

Things to do

Many of the ideas in
Things to do are based
around the articles in
Living Life



In this edition of
"Things to do"
we will be giving you lots
of activity ideas and
suggestions. We hope you
will pull out this centre
section and save it in a
ring binder for future
reference.



In this edition

+ **Ideas** – Lots of sensory activities for all to enjoy.

+ **Plus** – Don't forget you can download **Things to do** from the members-only section of the website.



@napalivinglife



facebook.com/NAPAlivinglife

www.napa-activities.co.uk

+Editors piece

Hello ... I hope you find the activity ideas in this issue useful. They are easily adapted for all abilities. Feel free to contact the office if you would like to chat about adapting the ideas.

As with Living Life I have kept the theme end of life and end-stage dementia. There are lots of sensory ideas, it is really important to make sure people's lives are filled with love and laughter right to the end.

Enjoy!



+Gianna Burns

Editor – project@napa-activities.co.uk

We have introduced a **colour code** to the featured Activities so that you can try to match them to **people's abilities, interests and level of participation.**

+Blue

Blue – High cognitive skills- able to complete quizzes, puzzles and crosswords unaided.

+Red

Red – Living with early – mid stage Dementia. Interested in the 'doing' rather than the end result. Can follow simple instructions.

+Orange

Orange – Living with mid- late stage Dementia. Able to work one to one to complete short activities

+Green

Green – Living with late stage dementia, highly dependent. Probably not aware of their surroundings. Sensory stimulation is needed to raise their self awareness, only stimulate 1 sense at a time as too much can be distressing or confusing for the person

Our colour coding is supported by Jackie Pool Associates and the PAL Activity Levels.: (Pool J (2012) the Pool Activity Level (PAL) Instrument 4th ed. Jessica Kingsley publishers, London pp54-55)

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+Blue

+Red

+Orange

+Green

+Think

The end activity is normally used for late-stage dementia care/end of life. However, it might be nice to get other residents to help make these, help to choose what goes in, etc.

+Activity Sensory Pouches

These touchy-feely sensory pouches (also known as squish bags and sensory pads) are a wonderful way to explore the senses. Filled with interesting textures, sensory pouches are stimulating to look at and touch. They are also so easy to make! Making sensory pouches is a quick and inexpensive way to produce an engaging and relaxing sensory activity for people living with dementia.

What you need:

- + Ziploc bags in whatever size you prefer
- + Hair gel, sand or shaving cream
- + Food colouring (optional)
- + Duct tape of any colour 5 cm (2 inches) wide
- + Decorations: anything small and soft (sharp items will perforate the plastic) such as buttons, coins, plastic flowers, shells, river pebbles, glitter, beads, sponges, pearls, flat marbles, leftover game pieces, rubber 'sea' toys

What you do:

- + Take a ziploc bag and tape three sides with duct tape to avoid leaking , trimming the edges as you go (carefully so as not to cut the plastic!).
- + Open the zip side of the bags and pour in gel, sand or shaving cream. You may add two drops of food colouring to clear gel if desired.
- + Insert decorations as you please.
- + Squeeze out as much of the air as you can when sealing the bag. Zip the bag shut and fasten with duct tape.

Safety:

People living with dementia should be supervised at all times while handling the sensory pouches.



+Blue

+Red

+Orange

+Picture Quiz:

Questions.

1. Name a song with **b_y** in the title
2. Write a caption – **what do you think he might be whispering to her?**
3. We do love our pets – **name as many different types of pets as you can**
4. Christmas comes but once a year, but there are so many Christmas songs and carols – **name as many as you can**
5. Birthdays can be so much fun – how old was the girl in Neil Sedaka's song **Happy Birthday Sweet S_____n?**
6. Favourite comedians – here's **N_____ W_____m**
7. Sunday Night at the London Palladium was a very popular TV show – who is the compere in the photograph and do you know the name of the dancing troupe – **The T_____r G_r_s?**
8. One of the best loved films ever made – **The Hills are Alive with the S_____ of M_____**
9. Happy music brings a smile – Doris Day's song **Q__ S____ S____, Whatever Will Be Will Be**
10. Favourite singer – well this young man was a heart-throb in the 1960s **C____f R_____d**
11. Happy holidays – Morecambe is one seaside resort – **name as many other seaside resorts as you can**
12. Shall we dance – **name as many types of ballroom dancing as you can**

+ How many words can you make from the letters **HAPPYMEMORIES?**

This quiz has kindly been supplied by **Chris Harding**,
The Daily Sparkle

+Think

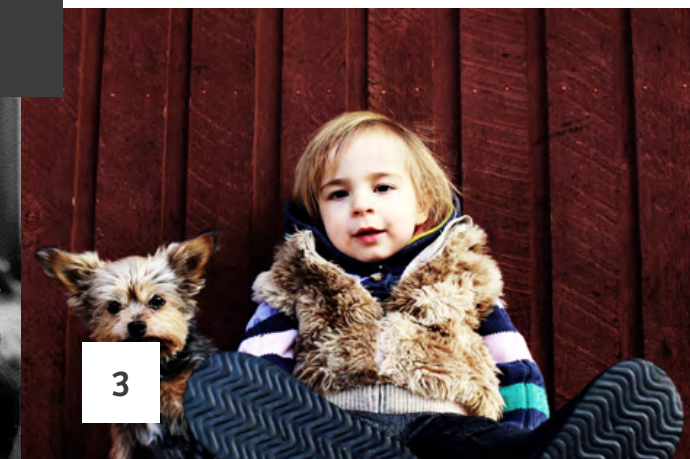
Use the pictures instead of the questions. They make great conversation starters/prompts.



1



2



3



4



5



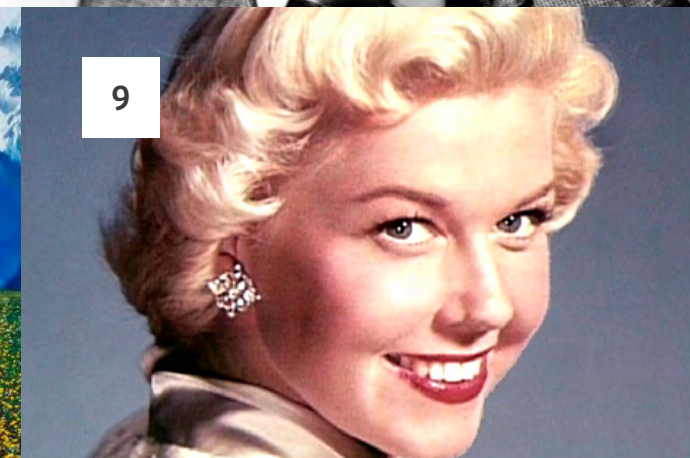
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7



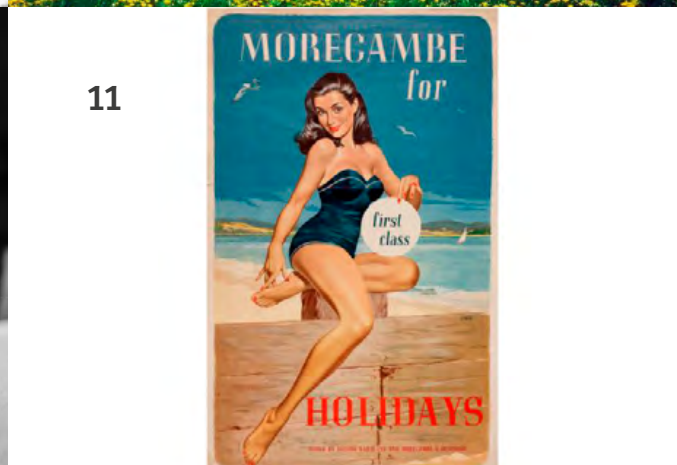
8



9



10



11



12

Answers on page 19 of things to do.

+Some Ideas for Spending Time with People in the Later Stages of Dementia

Many care staff and activity organisers struggle to think of things to do with people with an advanced dementia. It is often little things and small moments of contact and companionship that can really make a difference. One-to-one attention is often the most precious of all, as group activities will not be of benefit.

Break up the potential monotony of the day and change the places where a person sits

Spending time sitting near the main entrance or reception area of a day centre or residential home can give new opportunities for contact with people or just the sounds and movements of people coming and going.

Lying with feet up on a soft reclining chair under a tree or close to a bird table in a garden on a warm afternoon or by an open window to feel the air

Sitting near to where the handyman, workman or decorator is working

Sitting in the office with you whilst you are catching up on your paperwork, but able to chat a little whilst you are working

Sing a song (if you aren't too shy!) or play a piece of music.

If the person spends a great deal of their time either in bed or in a chair in one room, think about **making the environment in the range of vision of the person interesting**. Very few of us enjoy staring at a blank wall or ceiling!

Could a local artist or art student help more able residents or day centre members **paint an interesting mural** on the wall depicting a picture which is likely to bring pleasure – a garden, beach or shopping scene for example?

What about an **enlarged photograph** of someone the person loves or a favourite animal picture?

Fresh flowers or a colourful bowl of fruit might also catch the eye or the nose.

If the person has loved fashion, a hat stand with **colourful clothes, scarves and hats** might be noticed and enjoyed.

Blow bubbles – a pot of children's bubbles is very cheap and will often provoke interest, playfulness or laughter from many people, even when they are very frail.

If you are able, **talk about family members or friends** of whom the person is fond.

Read out loud from a book or magazine or newspaper or collection of poems – try and choose topics which might be of interest to that person based on your knowledge of them, for example, a gardening magazine, a James Herriot vet story, a Wordsworth poem or a recipe for jam!



Go for a walk in a garden or park. Take time to pick a flower or a leaf or a fir cone and show it to them. Remember if you are pushing a wheelchair that you are not visible to the person and so you may need to keep stopping to position yourself where they can see and hear you better.

Do not underestimate how much all older people like to **watch others doing things/working**. If you have jobs to do such as preparing food, sewing on name tapes, sorting laundry or making a shopping list, think about doing it as you sit with the person. Watching someone using a needle and thread or hearing about nice food can all possibly stimulate memories and interest.

Be imaginative about finding interesting **treats for a person to enjoy the experience of taste or smell** – cut up strawberries or soft pear or mango, interesting flavour ice creams, sorbets or soft drinks or a chocolate can all bring great pleasure in the day.

If someone loves children, think about **going to a children's playground on a sunny day** – they are often full of colour and laughter and activity which is likely to be a much more pleasant environment to sit and watch and listen than remaining inside all day.

Would a **mobile catch the eye** if the person is lying down?

Collect a box or bag of interesting objects, fabrics, balls, feathers, beads, hats which have a good range of colours, textures and shapes – things to catch the eye, stroke, grip, fiddle with or laugh at. Bring these out occasionally and give the person a chance to explore them with you. Sometimes the person may not respond, but at another time they might hold and touch an object or fabric for quite a long period.

Make a really special occasion of helping someone to dress, have a bath or go to bed.

+ **Take time** to do a person's hair or a manicure in a way which really involves and nurtures them.

+ **Sit down beside someone** as you choose which lipstick colour a woman likes or the tie a man prefers.

+ Give someone a **gentle head massage** when you wash their hair.

+ **Pamper the feet** with a foot spa using nicely scented oils

+ Use **large, warm, soft, richly coloured towels** to wrap up in when they come out of a bath.

+ Think about the aspects of the personal care **tasks a person can still achieve for themselves** – wiping their face with a flannel, touching or arranging beads round their neck, helping polish shoes with a cloth or brush.

+ (For care home settings) At bed time, **sit for a few moments beside a person's bed** and say something about the day's events. If someone is religious this can also be a lovely moment to say a prayer out loud for or with them. Soft lighting and soothing music can also provide comfort.

+ If you and most importantly the person feel comfortable with physical closeness, it can also be **a wonderful experience for some people to be gently held, rocked or hugged**. This kind of tender affection is all too often not available to people in later life. The taboos about touch can be especially evident when working with older men, yet the need for physical contact and warmth is of course just as strong.

This article has been reproduced from the **Alzheimer's Society Book of Activities** with permission from the author **Sally Knocker**.



- +Blue
- +Red
- +Orange
- +Green



+Think

You could enlarge this on a photocopier this so that someone with poor eyesight can see it better. If someone is unable to do the whole Wordsearch, ask if they can help you find the first letter.

+Wordsearch – Summer

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



- + SAXOPHONE
- + TRUMPET
- + CELLO
- + VIOLIN
- + DRUMS
- + GUITAR
- + WOODWIND
- + HARMONICA
- + FLUTE
- + PIANO
- + UKULELE
- + ACCORDION
- + CLARINET
- + TROMBONE



- +Blue
- +Red
- +Orange
- +Green

+Think

Make the cardboard circles large as they will be easier for people to work with. Once made these pom poms will be nice for someone to hold.

+Activity Pom Poms

What you need:

- + Wool/yarn
- + Cardboard
- + Pencil
- + Scissors

What you do:

- + Cut out two cardboard circles using a circular object as a template (jars and mugs make great templates) with a hole in the middle of each so that you end up with a 'ring' shape.
- + Hold both the cardboard circles tightly together, and wind your wool/yarn evenly and firmly around the edge.
- + Continue winding the wool/yarn around the circles until the central hole is nearly full.
- + Using the scissors, carefully snip the wound wool/yarn between the two cardboard circles and continue all the way round until all the wool/yarn has been cut.
- + Thread a length of wool/yarn around the centre of the pom pom, between the two circles of cardboard, then tie tightly to secure. Do not cut off any of the excess wool/yarn.
- + Remove the card from your pom pom by using scissors to snip into the card, and pull apart to separate.
- + Trim your pom pom to give it even edges.

Hints and tips

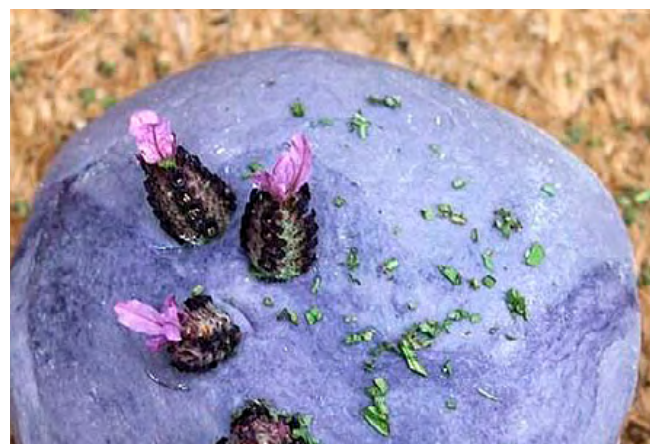
The larger the diameter of your circle the larger the pom pom will be, and the more wool you will need to allow. A circle with an 8 cm diameter is a good size to begin with and this can then be adjusted accordingly depending on the size of pom pom needed in the future.





+Think

Residents can benefit from different parts of this activity, from the making to the enjoying. So to start you need to make some easy No Cook Play Dough! (one batch will make enough for a small group of four). You will need to make a few batches if you want to use it as aroma dough.



+Activity Aroma Dough

Think Calm, peaceful area.

What you need:

- + 2 cups of plain flour
- + 4 tsp of cream of tartar
- + 1 cup of salt
- + 2 cups of boiling water
- + Food colouring – think about the scents that you will use and use colour accordingly

What you do:

- + Put all the ingredients into a bowl and mix. It may not come together at first, but keep mixing. It will soon be the right consistency.
- + Now you can add the scent.

Creative/cheerful

- + Add one drop of each mandarin, sweet orange and neroli.

Calming

- + Add one drop of each lavender and neroli.

Cold/flu

- + Add one drop of each tea tree, eucalyptus and lavender.
- + Once mixed you are ready to use the Aroma Dough! Decide which to use and as your residents start handling the dough it will become warmer and you will smell the scent.

+Think

These would be a great project for a someone who enjoys sewing/ knitting. You could invite residents to the shops to buy supplies.



+Activity Sensory Cushions/Aprons, Tabards

What you need:

- + A willing volunteer to help with the sewing
- + Decide what you want to make – lap blanket, cushion, tabard or an apron
- + Buttons / Zips
- + Different textured material – fur, silk, fleece, cotton, hessian, denim
- + Lentils, pasta shapes, etc.
- + Silky ribbon
- + Plain cushions/ tabard or apron

What you do:

- + Sew all the bits on to your cushion/ tabard or apron, making sure that the buttons are securely sewn on.
- + Fill the pockets with different items – lentils, crinkly material, pasta shapes, anything that sounds or feels interesting.
- + Make it bright and cheerful, but don't overcrowd it.



+Activity Sensory band



A sensory band is a pocket or glove that has attachments added to it, inside and out, that residents can twiddle and fiddle with. They are used to calm someone living with dementia by giving them something to do with their hands.

What you need:

- + 6.5 mm straight needles or 8 mm circular needles
- + Beads, zips, ribbons or anything that can be twiddled with but not break
- + Wool/yarn
- + Sensory bands are perfect for using up leftover wool. A variety of textures works really well. This example is for guidance only and any colour wool/yarn can be used and sizes can vary.

What you do:

- + Make the band:
- + Cast on 40 stitches using two strands of double knitting wool (or one strand of chunky wool). Work in stocking stitch (knit one row, purl one row) for 23 inches (58 cm).
- + Cast off.

Decorate and finish:

- + Attach beads, flowers, zips, loops or anything else that people can fiddle with making sure they are attached firmly so they cannot easily be pulled off. Neatly join the sides together with the pearl side facing you. Turn inside out. Push the band inside the body. Neatly sew the two ends together.



+Think

If a person is unable to have a bath then you could use these ideas to bathe someone by using a bowl rather than the bath. The aroma will still be relaxing and soothing.

+Activity Herbal Baths



Did you know that herbs can also be used in a nice soothing bath and some can be used to make a relaxing cuppa?

Here are a few suggestions.

Lavender bath:

- + Add 40 g of dried lavender flowers to a bath, either on their own or mixed with some Epsom salts.

Lavender tea:

- + Place 1 tbsp of fresh or dried buds into a cup or tea ball. Pour boiling water into the cup, allow to steep for 10 minutes, and then enjoy!

Basil bath:

- + Put 2 tbsp of fresh basil into a warm bath for a soothing escape.

Basil tea:

- + Put the same amount of basil into a cup of boiling water, allow to steep for 7–10 minutes, then strain the leaves.

Rosemary bath:

- + Add rosemary to your bath to ease muscle pain. Lie back and enjoy,

Rosemary tea:

- + Put 1 tsp of leaves into a cup of boiling water and let them steep for at least 5 minutes. The rosemary in this tea would also be nice if paired with lavender and thyme.



+Talking with Touch



Often when spending time with people who live with dementia, we can feel at a loss as to what to say. Sometimes we may fill that space with gentle validation and reminiscence. Other times, it may be filled with too much chatter as we struggle with the silence, but of course a person with dementia may find the chatter a struggle. This all depends on the individual.

Talking with touch can allow a silence to be comfortable and enable someone to communicate in their own time on their own terms.

Reaching out and holding a hand can mean so much. Begin to add some simple massage, special holds or gentle pressure points and make the touch more meaningful and therapeutic.

It only takes 20 seconds for 'nurturing touch massage' to release oxytocin, a hormone which produces feelings of love, trust, attachment and wellbeing. Positive touch validates a person, something which is especially important when we live with dementia and feel that parts of our self may be slipping away.

Although nurturing touch massage can be used with anyone at any stage of dementia, people who are living at the end stages may benefit most when all other communication is lost, and sensory validation and connection are vital. As Margaret Attwood said: "Touch comes before sight, before speech. It is the first language and the last, and it always tells the truth".

In my course 'How to Massage People Who Have Dementia' people learn how to combine many approaches to enable a person living with dementia to feel comfortable about receiving nurturing touch massage on their terms. All are welcome to attend.

I have taught massage and bodywork therapists so they can specialise in providing a much needed service; dementia link nurses and memory café facilitators can add new ways of communicating in their work; activity workers and carers can weave nurturing touch into their repertoire of meaningful activities or personal care; ward nurses have learned new skills to help soothe patients on their wards, especially on the night shift when anxieties can take hold.

So when words fail, let touch do the talking.

+Nicolle Mitchell

Holistic Massage Practitioner and Trainer in 'How to Massage People Who Have Dementia'

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+Think

This can be a nice experience for all, staff and relatives alike. Invite a few people to go shopping with you to buy the oils.

+Activity Aromatherapy

The best way to use oils:

Chamomile and lavender provide relief from joints swollen by rheumatism and arthritis. Aromatic massages and rubs containing black pepper, cypress or juniper can promote circulation and reduce the risk of varicose veins and oedema. Beauty care should not be neglected either; rose and geranium promote skin growth, giving skin a more vital appearance. An aromatherapy massage can give much needed contact, especially if given by a close relative.

Suitable essential oils:

Rosemary

- + Invigorating and analgesic, you can use rosemary oil in a vaporiser to improve concentration and memory.

Cypress

- + This essential oil helps to boost circulation, providing welcome relief for varicose veins as well as haemorrhoids, also swollen feet and ankles.

Eucalyptus

- + Eucalyptus essential oil's renowned antiseptic properties are most helpful for fighting colds and flu.

Geranium

- + Geranium oil is gently uplifting for low times.

Rose

- + Promoting skin cell regeneration, rose is an excellent beauty oil that improves the complexion and helps to soften lines on facial skin.

Chamomile

- + As well as anti-inflammatory relief from rheumatic aches and pains, chamomile oil provides help when treating insomnia or restlessness.

Juniper

- + This essential oil is detoxifying and can be used for arthritic and rheumatic conditions.

Safety:

Always check with the doctor before starting any aromatherapy with older people as it may interact with a medication or illness.

More information and guidance can be found at www.therapy-directory.org.uk



+Think

This treatment provides sensory stimulation and enjoyment, an ideal activity for a pampering evening. Most people like being pampered, whether it is having their hair combed, their beards trimmed or nails painted, this can be a really enjoyable activity for all. Make sure you keep people's preferences in mind when choosing make-up or nail varnish.

+Activity Beauty Therapy

What you need:

- + Chairs and relaxing music
- + A variety of cleansers and moisturisers for all skins types
- + Cotton wool pads
- + Facial tissues
- + Flannels
- + Warm water

What you do:

- + Ask people to sit in the chairs and explain what you are going to do.
- + Invite them to choose which creams they would like to try, keeping in mind any allergies they may or may not have.
- + Start by cleaning the face with warm water and facial cleansers and then apply moisturiser for a light massage. Then with a warm damp face cloth, wipe face and dry with facial tissues.
- + Finally moisturise their face again before offering them some make-up.



+Activity Honey Oatmeal Mask

What you need:

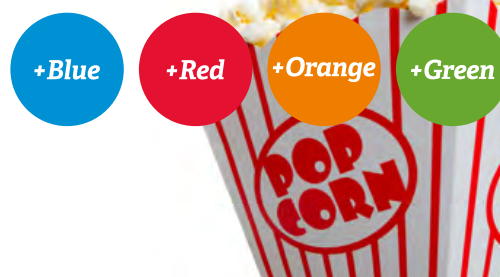
- + 2 tbsp ground oats
- + ½ tbsp fresh lemon juice
- + 2 tbsp raw honey
- + 4 drops tea tree essential oil

Safety:

Please be aware of health and safety issues.

What you do:

- + Finely grind the oats.
- + In a small bowl mix together the ground oats, lemon juice, honey and tea tree oil.
- + Apply to the face to create a mask keeping well away from the eyes. Leave on the skin for 10–15 minutes.
- + Remove the mask with cold water and a face cloth.



+Think

Think outside the box, just because someone is being cared for in bed doesn't mean they cannot enjoy an outside movie if they want to. Take the bed outside! You could even make it a personal showing – a relative may like to show a family movie or have a photograph slide show.

+Activity Create an outdoor cinema screen with a projector and a sheet



What you need:

- + A projector – you might be able to hire one if you don't have one
- + A large white sheet and string to attach it
- + Resident's choice of film
- + Comfortable chairs, blankets or beanbags for the little ones
- + Blankets, to keep chilly legs warm
- + Popcorn and sweet treats!
- + Residents, relatives, friends and staff members

What you do:

- + String a sheet up between two trees. Or you could ask if a handy person could put two wooden stakes in the ground if you don't have trees.
- + Watch a movie while snuggling up under some blankets with a bag of microwave popcorn.
- + This could be a regular event in the summer months, when the evenings are still warm.
- + Inviting relatives would be nice. You could make some tickets so people get the real experience, and have someone selling ice creams, yum!

+Music

Music can be a vital tool in working with people with limited verbal communication. Musical memories seem well stored for many people with dementia and individuals can come to life on hearing a particular favourite song or a dance.

For any person who spends large amounts of time in their own room, a good investment will be a CD player, iPod or MP3 player and a collection of music which relates to their background and interests.

Care staff should speak with relatives or close friends to find out whether the person loves Mozart, Elvis Presley, Scottish ballads, rock music or Bollywood music. A key person will also need to know the times of day that a person might respond particularly well to music.

+Activity Armchair Dancing



What you need:

- + Music! CDs, iTunes or YouTube are great places to look; also on YouTube you may find a video giving you some tips!
- + You could do many different types of dancing, Scottish, Irish or ballroom
- + Get some willing volunteers (that aren't afraid to get up and have a go!)

What you do:

- + Make sure you have plenty of space in your chosen room; dining rooms tend to work well.
- + Arrange the chairs around the outside of the room, leave gaps for wheelchairs if needed, this makes it easier for everyone to see you! Also it will make sure there is enough space should people want to get up and dance. From my experience you will probably see lots of your residents getting up.
- + Ask your residents which music they like, it might encourage more participation. Music is such a great way to get people moving, even if it is just a foot!
- + Remember it is fine if some people don't want to move, they may just enjoy the music and watching others.



+National Awareness Days



May

- + Dementia Awareness Week
14th – 21st May
- + International Day of Friendship
15th May
- + Great British Fish and Chip Supper
19th May
- + English Wine Week
27th May – 3rd June
- + National BBQ Day
29th May

June

- + Go Barefoot Day
1st June
- + Hot Air Balloon Day
5th June
- + National Yo-Yo Day
6th June
- + Volunteer Week
1st – 8th June
- + Butterfly Education and Awareness Day (BEAD)
3rd June
- + Aromatherapy Week
5th – 11th June
- + Diabetes Awareness Week
12th – 18th June
- + National Beer Day
15th June

- + Care Home Open Day
16th June
- + The Great Get Together
17th – 18th June
(www.greatgettogether.org)
- + World Music Day
21st June
- + International Yoga Day
21st June
- + Bring your Dog to Work Day
23rd June

August

- + National Allotment Week
7th – 13th August
- + Afternoon Tea Week
14th – 20th August
- + International Cat Day
8th August
- + World Photo Day
19th August

September

- + National Read a Book Day
6th September
- + Heritage Open Day
7th September
- + National Cupcake Week
18th – 24th September
- + National Doodle Day
22nd September
- + National Poetry Day
28th September

July

- + National Fishing Month
July
- + Wimbledon Fortnight
3rd – 16th July
- + National Cherry Day
16th July
- + National Parks Week
24th – 30th July

+Poem – Our Poem

Written by Southwell
Court Poetry Club

On a chilly, chilly day
In the middle of spring
It was so chilly, we needed our mittens
With purple mittens
Holding a beautiful plant
Looks like lilac
Or it could be mauve

We thought it was a cyclamen
But the visual plant was a violet
And with purple gloves
The small and perfect plant was held

+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

- 1) No specific answer to this one

2) No specific answer to this one

3) No specific answer to this one

4) No specific answer to this one

5) Sixteen

6) Norman Wisdom
- 7) Bruce Forsyth and the Tiller Girls

8) The Sound of Music

9) Que Sera, Sera

10) Cliff Richard

11) No specific answer to this one

12) No specific answer to this one

Wordsearch
(Page 8)

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

things to do

+Blue

+Red

+Orange

+Green

+Easy poetry

Invite your residents to look at this picture and give you one word that comes to mind, link the words together to make a poem or short story.

(You can add a few extra words too).

This can be used as a conversation starter; just looking at this may spark some memories.

We would love to hear how you get on.