|-----------------------|-------------------------|----------------------------|-------------------------|
| Kit 1 | | | | |
| Journaling | | | | |
| Knot Tying | | | | |
| Macramé | | | | |
| Theraband | | | | |
| Yoga | | | | |
| Square Breathing | | | | |
| Paint your pot | | | | |
| Paint your place | | | | |
| Coloring | | | | |
| Zen Garden | | | | |
| Sudoku | | | | |
| Kit 2 | Interest Level | Type of Activity | Need(s) it fulfills | Have I tried it? |
| Planting | | | | |
| Feelings wheel | | | | |
| Mindfulness Activities | | | | |
| Planting | | | | |
| Pottery | | | | |
| Music - Recorder | | | | |
| Sign Language | | | | |
| Kit 3 | Interest Level | Type of Activity | Need(s) it fulfills | Have I tried it? |
| Emotional Check-In | | | | |
| Self Portraits | | | | |
| DIY Bird Feeder | | | | |
| Chess | | | | |
| Mancala | | | | |
| Embroidery | | | | |
| Word Hunt | | | | |



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 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?

SENIOR KIT 3