Mental Health Matters Wales
Activity Packs

Numbers

Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.

The Benefits of these Activities include but are not limited to

- **Better Communication** Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.

- **Improved Coordination** Activities can delay the loss of muscle control.

- **Relaxation** It is a wonderful distraction from the blues, chronic pain, and other stressful situations.

- **Pride** There can be immense satisfaction and pleasure taken from drawing projects.

MHM WALES

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Numbers

Numbers are all around us and a part of everyday life, but strange as it seems to us now, there was a time when numbers, as we know them, simply weren't invented.

Early humans likely counted animals and other everyday objects by carving tally marks into cave walls, bones, wood or stone. Each tally mark stood for one and each fifth mark was scored through to help keep track. This system is fine for small numbers, but it doesn't really work with large numbers. As early civilizations developed, they came up with different ways of writing down numbers. Many of these systems, including Greek, Egyptian and Hebrew numerals, were essentially extensions of tally marks, using a range of different symbols to represent larger values. For example, in the Ancient Egyptian system, a coiled rope represented 100 and a water lily represented 1000. Each symbol was repeated as many times as necessary and all were added together, so under the Ancient Egyptian system, 300 would be shown as three coiled ropes. But even with this system, it was still a cumbersome method for writing large numbers.
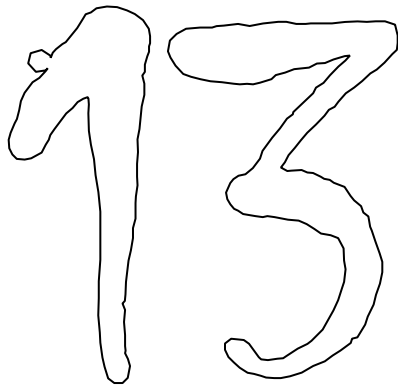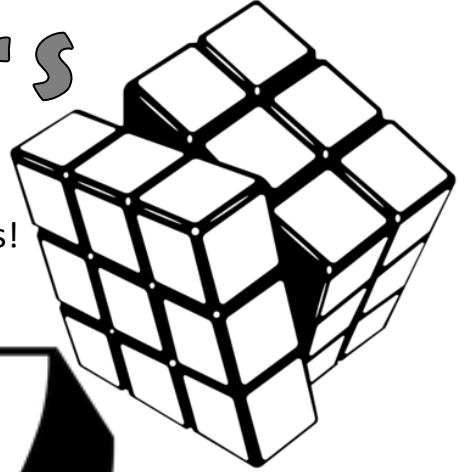
By the 7th Century, Indian mathematicians had perfected a decimal (or base ten) positional system, which could represent any number with only ten unique symbols. Over the next few centuries, Arab merchants, scholars and conquerors began to spread it into Europe. A key breakthrough of this particular system was the number 0. Older systems which didn't have 0, would leave a blank in its place, making it hard to distinguish between 63 and 603 or 12 and 120. Having and using 0 helps make writing down numbers clearer and easier for everyone to understand. Using only ten symbols (0 - 9), we can write any number imaginable.

FIVE
Facts about
Numbers

A Rubik's Cube has 43 quintillion permutations!
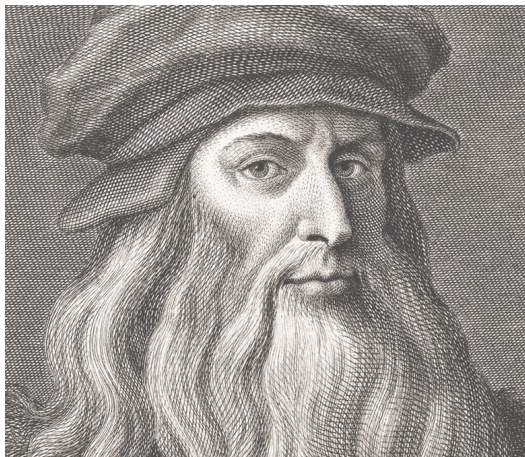
13

Thirteen may be unlucky for some, but in Japan the number 9 is feared, and in East Asia, the number 4 is considered unlucky

The Number 7 is the world's favourite lucky number

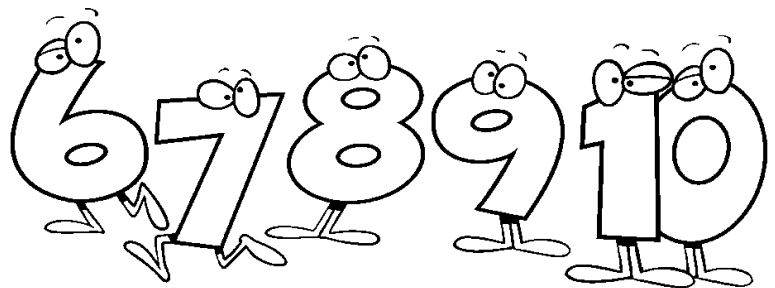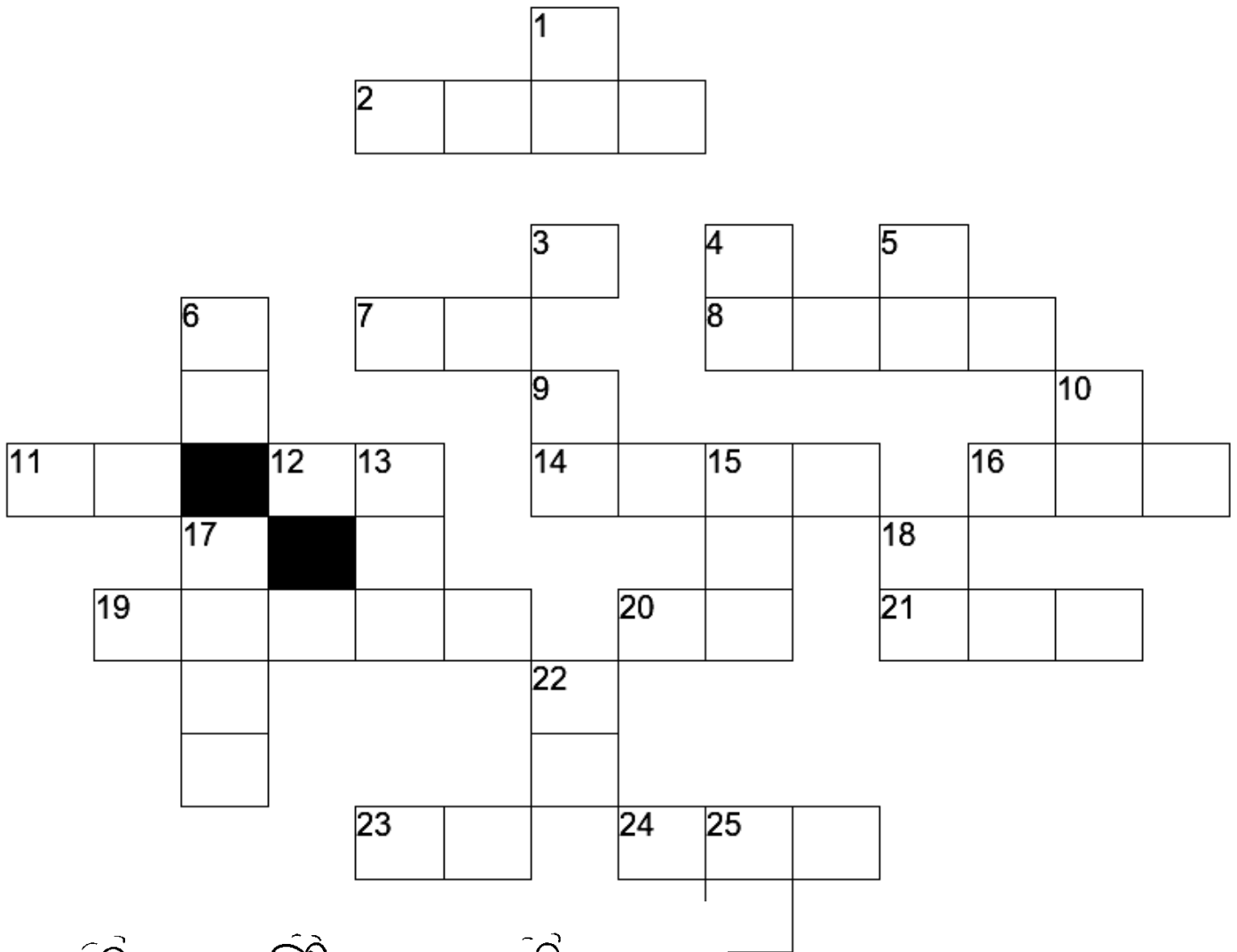**The Number Four** is the only number who's letters equal its value

Leonardo Da Vinci invented painting by numbers! Leonardo had a system of numbering sections of his canvases for apprentices to complete.

Dan Robbins used this idea to create the very first Paint-by-Numbers kit in the 1950s

Numbers Crossword

all the answers are numbers!

Numbers Crossword Clues

Across

2. How many years are there in a millennium?

7. How many days are there in February in a Leap Year?

8. What year did the Second World War end?

11. How many in a Bakers dozen?

12. Complete the early 20th Century phrase: _____ Skidoo

14. What was the year of Queen Elizabeth II coronation?

16. Highest score from three darts?

19. How many men did the Grand Old duke of York have?

20. What number does the Roman Numeral "L" represent?

21. What Agent Number is James Bond famously known as?

23. The Prime Minister lives at what number Downing Street?

Down

1. How many numbers are there in a standard Bingo Game?

3. How many sides are there on a Hexagon?

4. In the Christmas favourite "Twelve Days of Christmas" how many "Pipers piping" were there?

5. A sonnet is a poem containing how many lines?

6. The Welsh *Pedwar-Deg-Pump* is what number in English?

9. How many shillings in a Guinea?

10. How many holes has a standard golf course got?

13. How many degree are there a circle?

15. How many miles would Glaswegian Twins the Proclaimer walk in their popular song?

17. The Battle of Hastings was in what year?

18. How many states are there in the USA?

22. What number do we recognise the famous brand Heinz by?

25. The Ruby Anniversary celebrates how many years of marriage?

Answers:

Across: 1000   29   1945   13   23   1953   180   10,000   50   007   10

Down: 90   6   11   14   45   21   18   360   500   1066   50   57   40

Numerical Word Grid

How many individual words of 3 or more letters can you make from the letters in Numerical?
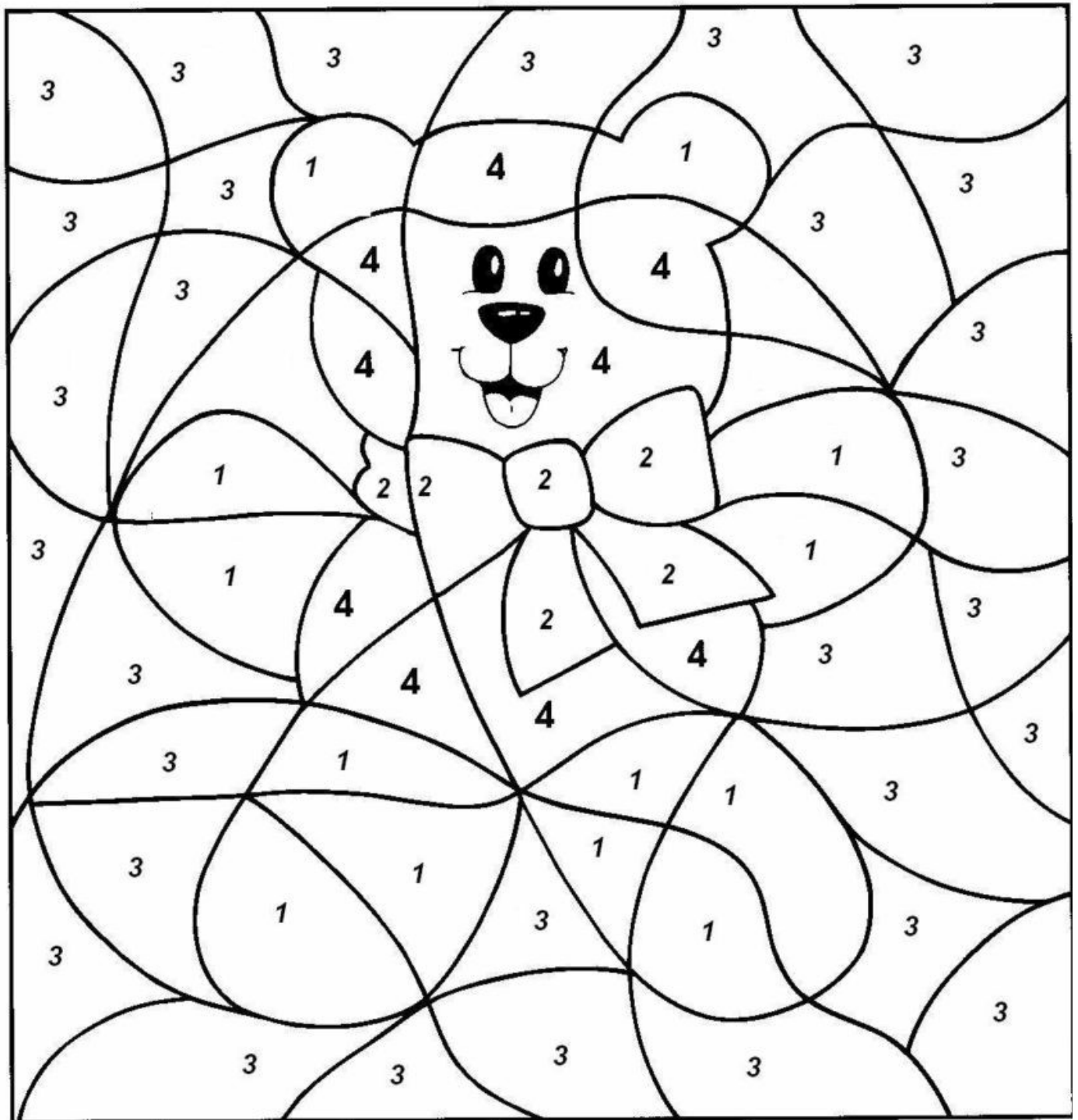
N	U	M
E	R	I
C	A	L

Numbers Up!

Match up the clues to the answers

1. ____ Blind Mice
2. ____ Trombones in the Big Parade
3. ____ Days in a Leap Year
4. ____ Signs of the Zodiac
5. ____ Planets in the Solar System
6. Minutes in an Hour
7. Pearl Anniversary Celebrates ____ Years
8. ____ Ounces in a Pound
9. A Cat has ____ Lives
10. ____ Gospels in the Bible
11. ____ Days in a Fortnight
12. Retirement Age in the UK
13. ____ Dwarfs
14. Unlucky for Some
15. October has ____ Days
16. ____ Years in a Decade
17. ____th Anniversary of VE Day (2020)
18. ____ Inches in 2 Feet
19. ____ Letters in the Alphabet
20. ____ Squares on a Chess Board

A. 13 (thirteen)
B. 75 (seventy five)
C. 8 (eight)
D. 60 (sixty)
E. 24 (twenty four)
F. 26 (twenty six)
G. 30 (thirty)
H. 31 (thirty one)
I. 14 (fourteen)
J. 10 (ten)
K. 3 (three)
L. 12 (twelve)
M. 64 (sixty four)
N. 9 (nine)
O. 76 (seventy six)
P. 366 (three hundred and sixty six)
Q. 67 (sixty seven)
R. 7 (seven)
S. 16 (sixteen)
T. 4 (four)

Answers:
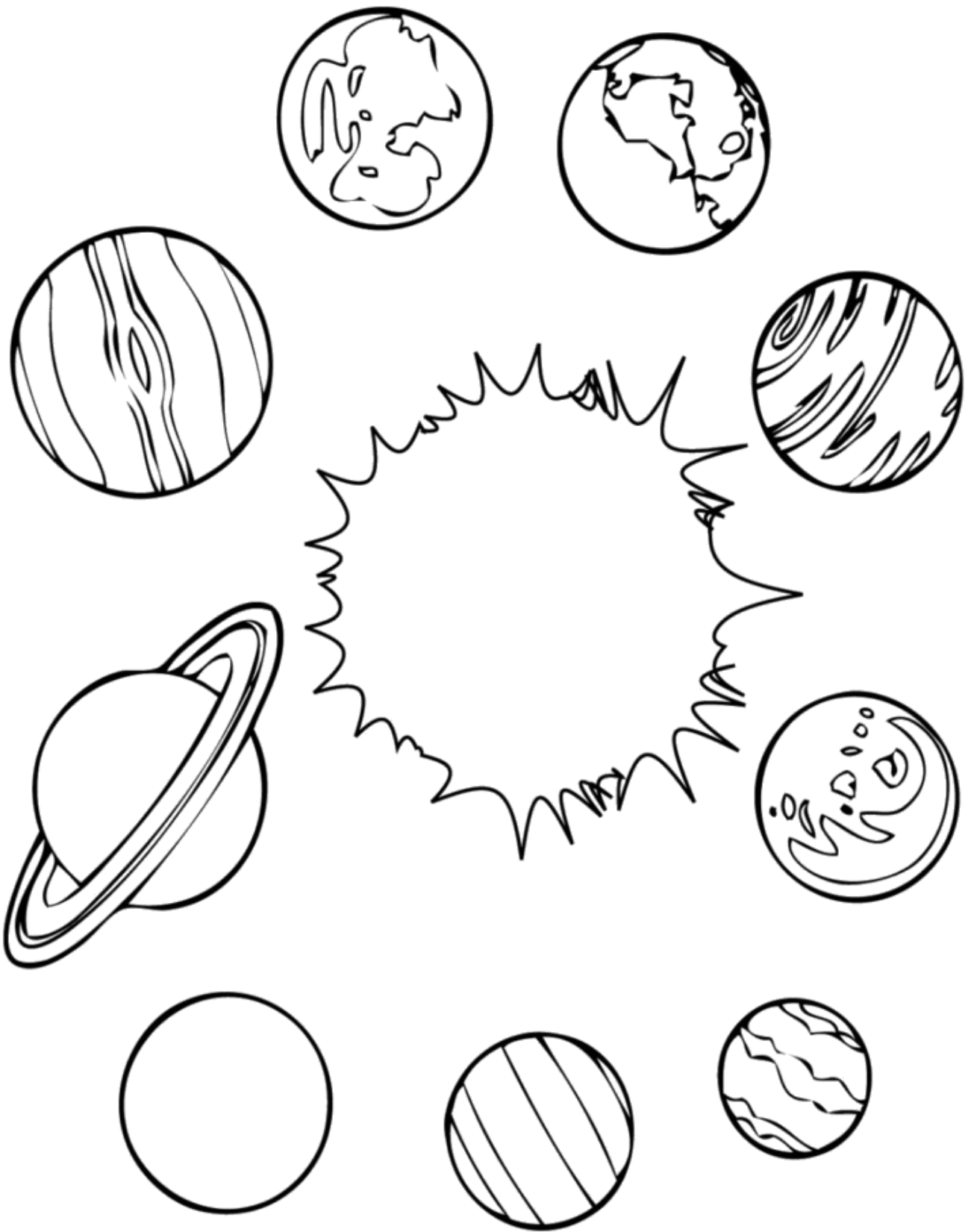
1 = K   2 = O   3 = P   4 = L   5 = C   6 = D   7 = G   8 = S   9 = N   10 = T
11 = I   12 = Q   13 = R   14 = A   15 = H   16 = J   17 = B   18 = E   19 = F   20 = M
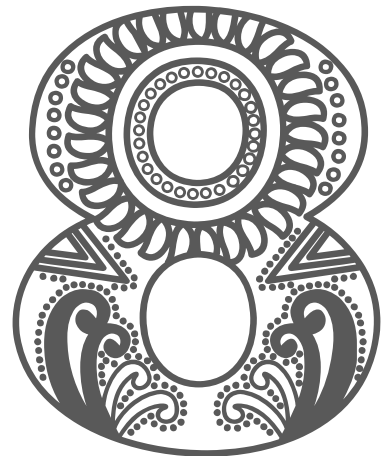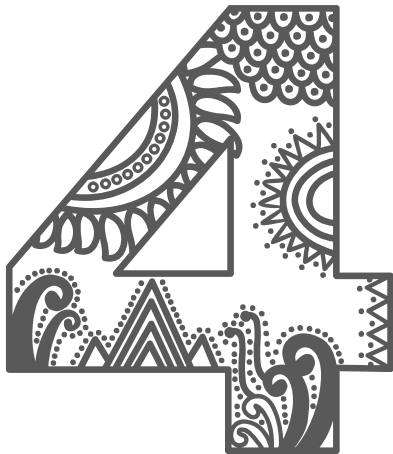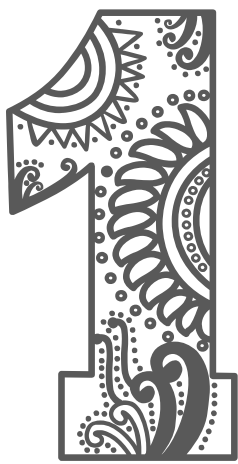
Colouring Pages

1 = Yellow   2 = Red   3 = Green   4 = Brown

8 Planets in our solar system

1 2 3
4 5
6 7 8
9 0

My Weekly Planner

	MORNING	AFTERNOON	EVENING
S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK	THINGS TO REMEMBER

"MONEY IS NUMBERS AND NUMBERS NEVER END. IF IT TAKES MONEY TO BE HAPPY, YOUR SEARCH FOR HAPPINESS WILL NEVER END" Bob Marley