

Things to do

Many of the ideas in *Things to do* are based around the articles in **The Activity Providers Magazine**

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

+ **New Ideas** – Lots of seasonal activity ideas and some brilliant member submitted activities.



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www.napa-activities.co.uk

+Editors piece

Hello again,

I hope you enjoy the activity ideas in this issue. We have some great ideas for the warmer weather and lots of suggestions for getting outside, check out the article in Living Life by Step Change Design (page 28), there are some great suggestions for getting outside and making the most of your garden.

Zoe & Tony from Revitalize have supplied 2 great physical activity ideas, see page 6+7

Don't forget, you can download the things to do section of each magazine from the members only section on the website, your new password was sent with your renewal certificate. If you need a reminder, please email project@napa-activities.co.uk with your membership number and expiry and we will send you your password.

Enjoy!
Gianna



+Gianna Burns

Editor – project@napa-activities.co.uk

Password Reminder

If you need a reminder of your password, please email the office quoting your **membership number** and we will be able to give you your password.

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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+Think

Residents may like to get creative with these and use pattern rather than simply wrapping wool around. Alternatively others may like to feel them especially if you use different textures of wool or material.

www.napa-activities.co.uk

+Blue

+Red

+Orange

+Green

+Wrapped Bottles

What you need:

- + Assorted empty glass bottles
- + Pva glue or modge podge
- + Different coloured and textured wool
- + Scissors
- + Paint brush

What you do:

- + First choose the colours that you're going to use.
- + Then paint glue on the bottle and start wrapping the wool. Start from the bottom and work your way to the top.
- + Keep all joints at the back and be creative.



+Think

These would be great hanging on a bedroom door or as a decoration in a bedroom. You could paint them instead of using wool.

+Blue

+Red

+Orange

+Green

+Wrapped Letters

What you need:

- + Wooden letter or cardboard
- + Pva glue
- + Wool – colours of your choice
- + Decorations, flowers or something that would stick to the wool easily

What you do:

- + Apply Pva glue to the backside, the top, and bottom of the letter.
- + Leave the ends of the wool long until the whole thing has dried, then trim them off
- + Add embellishments. The ones with sticky tape on the back would work



+Blue

+Red

+Orange

+Green

+Community
Connections
Picture Quiz:

Questions.

1. It's always lovely to see children at play in a
Ch_____ Pl_____
2. Usually happens once a week M_____ t D_____
3. Fancy a pint, or a gin and tonic? Let's nip to
our L_____ P_____
4. Nature in all her glory, as seen at the local P_____
5. Need some stamps? P_____ O_____
6. Often the centre of the community C_____
7. Where 5 to 11-year olds spend their day
P_____ S_____
8. Usually busiest on a Friday evening
F_____ a_____ C_____ S_____
9. Getting one of these to call at your home is
not a bad idea! I_____ C_____ V_____
10. An enjoyable and relaxing afternoon watching
V_____ C_____
11. Many communities have these once or more
a week L_____ C_____s
12. An interesting place to visit. They almost always
have a café G_____ C_____

- + Of all the above places to visit which is your favourite,
and what do you love about it?
- + How many different words can you make from the
following letters c-o-m-m-u-n-i-t-y?

+Think

Use the images as conversation starters or
just talk to someone about the images.



This quiz has kindly been supplied by Chris Harding, The Daily Sparkle.
Answers on page 19 of things to do.



+Living Well @Home

“Bringing physical activity into Homes, using household items”

Activity provision is about developing and sharing basic ideas on how to keep the mind and body active and physical activity has an important role in the six Activities of Daily Living (ADLs) that reflect capacity for self-care.

1. Bathing
2. Dressing
3. Transferring
4. Using the toilet
5. Eating
6. Walking



People who continue to do basic tasks for themselves: getting dressed, brushing their own hair etc. can retain a degree of independence for longer, promoting a sense of wellbeing.

Physical functions should be continually practised, or they deteriorate, and the Living Well @ Home programme helps bring physical activities into people's daily lives by using everyday household objects which are easily accessible, recognisable and encourage people to participate – without expensive equipment.

Tony Duke, a specialist in Seated Physical Activities trains care teams across the UK and is a long-term NAPA champion. To support the 20 year celebrations Tony is sharing a range of simple SPA movements from the Living Well @ Home activity programme. Tony will be sharing two more activities in each of the next two editions of Living Life, so watch out for more ideas!

Please read the following Activities before you present them and consider how you will describe the instructions as the words and actions you use must be appropriate for your residents cognitive and physical abilities.

You can also add music which may encourage participation although for some levels of dementia it can be distracting so it's not essential.

Activity Nos 1&2 can be attempted by most residents as there's minimal risk however be aware of physical restrictions such as limited movement in one arm and remember to record the outcomes!

Using the PAL colour coding system, both these activities are suitable for Blue & Red although the Orange category need dedicated 1-2-1 support. Residents within the Green category can also be included as tactile items may promote some movement so try gently introducing a sponge, stress ball or peg and see what happens.

If you have any queries, contact – info@revitalyz.co.uk



+Living Well @Home Activities

Activity No. 1 – Wash the car

1. Use a dry household sponge
2. Extend one arm away from body, keeping the elbow loose.
3. This is easier if sponge rests against a wall or a table – think about washing a car or the windows!
4. Try and keep wrist straight and fingers extended – not easy for many clients but worth a try
5. Next, clench the fist keeping the sponge secure in the hand – in other words squeeze it!
6. Relax and repeat 2-5 once more
7. Try the whole thing again with the other hand

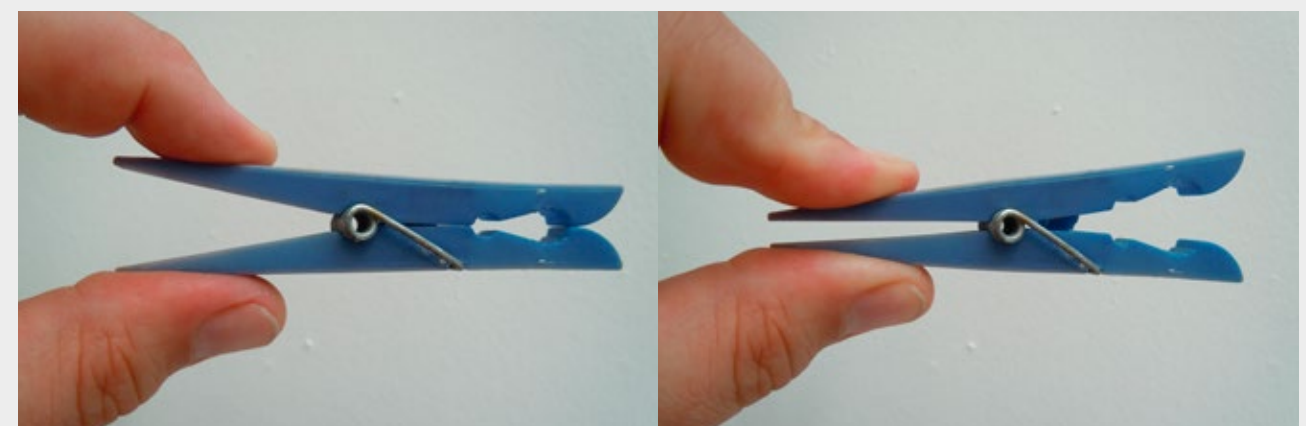
When performing this activity, you are exercising Fingers, Wrists, Elbows & Shoulders AND encouraging Laughter!



Activity No. 2 – Peg game

1. Use a plastic or wooden household peg (a household sponge or soft ball would also work)
2. Pinch the peg between 1st finger and thumb, repeat.
3. Do this with each finger and thumb ending with thumb & little finger!
4. Now try with other hand

When performing this activity, you are exercising Fingers, Wrists & Arms AND promoting Co-ordination!





+Think

These would be really nice as decorations in the setting.

+Spring Tree



What you need:

- + White glue
- + Black acrylic paint
- + Watercolour paper or cardstock (heavyweight works best)
- + watercolours OR watercolour paint pallet OR liquid watercolours (watered down)
- + 3/4 – 1 1/2-inch flat wash watercolour brush

What you do:

- + Mix white glue with black acrylic paint to make black glue. We make ours by mixing both ingredients in an old white glue bottle and shake it up.
- + A little black paint goes a long way, so you don't need much. Don't worry about making it look black. White glue dries clear, so the black glue will often appear grey until it dries.
- + Draw a tree in pencil on watercolour paper or cardstock. (optional – you can skip this step and draw your tree with black glue if you prefer.)
- + Trace spring tree with black glue if you drew it in pencil on your watercolour paper or cardstock.
- + Allow black glue to dry overnight. The black glue will not resist unless it is completely dry. You might like to spend one-day making trees, and another day painting them.
- + Invite residents to paint the spring trees they drew the day before. Allow them to use whatever colours they want.



+How to bring life and vigour to a care setting with watercolours

"I'm no good at art." How many times have I heard that?

Sharing my passion for painting with older adults can be a challenge – but perseverance brings rewards. These are some things that have worked for me: -



This work is from Brookfield House Cheshire Grange and Keate house

- + People are often happier contributing to a large piece than working individually. My first project was a still life with flowers, fruit and butterflies. Nine residents painted individual items which I cut out and stuck on to a background. The final collage is on display in the care home where it was created, and residents are proud to point out to visitors which bits they did.



Keate House art project

- + Providing a drawing in waterproof ink on a piece of watercolour paper, so that all residents need do is add paint, takes away the fear of the blank piece of paper. Drawings of flowers, for instance, can be very simple to do.
- + For those who don't see well, I use a thicker pen and make the image extra-large, so that they can join in.
- + I offer a choice of colours and I encourage experimentation. I love the different ways watercolour paint can be used, from delicate washes to colourful blobs. No need to "stay within the lines" – I'll be cutting out the images anyway.

- + Painting triggers happy memories and gives people something to talk about. The end product matters less than the experience, which I hope to make friendly and fun. I welcome people who just want to watch – after a while, they may join in.
- + It's even more fun if you invite some preschool children in to share the activity– you won't hear a four-year-old saying they're no good at art, and some of that confidence rubs off on the adults. (Have other activities on hand though, like blowing bubbles or modelling playdough, as painting may not occupy young children for long.)

I was very proud when one of my projects won the NAPA award for "Best project promoting the arts in care" in 2017. My most ambitious project to date, it measured eight feet square, and included work by members of the community ranging in age from eighteen months to over ninety, as well as residents of three care homes. It went on display in the local community centre and visitors were impressed by the way it had brought the generations together. The judges singled it out as an example of using art to build community links, and so "bring life and vigour to a care setting." A party of five, including two residents, went down to London to receive the award, and it was a great feeling to have our work recognised in this way, and to meet so many others who care passionately about the quality of life in care homes. I would love to think that other care homes will benefit from our experience and have a go themselves.

Helena Edwards
www.facebook.com/watercolourpaint
<http://helenaedwards.wixsite.com/start-from-scratch>

+Blue

+Red

+Orange

+Green

+Think

You could enlarge this on a photocopier this so that someone with poor eyesight can see it better.
Talk to residents about the clues, it would be a good talking point

+Spring Wordsearch

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

Can you find the word **NAPA**? / How many can you find?



- +DAFFODIL
- +GARDENING
- +GREEN
- +SEEDS
- +SPRINGTIME
- +TULIPS
- +UMBRELLA
- +WELLINGTON BOOTS
- +SUNSHINE
- +BLOSSOM
- +BUZZING
- +GROWTH
- +SHOWERS
- +LAMB
- +RAINBOW
- +PICNIC
- +FOAL



+Blue

+Red

+Orange

+Green

+Think

You could do any patterns you like, some complex others not so. These would be nice and colourful for someone to look at whilst being cared for in bed.

+Mexican Mirrors
Printed paper art



Display together or separately.

What you need:

- + Card or construction paper
- + 12" X 12" round template (you could use a dining plate)
- + Paint or sharpies markers
- + Good quality thick tin foil for the mirror
- + Stylus or pencil to make the patters on the foil

What you do:

- + Use 12" x 12" construction paper and a pencil, create a large circle or use a circle template. With a smaller circle template, we used a small paper plate, trace another circle inside the large circle. Add fun patterns around the circles.
- + Outline with a sharpie and colour in the shapes with paint. Make sure to fill in the shapes completely.
- + To make a mirror, use the silver side of 3" x 3" foil and create patterns with a stylus or a pencil. Make sure you have a newspaper under the foil to pop the designs outward on the foil.
- + Glue down the mirror with tacky glue, then add sequins.



+Think

This may appeal to most of your residents and maybe some staff might also like to get involved. Many will have kept their own garden for years and will be very knowledgeable and will appreciate being asked or consulted. Some may like to watch from a distance and that is fine too.



+Gardening Club

The benefits of garden-related activities are abounding. Many care settings now provide specially designed 'memory gardens' and 'wander gardens' for residents living with dementia. Staff can provide outdoor or indoor garden activities in a supporting and caring atmosphere via an engaging Garden Club.

The benefits of gardening activities in care settings include:

- + Positive social entertainment and reminiscing opportunities
- + Enhanced well-being
- + Improved dexterity
- + Reduced symptoms of depression
- + Educational opportunities
- + Relaxation and satisfaction

What you need:

- + An outdoor area (cemented or tiled for easy cleaning), free of sound distractions such as noisy TVs and people talking
- + A few large tables covered with plastic or old newspapers
- + Some tools, seedlings, plant cuttings, potting mixture, plastic pots, a bag of sand, and a water hose close by
- + A group of enthusiastic residents and staff members who have an interest in gardening

Things to do in the Garden Club:

- + Plant seedlings of cherry tomatoes in pots.
- + Plant herbs in raised beds or in pots.
- + Plant flowers, whatever is in season.
- + Re-pot plants.
- + Planting vegetables that are in season.
- + Tidy up pot plants.



+Think

This is a great way to get the whole team involved. Find out what their hobbies are and match them up with a resident who has similar interests. You could get some help from the local community too, invite them along!



+Different types of Outdoor Activities

Instead of being overwhelmed by the potential challenges, focus on activities in which you and the person you are caring for are interested.

Catch a sporting event: this could be a grandchild's sports day or a local sporting event, or a professional event like a football match or tennis at Wimbledon.

Fish for fun: you can cast a rod from a pier or in a local fishing lake. It is not just about the catching, it is about the build-up. Take a flask of tea to keep the chill out.

Be a tourist: take a bus tour, visit an art gallery or just sit in a coffee shop and people watch!

Anyone for a stroll: take a walk in the park; listen to the laughter of the children playing.

Love the birds: make some bird feeders and place them so they can be watched from a distance. A budding photographer may like to take photographs of them.

Pedal on: rent a tricycle and go for a ride; they are easier to mount and ride and offer more back support.

Let's go fly a kite: feel the wind in your hair at the top of a hill. It might be nice to look at other kites that people are flying.

Picnic in the garden: invite residents to help shop and make the food for the picnic. You could get the BBQ out and have a gathering.

Take a dip: some people may like the idea of swimming in the sea or doing water aerobics. Others may like to sit in the garden with their feet in a paddling pool!

The Department of Health has produced a great publication called **Nothing Ventured Nothing Gained, Risk Guidance for People Living with Dementia**. You can download it from their website: <https://www.gov.uk/government/publications/nothing-ventured-nothing-gained-risk-guidance-for-people-with-dementia>



+101 Things to do

Please note: The following list offers a wide variety of suggestions or possibilities which may or may not be of interest to your relative. Sometimes when a person is very frail or in living with later stage dementia, it can be hard to find things which can engage the person's interest. However, it is hoped that there might be something new in this list which would be worth trying.

1. Talk about what you have been doing since your last visit

2. Bring photos of family & friends – from days gone by or recent snaps

3. Create a photo album, frame photos or make a photo collage

4. Make a special scrapbook or a memory box of significant objects based on personal life history

5. Help write or tape an autobiography

6. Share favourite stories and memories

7. Bring holiday snaps, souvenirs, postcards, even maps and tales of your journey

8. Read newspapers & magazines aloud to keep your relative in touch

9. Jointly look at magazines with large colourful pictures and invite opinions and comments on the contents whether it is fashion preferences or political views

10. Subscribe to a relative's hometown newspaper and bring it along

11. Read religious (where appropriate) or inspirational articles, magazines or books – a 'thought for the day' or 'hope for the week'

12. Read letters from family and friends

13. Bring messages from family & friends

14. Bring video greetings from family & friends

15. Help with writing letters & cards

16. Find a pen pal and help with the project

17. Create collage poster with pictures cut from magazines

18. Bring articles related to the season or next holiday to talk about

19. Have an indoor picnic whilst visiting

20. Enjoy a favourite drink or food that you have brought

21. If you play an instrument offer to do a private concert

22. Try teaching simple tunes on an instrument

23. Sing or hum together

24. Play 'name that tune' with CDs or music on the radio

25. Listen to music together

26. Play simple charades – e.g. miming an action to guess what it is

27. Wind yarn together for a knitting project

28. Try drawing or painting together

29. Make simple gifts for the grandchildren

30. Bring along your sewing basket, button box, socks drawer or tool box to organize together

31. Bring a bird feeder or house to hang outside

32. Bring book on bird watching

33. Bring the mending to do while you visit – watching is an activity too!

34. Brush, comb or style relatives hair – give a simple head massage at the same time!

35. Pamper with make-up, perfume, aftershave or manicure

36. Ask your relative for help planning your garden & look through a seed catalogue

37. Plant & look after an indoor window sill garden

38. Create a terrarium (table top garden arrangement) together, which requires very little care

39. Play word games & trivia together

40. Play cards or table board games together

41. Do crosswords together or do yours out loud – listening is an activity too!

42. Do jigsaws together even if the person can only watch or pick up the pieces

43. Watch television together and discuss programmes you have seen

44. Keep up with the Soaps that your relative watches and discuss

45. Rent a DVD of an old favourite movie or musical & watch it together

46. Hold your own tournament or competition and keep a running tally of the scores (could be quoits, skittles, quizzes etc)



47. Create a story from a picture e.g. looking at a photograph or piece of art and imagining what is happening, who the people are, what they are doing or thinking etc.

48. Have a session of 'retail therapy' and do some shopping from catalogues

49. When possible take your relative shopping if only to 'window shop'

50. Bring recipes to cook with your relative or to talk about and share favourites

51. Bring along a treat you know your relative likes

52. Go for a walk 'round the block' inside or outside the building – take time to stop and look at the view, talk to people along the way and point out anything new or interesting

53. Give a gentle hand massage using aromatherapy scented oils or hand cream

54. Bring items to stimulate the sense of smell- spices, perfume or flowers

55. Bring different textured fabrics to touch- silk, cashmere, velvet etc:

56. Show pictures or video of a recent holiday

57. Bring home movies made with a camcorder

58. Bring grandchildren's artwork or school papers

59. Bring a pet to visit

60. Bring a pet which can stay-fish

61. Start a collection or hobby that you both enjoy

62. Invite other residents who share the same hobby to join in

63. Do exercises together

64. Read a chapter of a novel, a short story or a few poems

65. Write poetry or a short story together

66. Look at and listen to an old-fashioned music box

67. Make a "joy box" (decorated shoe box) filled with fun and favourite things

68. Discuss seasonal changes looking out of the window

69. Keep a "window diary" of interesting things that happen outside

70. Keep a journal of interesting discussions and upcoming events

71. Make a pot pourri together and hang it up to keep the room sweet smelling

72. Tell jokes to one another, bring along a joke book to keep it going

73. Help with writing letters to family & friends

74. Surprise your relative and bring along one of their friends for a visit

75. Take photos to send to friends & family

76. Take a walk together, weather permitting, or sit on the patio

77. Bring grandchildren and enjoy watching them play

78. Bring a small baby or child occasionally

79. Help them make items for charity

80. Celebrate holidays or festivals in the home or outside when possible

81. Keep a track of favourite sports events or teams

82. Learn a new word or words whenever you visit using a dictionary

83. Challenge a relative in a spelling contest

84. Play along with TV game shows or develop your own

85. Dance, or tap your feet, to your relatives' favourite dance music

86. Bring a travel book or brochure & dream about a fantasy holiday

87. Use small rhythm instruments to make your own music

88. Read the astrology column in a daily paper and talk about it

89. Play noughts and crosses or similar games

90. Talk about local land marks and how the community has changed

91. Make lists of your relatives' favourite foods, films, movie stars, music etc;

92. Talk about what you would do if you won the lottery

93. Design & make your own Christmas & holiday cards to send

94. Toss cards into a hat

95. Hold your relative's hand and be a good listener

96. Try your hand at drawing each other portraits when possible

97. With closed eyes see if your relative can guess different flavours you supply

98. Talk about, recite or play nursery rhymes and songs from childhood

99. Work on a latch hook rug while you sit and talk

100. Give hugs and affection when arriving and leaving

101. _____ (Write your own idea here)



+Think

This is such a great small group engaging opportunity, a perfect Elvis theme event! It is a social and Therapeutic activity. Promoting hand and eye coordination / motor skills, visual stimulation and social interaction!

+Elvis Decoupage Music Note Canvas



What you need:

- + 40cm x 40cm Canvas
 - + Mod Podge Decoupage Glue
 - + Foam Decoupage Brush
 - + Round Brush
 - + Flat Brush
 - + Black Acrylic Paint
 - + Paint Pallet
 - + 5 x A4 music print paper
 - + Elvis Silhouette Stencil
 - + Hairdryer (optional)
 - + Low tack tape (optional)
- (all materials / products can be sourced online and in most Craft Shops)

Step 1



Step 2



Prepare the A4 music paper by ripping away the fine edge all around the sheet, then rip random pieces.

Step 3



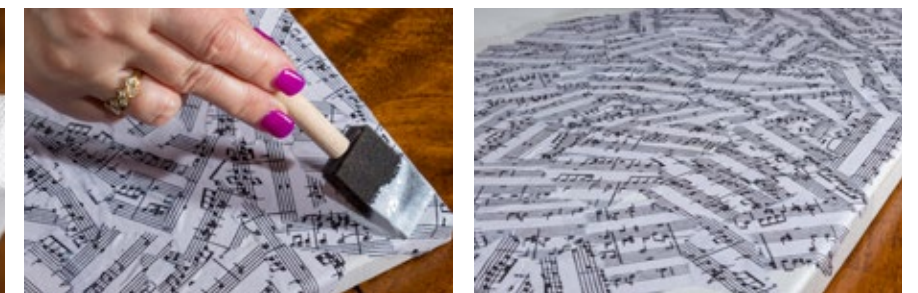
Using the Flat Brush apply Mod Podge Glue to small area on the canvas where you will glue your first piece of paper, and then apply a coat of glue all over that piece, when placing your next piece of paper ensure it overlaps the first and so on...

Step 4



Ensure you glue music paper around the edges of the Canvas for a perfect finish.

Step 5



Once all your music paper pieces are glue in place use the Foam Decoupage Brush and give the whole canvas a final coat of glue, don't worry if you see some bobbles once the paper dries it will stretch.

Step 6



Allow to Dry (use a hairdryer if you wish or make this a second part of the Activity)

Step 7



Pour a little black Acrylic paint to your pallet using your round brush, stipple all around the edge of the canvas

Step 8



Place Your Elvis Stencil in the Centre of your Canvas (you can secure it with low tack tape) or just use the tips of your finger, using you round brush stipple a small amount of black acrylic paint on the pallet and then stipple the image of the stencil thoroughly, (too much paint on your brush will smudge the image as it will run under the stencil)

+National Awareness Days



May

- + Local & Community History Month
May
- + National Walking Month
May
- + Share a Story Month
May
- + National Limerick Day
12th May
- + International Nurses Day
12th May
- + British Sandwich Week
14th May
- + Dying Matters Awareness Week
14th May
- + Deaf Awareness Week
15th May
- + International Museums Day
18th May
- + Great British Fish & Chip Supper
18th May
- + Dementia Awareness Week
21st May
- + British Tomato Week
22nd May
- + European Neighbours Week
25th May
- + English Wine Week – Anyone
for wine tasting?
27th May
- + National BBQ Week
28th May

June

- + Volunteers Week
1st June
- + Butterfly Education &
Awareness Day
2nd June
- + The Big Lunch
3rd June
- + World Environment Day
5th June
- + World Oceans Day
8th June
- + Men’s Health Week
11th June
- + Aromatherapy Awareness Week
11th June
- + Carers Week
11th June
- + Sewing Machine Day
13th June
- + Cup Cake Day
14th June
- + National Beer Day – Craft
Beer Anyone?
15th June
- + National Fudge Day
16th June
- + World Music Day
21st June
- + Bring your Dog to Work Day
22nd June
- + International Sunglasses Day
27th June
- + Armed Forces Day
30th June

July

- + International Reggae Day
1st July
- + World Chocolate Day
7th July
- + Spana’s World Tea Party
8th July
www.spana.org/getinvolved/events/teaparty
- + Don’t Step on a Bee Day
10th July
- + Disability Awareness Day
10th July
- + National Cherry Day
16th July
- + National Fishing Month
21st July
- + National Parks Week
23rd July
- + World Friendship Day
30th July

+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

1. Children’s Playground

2. local market

3. local pub

4. park

5. Post Office

6. Church
7. Primary School

8. Fish and Chip Shop

9. Ice Cream Van

10. Village Cricket

11. Lunch Clubs

12. Garden Centre

Wordsearch (Page 10)

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

things to do

+Blue

+Red

+Orange

+Green



+Easy poetry

Invite your residents to look at this picture and give you a word that comes to mind, link the words together and make a poem or short story. You may want to add a few extra words.

This can be used as a conversation starter. Just looking at the image may spark some memories.

We would love to hear how you get on.