

# Kentville PLAYS KIT



Youth Kit #3  
16+



## 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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### **This week's kit includes:**

- Embroidery hoop
- Embroidery floss
- Embroidery needle
- Fabric
- Paint
- Sketchbook
- Twine
- Postcard
- Stamp
- Bird seed
- Glue

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





# Journaling

Keep using your journal to explore your favorite activities and your thoughts on them. Along with some more general journal prompts, we've also included a goal setting activity to get you thinking about activities you can or might like to pursue.

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!

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

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!

This circular diagram illustrates 100 emotions, organized into five main categories, each represented by a different color. The emotions are arranged in concentric rings, with the main category in the center and specific emotions in the outer rings.

- Happy (Yellow):**
  - Content, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Isolated, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Embarrassed, Judgmental, Dismissive, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused.
- Sad (Blue):**
  - Lonely, Vulnerable, Despair, Guilty, Depressed, Hurt, Repelled, Awful, Disappointed, Disapproving, Dismissive, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused.
- Angry (Red):**
  - Let down, Humiliated, Bitter, Mad, Aggressive, Frustrated, Distant, Critical, Disapproving, Disappointed, Dismissive, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused.
- Fearful (Orange):**
  - Scared, Anxious, Insecure, Weak, Rejected, Threatened, Let down, Humiliated, Bitter, Mad, Aggressive, Frustrated, Distant, Critical, Disapproving, Disappointed, Dismissive, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused.
- Surprised (Purple):**
  - Startled, Confused, Amazed, Excited, Playful, Content, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Isolated, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Embarrassed, Judgmental, Dismissive, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused.



# 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.

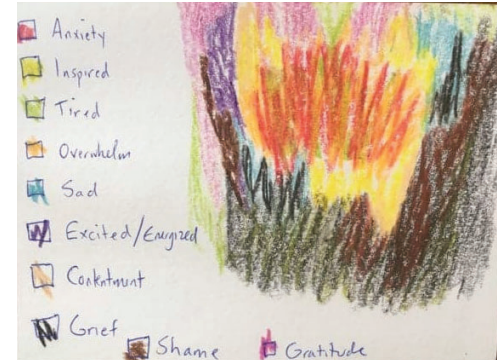
### 3. Use the rest of the page to explore each color/emotion

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](https://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  
6  
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
- 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.
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 10 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!

Here's a list of all the activities that got you moving in some way or another throughout your kits. Surprised at a few of them? Write down each activity and exercise involved and what you liked and didn't like about doing each one.

Running  
Yoga  
Fitdeck  
Skipping  
Frisbee  
Twister  
Hopscotch  
Paint your path  
Erase your trace

Even in your zen garden, bird feeder and pottery activities, you got 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?*

*Do you enjoy working out for the sake of working out?*

*Do you prefer to get exercise while being focused on a task or goal (ex. playing soccer, collecting things outdoors, etc.), rather than the exercise itself?*

## Moving Forward

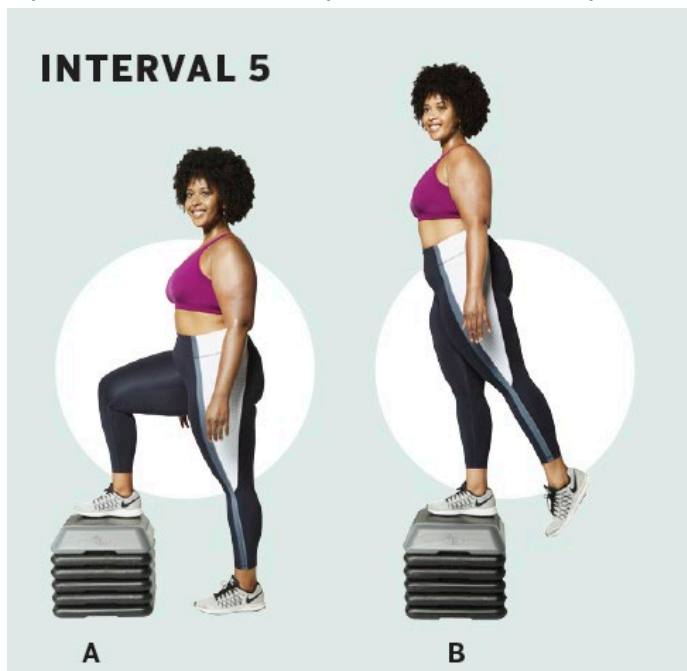
Try and incorporate the self portrait activity into your fitness logs. Throughout your fitness journey, and life in general, your body will morph and change. Regardless of your goals, however big or small they may be, be kind to yourself. Even if you want to make big changes, the only way you'll be able 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!

## Fitdeck

Here is your final fitdeck exercise guide! Keep revisiting your goals, add exercises you learn along the way, and keep incorporating other activities from previous kits like your frisbee, skipping rope, yoga routine and running program to build a well-rounded active lifestyle! Have fun and get moving!

**Step ups** are a great exercise to work your lower body. They're also a motion that you'll practice in daily life, so they'll keep you in top shape for the stairs at school!

1. Find a stable box, step or park bench for your exercise. Something that won't wobble or fall through
2. With your hands at your sides and feet pointed straight ahead about hip distance apart, simply "step-up" onto the box with the right foot.
3. Keep the right heel planted on the platform. Lift your body up onto the platform, by tightening your glutes and your abdominal muscles.
4. End by placing the left foot next to the right foot on the box. Keep your posture erect and do not let your knee go past your ankle when elevating yourself up onto the box.
5. Step down with the right foot and follow with the left back to the starting position.



**V-Sits** work *all* of your abdominal muscles and then some! They're excellent for exercising your back and upper leg muscles, and also test your balance.

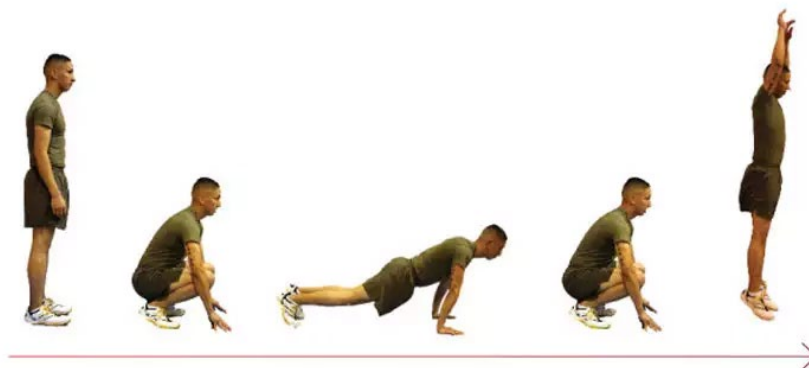
1. Start in a seated position with your knees bent and feet *off* the floor. Your chest should be open and lifted.
2. With your arms by your sides, slowly unfold from your seated v as you lower your torso and legs toward the floor. Stop when your legs are just above the floor. Hold for a moment. Be sure to keep your head and shoulders lifted and your lower back pressed into the ground.
3. With your core tight and tucked, use your abs to return to the starting position.
4. Repeat, keeping your abs engaged instead of relying on gravity; if it gets too hard, then keep your knees bent as you lower down!



**Burpees** are feared by many, but your body will thank you later! Burpees keep you on your toes, raising and lowering your heartrate throughout the exercise. They're a full body, aerobic workout!

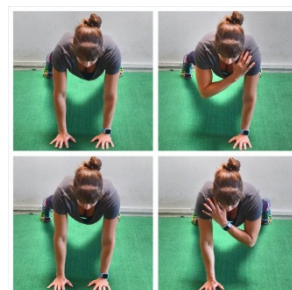
1. Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.
2. Push your hips back, bend your knees, and lower your body into a squat.
3. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands.
4. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.
5. Jump your feet back so that they land just outside of your hands.
6. Reach your arms over head and explosively jump up into the air!
7. Land and immediately lower back into a squat for your next rep.

*Form tip:* Avoid "snaking" the body off the ground by lifting the chest first and leaving the hips on the ground when raising body back up off the floor.



**Planking – Shoulder Taps** in combination with a plank (your starting push up position from kit 1), work your core, arms and all the little muscles in between.

1. Set up in a high plank position from your hands and toes or hands and knees based on where you're at.
2. Place your hands under your shoulders and closer together while your feet or knees should be wider apart to provide a more stable base.
3. Bring your feet or knees together as the move becomes easier to make it harder on your core to stabilize.
4. By having your hands closer together and more centered under your chest, you will also provide yourself with a more stable base. It is very important that you remain stable with this move or you can stress your shoulder. Then, bracing your abs and engaging your glutes so that your body is in a nice straight line, lift one hand up off the ground, moving it slowly to touch the opposite shoulder. Keep your hips square to the ground and do not rotate as you lift your hand to touch your shoulder.
5. Make sure you don't let your butt go up in the air or your hips sag toward the ground. Touch your opposite shoulder then slowly place your hand back down on the ground. You want to move at a very controlled pace. Lift the other hand and tap your other shoulder. Do not rotate as you lift. Try to keep your body still and simply lift the hand to touch the opposite shoulder.



# 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!



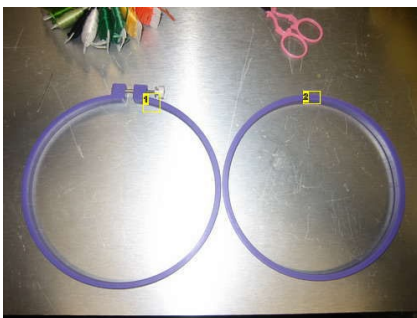
## Setting Up: Your Embroidery Hoop

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!



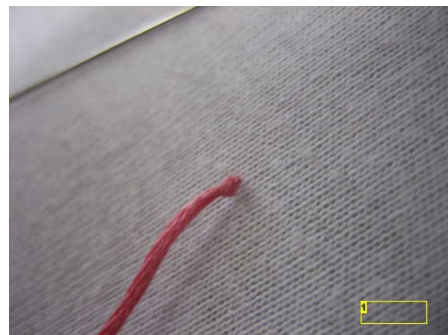
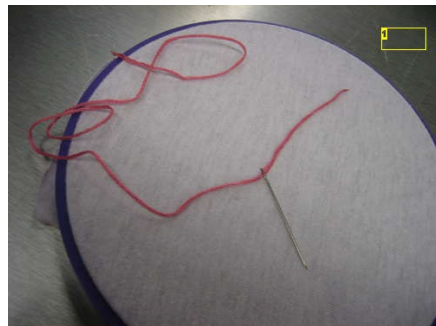
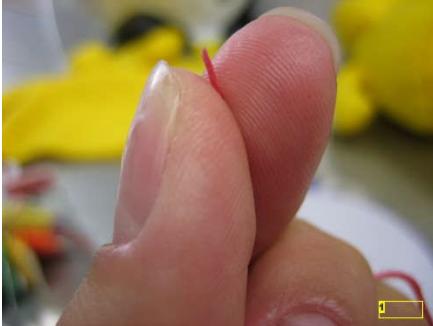


## Setting Up: Threading the Needle

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.

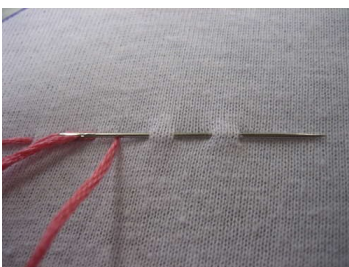
Keep in mind that you don't have to double the floss as you sometimes do with thread. You're simply going to pull the thread through the eye and let a few inches hang loose. You'll knot the other end as usual. (And make sure to cut off the loose stuff after the knot - it'll make your work neater!)

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

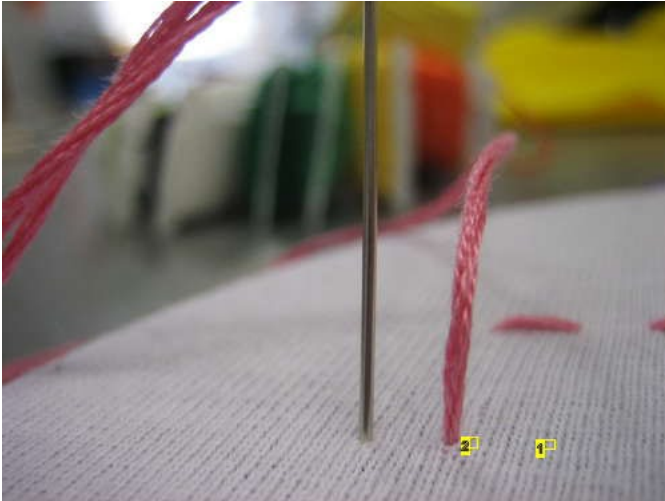
Done just as it is in regular sewing. You can make the stitches long or short or randomly placed depending on your design. This stitch may be used for framing and embroidery design, or for things that you want to seem open and airy (like a thought cloud or speech bubble). You can either do the standard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



## Backstitch

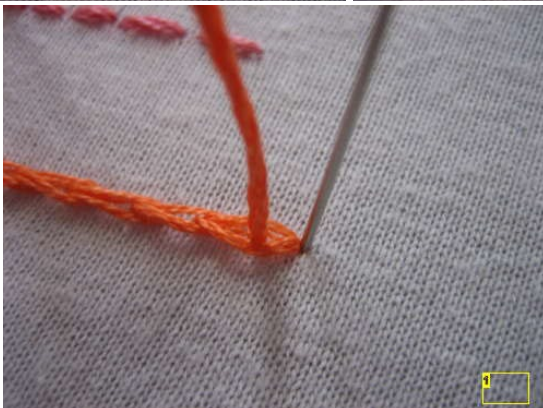
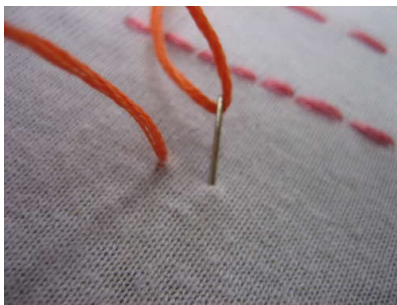
I use this stitch all the time for text. It makes the text easier to read and it's more uniform. You just pull the thread up through the fabric, and make a stitch to the left or right, depending on which way you'll be going. (Left if you'll be going right, right if you'll be going left.) You'll then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





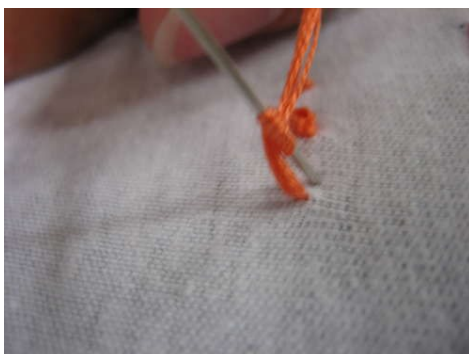
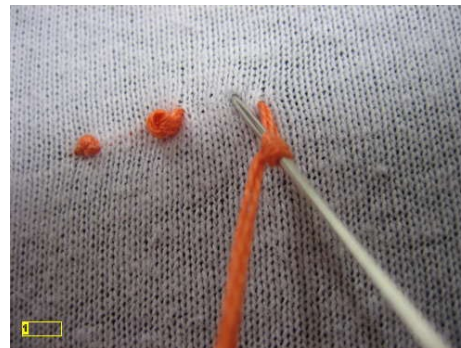
## French Knots

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

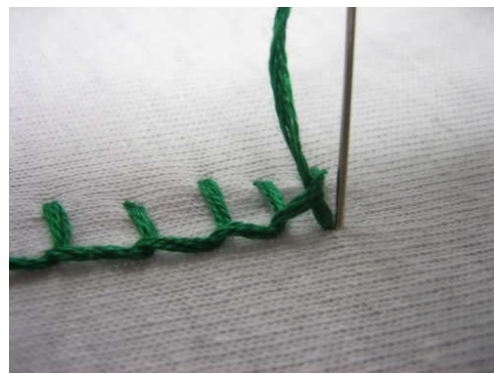
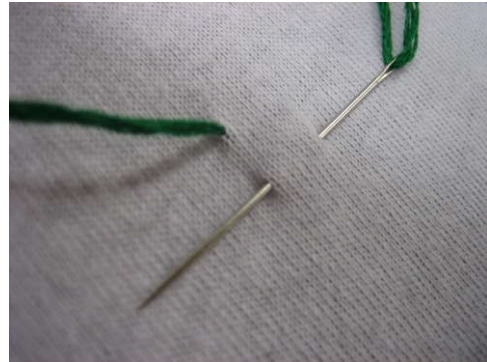
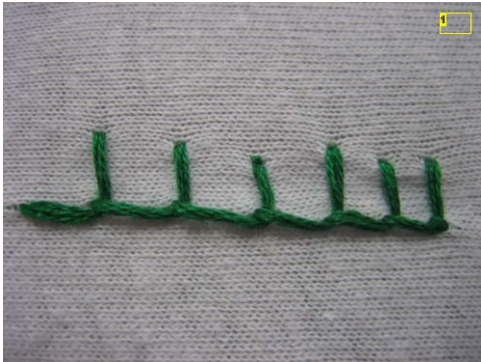
This can be used for borders and thicker lines. You can also vary the spacing of these quite a bit.

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!

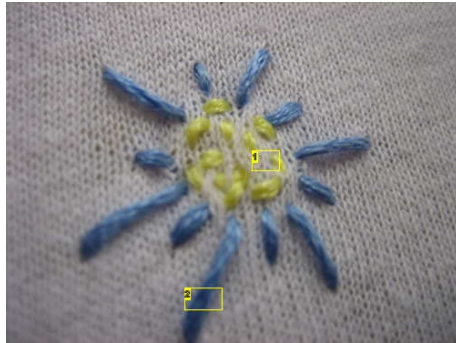
The images below show different size and spacing options.





## 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.

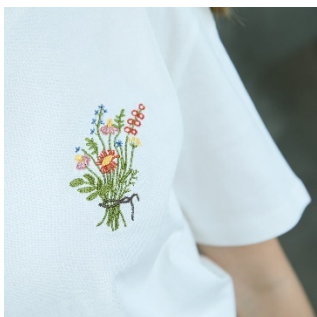


Point 1 above shows a seed stitch  
Point 2 shows a straight stitch

## 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!





# 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

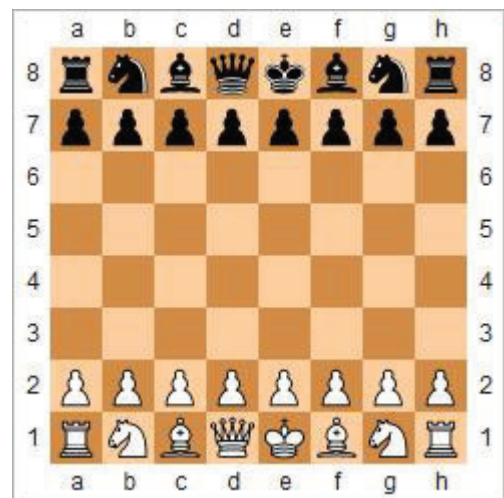
Chess is played on a chessboard, a square board divided into 64 squares (eight-by-eight) of alternating color, which is similar to that used in checkers. No matter what the actual colors of the board, the lighter-colored squares are called "white", and the darker-colored squares are called "black". Sixteen "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:**

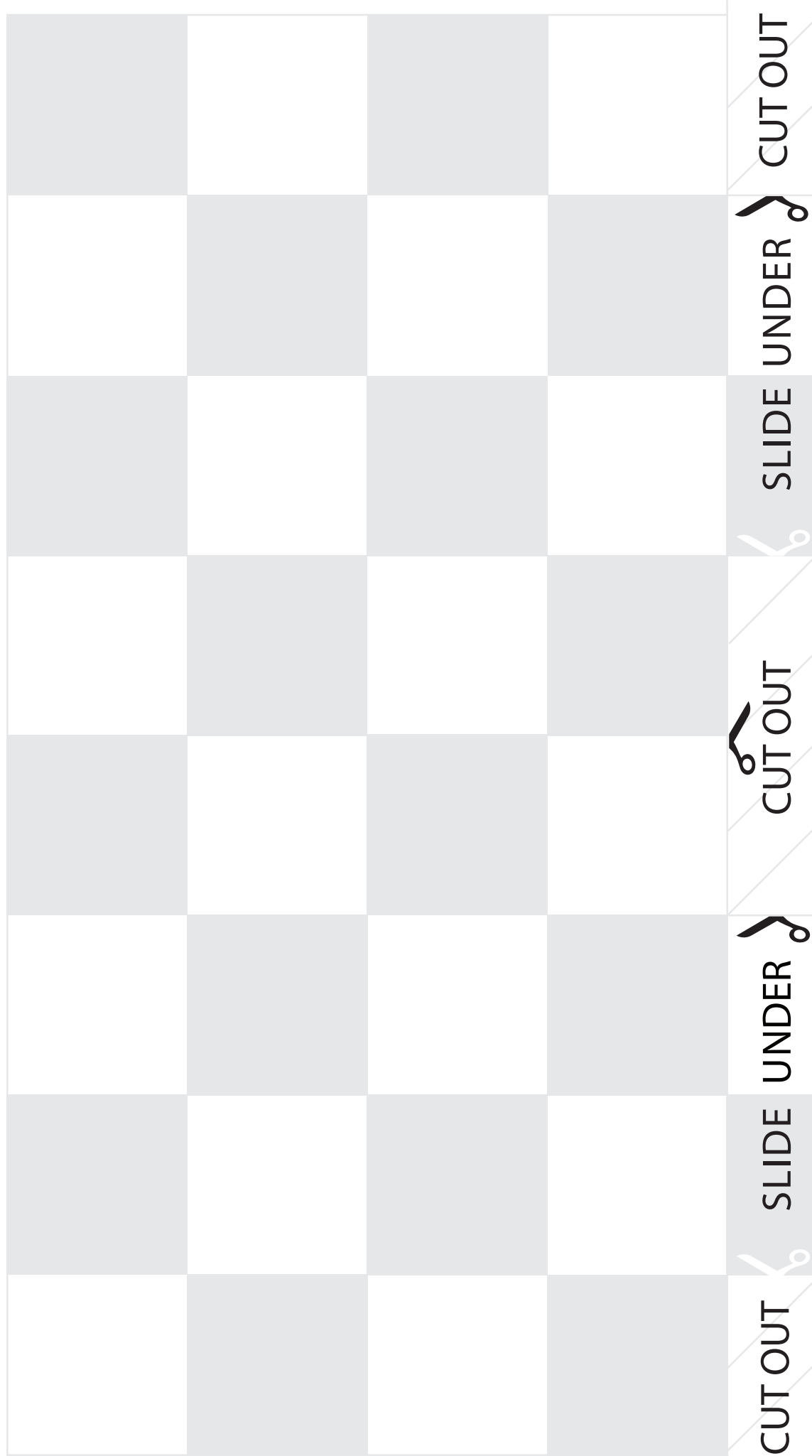
A pawn moves straight forward one square, if that square is vacant. If it has not yet moved, a pawn also has the option of moving two squares straight forward, provided both squares are vacant. Pawns cannot move backwards.

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.

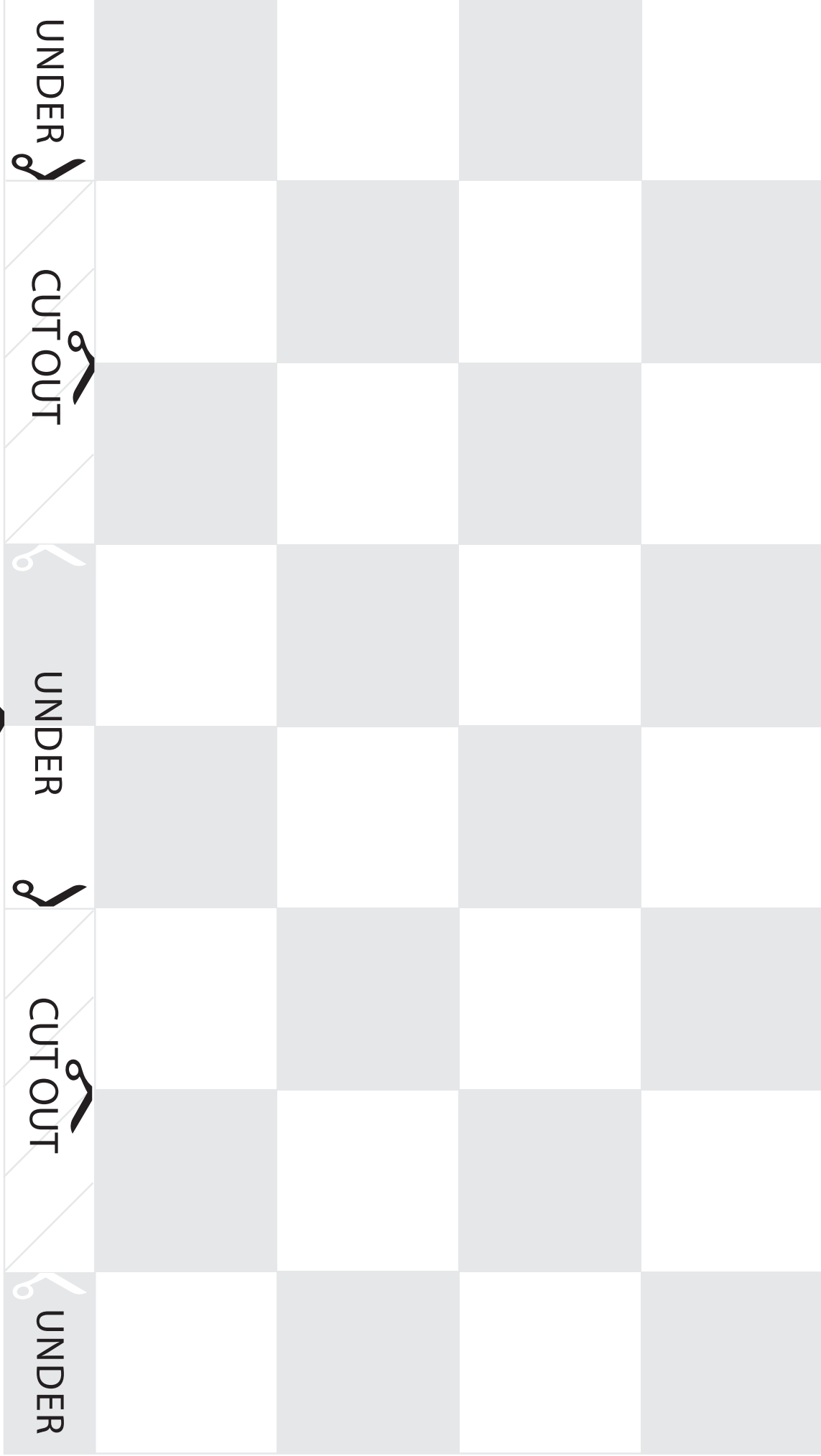


BL



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



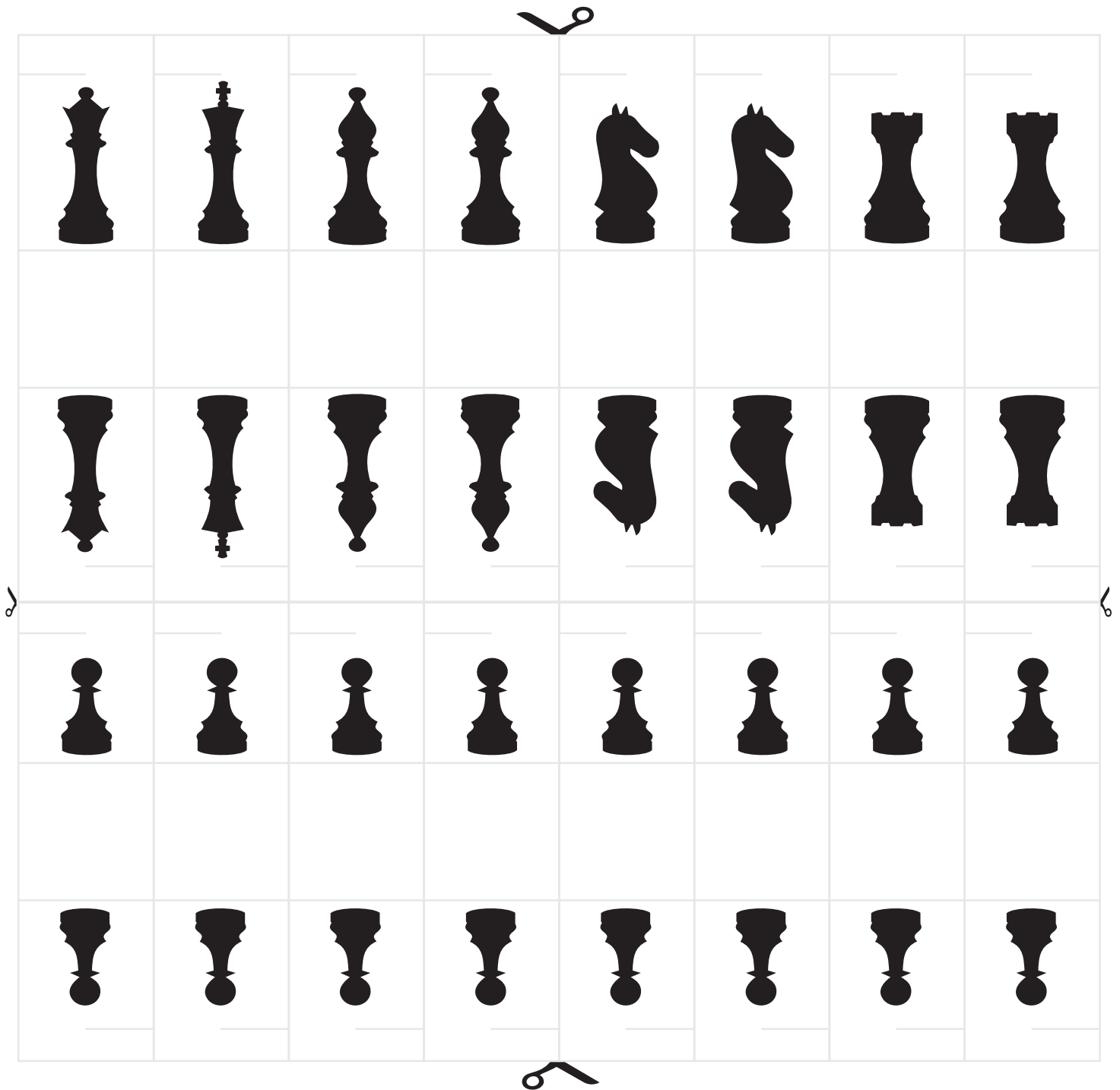


CUT FOUR SHORT (HALF SQUARE LENGTH) SLICES AS INDICATED BY SCISSORS  
THEN CUT OUT AND REMOVE THE AREAS MARKED



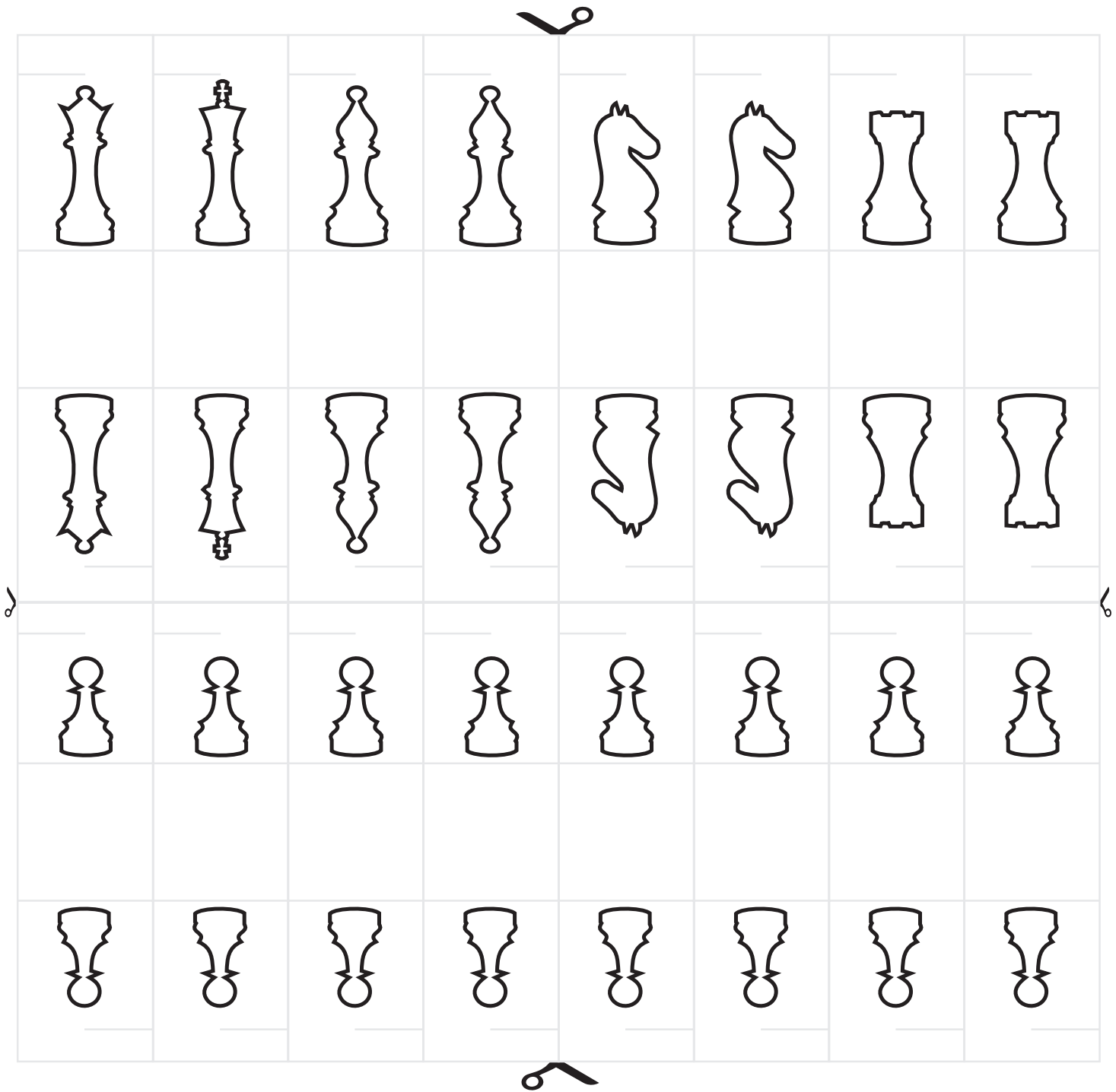


# BLACK PIECES





# WHITE PIECES









Name: \_\_\_\_\_

**Solve each Sudoku puzzle!**

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

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

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

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



Name: Answer Key

Solve each Sudoku puzzle!

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

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

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

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





Name: \_\_\_\_\_

**Solve each Sudoku puzzle!**

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

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

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 2 |   |   |   | 9 |   | 7 | 6 |
|   | 7 |   | 6 | 2 |   | 8 | 9 |   |
|   | 4 | 6 |   | 8 | 5 |   | 3 |   |
|   | 8 | 2 | 9 |   |   |   | 6 |   |
| 5 | 6 |   |   |   | 8 |   | 2 |   |
| 7 |   |   |   | 6 | 2 | 9 |   | 8 |
|   | 5 | 8 | 2 |   | 6 | 7 | 4 |   |
|   | 3 | 4 | 8 |   | 7 | 5 |   | 2 |
|   | 9 | 7 | 5 |   |   |   | 8 |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 7 | 1 | 2 |   | 8 |   |   |
|   | 4 |   |   | 8 |   |   |   | 6 |
|   | 6 |   |   | 9 |   | 7 | 1 |   |
|   |   | 2 |   | 6 |   | 1 |   |   |
| 6 | 8 |   | 7 |   |   | 4 | 2 |   |
|   | 1 |   |   |   | 5 |   | 8 |   |
| 7 |   |   |   | 5 | 1 |   | 6 | 8 |
| 5 |   | 8 |   | 7 |   | 2 |   | 1 |
| 1 |   |   | 8 |   | 2 |   | 7 | 5 |



Name: Answer Key

Solve each Sudoku puzzle!

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

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

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

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



Name: \_\_\_\_\_

**Solve each Sudoku puzzle!**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 | 5 |   |   |   | 1 |   |   | 6 |
|   |   | 7 |   | 6 | 4 | 1 |   |   |
|   |   | 4 |   | 7 |   | 5 | 9 |   |
| 2 |   |   |   | 5 | 6 |   |   | 4 |
| 6 |   |   | 1 |   | 9 |   | 7 |   |
| 7 |   | 1 |   | 4 |   |   |   | 9 |
|   | 1 |   | 9 |   |   | 4 | 6 |   |
|   | 9 | 6 |   |   | 8 |   |   | 7 |
|   | 7 |   | 6 |   |   |   |   | 1 |

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|---|---|---|---|---|---|---|---|---|
|   |   | 4 | 6 | 2 |   |   |   | 1 |
|   | 1 |   |   | 4 |   | 3 |   | 6 |
| 3 | 6 |   | 1 |   |   |   | 4 |   |
|   |   | 1 |   | 6 |   | 2 |   | 4 |
|   | 3 | 5 |   |   | 4 |   | 1 |   |
| 2 |   |   |   |   | 8 | 6 |   |   |
| 7 | 2 |   |   |   |   |   |   | 3 |
|   |   | 6 | 5 | 3 |   | 4 |   |   |
| 4 |   |   |   |   | 1 |   | 6 |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 |   | 8 |   |   | 1 |   | 6 |   |
|   | 6 |   | 8 | 9 |   |   |   | 2 |
|   |   | 1 |   |   | 3 | 9 |   | 8 |
| 6 |   | 4 | 2 | 3 |   |   |   |   |
|   | 8 |   | 1 |   | 6 | 4 |   |   |
|   | 1 | 2 |   | 4 |   |   | 3 |   |
|   | 3 |   | 6 |   | 2 |   | 8 |   |
| 2 |   |   |   | 8 | 4 |   |   | 6 |
| 8 |   |   |   |   |   | 2 | 7 |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 |   |   | 1 |   |   | 2 | 6 |   |
| 1 | 9 |   |   |   | 8 |   |   | 3 |
|   |   | 5 | 6 |   | 3 | 1 |   |   |
|   | 3 |   |   | 9 |   |   | 2 | 5 |
| 5 | 1 |   | 2 |   |   |   | 3 |   |
| 9 | 6 | 2 |   |   |   |   |   | 1 |
|   |   | 1 | 9 | 6 |   | 3 |   |   |
| 8 |   | 3 |   | 1 |   |   |   | 6 |
|   | 2 |   |   |   | 5 |   |   | 4 |





Name: Answer Key

Solve each Sudoku puzzle!

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

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

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

# 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 right down what you think or feel.

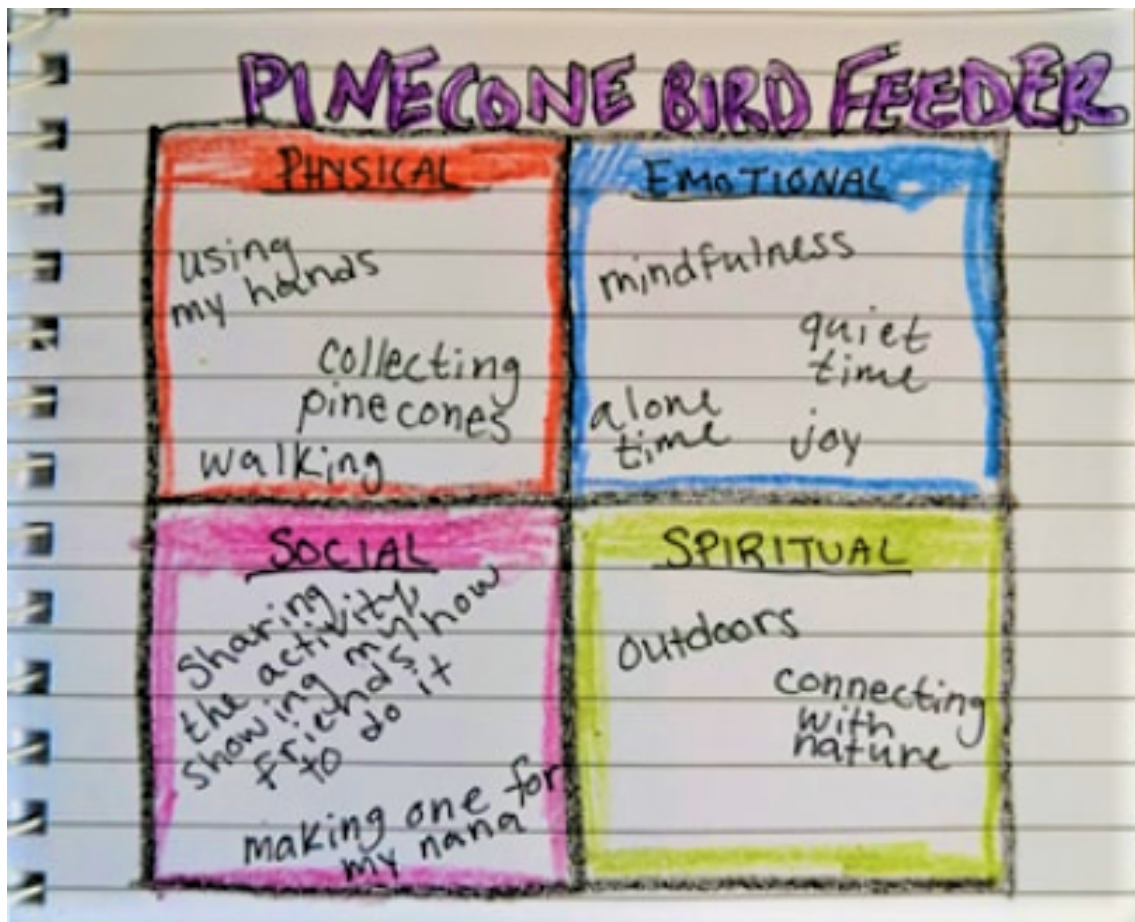
- What do you think of when you think of recreation?
- What does recreation have to offer?

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.

Revisit those last two questions. Have your answers changes at all?

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

Throughout your kits you've sampled new activities and reflected on how they make you feel. The checklist on the next two pages will let you color code your interests so far for some of those activities, as well as others you may try in the future. The previous chart can also help as you go through each activity.

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

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

| Needs Met                     | Tried it yet?  |
|-------------------------------|--|
| getting outside               | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| contributing/making something |  |
| exercising                    |  |
| socializing                   |  |
| quiet time                    |  |

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 I tried it? |
|------------|----------------|----------------|----------------|------------------|
| Macramé    | None           | Physical       | Physical       | Yes              |
| Embroidery | Little         | Making/Brain   | Making/Brain   | No               |
| Gardening  | Some           | Relax          | Relax          | Yes              |
| Running    | Lots!          | Connect/Social | Connect/Social | No               |
| Yoga       | Not Sure       |                |                | Yes              |

| Activity                     | Interest Level | Type of Activity | Need(s) it fulfills | Have I tried it? |
|------------------------------|----------------|------------------|---------------------|------------------|
| Macrame                      |                |                  |                     |                  |
| Pottery                      |                |                  |                     |                  |
| Embroidery                   |                |                  |                     |                  |
| Yoga                         |                |                  |                     |                  |
| Bracelet making              |                |                  |                     |                  |
| Running                      |                |                  |                     |                  |
| Weights                      |                |                  |                     |                  |
| Hiking                       |                |                  |                     |                  |
| Gardening/Yardwork           |                |                  |                     |                  |
| Sewing/needle work           |                |                  |                     |                  |
| Playing cards                |                |                  |                     |                  |
| Learning a language          |                |                  |                     |                  |
| Radio                        |                |                  |                     |                  |
| Walking                      |                |                  |                     |                  |
| Car repair/auto work         |                |                  |                     |                  |
| Writing                      |                |                  |                     |                  |
| Dancing                      |                |                  |                     |                  |
| Golf                         |                |                  |                     |                  |
| Football                     |                |                  |                     |                  |
| Listening to popular music   |                |                  |                     |                  |
| Puzzles                      |                |                  |                     |                  |
| Holiday Activities           |                |                  |                     |                  |
| Pets/livestock               |                |                  |                     |                  |
| Movies                       |                |                  |                     |                  |
| Listening to classical music |                |                  |                     |                  |
| Speeches/lectures            |                |                  |                     |                  |
| Swimming                     |                |                  |                     |                  |
| Bowling                      |                |                  |                     |                  |
| Visiting Family              |                |                  |                     |                  |
| Visiting friends             |                |                  |                     |                  |
| Checkers/Chess               |                |                  |                     |                  |
| Barbecues                    |                |                  |                     |                  |
| Reading                      |                |                  |                     |                  |
| Traveling                    |                |                  |                     |                  |

| Activity         | Interest Level | Type of Activity | Need(s) it fulfills | Have I tried it? |
|------------------|----------------|------------------|---------------------|------------------|
| Parties          |                |                  |                     |                  |
| Wrestling        |                |                  |                     |                  |
| Housecleaning    |                |                  |                     |                  |
| Model building   |                |                  |                     |                  |
| Television       |                |                  |                     |                  |
| Concerts         |                |                  |                     |                  |
| Pottery          |                |                  |                     |                  |
| Camping          |                |                  |                     |                  |
| Laundry/Ironing  |                |                  |                     |                  |
| Politics         |                |                  |                     |                  |
| Board Games      |                |                  |                     |                  |
| Home decorating  |                |                  |                     |                  |
| Singing          |                |                  |                     |                  |
| Handicrafts      |                |                  |                     |                  |
| Hairstyling      |                |                  |                     |                  |
| Cycling          |                |                  |                     |                  |
| Attending plays  |                |                  |                     |                  |
| Bird watching    |                |                  |                     |                  |
| Dating           |                |                  |                     |                  |
| Home repairs     |                |                  |                     |                  |
| Exercise         |                |                  |                     |                  |
| Hunting          |                |                  |                     |                  |
| Woodworking      |                |                  |                     |                  |
| Pool/Billiards   |                |                  |                     |                  |
| Driving          |                |                  |                     |                  |
| Childcare        |                |                  |                     |                  |
| Tennis           |                |                  |                     |                  |
| Cooking/Baking   |                |                  |                     |                  |
| Basketball       |                |                  |                     |                  |
| History          |                |                  |                     |                  |
| Collecting       |                |                  |                     |                  |
| Fishing          |                |                  |                     |                  |
| Science          |                |                  |                     |                  |
| Leatherwork      |                |                  |                     |                  |
| Shopping         |                |                  |                     |                  |
| Photography      |                |                  |                     |                  |
| Painting/Drawing |                |                  |                     |                  |





## ANAPOLIS VALLEY TRAIL CLEAN-UP



Grand Pre to Annapolis Royal  
**JUNE 1-30, 2020**  
CLEAN THE TRAIL, OR YOUR PARK OR YOUR SHORELINE!  
[WWW.WATERSHEDALLIANCE.CA](http://WWW.WATERSHEDALLIANCE.CA)

## Help Clean Up the Trail!

We are cleaning the Harvest Moon trail from Annapolis Royal to Grand Pre and need your help! Practice physical distancing while getting some sun, listen to the birds sing, and enjoy nature all while helping to ease some litter pressure off our beautiful trail!

We are launching a campaign to clean up the trail during the month of June. If you walk the trail, take a bag and tidy as you go! If you don't walk the trail- bring a bag wherever you walk!

## Win Prizes!

We have gift certificates from local businesses to give away! To enter, send a photo of your litter adventures to [iijuktukwejk@gmail.com](mailto:iijuktukwejk@gmail.com), or post it on our [Facebook page](#) (no IM please). You could win a gift certificate to businesses such as Half Acre Cafe, Get Outside, Frasers, Home Hardware, and more!

## How to Participate:

**Step 1:** Find a bag. Choose a bag to collect garbage on your walk. This could be a grocery bag or a garbage bag.

**Step 2:** Pick it up! Pick up litter however you feel most comfortable. Some people will pick up the really big stuff, others will stick to smaller items. Be safe and use your best judgment. Wear gloves and wash your hands thoroughly. If something isn't safe to pick-up, let it be.

**Step 3:** Bag it out. Take your waste home, or drop-off your bag at a safe location for pick-up from Valley Waste.

You **MUST** call or email Valley Waste, so they know where to pick up!

**Phone:** (902)679-1325 Or 1-877-927-8300

**Email:** [andreag@vwrm.com](mailto:andreag@vwrm.com)

Just send a message like this:

"Hi there, we did a garbage pick up today and left some bags at [civic address, or landmark description]. Could you pick them up when you have a chance? Thanks, and have a great day! We appreciate all you do for the planet!"

If you are leaving garbage bags near the trail, please leave them near a trail/road intersection for easy access.

Thanks!



FLYING SQUIRREL ADVENTURES  
All Ages Nature Program in the Annapolis Valley





# 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?

YOUTH KIT 3 (16+)