

# 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** – Some great animal inspired ideas.



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# +Editors piece

Hello,

I hope you like the activity ideas in this issue. There is definitely something for everyone to benefit from. Huge thanks to Mark and Zoe Duke from Revitalize for their contribution to this issue. Also, to Tanlgewood for their great activity idea – appliqué dogs! It would be great to see how the activities have worked out for you, send in photos.

There are some good recipes for some treats for any visiting animals that you may have, everyone loves a treat or two.

I hope you are all making the most of the nice weather and getting out as much as possible. It is nice to have a catch up over a cuppa whilst admiring the beautiful flowers in the garden.

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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**+Blue**

**+Red**

**+Orange**

**+Green**

# +Solitary Bees Hotel



## What you need:

- + Large Porcelain Mugs
- + Long Bamboo Sticks
- + Hessian
- + Aluminium Wire
- + Black Porcelain Outline Pen
- + Brilliant Porcelain Paint Pens
- + HobbyLine Acrylic Satin Varnish
- + Pencil
- + Ruler
- + Scissors
- + Secateurs

## What you do:

1. Sketch your design on the ceramic mug using a pencil.
2. Outline your design using a Black Porcelain Outline Pen. Leave to dry.
3. Colour and decorate the outside of the mug using Porcelain paint pens. Leave to dry.
4. As directed on the porcelain pen, heat fix your design in a non-heated oven for 90 minutes at 160 degrees centigrade. Then to help protect your design from the elements, use a coat of Acrylic Satin Varnish.
5. Using scissors cut a rectangle piece of hessian or warm fabric 8cm x 21cm and place inside the mug to act as a lining. To prevent the lining from slipping, you could add some glue, so the lining adheres to the side of the mug.
6. Using the secateurs, cut 45-50 pieces of bamboo 8cm long.
7. Lay the ceramic mug on its side and insert the bamboo sticks one by one onto the fabric lining until nearly full. Then stand the mug upright and insert the last of the bamboo sticks. The bamboo sticks should fit snugly and should not move.
8. Ideally, the bamboo sticks should not be flush with the lip of the mug, but slightly inside, to help protect them from rain.
9. Wrap wire around the mug handle and hang up your Ceramic Bee Hotel in a sheltered but sunny south facing position on a tree, fence, wall or post at least a metre off the ground, with no vegetation blocking the entrance.



+Blue

+Red

+Orange

+Green

# +NAPA – Animal and Pet Picture Quiz

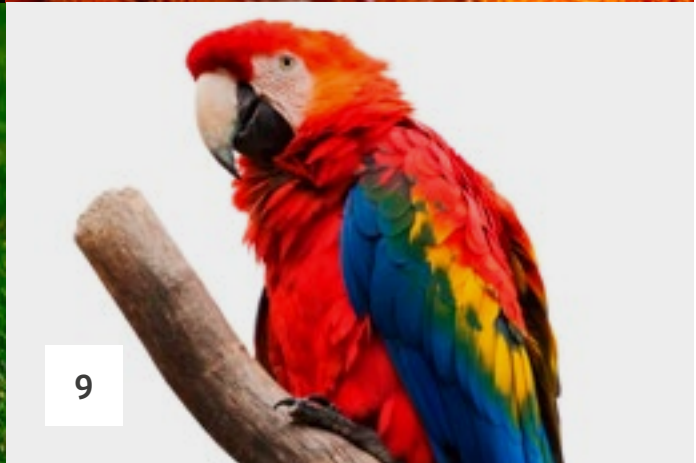
Questions.

- Canine is used for dogs. What word is used for cats?
- Who wrote about a rabbit called Peter?
- What units do we use to measure the height of this animal?
- This cute little animal is named after which country in West Africa?
- Bigger than a goldfish bowl! What do we call a large tank for keeping fish?
- How many days does it take to incubate a chicken's egg? – 7, 21 or 42 days?
- Which type of dog is the Queen's favourite?
- These little fellow loves to jump about in the fields in springtime. His father is a ram. What is his mother called?
- In literature, who had one of these on his shoulder? What was the book? Who was the author?
- In the Bible, Jesus rides into which city on a donkey?
- A racing pigeon was released in Poland. It flew back to its home in Nottinghamshire. Assuming it flew in a direct line, which countries did it fly across?
- This should sort the sheep from the goats! If cows are bovine and sheep are ovine, what are goats? Which word meaning a person with a very changeable character do we get from goats?

- + What is your favourite animal? Why is it your favourite? Which animals have you kept as pets? What were their names?
- + How many words can you make from the letters in A N I M A L S

+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.





## +Pop Bottle Bird Feeders

### What you need:

- + 2 Litre Pop Bottles
- + Acrylic Paint
- + Paint Brushes
- + 1" Foam Brushes
- + Sharp Scissors
- + Split pins
- + Single Hole Punch
- + Raffia
- + Twine
- + Can of waterproof paint sealer spray
- + Glue Gun
- + Drill and drill bit

### What you do:

1. Using your scissors, cut away the middle section of the bottle. See picture 1 for the approximate amount to cut away. It does not have to be exact, if you want a shorter feeder then cut more out and if you want a taller feeder then cut less out.
2. Drill a small hole through the middle of the bottle cap. The hole needs to be big enough for the twine to fit through, but not too big because you need to knot the twine and not have it pull through the hole.
3. In the bottom section of the bottle, cut an opening as big or as small as you'd like for the door of the feeder. Using your foam brush, paint the bottom part of the feeder. The number of layers you need to paint on will depend on the colour you choose. Make sure to let each layer completely dry before adding another layer. Next paint the top part of the bottle... don't forget to paint the bottle cap!
4. Once the paint for the bottom of the bottle is completely dry, take your hole punch a punch a hole at the top of the bottle bottom, about 2" in on each side of the door opening. Now take the top part of your bird feeder and place it on the bottom. Mark a spot on the top of the feeder so that you can punch it with the hole punch. Make sure you mark it properly so that it lines up with the holes you punched in the bottom of the feeder.
5. Take your twine (roughly a 3' long piece) and thread one end into the inside of the bottom section of the pop bottle and tie in a double knot. See picture 2. With the same end of your twine, "stitch" it through the top section of the pop bottle. Run your twine through the top and stitch the other side together and fasten it with a double knot. Now take your twine and push it through the top of the bird feeder, through the bottle cap. The long loop that is sticking out is your hanger.
6. Take your hole punch tool and punch holes on each side of the door opening and at the back of the feeder. Thread your split pins through and spread them apart to tighten them up. These are an extra way to reinforce the feeder and nice a decorative touch depending on the type of split pins you use.
7. Once the split pins are in place and you have finished adding all your decorative paint touches, take it outside and give it three good coats of spray with the can of waterproof sealer. This spray is potent, so definitely do this part outdoors.
8. Now you can add your raffia and any embellishments you wish to add.
9. Fill it with birdseed and hang it outside for the birds to enjoy!



## +Easy Butterfly Feeder



### What you need:

- + Plastic planter
- + String
- + Beads
- + Butterfly treats
- + Single Hole Punch

### What you do:

1. Punch four holes into the edges so you can attach the string, you may want to punch a few extra so any rainwater can drain out
2. Thread some string though, tie a knot underneath to secure it
3. Thread some beads onto the string to make it nice and colourful
4. Tie the four pieces of string together so you can hang the feeder
5. Cut up some small pieces of fruit that is almost over ripe
6. Watch and wait for the butterflies to enjoy



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

+Doily Hoop Art



What you need:

- + Embroidery hoops – any size, some residents may find it easier with the larger ones
- + Doilies, a selection of patterns and sizes to match the hoops
- + Choose if you want to decorate your hoop and make it a dream catcher. (Leather straps, lava beads and feathers look good). Or you could just leave them without and hang as they are

What you do:

1. Choose your doily and hoop
2. Loosen the screw in the embroidery hoop so that you can put the doily between the inner and outer rings.
3. When the doily is centred, screw the hoop back together. Then stretch the cloth by pulling it. Remember to pull a bit at a time. Old doilies can be fragile.
4. Cut off the overflow.



If residents chose to turn their hoop into a dream catcher, now is the time to put the decorations on, use the ribbon or leather straps as shown in the images

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

+Pets Wordsearch

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

We have put the word **PETS** in a few times, how many can you find?



+HORSE

+CHICKENS

+SNAKE

+FISH

+DOGS

+SPIDER

+TORTOISE

+MOUSE

+GUINEA PIG

+SHEEP

+RABBITS

+LIZARD

Answers on page 19 of things to do.

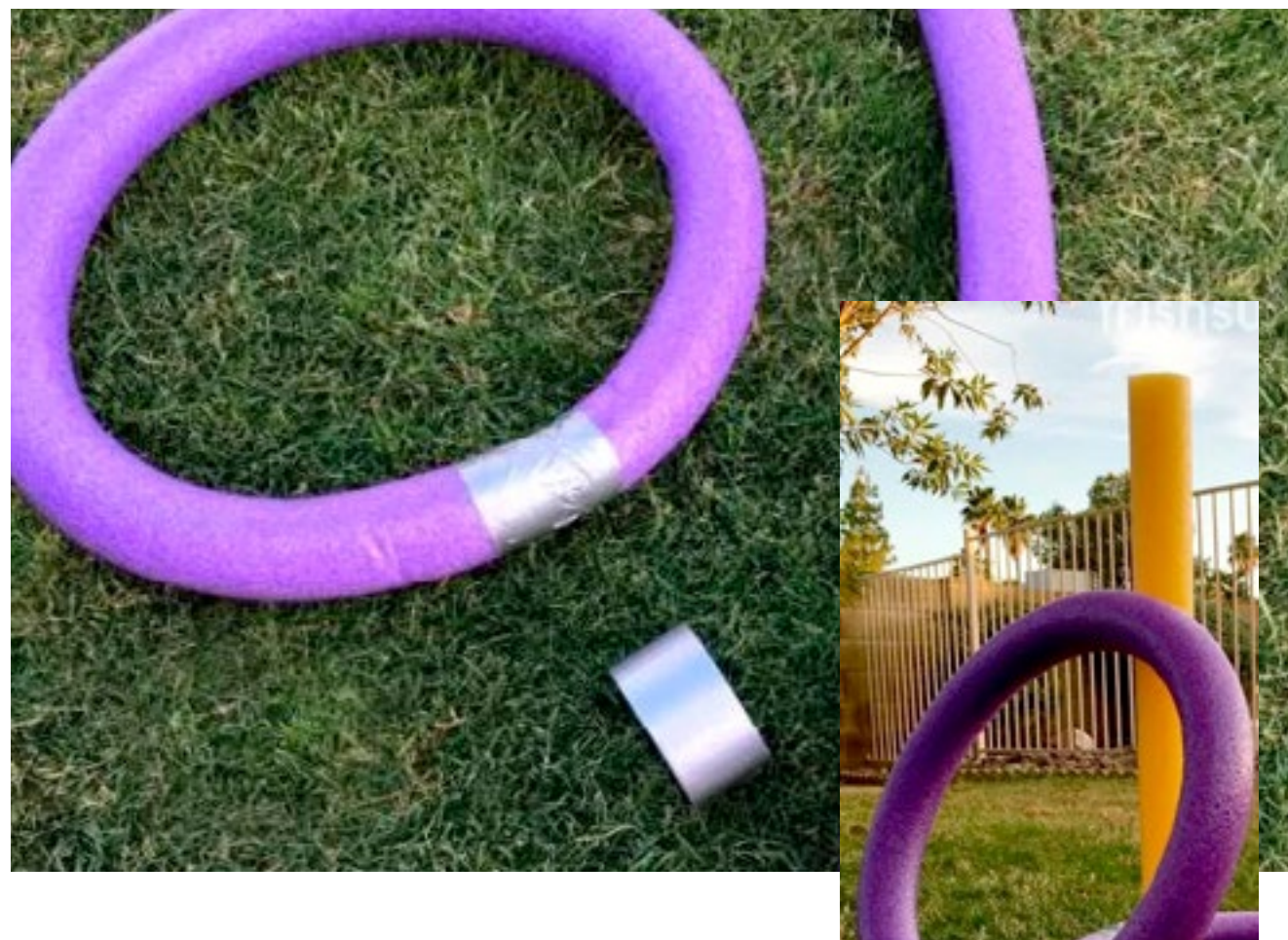




## +Think

Think is a really good activity for everyone to enjoy, the noodles are really light weight and easy to hold. Residents will benefit from each part of the activity, from shopping for supplies to making the game, playing the game to watching the game unfold.

## +Pool Noodle Ring Toss



### What you need:

- + Pool Noodles
- + Duct tape
- + Stanley knife to cut the noodles
- + Plastic ground stakes / pegs

### What you do:

1. Create a circle with one Pool Noodle and Duct Tape the ends together to create a ring. Do the same with the 2nd Pool Noodle to create another ring.
2. Next, cut one Pool Noodle in half to create two stick goals. Decide on the distance between goals then push Stakes into the ground accordingly.
3. Top each Ground Stake with half of a Pool Noodle to create Ring Toss Goal. Take turns tossing the rings onto each goal. (If competitive play is preferred, keep score!)



## +Activity Treats for your Pets or Visiting Pets



### Carrot oat apple sauce treats for dogs and horses

#### What you need:

(makes 12 treats):

- + 1/2 cup oats (quick for dogs, steel-cut or old-fashioned are fine for horses)
- + 1/2 cup unsweetened apple sauce
- + 1/2 cup (about 1 large) carrot, finely grated
- + 1/2 cup flour

#### What you do:

1. Preheat the oven to 180°/gas 4 and cover a baking tray with parchment paper.
2. Mix all the ingredients in a bowl.
3. Use a tablespoon to drop clumps of the mixture on to the tray, shape if you wish.
4. Bake for 15–20 minutes.
5. Leave treats to set for a few hours or until hard.



### DIY frozen apple dog treats

#### What you need:

(makes 16 treats):

- + 1 Hand blender
- + Ice cube tray
- + 2 apples
- + 1 cup plain non-fat Greek yoghurts

#### What you do:

1. Slice the apple into small pieces, removing the seeds and core.
2. Blend the apple, yoghurt and a splash of water until you get a liquid consistency.
3. Pour the mixture into the ice cube tray and freeze for a few hours or until hard.



### Tasty tuna crackers for cats

#### What you need:

(makes 12 treats):

- + 170 g undrained tuna
- + 225 g cornmeal
- + 225 g flour
- + 70 ml water

#### What you do:

1. Mix ingredients together. Roll into 1/4-inch pieces.
2. Bake on a greased baking tray at 180°/gas 4 for 20 minutes.
3. Cool and let your cat dig in!





## +Bird food garland

Attract a variety of wild birds to your yard and garden with this easy to make bird food garland.

### What you need:

- + Pines cones
- + Peanut butter
- + Good quality bird seed
- + Ball of string
- + 1 pack lard
- + Dried fruit and nuts
- + Empty yoghurt pots
- + 2 x apples



### What you do (to make peanut butter pine cones):

1. Pine cones make a useful base for bird food. A quick bird treat can be made by filling a pine cone with fat- and energy-rich peanut butter, a particularly good food in winter. Smear it over the pine cone, pushing it into all the gaps.
2. Pour a small amount of bird seed on to a flat surface. Roll the pine cone in the mix making sure that there is no peanut butter left showing. Press the seed into the cone to fill all the gaps.
3. Suspend the cones from a length of raffia, string or any other cord you have to hand, and hang between the branches of a tree or sturdy shrub, or between two upright posts of a pergola. Squirrels will probably enjoy this too!

### What you do (to make suet cakes):

1. Bird food cakes are also easy to make. Slowly melt a pack of lard in a saucepan and stir in some wild bird food mix. You can also add dried fruit, nuts or oatmeal.
2. Make a hole in the bottom of some empty yogurt (or similar) pots. Thread through a length of string and then fill each pot with the suet mixture.
3. Leave in the fridge until cool and set.
4. Gently ease the cake from the container. If it doesn't come out easily, stand the container in a bowl of warm water so that the suet melts slightly. Alternatively, you can let the birds eat the cake from the container.
5. The suet in bird cakes makes them quite slippery. After the cake has set, tie a knot at the bottom to stop it from slipping off. A small twig tied into the knot will make it extra secure when you hang it.

### What you do (to make a fruit and nut chain):

1. For fruit and nut chains, thread a mixture of dried fruit and peanuts on to lengths of string using a needle with a large eye and sharp point. Some peanuts contain a toxin that can kill birds so buy from a reputable dealer. Dried or fresh apple rings look attractive and are sought after by robins, thrushes and wrens.
2. Core and slice an apple, then tie together to create a chain. This is a good use for windfalls that have slightly gone over. Finally, create your garland.
3. To put all of the bird treats together in a bird food garland, choose a spot with two sturdy branches with a gap between them and firmly attach a piece of raffia. Make sure it is not close to the ground. Tie the treats to the raffia, then sit back and wait for the birds to discover them. At Christmas, this would make a festive decoration for a large conifer, giving the birds a bit of pampering at a tough time of year.



## +Think

Some residents will enjoy creating their master pieces and some will enjoy eating them! This could be a really good project for people to get involved in. From finding inspiration to shopping, there will be something for all to do.

## +Food art

### What you need:

Ideas – have a look on Pinterest, there are lots of interesting ways to make art out of food.

The ingredients for your creation

### What you do:

Get creative!! We would love to see any photos of your food art, please send them to [project@napa-activities.co.uk](mailto:project@napa-activities.co.uk)







# +Appliqué Dogs Activity Guide

This guide is a good sensory activity for residents who remember sewing and knitting and is ideal for those who would like to make something with fabric and does not require a needle and thread. The result: a very effective appliqué animal which can be gifted to friends and family. Give it a go!



## What you need:

- + Fabric scraps in assorted colours
- + Thick card for templates (cereal boxes are ideal)
- + Pens or pencils
- + Scissors
- + Craft glue
- + Black card
- + Thick felt pen (bright colours)

## Step 1

First, you need to find a picture of your favourite animal. Note: The animal should have detailed areas that can be separated. (For example, a dog which has a stripe down its nose, different coloured ears or eyebrows).

## Step 2



2. Then, using some tracing paper, trace around the various shapes of the animal, including the ears, cheeks, nose, mouth, etc.

## Step 3



3. Transfer these shapes to your template card and label each shape with a number. The shapes are numbered so that you know what colour fabric to use. Some areas of the animal will need to be labelled as pairs such as the cheeks, ears, etc. For these areas you will need to use the same fabric, but each piece just needs to be labelled left or right.

## Step 4



4. Cut out each of the template shapes.

## Step 5



5. Lay each template on the chosen fabric for that piece and draw around the template, making sure you use a different colour fabric for each number.

## Step 6



6. Cut out all the pieces of fabric.

## Step 7



7. The next step is to arrange the fabric on black card. It's important to do this so that you know you have all the shapes and that you are happy with how your animal looks.

## Step 8 + 9



8. Then turn one piece of fabric at a time and put a small amount of glue around the edge of the wrong side of the fabric. Turn the fabric the right side up and stick it down. It's useful to leave all the fabric on the black card to ensure that the pieces are stuck in the correct position.

9. Once all the pieces of fabric are glued down, put it all to one side to dry.

## Step 10, 11 + 12

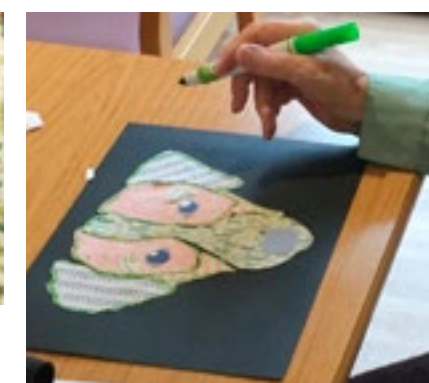


10. Cut two base eye shapes and two circular eye colours, as well as two small white highlights.

11. Glue the circular colour onto the base shape and glue a small highlight on each eye.

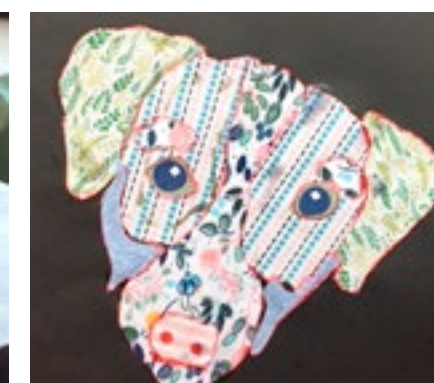
12. Glue eyes in position on animal.

## Step 13



13. To bring your animal to life, draw around each of the fabric shapes with a thick felt pen (bright colours work best)

## Step 14



14. Your fabric animal is now ready to frame and be put on the wall!

Activity idea submitted by

+Tanglewood Care Home





## +Living Well @ Home

“Bringing physical activity into Care Settings, 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  | 3. Transferring     | 5. Eating  |
| 2. Dressing | 4. Using the toilet | 6. Walking |

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.

Training carers around the UK, the Vitalyz Exercise team is led by Tony Duke, a specialist in Seated Physical Activities (SPA) and long-term NAPA champion. Supporting the NAPA 20yr celebrations, Tony's sharing some simple SPA movements from the Living Well @ Home programme and if you missed activities 1 & 2 in the Summer 2018 edition, contact the NAPA office for a copy.

Activity Nos 3 & 4 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. Carefully read the instructions then consider how you'll speak them out loud as the words and actions you use must be appropriate for your residents cognitive and physical abilities.



Motivation · Reablement · Independence · Wellbeing

Using the PAL colour coding system, both are suitable for Blue & Red although dedicated 1-2-1 support is required for Orange and of course your Green residents should not miss out!

Try introducing the plastic bottle with:

- not much water in so it makes a noise when shaken
- colourful juice added – maybe have a selection for people to choose

NB: You may wish to 'seal' the lids with tape to ensure no accidents occur.

If you have any queries, contact – [info@revitalyz.co.uk](mailto:info@revitalyz.co.uk)

### Activity No. 3 – Push me, pull you



1. Everyone will need one small plastic bottle. This can be empty or contain water, depending on abilities
2. Hold the bottle between both hands, against your chest with elbows comfortably bent outwards.
3. Gently extend both arms away from your body at chest height 'pushing' the bottle away from you.
4. Bring your arms back towards your chest, 'pulling' the bottle
5. Try to keep good posture and breathe normally during each action

**NB: You could use other items such as a book**

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

### Activity No. 3 – Cheers!



*this is similar to Activity 3 but more suited for limited mobility and/or stroke survivors as only mobilising one arm at a time*

1. Use the same bottle
2. Keeping good posture, hold the bottle (top up) resting on your thigh
3. Raise the bottle and gently stretch arm forward so arm is out in front
4. Bend elbow, bringing hand & bottle back towards chest
5. Raise bottle as if to drink from it, then relax back onto knee
6. Repeat a few times then try again with the other hand/knee – if able

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

**Drink & be Merry**

Hydration and rehydration is a regular issue in all Care Settings so if there is ANY way to encourage more drinking – try it! In both these activities we use an inexpensive, plastic water bottle and after (or during) the session, why not suggest everyone takes a drink, making the bottle weigh less and they can 'cheat' without feeling guilty.

Alternatively introduce straws at the end of the session and challenge participants to see who can empty the bottle first – you may need a prize ready for this.



+National Awareness Days



August

- + National Fishing Month  
August
- + National Allotment Week  
13th – 19th August
- + World Photo Day  
19th August

September

- + National Cupcake Week  
18th to 24th September
- + International Day of Peace  
21st September
- + National Doodle Day  
22nd September
- + British Food Fortnight  
22nd September to 7th October
- + Seed Gathering Season  
From 23rd September
- + National Fitness Day  
26th September
- + European Day of Languages  
26th September
- + World's Biggest Coffee Morning  
29th September

October

- + International Day of Older Persons  
1st October
- + International Coffee Day  
1st October
- + World Smile Day  
6th October
- + World Post Day – Pen Pals  
9th October
- + Wool Week  
9th to 15th October
- + National Curry Week  
9th to 15th October
- + World Egg Day – how many things  
can you do with eggs?  
13th October
- + National Baking Week  
16th to 22nd October
- + International Sloth Day  
20th October
- + Reptile Awareness Day  
21st October
- + National Cat Day  
29th October
- + UK Sausage Week – How about  
making some sausages at your  
local butchers  
29th October to 4th November
- + National Spa Week  
31st October to 4th November

+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

1. Feline

2. Beatrix Potter

3. Hands

4. Guinea

5. Aquarium

6. 21 days
7. Corgi

8. Ewe

9. Long John Silver  
in Treasure Island by  
Robert Louis Stevenson

10. Jerusalem
11. Germany, Holland  
(Netherlands), and  
England

12. Caprine and capricious

Wordsearch (Page 9)

We have put the word pets in a few times, how many can you find? 6

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



## things to do

---

+Blue

+Red

+Orange

+Green



## +Easy poetry

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*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 too.*

*This can be used as a conversation starter, just looking at the images may spark some memories.*

**Send your poems or stories to [project@napa-activities.co.uk](mailto:project@napa-activities.co.uk)**