

# AMAZINE



**amazing futures**  
for young people

## How are we keeping busy

What can you try  
to help stay calm  
during isolation

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Fun games and  
activities

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See more  
from our  
unique animal  
of the week

STAY  
HOME



With thanks to you all for your contributions—we hope you're safe and well.

If you'd like to be featured please send your photos/ideas to [amazemagazine1@gmail.com](mailto:amazemagazine1@gmail.com)



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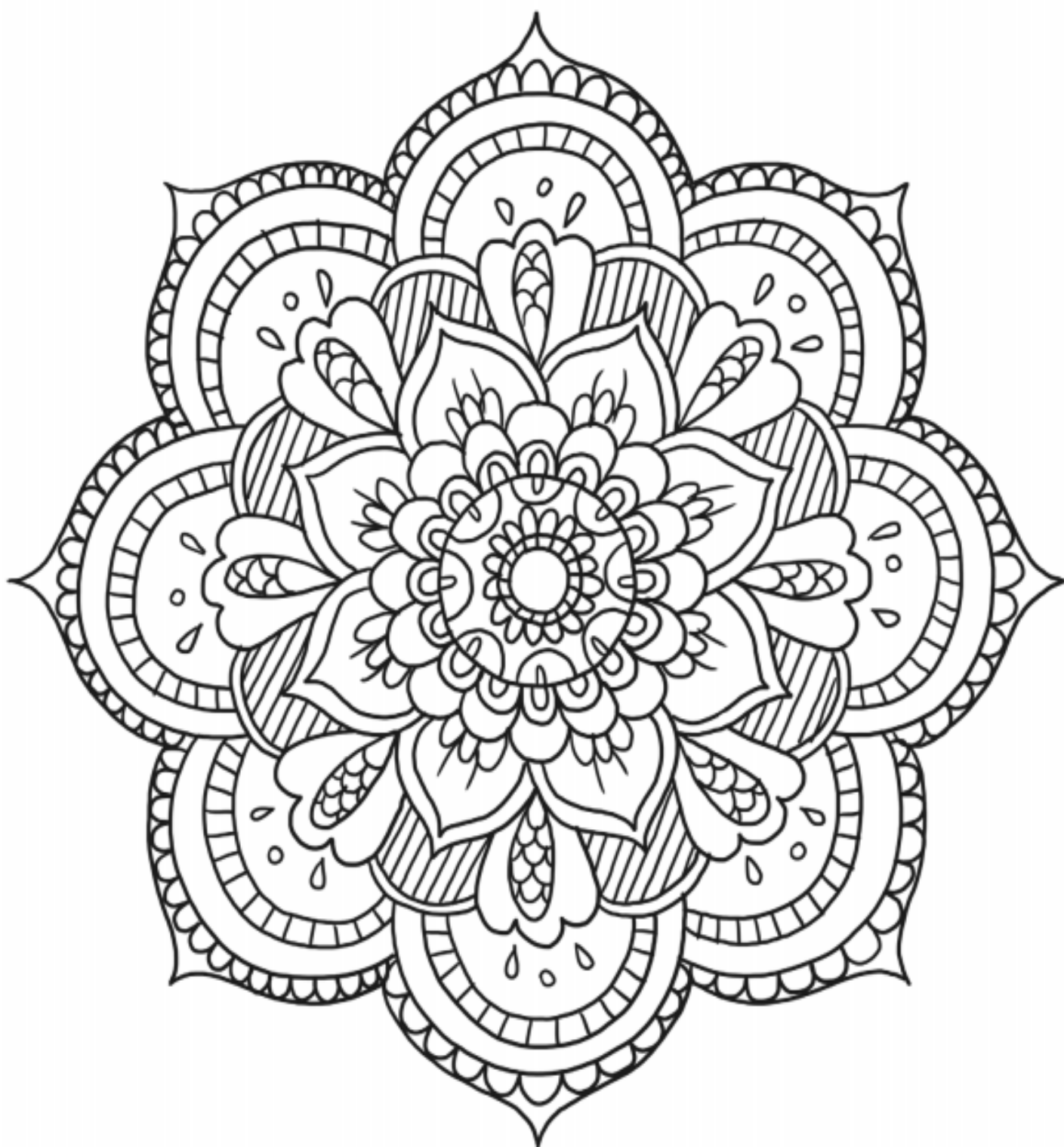
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# Colour me in!





During the coronavirus pandemic, the rainbow has become a symbol of support for people wanting to show solidarity with NHS workers on the front line.

Izzy is working as she is classed a key worker. But in her spare time she is painting. Rainbows. Keep up the great work Izzy!







NHS health officials asked for all artwork to be shared digitally using the hashtag **#RainbowsForNightingale**.

**The trend was reportedly started by a nurse who wanted to create “a sign of hope” for patients and staff in hospitals across the country.**







## amazine word search

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | C | H | E | R | R | I | E | S | I | A | M | I | U |
| K | N | R | I | I | T | F | A | R | C | E | N | I | M |
| C | G | S | D | N | E | I | R | F | E | S | T | R | A |
| A | D | E | I | S | F | U | N | G | N | I | V | I | G |
| N | O | E | T | W | E | L | L | B | E | I | N | G | P |
| S | O | D | E | T | C | E | N | N | O | C | S | N | O |
| E | G | C | I | S | U | M | R | A | C | R | C | A | K |
| V | E | B | E | O | A | D | B | A | B | Y | C | A | E |
| E | D | E | L | E | E | S | O | I | S | T | I | A | M |
| N | S | G | G | R | N | K | N | B | I | E | I | R | O |
| T | V | C | C | I | M | I | R | V | B | G | M | G | N |
| S | I | R | E | A | I | L | E | M | S | L | R | A | M |
| F | A | M | I | L | Y | L | N | V | S | A | E | B | G |
| E | A | C | L | C | T | S | A | I | A | N | I | N | R |

CONNECTED  
 DOBBLE  
 MINECRAFT  
 SKILLS  
 GOOD  
 FRIENDS  
 EVENTS  
 ACTIVE  
 WELLBEING  
 CHERRIES  
 MUSIC  
 FUN  
 POKEMON  
 CLAIRE  
 GAMES  
 GIVING  
 FAMILY  
 ARTS  
 BABY  
 SNACKS



What do these weird English words  
actually mean? Have a guess.

Do you know any other strange words?

**doodle sack?**  
**Winklepickers?**  
**salopettes?**  
**Quire?**  
**Bibble?**  
**Erf?**

Which famous  
comedian uses the  
word kerfuffle a lot?

Claire's favourite  
is finifugal—  
afraid of finishing  
anything



# The great Covid-19 bake off



Victoria sponge –Jack



Billie's choc chip cookies



**James baking**

Chloe's sponge bake with  
chocolate filling







**Chocolate chip and Cherry  
& Raisin cupcakes - Jack**



**Alanna's Easter nests**



**Lewis' cake**



**Jack's decorated vanilla sponge**

**Amazing Futures have been busy baking to keep themselves occupied during lockdown – here are some of their creations:**

**If any of them catch your eye, be sure to email in and we will share the recipe.**

**Do you have any gourmet delights we could feature in our next edition**

### Ingredients

4 TBSP Self raising flour

4TBSP Caster sugar

2 TBSP Cocoa powder

1 egg

3 TBSP milk

3 tsps. Oil or soft /melted  
butter

Sprinkle of vanilla essence

### Additional extra

2TBSP choc chips, nuts, raisins,  
cranberries and any other  
yummy extra

One large mug that is micro-  
wave safe

## Lewis' 'minimal effort mugcake'

### Method

Add the self-raising flour, caster sugar and cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix

Add an egg and mix in as much as you can, but don't worry if there's still dry mix left.

Add the milk, vegetable oil or butter and a few drops of vanilla essence and mix until smooth, before adding the extras like chocolate chips, nuts, or raisins and mix again.

Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.



“Tbh i just put  
some flour in a  
bowl with some  
cocoa powder, put  
in a microwave and  
hoped for the best”  
- Lewis



One way you can  
keep busy &  
follow the 5 ways  
to wellbeing is  
by trying out new  
exercise routines:



Trying out Joe Wicks - Ella &  
her sisters

Joe Wicks a.k.a 'The Body Coach' currently has daily exercise videos on his youtube channel so you are all set for keeping active in the upcoming wicks.

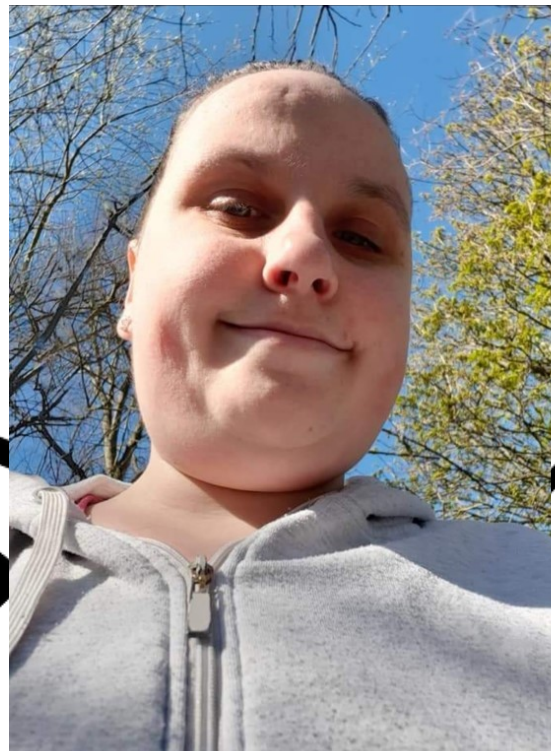
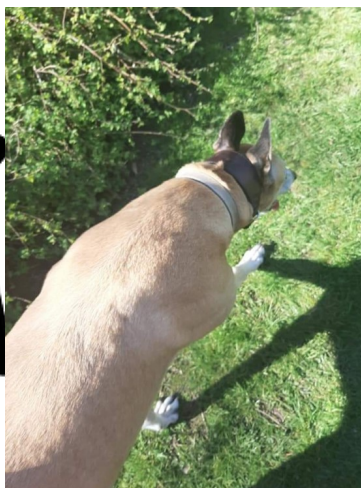
Or you could try the 'Couch to 5k' app, which has a training plan that helps you learn how to gradually run 5 kilometres. But please remember to practice social distancing if you do want to run!

I've been keeping up running since I ran 5k for Amaze" - Molly



# some of us are keeping active by...

**Amelia walking her dog**



**Jack on his bike**



**Izzy hula hooping**



## UNIQUE ANIMAL OF THE MONTH THE SKINNYPIG

### **Skinny Pigs are a Hairless Breed of Guinea Pig**

They live for an average of 7 - 8 years but can live to 10 if cared for really well.

They eat more than a normal guinea pig as food is extra important to give them energy to keep warm. They also require baths and moisturiser for their skin!







Meet Luna and Fifi  
These are Alanna's  
guinea pigs





You could learn a new art form!

Now is a great time to let your creative juices flow.

Take a look at what has been created so far.

Alanna drew some of  
our favourite Disney



Mahala made this  
with Bunchems



One young woman decorated this  
box to keep her art materials in



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This was made using Paper Mache to store some isolation snacks!

Turn the page to see how Taylor's been creative using makeup!

Aqua beads are a fun way to be creative with very little mess.

These are Lucy's favourite things to do.



Mahala tried some too!



## Taylor's make up skills

My love of makeup came from the fact that I've always been very interested in art and being creative. I started experimenting with makeup when I was in Year 4 at primary school for one of the school discos and have loved doing it ever since. To do this eyeshadow, I asked my friends to send me eyeshadow looks to inspire me and then chose one that I wanted to recreate.

**Why not have a go yourself? Send us in your pics.**



Here are a selection of close up photos of activities the group have been doing as part of the 5 ways to wellbeing. Can you guess what they are?





















## Bryony's new knitting skill



To anybody thinking of starting a knitting project I would highly recommend it, however please be aware that you are not going to be an overnight expert so don't get disheartened if your knits aren't perfect right away, practice the stitches you learn and also remember to have fun. **Happy knitting!**

When I first saw my late grandmother knitting, I thought to myself that's something that I would like to do in the future. She was something of a whizz at knitting, and could make projects within a few days!

I was born six weeks premature and weighed about the same as a bag of sugar and because of this, my parents were unable to find me any suitable baby clothing so my Grandma stepped in and knitted me clothing and a blanket as fast as she possibly could.

In December, I decided to try knitting a scarf for my boyfriend Paul. Scarfs are meant to be straight forward projects and are ideal starting places for beginners.





### Bryony's toy bunny



#### Bryony's top tips for knitting

Try out easy patterns first

It's a low cost activity

You can do it anywhere

Ask for help in wool shops like C&H Fabrics

go online and look on utube

Get simple patterns

Don't be afraid to try

Mistakes are part of learning

Have fun

The bunny was a challenging yet fun piece to make, it was challenging because it included new stitches that I had never encountered before, but it was also fun because I got to see the shape of the bunny forming.

Once I had knitted the required pieces it was time for assembly. Firstly I sewed the required sides together using leftover wool, then I stuffed the bunny using polythene beads and sewed on the remaining pieces after sealing the bunny up.

There is no stopping me now as since making this I have made another bunny and a horse which is a gift for my step niece.







**Animal Crossing: New Horizons** is a new game that was released on Nintendo switch at the end of March, the game is proving to be very popular over the isolation period.



The game is set when you move to your own new island and are to help Tom Nook to complete tasks in order to fully complete your island, you can fish, craft furniture items, catch bugs, dig up fossils and many more exciting features.

You can play alone or with people in your household, you can even play online with your friends if you have their game code.

**Lewis has shared his animal crossing experiences with us by showing off his fish and his island, by building a prison for those difficult islanders!**





**Below are some examples of types of bugs you can find on your island and a guide and how much each is worth:**



for young people

| Bug                    | Location       | Value | Time Available  |
|------------------------|----------------|-------|-----------------|
| Flea                   | On Villagers   | ???   | All Day         |
| Jewel Beetle           | On Trees       | 2,400 | All Day         |
| Common Bluebottle      | Flying         | 300   | 4 a.m. – 7 p.m. |
| Madagascan Sunset Moth | Flying         | 2,500 | 8 a.m. – 4 p.m. |
| Agrias Butterfly       | Flying         | 3,000 | 8 a.m. – 5 p.m. |
| Raja Brooke's Birdwing | Flying         | 2,500 | 8 a.m. – 5 p.m. |
| Darner Dragonfly       | Flying         | 230   | 8 a.m. – 5 p.m. |
| Long Locust            | On Ground      | 200   | 8 a.m. – 7 p.m. |
| Atlas Moth             | On Trees       | 3,000 | 7 p.m. – 4 a.m. |
| Giant Water Bug        | Ponds & Rivers | 2,000 | 7 p.m. – 8 a.m. |

### **\* ACTIVITY TIME!**

**Reading the animal crossing section of the magazine, what would your ideal island look like? We would like you to design your ideal island along with your own islander so you can join in with the fun too!**





If you don't find art relaxing  
there are other things you could  
try whilst being at home...



**Start  
Meditating.**

The brain goes through about 50 thoughts per minute and this constant flow of information can quickly become overwhelming. So it is important to let go of your thoughts. Try out some apps to help you:





Download Free books...

For people in **Brighton** there is an app called '**BorrowBox**' that lets you download free eBooks and Audio books for your phone or computer. You just need your Brighton and Hove library card.

**East Sussex** has an app called '**Libby**'.

**West Sussex** has '**RB Digital**'





# **With Special thanks to:**

## **Melina:**

**for raising money via Facebook to help fund  
our Amazing  
Futures project**

## **Pagane:**

**For her article with tips on how to remain  
calm in isolation (see more in our next edi-  
tion)**

**Every young person who has sent in photos  
and ideas of their quarantine activities**

**Our Amazing Futures team for their work on  
this publication**