



Easy for Me

Issue 02

May 2020



Join the bin
isolation
outing craze



More puzzles and
activities for you



Get cooking!

Delicious recipes to
make at home



Are you missing sport?

We've got some websites to
check out and a workout to try



G'day

We're so excited to bring you another issue of "Easy for Me".

LIKE



We had such a good response when we launched our first issue, we thought we'd better hurry up and make another one.

Well, here it is!
We hope you like it.



This month we're focussing on sports and fitness as we all begin to think about ways we can start getting back out into the community.



The rules might be changing in your state or territory. Keep an eye on the news for updates.

Do stay well and stay safe!



And don't forget - you can ask for help with anything in this magazine if you need it.

Enjoy!

What's in this magazine?



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Put your bins out!

The bin isolation outing craze.



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Let's make fried rice and apple crumble. Yum.



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Get the popcorn ready and watch a movie with your friends.



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Put your bins out!

As you know, we've all been home a lot lately!

A few weeks ago, a lady named Danielle Askew was joking with a friend on Facebook. They talked about how the only time they were getting out of the house was to put the bins out. They decided to dress up for the outing!

Danielle dressed up as Elsa from the movie Frozen. She posted her picture on Facebook. Now she's a world-wide sensation!

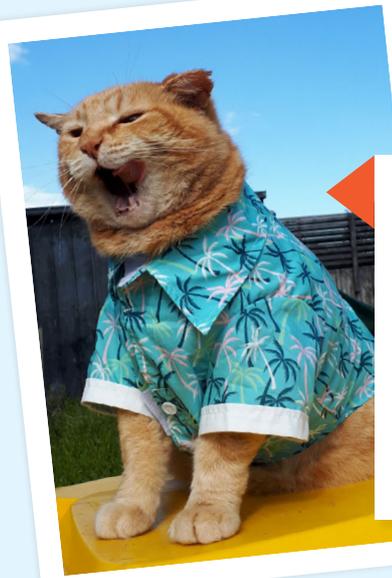
Over 1 million people have joined the 'Bin Isolation Outing' Facebook group.

People from all around Australia and the world are:

- dressing up to take their bins out
- sharing funny photos of their 'bin isolation outing'.

You can join the fun on Facebook too if you want to.

Danielle Askew created the group.



Even animals are getting in on the action. This cat's name is Billybob. He's from Hervey Bay in Queensland.

This performer's name is Possum Galore. She's from Canberra. She dressed up as a cockroach to take the bins out.



This T-Rex put the bins out in Geelong, Victoria



Cooking at home

These tasty recipes are easy to make! You can ask someone to help you if you like.

This recipe makes enough fried rice to feed 4 people

Fried Rice

Ingredients

- 2 teaspoons of peanut oil
- 1 brown onion
- 2 cloves of garlic
- 2 cm of fresh ginger
- 300 g of chicken breast
- 1 small carrot
- 2 stalks of celery
- 4 cups of cooked rice
- 3/4 cup of frozen peas
- 1/4 cup of soy sauce
- 2 eggs
- 2 stalks of spring onion

To get started, you need to:



cook the rice



chop the chicken breast into small pieces



defrost the peas so they are not frozen.



Steps

1. Peel the skin off the onion and garlic.
2. Cut the onion into small pieces.
3. Crush the garlic in a garlic crusher.
4. Grate the ginger. You can use the small side of a cheese grater.
5. Cut the carrot and celery into small pieces.
6. Heat up a wok or a large frying pan on the stove. You should turn the stove on to a medium heat.
7. Pour the peanut oil into the wok and heat it up a little. Add the onion, garlic and ginger. Stir them around until the onion is soft. The onion will change from white to light brown when it is soft.
8. Add the chicken. Stir it around until it is brown and cooked through.
9. Add the carrot and celery. Stir them around until the vegetables feel soft. You can check by poking the vegetables with your spoon.
10. Add the rice, peas and soy sauce. Stir them around until the rice heats up.
11. Break the eggs into a small bowl. Whisk them around with a fork until the yolks and whites are combined.
12. Tip the eggs into the wok. Stir the eggs through the rice. They will become a pale, yellow colour when they are cooked.
13. Add the spring onion just before you are ready to serve your fried rice.





Cooking at home

We hope you like this delicious crumble. Don't forget that you can ask someone for help if you need a hand.

This recipe
makes enough
apple crumble
to feed 4 people

Apple Crumble

Ingredients

For the crumble topping:

- 75 g of oats
- 75 g of plain flour
- 100 g of butter
- 50 g of soft brown sugar
- a pinch of ground cinnamon

For the apple filling:

- 675 g of apples
- 25 g of caster sugar
- 3 tablespoons of orange juice



Before you start, heat your oven up to 180 degrees.



You can serve the crumble with ice cream or cream.



Steps

Crumble topping

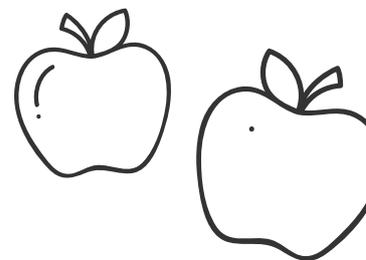
1. Put the oats in a large mixing bowl. Sift the flour and cinnamon into the bowl.
2. Cut the butter into small cubes. Rub the butter into the flour in the bowl with your fingers until all the butter has been mixed in. You'll need to wash your hands when you finish doing this.
3. Stir in the sugar.

Apple filling

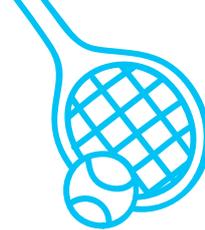
4. Cut each apple in half carefully on a chopping board. Put each half flat side down on the chopping board. Cut them in half again.
5. Peel the apple pieces with a vegetable peeler. Cut out the middle of the apple and the seeds carefully. You should always cut the apple away from you.
6. Cut the apple into small pieces.
7. Put the apple pieces into a different mixing bowl. Pour the caster sugar into the bowl and mix until the apple pieces are covered in sugar.
8. Pour the apple pieces into a baking dish. Slowly pour the orange juice over the apples.

Apple crumble

9. Spoon the crumble topping over the apple filling. Spread it out evenly with the back of a spoon.
10. Put the baking dish into the hot oven. Be careful.
11. Cook the apple crumble for about 35 minutes.
12. You will know your apple crumble is cooked if:
 - the crumble on top is golden brown
 - the apple pieces are soft. You can check by poking a knife into a piece of apple to test how it feels.
13. Let the apple crumble cool down a little bit before you serve it. You can serve it with cream or ice cream.



We're missing our sport!



Sport



In some parts of the country, sport is finally starting up again.

The good news is that footy is back! AFL training has started already. The full competition will start again on 11 June.



But many places, like indoor pools and gyms, are still closed.



Here are some websites where you can check out what's happening with your favourite sports.



www.afl.com.au



www.nrl.com



www.tennis.com.au



www.cricket.com.au



Soccer



www.ffa.com.au

Basketball



www.nbl.com.au

Netball



www.netball.com.au

Cycling



www.cycling.org.au

Swimming



www.swimming.org.au

Are you missing your favourite sport?



You could send us an email and tell us what you're missing and what you've been doing to stay involved with your club or team. Or maybe you've been exercising, practising or working out at home.

Send us a picture or tell us what you've been doing in less than 50 words.

We'll send you a \$20 gift voucher from Kmart if we publish your story.

You need to send it to us by

Monday 8 June.

Please send an email to

hello@informationaccessgroup.com

Don't forget to tell us your name and address.



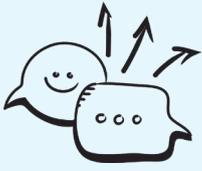
Staying connected

Have a party from home!





NETFLIX Netflix Party



You can use Netflix Party to watch a movie on Netflix with your friends. Everyone in your group watches the same movie at the same time. You can send messages to everyone in your group.



Netflix Party only works:

- in Google Chrome
- on a laptop or computer.

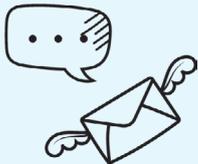


You can install Netflix Party on your computer at **www.netflixparty.com**. You need a Netflix account to join a Netflix Party.

facebook Facebook Watch Party



You can use Facebook Watch Party to watch videos with your friends on Facebook.



You can invite people to watch videos at the same time, and you can send messages to your group.

You need a Facebook account to join a Facebook Watch Party.

zoom Zoom



Lots of people use Zoom at the moment. It's a good way to use video to talk to a few people at the same time.



You can invite your friends to have a party on Zoom. You can all talk and catch up. You could even play a party game together!

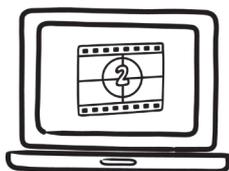
You don't need an account to use Zoom.



What are you watching at home?



Most cinemas around the world are still closed.



Many of the movies that might have been shown in the cinema are now available to watch on a streaming service on your TV at home.

A streaming service might include something like:



- Apple TV



- Google Play



- Microsoft (via the X-box)

NETFLIX

- Netflix



- YouTube





Here are 4 great movies released in the cinema that you can watch at home right now.



Emma

A historical romance based on the book by Jane Austen.

Rating: PG

Streaming on Apple TV, Google Play and YouTube.



The Peanut Butter Falcon

Zak, a person with Down syndrome, runs away from home to become a professional wrestler.

Rating: M

Streaming on Apple TV, Google Play, Microsoft and YouTube.



Sonic the Hedgehog

Video game character Sonic the Hedgehog comes to life in this action animation.

Rating: PG

Streaming on Apple TV, Google Play, Microsoft and YouTube.



Birds of Prey

This movie is part of the DC Extended Universe. It's action-packed and stars Margot Robbie as the character Harley Quinn.

Rating: MA15+

Streaming on Apple TV, Google Play, Microsoft and YouTube.

You have to pay money when you use a streaming service. These movies are new releases, so they may be more expensive than other movies on the service.

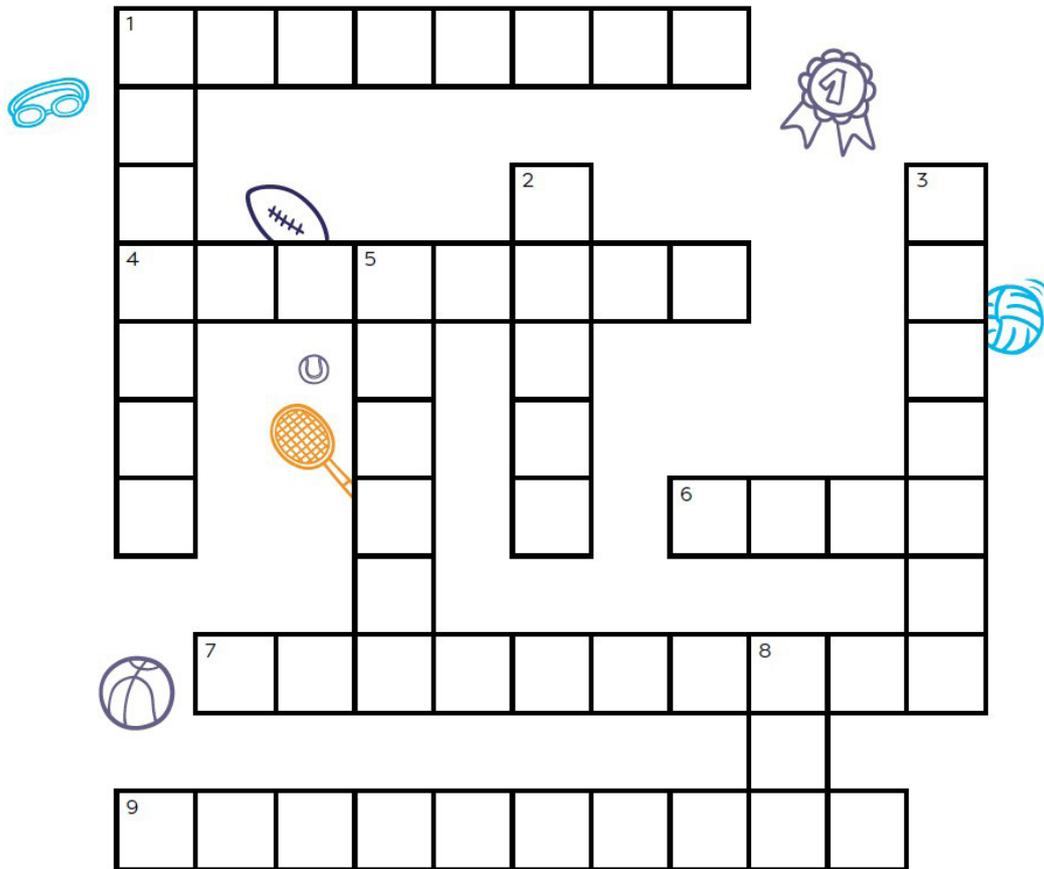




Puzzles and games

Name that sport

See if you can complete the crossword using the clues below.



➡ Across

1. Fish do this sport, too! It's **s _ _ _ ming**.
4. Sometimes this sport is called 'footy'.
It's **_ o o _ b _ _ _**.
6. This sport will get you bending and stretching! It's **y _ g _**.
7. In this sport, you throw a ball through a basket. It's **b _ sk _ _ b _ _ _**.
9. People often play this sport on the beach.
It's **v _ ll _ _ b _ _ _**.

↓ Down

1. You ride waves in this sport.
It's **_ ur _ ing**.
2. In this sport, you aim for a target.
It's **d _ r _ s**.
3. You throw a ball through a hoop in this sport. It's **n _ tb _ _ _**.
5. People play this sport with rackets and yellow balls. It's **_ enn _ _**.
8. This sport is also called 'footy'. The MCG is a famous place to play it. It's **A _ _**.



Sporty match-up

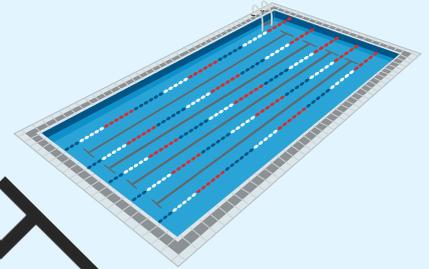
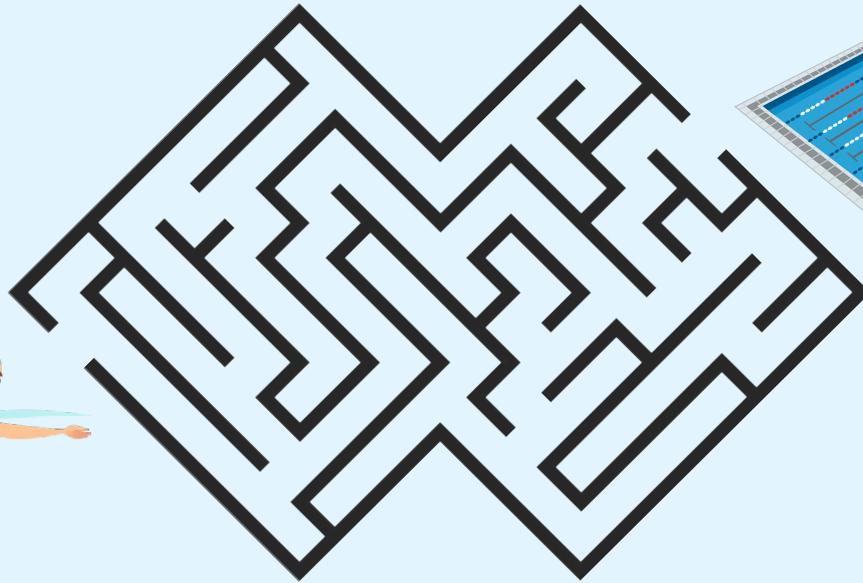
Can you match the ball to the game? Draw a line from the ball on the left to the goals, racket, bat or other object on the right. We've drawn a sample line to give you the idea.





Let's go to the pool!

Can you help our swimmer find their way to the pool?
Use a pen or pencil to draw a line through the maze.



Word search fun for football fans!

Can you find the footy clubs? They might be written across or down.

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

ADELAIDE

BRISBANE
LIONS

CARLTON

COLLINGWOOD

ESSENDON

FREMANTLE

GEELONG

GOLD COAST

GWS

HAWTHORN

MELBOURNE

NORTH

MELBOURNE

PORT ADELAIDE

RICHMOND

ST KILDA

SYDNEY

WEST COAST

WESTERN

BULLDOGS





Word scramble

Can you solve this challenging puzzle?

The words have been scrambled. Can you unscramble the letters and write them in the boxes?

Use the small numbers under some of the letters to help you fill in the empty boxes at the bottom.

Hint: it's something to do with Australian Rules Football.



FAL

	1	

SATSRT

	2	4			3

NEUJ

				1	1

	O	O		Y
1			2	

I	
	3

B		C	K	!
	4			



Staying active

It's important to keep fit while we're staying safe at home. You can do these easy exercises anywhere. You can use equipment or not. It depends what you have at home.



Make sure you feel safe and comfortable while you do these exercises. Don't do anything that might hurt your body. Stop if you feel any pain, dizziness or tingling, no matter how small. Ask for help if you need it.

Estimated workout time: 20 minutes

Speed of movement: Do each exercise slowly

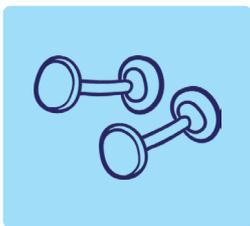
Best weight to use: Start with a light weight or no weight at all

How to get stronger: Increase the weights as you get fitter

How often to do the exercises: 2 to 3 times a week

Complete all 8 exercises and have a drink of water. Then repeat each of the exercises 1 more time.

Equipment you can use



A pair of dumbbells or cans of food



Mat



Water bottle



Music



Watch, clock or phone to time each movement



If you don't have any dumbbells, you can use baked beans or other canned food!





1. Sit and reach

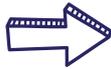


Repeat this movement for
1 minute



- Sit on a chair with your hands near your shoulders
- Place your feet and knees apart
- Stand up and reach for the ceiling
- Sit back down

2. Standing arm curls

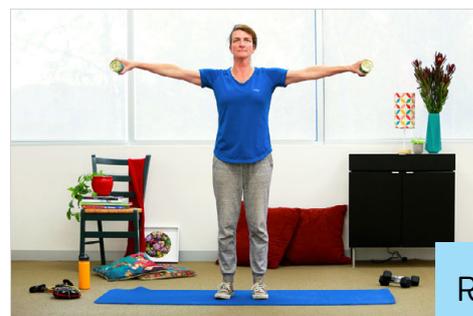


Repeat this movement for
1 minute



- Stand with your feet apart, holding a weight in each hand
- Bend your elbows and move your hands to your shoulders
- Straighten your arms and move the weights back down

3. Standing arm lifts



Repeat this movement for
1 minute



- Stand with your feet apart, holding a weight in each hand
- Lift your arms out to the side, keeping them straight
- Slowly lower your arms to the side of your body



4. Standing knee lifts

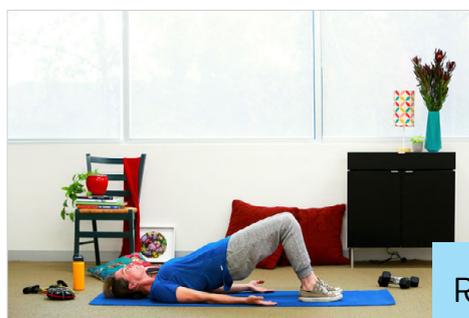
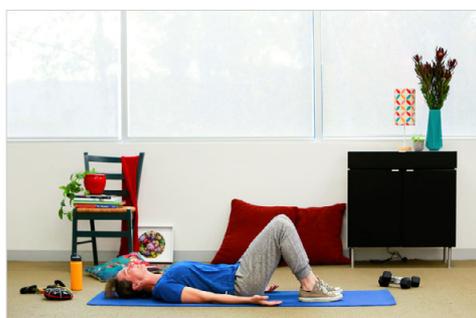


- Stand with your feet apart and your hands on your hips
- Lift your left knee up, then place your foot down
- Lift your right knee up, then place your foot down

Repeat this movement for
1 minute



5. Lying bottom lifts



- Lie on your back with your knees bent and your feet apart
- Lift your bottom off the ground. Hold and count to 2
- Slowly lower your bottom to the ground

Repeat this movement for
1 minute



6. Lying crunch



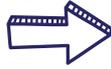
- Lie on your back with your knees bent and your feet apart
- Place your hands on top of your legs and tighten your stomach
- Slide your hands up to your knees, then slowly lower your head and shoulders back to the floor

Repeat this movement for
1 minute





7. Lying arm and leg lifts



Repeat this movement for **1 minute**



- Lie on your stomach with your arms and legs out straight
- Lift the opposite arm and leg off the ground at the same time. Hold and count to 2
- Slowly lower that arm and leg
- Lift the other arm and leg off the ground. Hold and count to 2
- Slowly lower that arm and leg

8. Push-ups on knees



Repeat this movement for **1 minute**



- Kneel with your hands on the ground below your shoulders, keeping your arms straight
- Bend your elbows back as you gently lower your body
- Keep your head and back in a straight line
- Straighten your arms to lift your body up



Bern



This workout is brought to you by **Fit to play** – health and fitness coaching for people with disability.

Email Bernadette McGrady via bern@fit2play.com.au or phone **0408 020 054**



Getting creative!

Can you colour in this sporty design?





Do you need information about coronavirus?



If you have questions about coronavirus or need support, there is help for you.



Contact the Disability Information Helpline on **1800 643 787**.



It's available:

- Monday to Friday 8am to 8pm (AEST)
- Saturday and Sunday 9am to 7pm (AEST).

It's not available on national public holidays.



You can find out more at www.dss.gov.au/disabilityhelp

Want to be part of this magazine?



Next month we're focussing on arts and crafts.

If you'd like to share an art, craft, colouring or creative piece that you've been working on, we'd love to hear from you.

Send us a picture or tell us what you've been doing in less than 50 words.

We'll send you a \$20 gift voucher from Kmart if we publish your work. You need to send it to us by **Monday 8 June**.

Please send an email to hello@informationaccessgroup.com
Don't forget to tell us your name and address.



We love hearing from you. Please send us your feedback or visit our website at www.informationaccessgroup.com



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