

Spring Time

# FUN PACK



**Welcome to the Visyon Springtime Family Fun Pack – it's packed with activities for you to do over the school holidays, on a rainy afternoon or whenever you like!**

At Visyon, we do all sorts of creative activities with children just like you, to help them with their wellbeing. We thought it would be fun to share some of these ideas in our Spring Time Fun Pack.

When you are carrying out the activities in the pack can you think of the different ways that you are using the '5 Ways to Wellbeing' in your life?

**Connect**

**Are you spending time with a family member or friend?**

**Be Active**

**Have you been playing outside?**

**Keep Learning**

**Have you learnt any new skills lately?**

**Help Others**

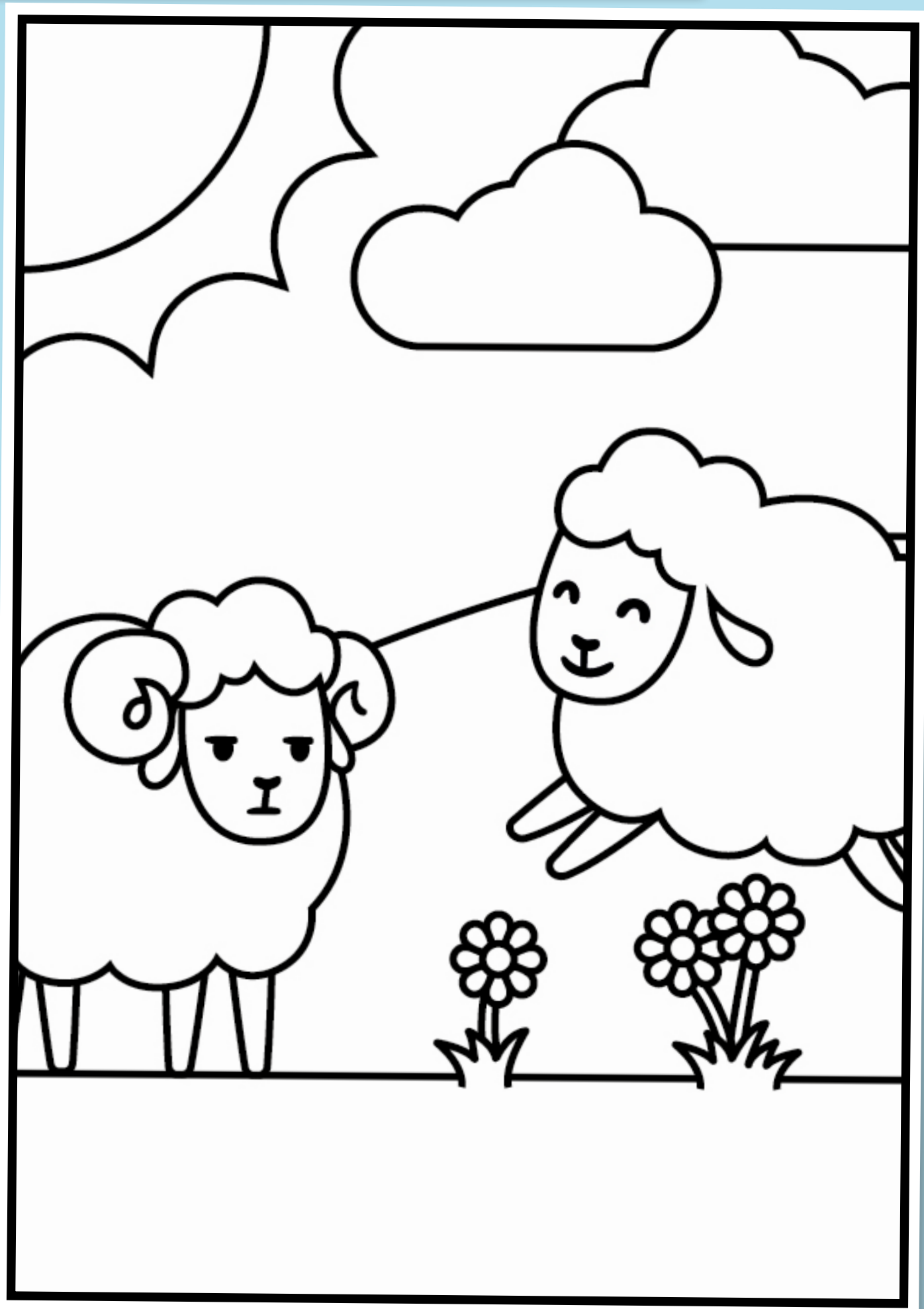
**Did you know that taking care of others makes us and them feel good?**

**Take Notice**

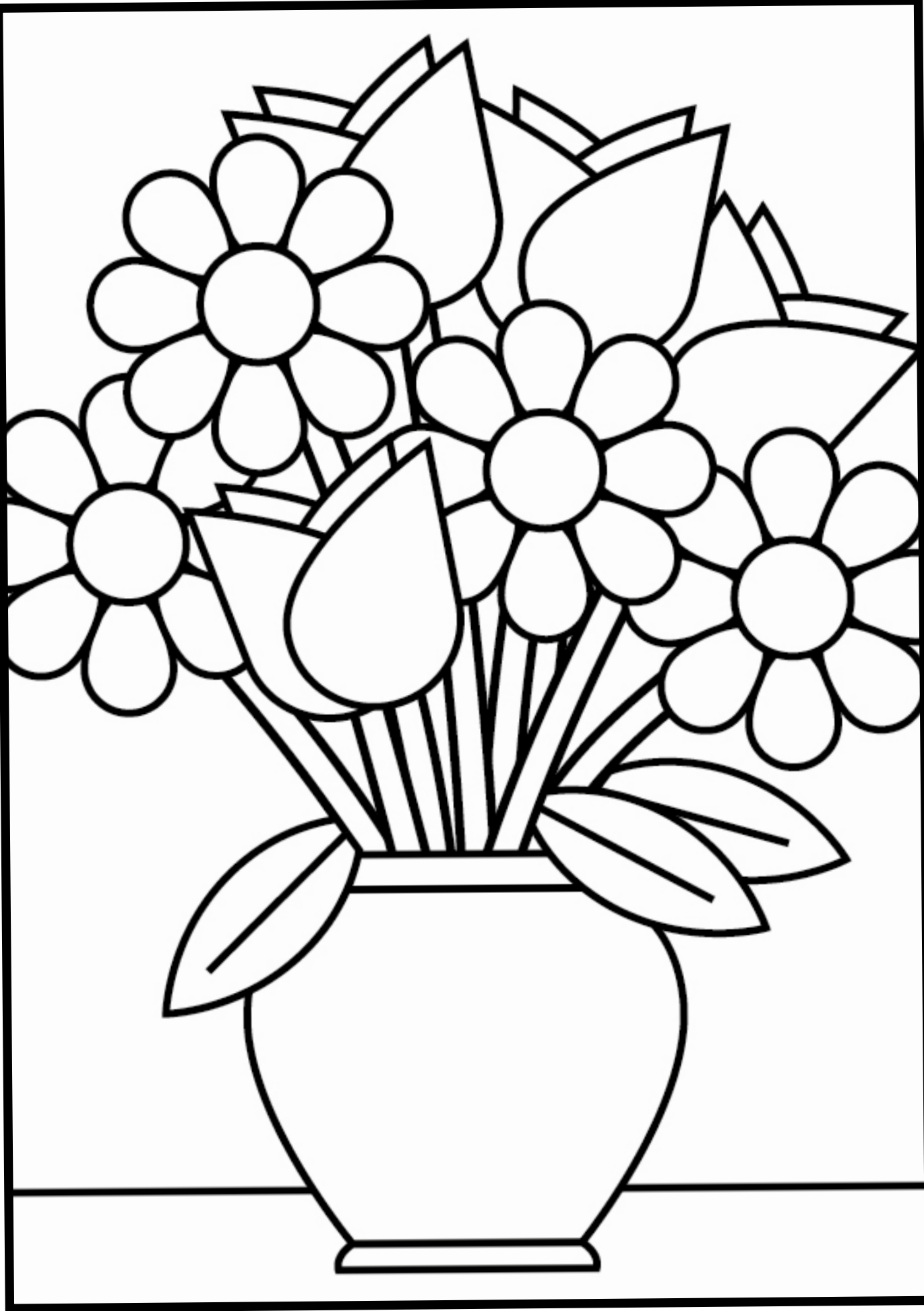
**There are so many wonderful things to notice when you stop and tune in to the sights, smells and sounds around you**

**We hope you have lots of fun with your pack and can't wait to see your artwork!**

COLOUR IN OUR LITTLE SHEEP!



**COLOUR IN SPRING FLOWERS!**



# TANSY MASK

**Cut out Tansy from the “Go to Sleep!” story, add some string or elastic and wear your sleepy sheep mask.**

Show us your mask by using the hashtag #SleepySheep and tagging @visyonltd to be entered into our social media competition. Find out more about the competition later in this pack.

Make sure you ask an adult to help or supervise when you're using scissors.



# TREASURE HUNT

Cut up these 8 pictures and hide them around the house or garden and see how long it takes to find them all! When you've found all 8 clues, work out the answer to each one. The first letter of each answer can be rearranged to spell out a beautiful spring flower that you see lots of at this time of year!

*Full Instructions on how to do the Treasure hunt are at the back of this pack, along with the clue answers in case you get stuck.*

## CLUE 1

**A favourite pet. You might have one in your house?**



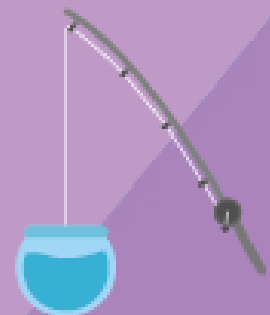
## CLUE 2

**The letter you are looking for is first in the alphabet.**



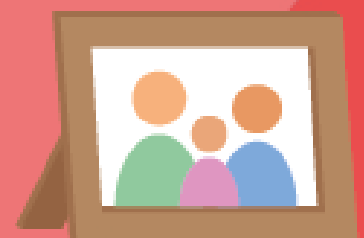
## CLUE 3

**You can find these in rivers, lakes, and the sea.**



## CLUE 4

**What do you call the people that you are related to?**



# TREASURE HUNT

Write your  
answer here:



## CLUE 5

**What fruit shares the same name  
as its colour?**



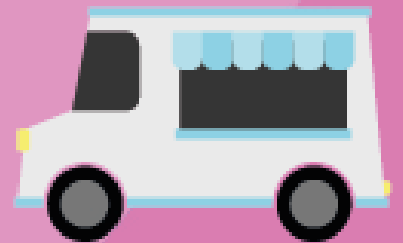
## CLUE 6

**We roamed the earth long ago, but  
we don't exist anymore.**



## CLUE 7

**You might like to buy this chilly  
treat from a van.**



## CLUE 8

**I could be hiding in the grass.  
I am red with black spots.**





# PUZZLES

Have a go at the puzzles\* on these pages and see if you can complete them all!

See if you can work out the words from the picture clues below.  
All the answers are something to do with school.

\*Answers for all the puzzles can be found at the back of the pack

## School

<p>1</p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8</p>	<p>9</p>

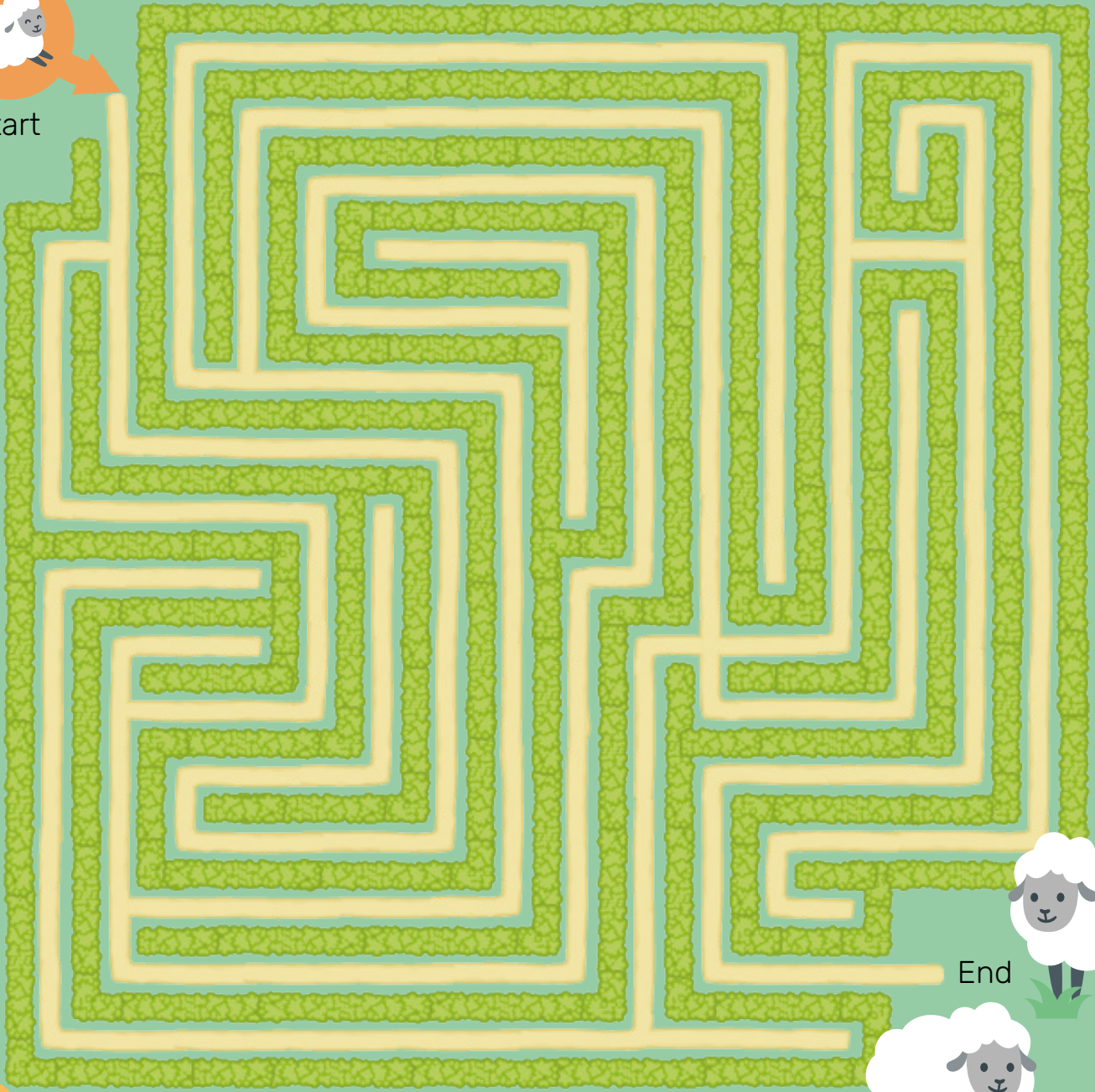
# PUZZLES

Help Tansy the sheep get back to her flock through the maze.

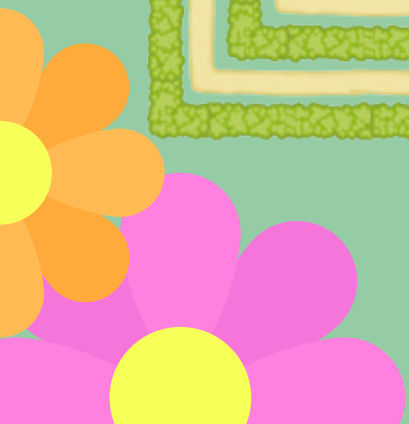
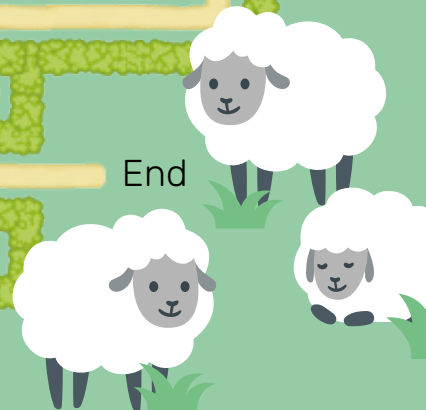
\*Answers for all the puzzles can be found at the back of the pack



Start



End





# PUZZLES

See if you can find all of the hidden words in this wordsearch and figure out the anagrams below.

\*Answers for all the puzzles can be found at the back of the pack

S	P	R	I	N	G	D	E	E	G	G
R	C	T	A	H	B	A	S	K	E	T
S	H	E	E	P	Q	F	A	U	M	R
H	O	R	B	Y	U	F	C	A	B	A
G	C	P	O	N	D	O	H	T	O	I
W	O	Z	N	I	A	D	I	R	N	N
U	L	A	N	R	N	I	C	E	R	B
P	A	R	E	I	Q	L	K	T	D	O
A	T	W	T	B	U	N	N	Y	R	W
E	E	A	S	T	E	R	X	O	C	T
O	B	U	F	E	L	A	M	B	Z	S

SPRING

CHOCOLATE

LAMB

SHEEP

CHICK

BUNNY

EGG

EASTER

ANBIRWO

KTEABS

NONBTE

FLIDOAFD

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Try and find your anagram answers in the wordsearch too!

# CRAFTS

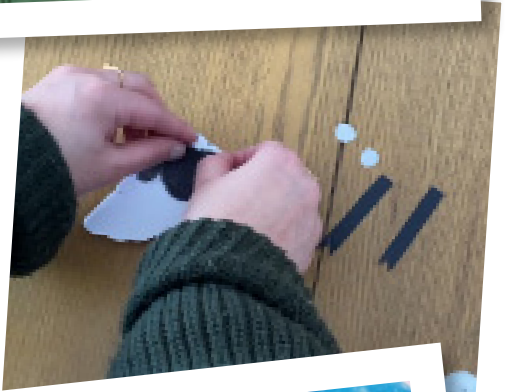
Have you listened to the story video about Tansy, the sleepy sheep yet? Our good friend Nick Jones writes stories for children and you can listen to him read the story "Go to Sleep!" by Marion Adams here:

[Click me to listen to "Go to Sleep!"](#)

We hope you enjoyed the story and thought you might like to make your very own Tansy bookmark.

You'll find the instructions on how to make it on the next page, or you can watch Zahra, one of our art therapists, show you how to make it here:

[Click me to watch Zahra's video](#)



**SLEEPY SHEEP BOOKMARK**

# SLEEPY SHEEP

## BOOKMARK

### You will need:

- White paper or thin card
- Black paper  
(or you can use your black felt tip)
- Glue stick
- Scissors
- Black felt tip pen

### Instructions:

1. Fold one corner of A4 paper to another to make a square. Cut the remaining paper strip off and save for later.
2. Fold your paper to create a diamond shape.
3. Using your scissors create a sheep outline on the edges of your folded paper.
4. Take your black paper and cut out a face, some ears and two legs.
5. Cut two eyes out of the left over white paper and use the felt tip to draw the pupils.
6. Glue these to your sheep.
7. Tuck it over the corner of your favourite book or give it to a friend as a gift.

You'll also find in this pack a sheep picture to colour in (try sticking some cotton wool on the sheep after you've coloured it in to make them fluffy!)

If you enjoyed making the bookmark and sleepy sheep picture, but are still feeling creative – why not make some of these other springtime crafts? You could use them as gifts to give to your friends and family at Easter!



Sheep Bookmark - video tutorial

# POM POM CHICKS

## You will need:

- Two small pieces of card, cut into a doughnut shape with a hole in the centre
- Scissors
- Yellow wool
- One pair of googly eyes
- Orange felt tip



Pom Pom Chicks - tutorial

## Instructions:

1. Place your two card circles on top of each other and wrap the wool a few times through the hole, then tie a knot to keep secure
2. Wrap your yellow wool around the ring and through the centre until the all the cardboard is covered and you can't fit anymore wool through gap
3. Using your scissors carefully, cut through the wool all the around the outside of the edges of the ring
4. Cut another small section of wool and use it to tie the middle of the wool to hold your pom pom together
5. Cut away the card without damaging your wool and shape into a pom-pom
6. Colour a small beak on the card and cut into a triangle
7. Stick on your googly eyes and beak
8. Stand back and admire your beautiful creation

Here are two of our other favourites things to make, as well as these Pom Pom Chicks – we'd love to see your efforts!

[Bunny Plate Craft](#)

[Spring Sun Catcher](#)



# STORY TIME

We know that sometimes if you get worried, it makes it harder to get to sleep at night. Listening to a story can help you relax and get settled ready to fall fast asleep. Our friend Nick Jones is a children's author, based in Congleton, Cheshire and has made a special story time video for you that you can watch here.

**Click me to listen to "Go to Sleep!"**



The book he's reading in the video is called "Go to Sleep!" by Marion Adams and it's about a little sheep called Tansy who's so worried that she can't get to sleep. We hope you enjoy listening to it.

# GO TO SLEEP!

Written by  
Marion Adams

Published by  
Full Media Ltd  
Congleton, UK

Illustrated by  
Sarah-Leigh Wills



Parents who need some support with their children's sleep can visit <https://thesleepcharity.org.uk> to find lots of useful information and help. For help with children's anxiety, you can find lots of information on our website at [www.visyon.org.uk](http://www.visyon.org.uk) or call us for free advice and help on 01260 290000.

There's a #SleepySheep competition to win "Go to Sleep!" and other exciting prizes - see the next page for full details.

Nick has kindly offered a discount on the books to anyone who'd like to purchase them too. Use the discount code: SPRINGOFFER and it will give you £2 off "Go To Sleep!", "Sarah's Shadow" and "One Night in Beartown" on either of these sites: [www.full-media.co.uk](http://www.full-media.co.uk) or [www.nickjonesauthor.co.uk](http://www.nickjonesauthor.co.uk)

# COMPETITION TIME!



If you share your Tansy bookmark with us, or a sleepy sheep picture you've made, you could win a brilliant prize!

You can share your artwork by asking a trusted adult to post it on Facebook, Twitter or Instagram using the hashtag

**#SleepySheep**

and tagging us

**@VisyonLtd**

SARAH'S  
SHADOW



written by  
**NICK JONES**  
illustrated by  
**SI CLARK**



ONE NIGHT IN  
BEARTOWN



Author Nick Jones will be picking the best #SleepySheep picture that's posted online to win an exclusive Sleepy Sheep Bundle that includes signed copies of all his books, "Go to Sleep!" by Marion Adams, chocolate eggs, plus this cute fluffy sheep cushion (made by craft shop JG Handmade) to cuddle whilst you read!

# PRIZE DRAW

Here's some exciting news... just by downloading this pack you've already been entered into a free prize draw to win some amazing prizes, including a family pass for four people to **Alton Towers!**

## The prizes are:

1

Alton Towers family Pass for 4 people (valid until 1st October 2021, terms & conditions apply) donated by Merlin Entertainments Group.

2&3

A hamper of easter goodies, packed full of chocolates, treats and toys donated by Tesco in Crewe.

Runners  
Up

We have prizes for 3 runners up of a digital pet portrait & print each, donated by Digital4dawgs. A unique picture of your dog, cat, bunny, hamster, or any other pet!



Please click [here](#) to read the full terms and conditions for the prize draw.

Don't forget you can also enter our #SleepySheep competition! If you share with us any of the arts, crafts and puzzles you've made from this pack, you could win a brilliant prize. Post your artwork on Facebook, Twitter or Instagram using the hashtag #SleepySheep and tagging us @VisyonLtd. Author Nick Jones will pick his favourite #SleepySheep picture that's posted online to win an exclusive prize bundle.

Please click [here](#) to read the full terms & conditions for the #SleepySheep competition.

# ANSWERS

## Treasure Hunt Instructions & Answers

What you will need –

- Print & cut out your 8 clues ready for hiding
- Decide what the treasure will be
- Have 8 squares of paper and a pen to collect your answers

We have created this treasure hunt with minimum set up to make it fun and straightforward for everybody.

There are 8 pictures to cut out and hide around your home and garden. They can be hidden in any order and it doesn't matter in what order they are found.

Each picture has a question, once your child finds that picture they should bring it to you and answer the question. The first letter of each answer is your clue, write that down on a square of paper to come back to at the end of the treasure hunt.

Once your child/children have returned with all 8 pictures and answered all 8 questions, they should be asked a final question by you,

'Can you use the 8 letters that the bunnies have given you to create the name of a favourite spring flower?'

Once the children have put these in order and got the correct answer they can unlock the treasure (whatever you've decided to give as a reward)!

Questions & Answers –

1. A favourite pet. You might have one in your house? Dog
2. The letter you are looking for is first in the alphabet. A
3. You can find these in rivers, lakes, and the sea. Fish
4. What do you call the people that you are related to? Family
5. What fruit shares the same name as its colour? Orange
6. We roamed the earth long ago, but we don't exist anymore. Dinosaurs
7. You might like to buy this chilly treat from a van. Ice Cream
8. I could be hiding in the grass. I am red with black spots. Ladybird

*The spring flower is Daffodil.*

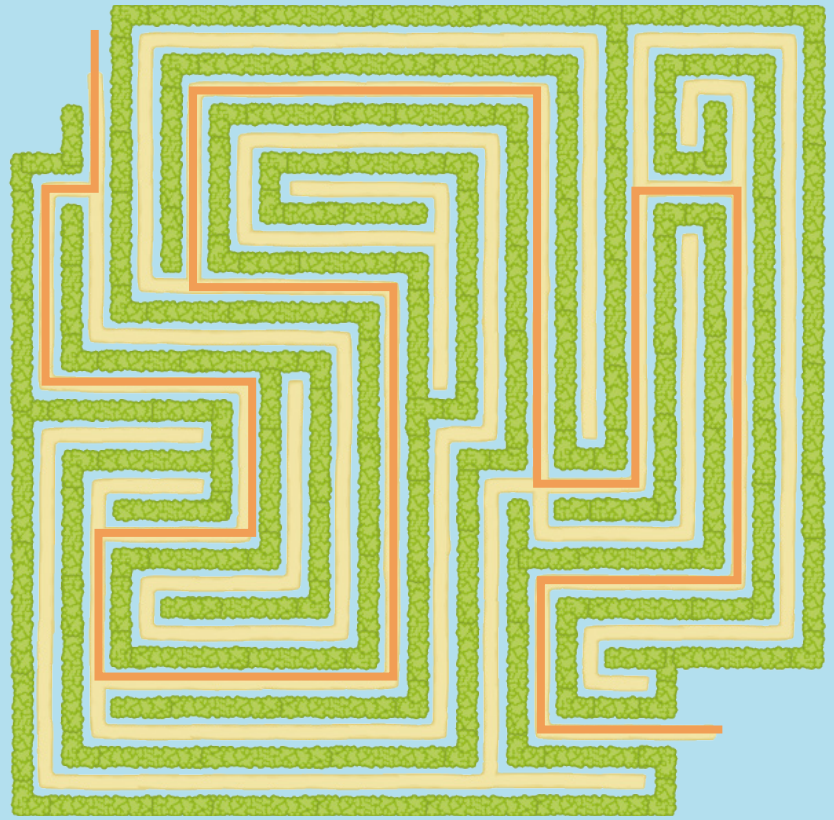


# ANSWERS

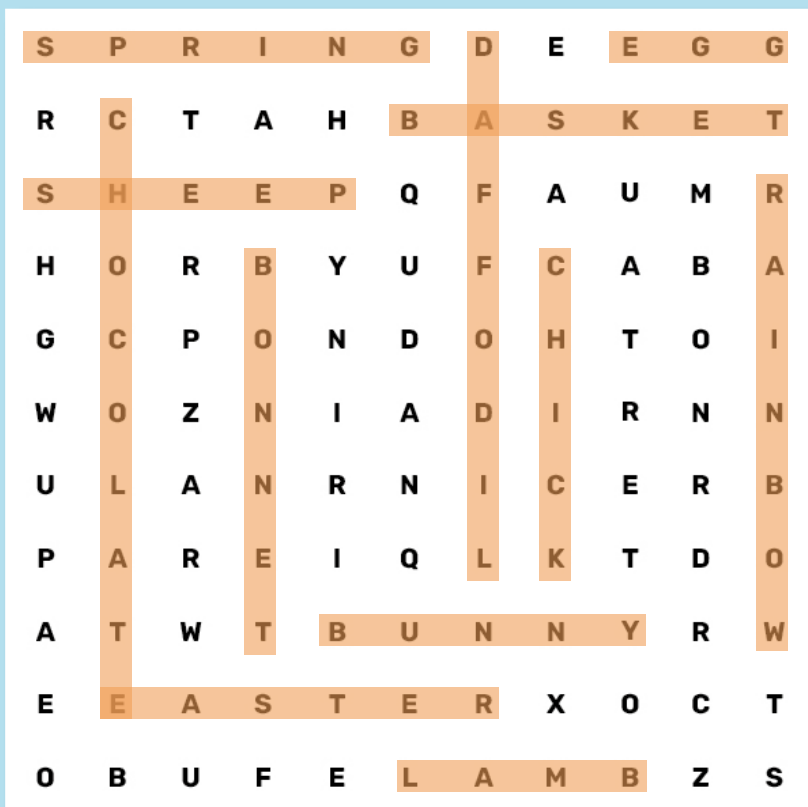
## Picture Quiz Answers

1. iPad
2. Teacher
3. Janitor
4. Pencil
5. School holidays
6. Home Time
7. Jotters
8. Laptop
9. Paper towel

## Maze Answer



## Wordsearch Answers



## Anagram Answers

1. anbirwo = Rainbow
2. kteabs = Basket
3. nonbte = Bonnet
4. flidoafd = Daffodil

# THANK YOU!

# TESCO



Our thanks go to the following people, without whom this pack couldn't have been created:

- Nick Jones, Author
- Marion Adams, Author
- Alton Towers resort
- Jo Mason, Tesco, Crewe
- Jude at Digital4Dawgs
- Lucy Inglis Illustrations
- Jackie Gare, JG Handmade

Special thanks also goes to our community partner, Franklyn Financial Management, for sponsoring packs for local families in Congleton.



## Author Details:

Nick Jones has been proofreading and editing other people's books for over 15 years, but it wasn't until his son was of picture book reading age that Nick decided to start writing children's books of his own. The debut that followed, Sarah's Shadow, won Best Picture Book in the Readers' Favourite Awards. His next book, One Night in Beartown, was published in December 2020 and has been described as "Congleton's answer to Raymond Briggs' The Snowman". Nick is also the owner of Full Media Ltd, the independent children's book publisher and has lived in Congleton for over 20 years.

Over her years as a professional writer, Marion Adams' published work has been aimed at a variety of audiences, from stories for teenage magazines to poetry for literary magazines, but she particularly loves writing for children. Her two children are grown up now, but she recalls that daily reading time, especially bedtime stories, was always a priority. Although Marion has written plays for children, Go To Sleep! is her first picture book. Among other awards, it was given the prestigious 'Kirkus Star', which in the industry marks 'books of exceptional merit'. Marion lives in Devon near to the wild moors where Go To Sleep! is set.

