

# WE'RE TOGETHER FAMILY FUN



## THE FLOATING HOSPITAL

**All the staff at The Floating Hospital (TFH) want you to know that we are united with you and your families during this COVID-19 pandemic.**

**We recognize that staying indoors can be a challenge** even in the best of times, so we put together this fun activity book to motivate, inspire and entertain you and your children during this time of self-quarantine. Enjoy!

**You are playing a critical role** in keeping yourself, as well as your families and communities safe, by staying home, washing your hands, and keeping a social distance of 6 feet or more whenever you have to go outside.

**If you feel ill, know that you are not alone. The Floating Hospital is open,** and though we are not taking walk-in visits at this time, we are scheduling visits with our medical, dental and mental health providers in addition to arranging Telehealth calls via phone, and/or computer. For more information, please call our clinic to schedule an appointment: 718-784-2240, extension 299 or 100.

**Along with this little “care package,” we are all sending you our very best wishes for good health and well-being!**



# Positive thoughts & affirmations



Positive thinking is a powerful tool that can improve your health, help you manage stress, overcome challenges, and make better choices. Everyone can benefit from improving their positive thinking skills! By changing your thinking, you can better control your emotions and your actions. Start with positive self-talk: use the voice in your head to say positive things about yourself or a situation.

**List some positive thought and affirmations you can say to yourself:**

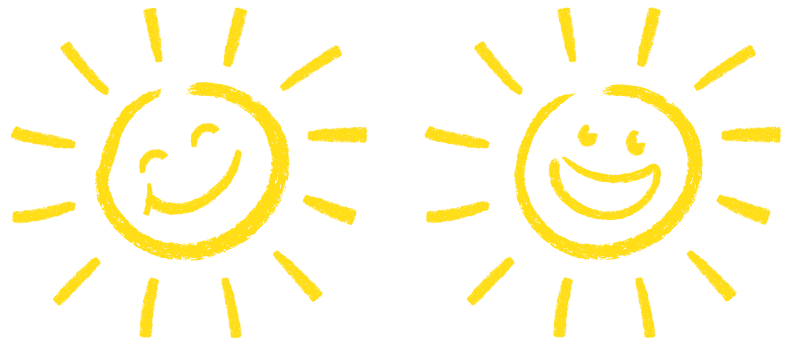
1.	
2.	
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# Positive thoughts & affirmations



Here are some ideas for positive thoughts and affirmations:

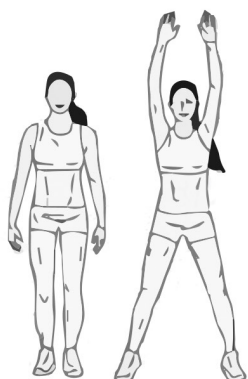
- \* I have courage and confidence.
- \* I have people who love and respect me.
- \* I stand up for what I believe in.
- \* All of my problems have solutions.
- \* I forgive myself for my mistakes.
- \* My challenges help me grow.
- \* This day has good in it.
- \* My mistakes help me learn and grow.
- \* I believe in my goals and dreams.
- \* I can take one step at a time.
- \* Today, I choose to think positively.
- \* I can get through anything.
- \* I can do better next time.
- \* Everything will be OK.
- \* I believe in myself and my abilities.
- \* What I don't know I will learn.
- \* I am resilient.
- \* My positive thoughts create positive feelings.
- \* Today, I will walk through my fears.
- \* I am open and ready to learn.
- \* If I fall, I will get back up again.
- \* It is enough to do my best.
- \* I can surround myself with positive people.
- \* I have inner beauty.
- \* I have a magnificent purpose in this world.
- \* I have inner strength.
- \* Anything is possible.
- \* I can radiate positive energy.
- \* Wonderful things are going to happen to me.
- \* I can take deep breaths.
- \* With every breath, I feel stronger.
- \* I can overcome my challenges.
- \* I am thankful for today.
- \* I strive to do my best every day.
- \* I am going to push through.
- \* Today, I am going to shine.
- \* I am beautiful inside and out.
- \* I am going to get through this.
- \* I choose to think positively.
- \* I am starting a new chapter today.
- \* I am becoming the best version of myself.
- \* Today, I will spread positivity.



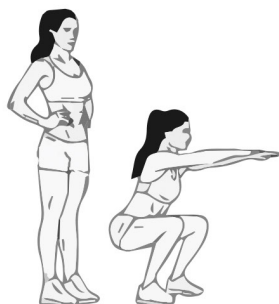
# Workout #1



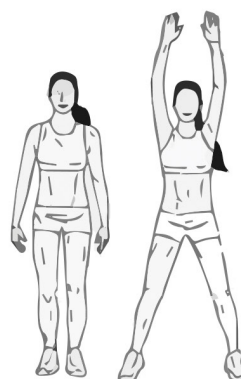
Here are some simple exercises that you can do in your own space at your own pace.  
Work your way up through the levels as you feel stronger.



**20** jumping jacks



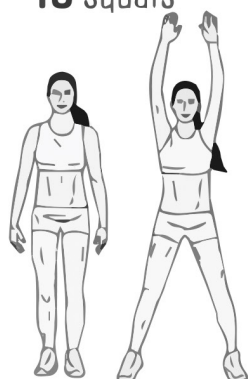
**10** squats



**20** jumping jacks



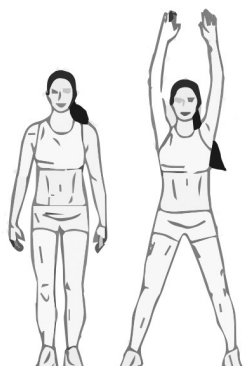
**10** march steps



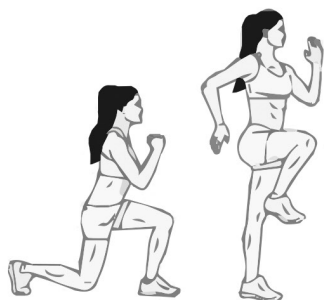
**20** jumping jacks



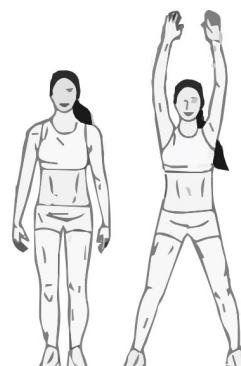
**10** knee-to elbow



**20** jumping jacks



**10** march steps



**20** jumping jacks

**LEVEL I**  
**3 sets**

**LEVEL II**  
**5 sets**

**LEVEL III**  
**7 sets**

**REST up to**  
**2 minutes**

# Workout #2

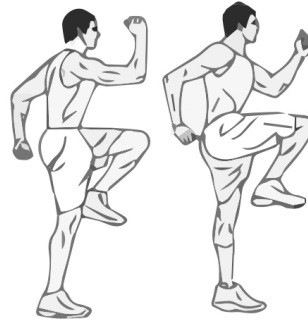


Here are some simple exercises that you can do in your own space at your own pace.  
Work your way up through the levels as you feel stronger.

Do three of each move, alternating between the two.

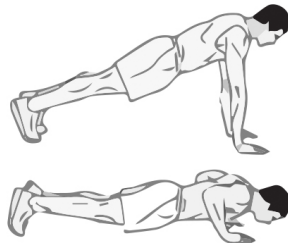


**10sec** high knees

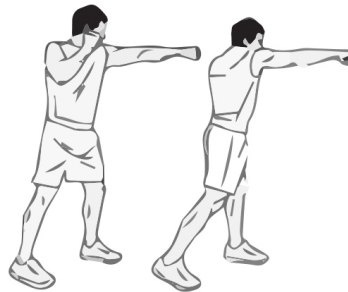


**10sec** march steps

Do three of each move, alternating between the two.

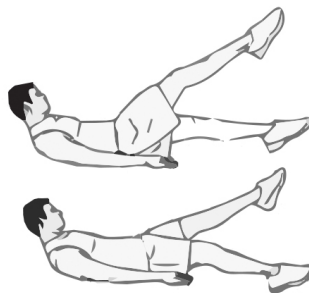


**10sec** push ups

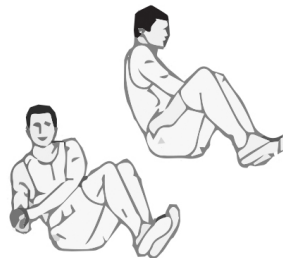


**10sec** punches

Do three of each move, alternating between the two.



**10sec** flutter kicks



**10sec** sitting-twists

**LEVEL I**  
**3 sets**

**LEVEL II**  
**5 sets**

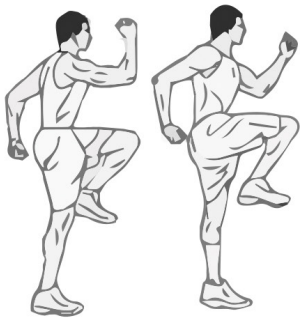
**LEVEL III**  
**7 sets**

**REST up to**  
**2 minutes**

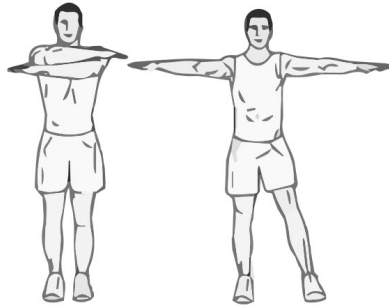
# Workout #3



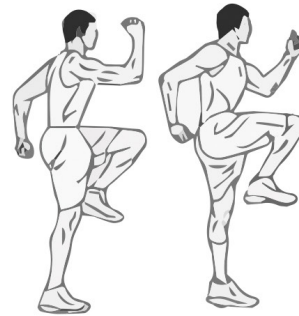
Here are some simple exercises that you can do in your own space at your own pace.  
Work your way up through the levels as you feel stronger.



**20** march steps



**20** step chest expansions



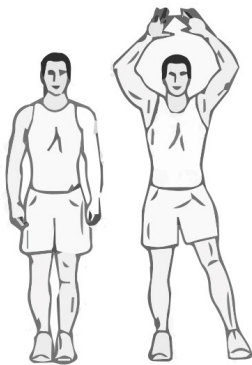
**20** march steps

**LEVEL I**  
**3 sets**

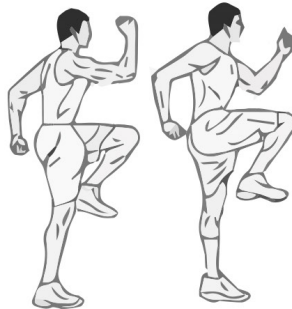
**LEVEL II**  
**5 sets**

**LEVEL III**  
**7 sets**

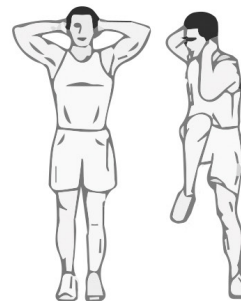
**REST up to**  
**2 minutes**



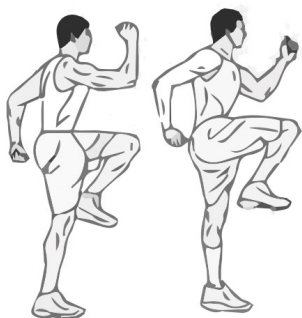
**20** step jacks



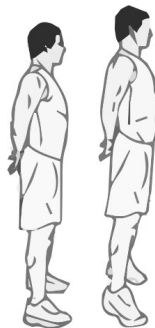
**20** march steps



**20** knee to elbows



**20** march steps



**20** calf raises

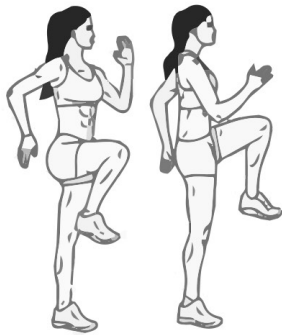


**20** march steps

# Workout #4



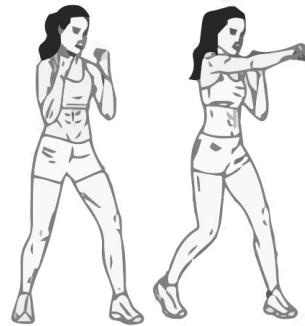
Here are some simple exercises that you can do in your own space at your own pace.  
Work your way up through the levels as you feel stronger.



**20** march steps



**20** high knees



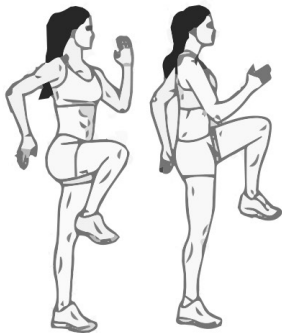
**20** punches

**LEVEL I**  
**3 sets**

**LEVEL II**  
**5 sets**

**LEVEL III**  
**7 sets**

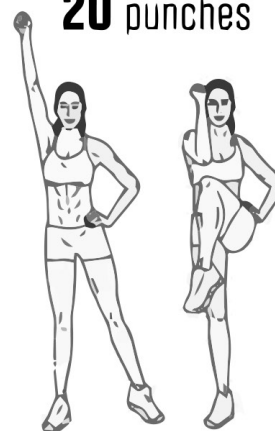
**REST up to**  
**2 minutes**



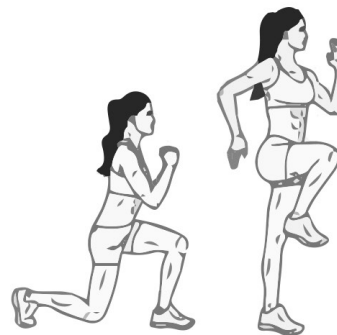
**20** march steps



**20** high knees



**20** knee-to-elbow





# Germ trivia



1. True or false: germs are tiny invaders that can make us sick.
2. True or false: you can see germs.
3. What are the two most commonly heard words about germs?
4. True or false: some bacteria can be GOOD for us.
5. Name a way that germs can enter our bodies.
6. What can we do to protect ourselves from germs?
7. True or false: it's OK to eat food that was dropped on the floor.
8. True or false: it's OK for me to go to school if I am sick.
9. For how many seconds should we wash our hands?
10. If there isn't soap available, what else can we use to wash our hands?
11. When should we wash our hands?
12. Name a place that has a lot of germs.
13. What has the most germs of these three items: dog bowl, kitchen sponge, toilet seat?
14. How fast do germs travel when you sneeze?
15. True or false: your cell phone has more germs than a toilet seat.
16. True or false: you spread up to 80 million germs when you kiss.



The answers are on the back of this page. Don't peek until you try to guess all of the trivia!

# Answers to germ trivia



## Don't peek until you try to guess all of the trivia!

1. True!
2. False! They are so small that you can't spot them with the human eye.
3. Bacteria and viruses.
4. True!
5. Nose, mouth, eyes, cuts/breaks in our skin
6. Wash our hands, cover your nose and mouth when you sneeze, use tissues when you have a cold, go to the doctor for a vaccine, keep yourself healthy by exercising, eat well, and get enough sleep!
7. False.
8. False. You can spread germs to other people!
9. 25 seconds. Sing your ABCs when you wash.
10. Hand sanitizer.
11. We should wash our hands before and after eating, after we sneeze or cough, after using the bathroom, and after being with someone who is sick.
12. Bus, subway, bathroom floor, and other places with lots of people.
13. Sponge!
14. 100 miles per hour!
15. True!—more than 10x the amount of germs! There are more germs on a cell phone because you don't clean your cell phone like you clean your bathroom.
16. True!

# Cartoon trivia



1. Who was the first Disney princess?
2. Who owns the toys in ***Toy Story***?
3. In ***Coco***, what is forbidden in Miguel's home?
4. The Teenage Mutant Ninja Turtles are named after famous people in what profession?
5. Name the Ninja Turtles.
6. In which Disney movie does the princess Aurora appear in?
7. What is the name of the human in ***Winnie the Pooh***?
8. The movie ***Tangled*** is based on which of the Grimm Brothers' fairy tales?
9. What movie features the characters Mowgli, Baloo, Shere Kahn, and Kaa?
10. Which fish has short term memory loss in ***Finding Nemo***?
11. Finish the phrase: Mirror, mirror, on the wall...

## Bonus questions!

12. What type of animals are Timon and Pumba?
13. Name the 7 Dwarves.



The answers are on the back of this page. Don't peek until you try to guess all of the trivia!

# Answers to cartoon trivia



**Don't peek until you try to guess all of the trivia!**

1. Snow White
2. Andy
3. Music
4. Artists
5. Donatello, Raphael, Michelangelo, Leonardo
6. Sleeping Beauty
7. Christopher Robin
8. Rapunzel
9. The Jungle Book
10. Dory
11. ...who's the fairest of them all?

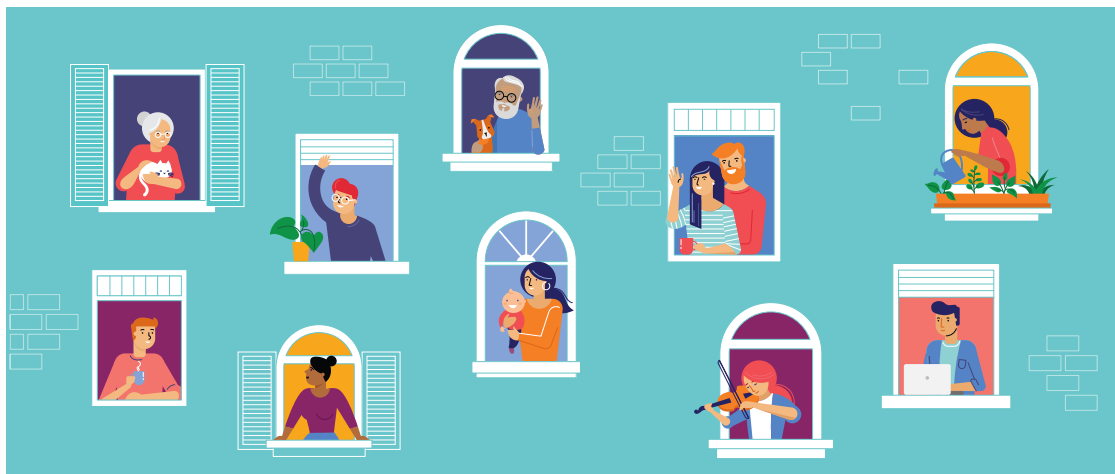
## **Bonus questions**

12. Meerkat and warthog
13. Sleepy, Grumpy, Happy, Doc, Dopey, Bashful, Sneezy

# Test your knowledge about pandemics



1. What is the common name for the 1918 flu pandemic (you might have heard it referred to in the news recently)?
2. What actor played Patient Zero in the U.S. in the movie **Outbreak**?
3. Where is the CDC (Centers for Disease Control) located?
4. John Snow, the father of epidemiology, traced an outbreak of what disease to water?
5. What gift, relating to a movie he starred in, did the Australian medical team send to Tom Hanks while he was being tested for COVID-19?
6. There was an outbreak of what hemorrhagic fever in West Africa in 2014?
7. What Broadway show focuses on the HIV epidemic?
8. What board game has players work as a team to treat infections around the world?
9. What virus, eradicated worldwide in 1980, is highly contagious and deadly, making it ideal for biologic warfare?  
**Bonus:** name the only two countries that has this virus stockpiled.
10. What state had the first reported case of COVID-19 (aka, Coronavirus)?
11. In the movie, **Contagion**, Jude Law's character is trying to convince people to use what homeopathic cure to control the pandemic?



The answers are on the back of this page. Don't peek until you try to guess all of the trivia!

# Answers: pandemic knowledge



**Don't peek until you try to guess all of the trivia!**

1. Spanish Flu
2. Patrick Dempsey
3. Atlanta, Georgia
4. Cholera
5. A Wilson volleyball
6. Ebola
7. Rent
8. Pandemic
9. Smallpox

**Bonus:** The United States & Russia

10. Washington state (not Washington, DC)
11. Forsythia, the fruit of a spring flowering shrub by the same name

# Recycled words



You probably recycle cans and newspapers, but did you know that you can recycle words too? You can use the same word to make many different words and phrases. For example, you might use the word “ice” to make the words “ice skate,” “iceberg,” or “ice water.”

For each row, add the same word on the lines to make new words. We did the first one for you so you can see how it is done.

- |                      |                  |                     |
|----------------------|------------------|---------------------|
| 1. <u>coat</u> check | <u>coat</u> room | <u>coat</u> of arms |
| 2. _____ lash        | _____ brow       | _____ sight         |
| 3. _____ mark        | _____ mine       | _____ scape         |
| 4. _____ born        | _____ England    | _____ Year's Day    |
| 5. _____ work        | _____ test       | _____ block         |
| 6. _____ around      | _____ away       | _____ off           |
| 7. _____ shape       | _____ wreck      | _____ yard          |
| 8. _____ bow         | _____ cool       | _____ dance         |
| 9. _____ storm       | _____ plow       | _____ shoe          |
| 10. _____ pen        | _____ house      | _____ room          |
| 11. _____ roll       | _____ shell      | _____ nag           |

**Use the words that you made in sentences!**

The answers are on the back of this page. Don't peek until you try to fill in all of the words!

# Recycled words: answers



**Don't peek until you try to fill in all of the words!**

1. coat
2. eye
3. land
4. new
5. road
6. run
7. ship
8. rain
9. snow
10. play
11. egg



# The Floating Hospital trivia



Draw a line from the question on the left to the correct answer on the right.

- |   |                             |
|---|-----------------------------|
| 1. When was The Floating Hospital founded?  | A. Pharmacy                 |
| 2. What famous actress was a passenger on The Floating Hospital?  | B. Elizabeth Taylor         |
| 3. What tragic date in U.S. history caused The Floating Hospital to move to land exclusively?   | C. East and Hudson rivers   |
| 4. Where is The Floating Hospital's main clinic located?  | D. October 19, 1866         |
| 5. How many Floating Hospital ships were there?   | E. September 11, 2001       |
| 6. What is the name of The Floating Hospital's transportation service?  | F. Lila Acheson Wallace     |
| 7. The Floating Hospital offers school workshops, health lessons, and one-on-one health counseling through this department.                       | G. The Good Health Shuttle  |
| 8. What was the name of The Floating Hospital's last ship? <b>Hint:</b> it was named after a woman who co-founded The Reader's Digest.            | H. Fiorello La Guardia      |
| 9. The Floating Hospital offers medical, mental health, and _____ services.   | I. Long Island City, Queens |
| 10. The Floating Hospital ship traveled down these two rivers.  | J. 130,000                  |
| 11. How many miles do The Floating Hospital's vans and buses travel each year?  | K. Health Education         |
| 12. The Floating Hospital launched what new service in 2019?  | L. Dental                   |
| 13. What popular NYC Mayor was a frequent passenger and champion of The Floating Hospital? <b>Hint:</b> One of NYC's airports is named after him. | M. 5                        |



The answers are on the back of this page. Don't peek until you try to guess all of the trivia!

# Answers to The Floating Hospital trivia



**Don't peek until you try to guess all of the trivia!**

1. When was The Floating Hospital founded?  
**D. October 19, 1866**
2. What famous actress was a passenger on The Floating Hospital?  
**B. Elizabeth Taylor**
3. What tragic day in U.S. history caused The Floating Hospital to move to land exclusively?  
**E. September 11, 2001**
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8. What was the name of The Floating Hospital's last ship? **Hint:** it was named after a woman who co-founded The Reader's Digest.  
**F. Lila Acheson Wallace**
9. The Floating Hospital offers medical, mental health, and \_\_\_\_\_ services.  
**L. Dental**
10. The Floating Hospital ship traveled down these two rivers.  
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**J. 130,000**
12. The Floating Hospital launched what new service in 2019?  
**A. Pharmacy**
13. What popular NYC Mayor was a frequent passenger and champion of The Floating Hospital? **Hint:** One of NYC's airports is named after him.  
**H. Fiorello La Guardia**

# Hygiene word scramble



Unscramble the words to discover all the things you can use to stay fresh and clean

OSAP \_\_\_\_\_

TRHHUOBSOT \_\_\_\_\_

SSLFO \_\_\_\_\_

OSEWRH \_\_\_\_\_

HPMSOAO \_\_\_\_\_

USTSIE \_\_\_\_\_

HBTA \_\_\_\_\_

IIANEZTSR \_\_\_\_\_

RODNTEAOD \_\_\_\_\_

MBOC \_\_\_\_\_

The answers are on the back of this page. Don't peek until you try to unscramble all of the words!

# Hygiene word scramble answers



**Don't peek until you try to unscramble all of the words!**

1. SOAP
2. TOOTHBRUSH
3. FLOSS
4. SHOWER
5. SHAMPOO
6. TISSUE
7. BATH
8. SANITIZER
9. DEODORANT
10. COMB

# Germ word search



Circle the word when you find it!

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

six feet   social distance   healthy   sick   parasite  
microscopic   soap   fever   cough   mask   corona  
influenza   fungus   bacteria   virus   hygiene   germs  
antibacterial



# Mind squeeze



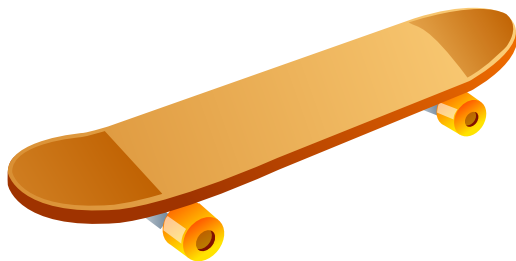
Take two minutes to look at the words and the objects on this page. Then turn the page over and see how many you can recall. Good luck!



**Homework**



**Summer vacation**

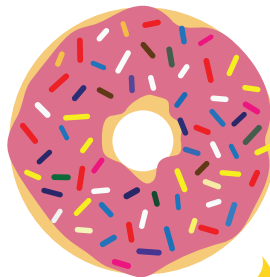


**Sunglasses**



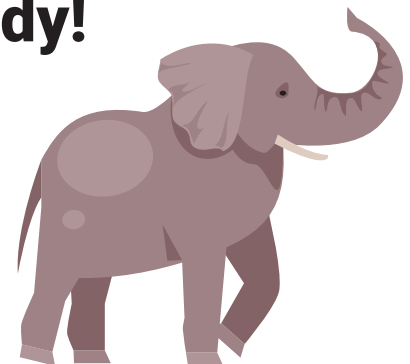
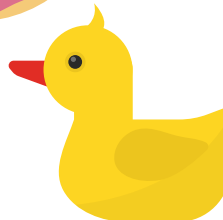
**Good**

**Rainbow**



**Study!**

**Lunch**



**Do it again! Can you improve your performance?**





# 20 words



Imagine you live in a world with only 20 words. You can use these 20 words as much as you want, but you cannot use any other words at all. Please list the 20 words that you would pick:

1.	
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19.	
20.	

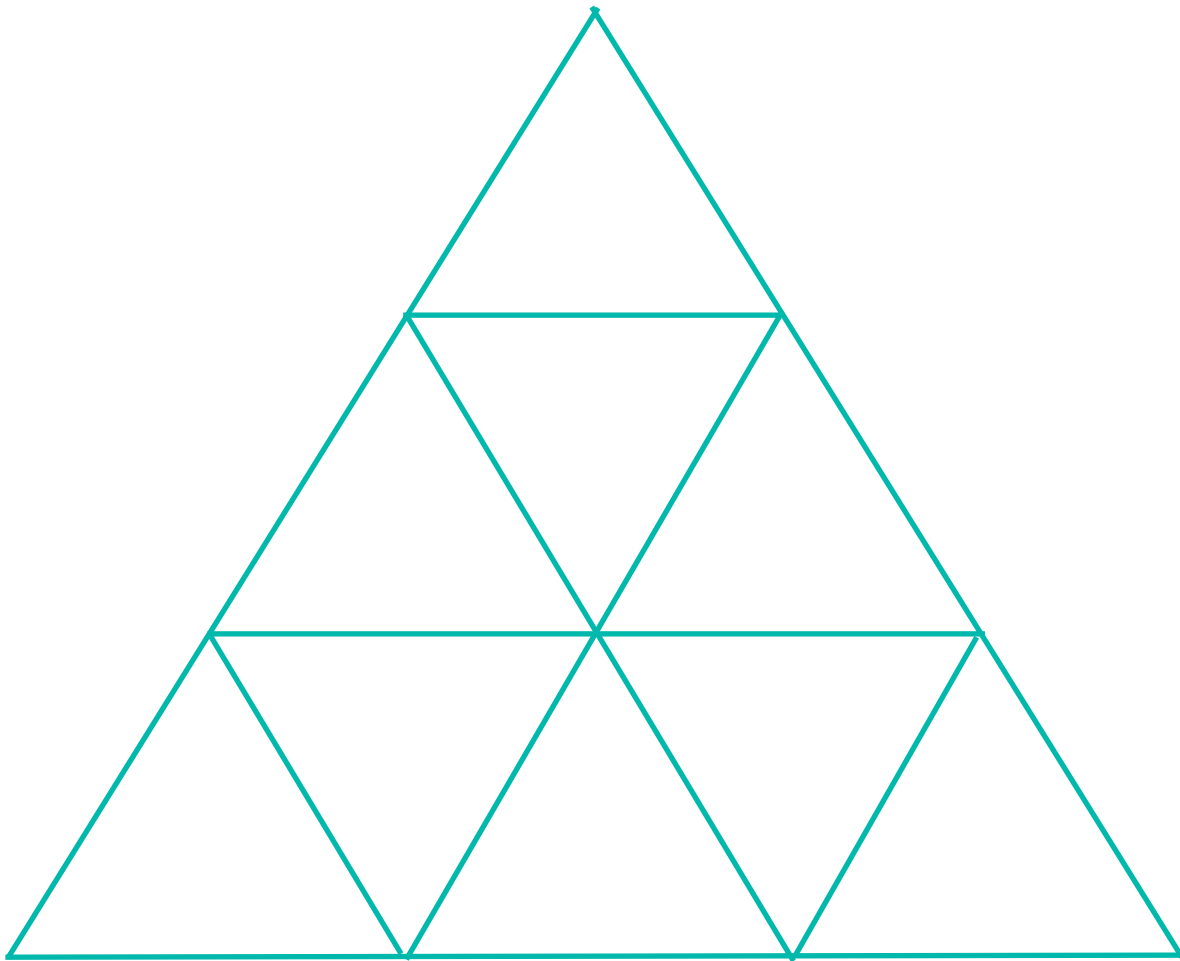
**Use your words! Write a paragraph using only your 20 words.  
Make sure your paragraph has at least five sentences.**



# Triangle challenge



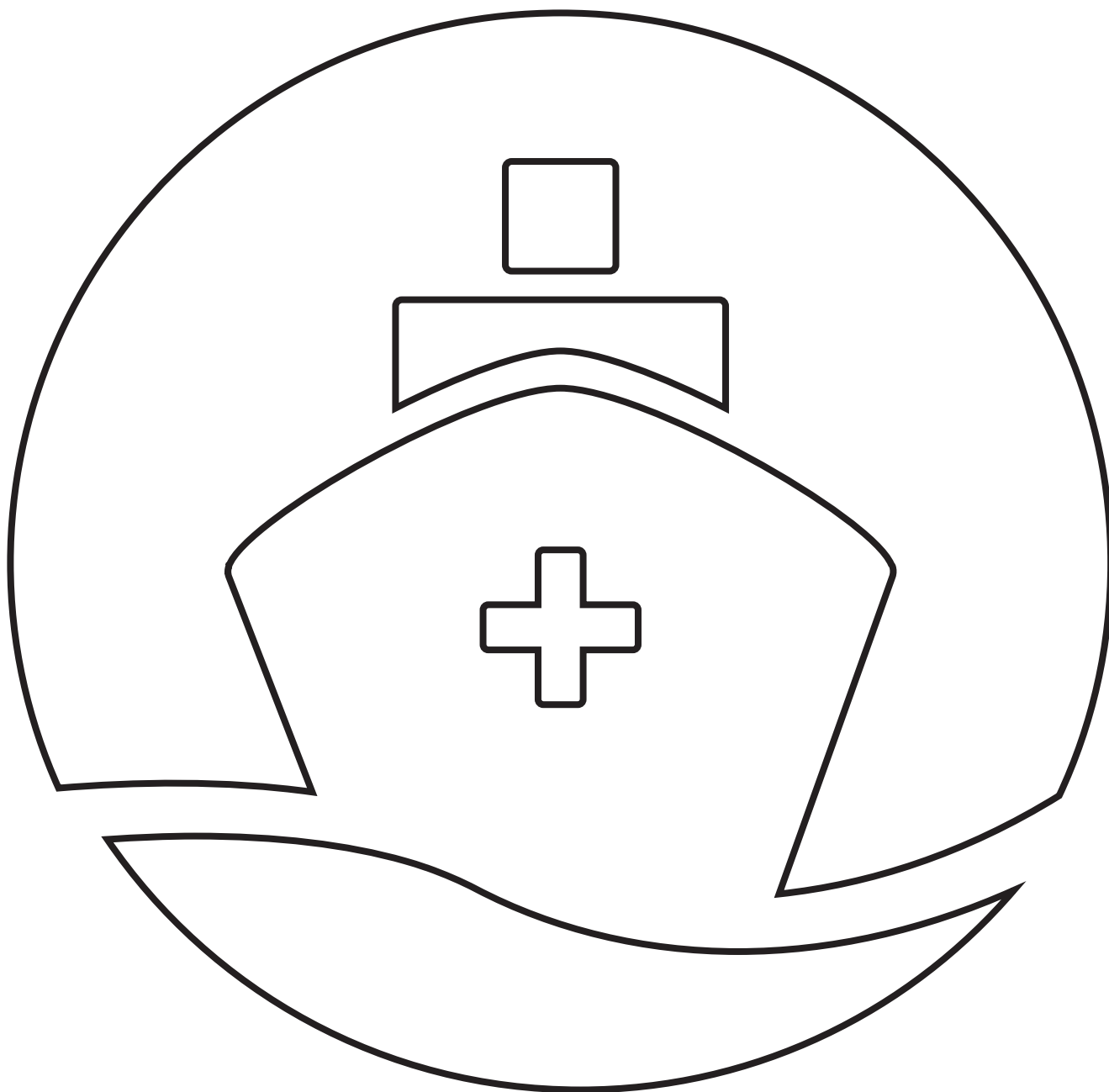
How many triangles can you find in this shape? Use colored pencils or crayons to outline each triangle.



Look again! Remove one line from the shape. Now, how many triangles are there?



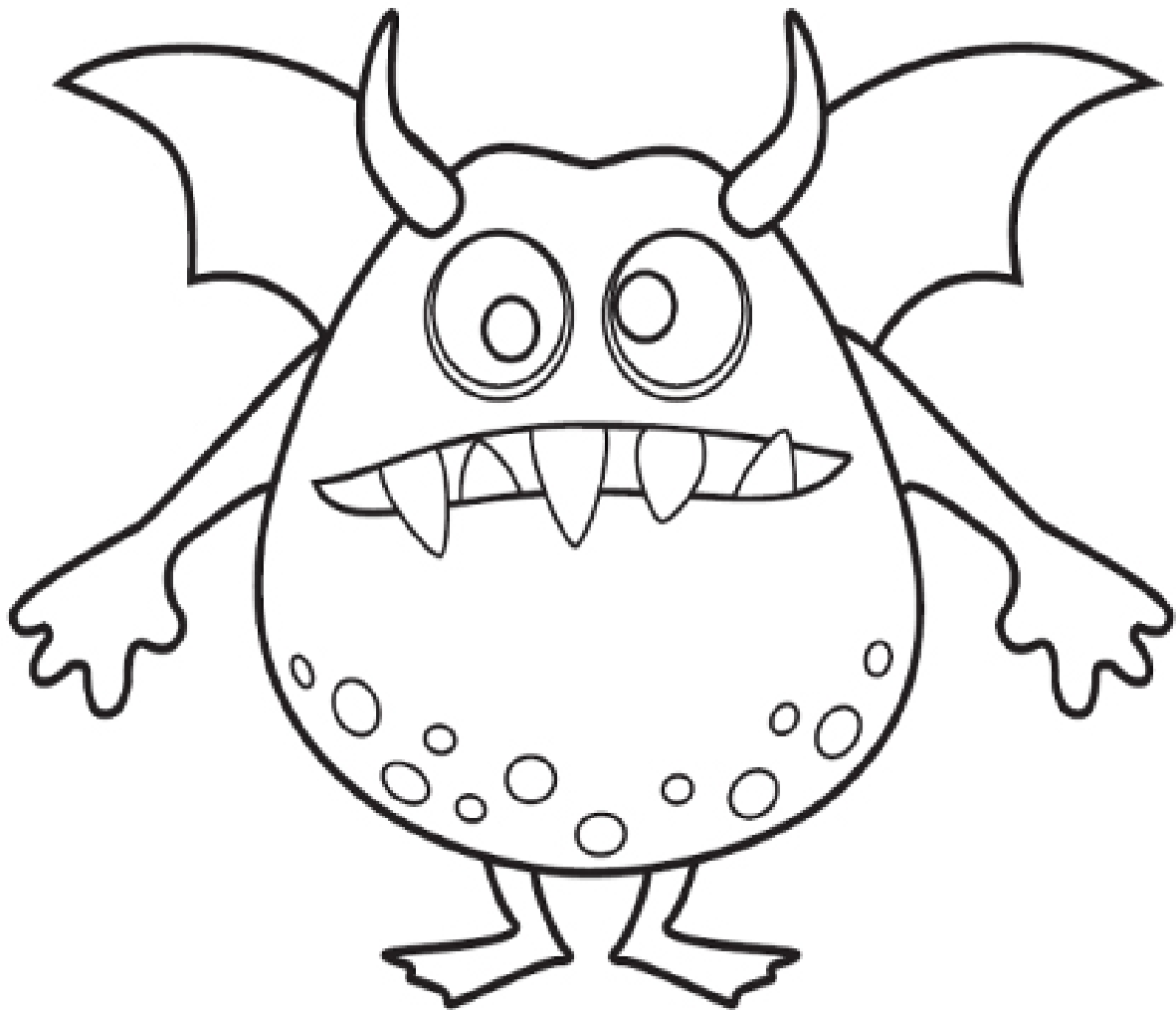
# Color The Floating Hospital's logo







# GO AWAY, CORONAVIRUS!

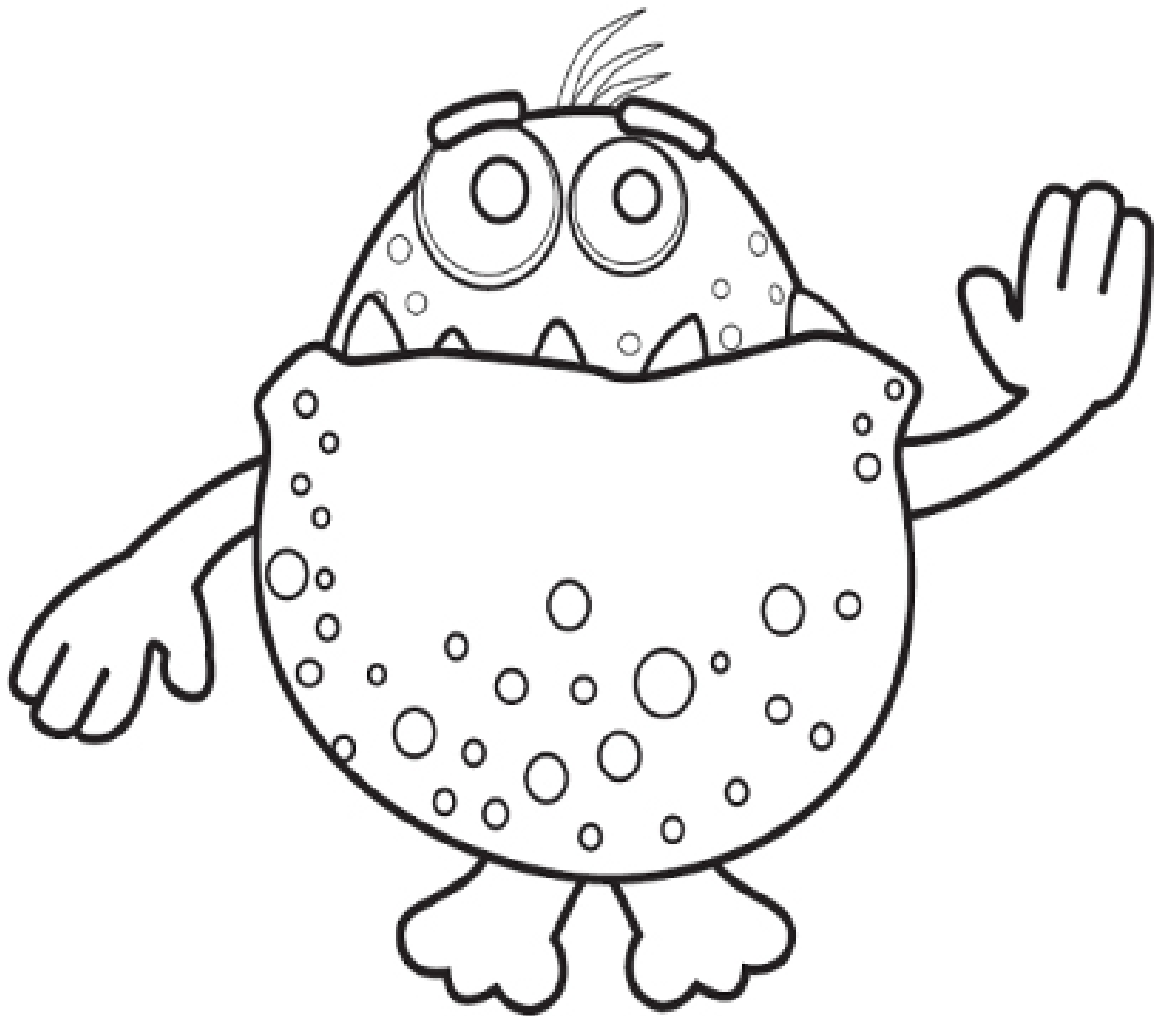








# GO AWAY, CORONAVIRUS!





# Gomuku!



In America, many people play tic-tac-toe. In England, people play a similar game called Noughts and Crosses. In Japan, that game is called Gomoku.

These games have a lot in common. In each one, the players have to figure out how to put X's and O's in a certain order to win. Players also have to predict what their opponent will do.

## How to play Gomoku

### 1.

One player writes X's. The other player writes O's.

### 2.

Partners take turns writing their mark anywhere on the game board. Players can write only one mark at a time.

### 3.

The first player to get five marks in a row is the winner. The marks can be horizontal, vertical or diagonal