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Keeping Connected:  
Family Contact Booklet

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## What is this Booklet For?

Stronger Families Inside Out is an initiative that was developed to help maintain strong family relationships through a variety of activities.

We recognise that the suspension of all prison visits is extremely difficult for parents and their children. This makes every phone call, letter and e-mail even more important. We would like to suggest some fun activities that you can both do whilst you are apart.

We hope you'll be able to enjoy some of these simple games that you can do together with little or no materials required!

## Contact Information

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## A Day in Your Life now ?

### What do you do in a day?

- Chat about your daily routine with loved ones, how is it different now ? What is different in your day and whats different in theirs ?
- What was your favourite part of the day?
- Did you try anything new?

Morning

Afternoon

### Examples:

- Time you wake/go to bed
- When & what you eat at mealtimes
- What activities do you do?

Evening



You can add a message to this and send it to your family.

## Riddles

Challenge your brain and see if you can solve these fun riddles! Send these out to families to work on.

Once you have a suggestion for each, check them with the Answers Sheet (Page 15).

1. The more you take, the more you leave behind. What am I?
2. What has a head, a tail, is brown and has no legs?
3. I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?
4. What is more useful when it is broken?
5. I make 2 people out of one. What am I?
6. What can point in every direction but can't reach the destination by itself?
7. This is light as a feather, yet no man can hold it for long. What am I?
8. Before Mount Everest was discovered, what was the highest mountain on Earth?

9. I have two hands, but I cannot scratch myself. What am I?

10. How do you make the number 7 an even number without addition, subtraction, multiplication or division?

11. What is black, white and blue?

12. How many letters are there in the English alphabet?

These can be sent out to your family to work on and you can keep a copy to see who gets the most right?

## Nursery Rhyme Time

There are hundreds of nursery rhymes – which is your favourite?

Share it with your family and find out theirs!

Can you fill in the blanks in these rhymes? (Answer Sheet - Page 15)

### Incy Wincy Spider



Incy Wincy Spider climbed up the water \_\_\_\_\_,  
Down came the rain and washed poor Incy out.  
Out came the \_\_\_\_\_ and dried up all the rain  
And Incy Wincy Spider climbed up the spout again

### Hey Diddle Diddle

Hey diddle diddle, the \_\_\_\_\_ and the fiddle,  
The cow jumped over the moon;  
The little dog laughed to see such fun,  
And the \_\_\_\_\_ ran away with the spoon



### Row, Row, Row Your Boat

Row, row, row your boat \_\_\_\_\_ down the stream.  
Merrily, merrily, merrily, merrily, life is but a dream  
Row, row, row your boat gently down the stream.  
If you see a \_\_\_\_\_, don't forget to scream!





## Start a story

Ideas:

You can create a cartoon story for your loved one. Or you can start the story and your family could finish it.

	<b>Name:</b> .....	
<b>Name of Book:</b> .....		
<b>Name of Author:</b> .....		

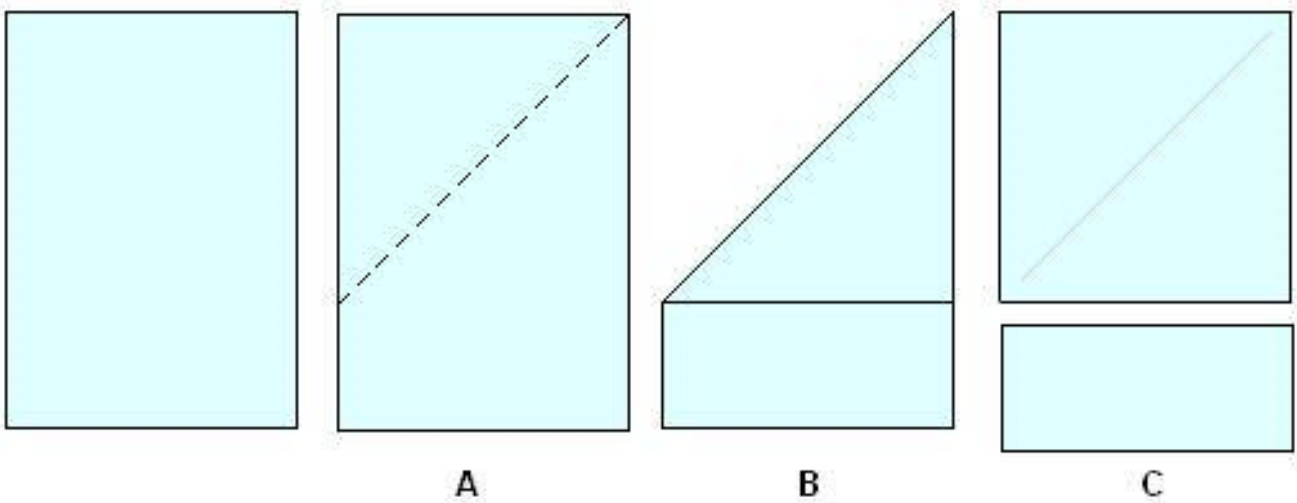
## Origami

Origami is a great distraction for the mind and can be done by anyone, anywhere! Below are a couple examples of origami crafts – both simple and challenging.

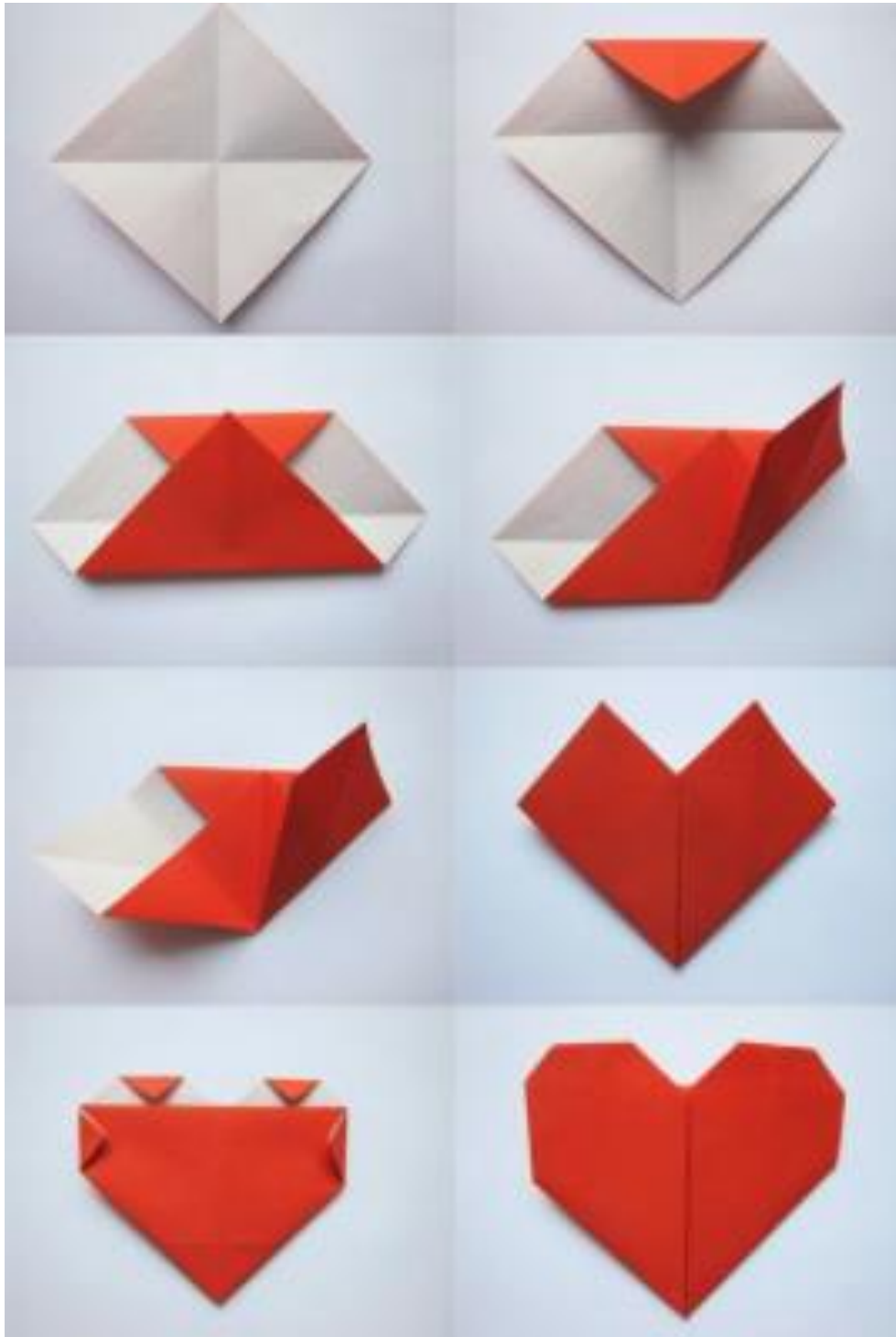
### You will need:

- Paper

Start with a square piece of paper (this can be done by tearing off the top of an A4 sheet, as shown below)



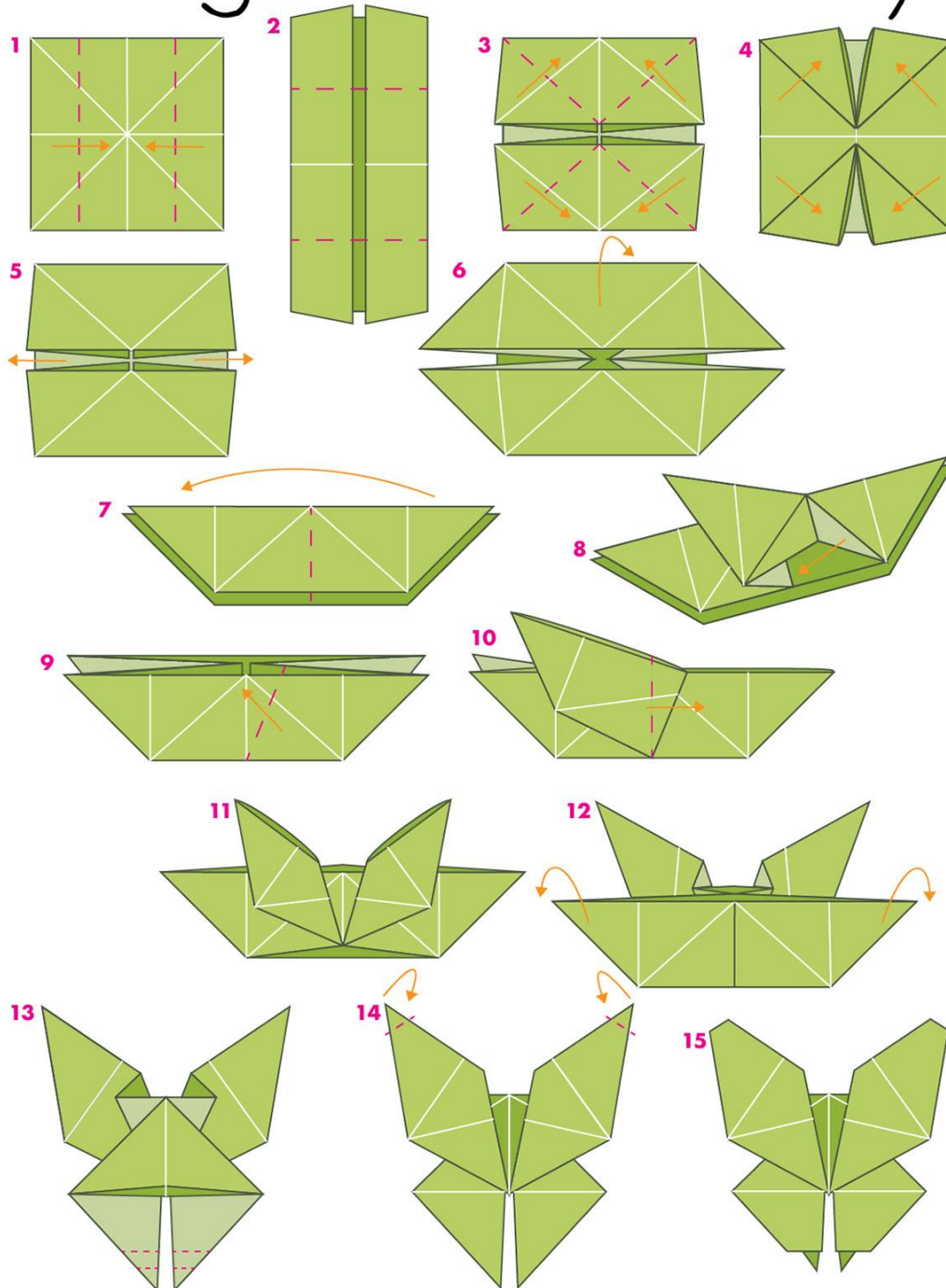
## Origami Love Heart



## Origami Butterfly

These can be made and sent out to your family with a message.

# Origami Butterfly



## Dream Canteen

### You will need:

- Your maths skills!
- Pen & Pencil (Optional)

### Instructions:

- The next page contains an example list of food and drink with their cost
- You each have £10 to spend – what would your dream canteen meal be from the items listed?
- Use a pen and paper to keep track of what you've spent if you wish – remember your budget!

### Tips:

- Try create your own menu with options to choose from e.g.
  - Variations (Pepperoni Pizza, Vegetarian Lasagne)
  - Extra toppings (Sweetcorn, Mushroom, Salami)
  - Sides & Extras (Garlic Bread, Salad, Onion Rings)

<u>Item</u>	<u>Price</u>
<b><u>Drink</u></b>	
Water	30p
Can of Fizzy Juice	40p
Diluted Juice	30p
Tea/Coffee/Hot Chocolate	25p
<b><u>Snack</u></b>	
Chocolate Bar	50p
Biscuits	20p
Crisps	35p
Fruit	20p
Sandwich	£1
Vegetable Sticks & Dip	30p
Cereal Bar	50p
<b><u>Hot Meal</u></b>	
Burger	£3.50
Lasagne	£3.00
Pizza	£3.00
Roast Dinner	£4.50
Sausage & Mash	£3.50
Fish & Chips	£3.50
Chicken Strips	£3.00
<b><u>Dessert</u></b>	
Cheesecake	£2.50
Ice Cream Sundae	£3.00
Chocolate Brownie	£2.50

## Would You Rather

- Bathe in a tub full of beans
- Wash your hair with honey
- Eat someone's toenail clippings

- Cross a rickety bridge with a troll under it
- Spend a night in a haunted castle
- Share your dinner with a vampire

- Shrink as small as an ant
- Grow as big as an elephant
- Become as long as a python

Be chased by:

- A spider
- A bull
- A lion

- Drive a train through a tunnel
- Sail a cruise liner to the USA
- Fly a jumbo jet around the world

Have the ability to:

- Fly
- Be invisible
- Read minds



## Fitness Fun Challenge

### You will need:

- A space large enough for you to complete the exercises without injury

### Activity 1 Instructions:

- Set a timer (for example 30 seconds) and see how many of each exercise you can do in the set time
  - Sit Ups
  - Press Ups
  - Star Jumps

### Tips:

- Try have competition to see who can do the most!

### Activity 2 Instructions:

- Lay on your stomach and push up into a press up OR elbow plank position. Make sure your back is flat and your bum isn't raised too high.
- See how long you can hold this plank position for - compete against a partner and see who the winner is!



## Answers

### Riddles:

1. Footsteps
2. A penny
3. Fire
4. An egg
5. A mirror
6. Your finger
7. Your breath
8. Mount Everest
9. A clock
10. Drop the S
11. A sad zebra
12. 18 (3 in 'the', 7 in 'English' & 8 in 'alphabet')



### Rhymes:

Incy Wincy Spider – Spout, Sunshine

Hey Diddle Diddle – Cat, Dish

Row, Row, Row Your Boat – Gently, Crocodile

## Feedback

Please let us know your thoughts on this booklet and if you have any ideas on what could be included in future copies.

1. I was able to use activities in the booklet with my family:

**Yes/No**

2. I thought the activities were suitable and enjoyable for myself and my family:

**Yes/No**

3. I'd use this booklet or other versions again:

**Yes/No**

Any ideas that could be included in future?

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Thank you!

