



Activities in Lockdown

Winter 20/21



***Talking, laughing, singing and just being together
can help improve wellbeing and reduce loneliness.***





Activities in Lockdown

Winter 2020 – 2021

The emotional and physical wellbeing of those with care and support needs and those who care for them must be our absolute priority at this time. The provision of activity is not the sole responsibility of one person however, the whole team can be fully involved in an activity and engagement-based model of care.



The advice from government for anyone in any setting is to follow these main guidelines:

1. Follow current guidelines on social distancing
2. Wash hands more often than usual and for at least 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose. Throw away tissues immediately after use, then wash hands or use hand sanitising gel.
3. Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

Approximately 400,000 older people in the UK live in care homes and a significant proportion of these are living with dementia, multiple health conditions, physical dependency and many are in their last year of life. Approximately 3,000 of our members are care homes, they are facing unprecedented challenges as the Covid-19 outbreak continues and we enter another lockdown. Care home residents are particularly vulnerable to COVID-19 as a consequence of their complex medical problems and advanced frailty.

Care homes are required to have standard operating procedures for each resident with suspected and confirmed COVID-19 infection.

Including appropriate infection control precautions to protect residents and staff. All care homes are required by law to notify their relevant public health authority regarding suspected cases of infectious disease, who will provide advice and guidance around infection, prevention and control.

The points listed below are NAPA's suggested ways of working, they are based on government guidance and best practice principles, they are not legal guidelines. They are intended to support the provision of activity on a one to one basis.

Having something to do can make people feel useful and valued. Talking, laughing, singing and just being together can help improve wellbeing and reduce loneliness.

1. Activity and care teams should use existing care and support plans in order to develop individual engagement plans for each resident in their care
2. The plans should include opportunities for activities over a 24-hour period and should not always depend on the presence of a member of staff to initiate engagement
3. Where possible the plans should be kept in each resident's room
4. Care home managers should identify a staff member to help maintain contact between residents and their loved ones
5. Activity and care teams should encourage family contact through the means of technology (we encourage our members to contact NAPA for up to date advice on safe visits)
6. Care home managers should enable the use of electronic devices to maintain contact between residents and their family and friends
7. All staff to offer support and encouragement through one to one interaction with residents, in accordance with the required COVID -19 restrictions. The provision of activity is not the sole responsibility of one person; the whole home can be fully involved in an activity and engagement-based model of care
8. Activity and care teams should properly discard or sanitise activity supplies according to the care home's Infection control policy
9. Activity and care teams should ensure items are not shared between residents
10. Activity and care staff should be enabled by care home managers to liaise with family members and or purchase necessary supplies for each resident's room, in order to promote one to one engagement and activity



Activities in Lockdown Winter 2020 – 2021



Examples of helpful supplies:

- + contact details of friends and loved ones
- + a mobile phone or tablet
- + decks of cards
- + large print books
- + spiral notebooks
- + colouring pencils
- + watercolours paints
- + notice board for signs to connect with loved ones
- + adult appropriate colouring
- + craft supplies and kits
- + word search and crosswords
- + wool
- + trivia books
- + hand-held video games
- + magazines
- + newspapers
- + stationary/pens for pen pals
- + small pots of flowers
- + life like dolls
- + robotic pets
- + aroma therapy
- + essential oils and diffusers
- + music tech
- + headphones
- + online access
- + song sheets

Hall and doorway activities:

- + Any type of exercise, yoga, tai chi, noodles, scarf, stretchy band exercise
- + Joke Hour – everyone takes turns telling prepared and printed jokes
- + Remote control cars or devices in and out of the rooms
- + Alexia/Dot: use for music, trivia, quiz
- + Singing between staff and residents
- + Worship via TV, radio, livestream or recorded, Prayer CDs
- + Bread machine for aroma and then snacking
- + Hallway choir
- + Doorway bingo
- + Doorway football

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+Blue

+Red

+Orange

+Green

Craft

+Think

These will look fab on the table this Christmas and equally as fab for New Year.



Print out and keep this worksheet.

+Poinsettia Serviette Ring



What you need:

Materials for 60+:

- + 2.5 yards red felt
- + 1-yard green felt
- + Tools
- + Scissors

What you do:

1. Cut one red flower (the larger template); and one each red and green of the leaves (the smaller template).
2. Nip a hole in one end of the flower and in the centre of both leaves, by folding in half and snipping with the scissors. If you make the hole too small, you can always make it bigger, but if you make it too big, you have a problem. The hole in the flower should be smaller than the holes in the leaves.
3. With the right side of the fabric on the outside bring the petals round towards each other and push the petals (of the end without the hole) through the hole in the other end.
4. Place the red leaf on top of the green leaf, right side of the fabric uppermost. Gather the petals together to be as thin as possible and push them through the holes in the leaves.
5. Offset the red and green leaves and the petals so that they all show.



+Blue

+Red

+Orange

+Green

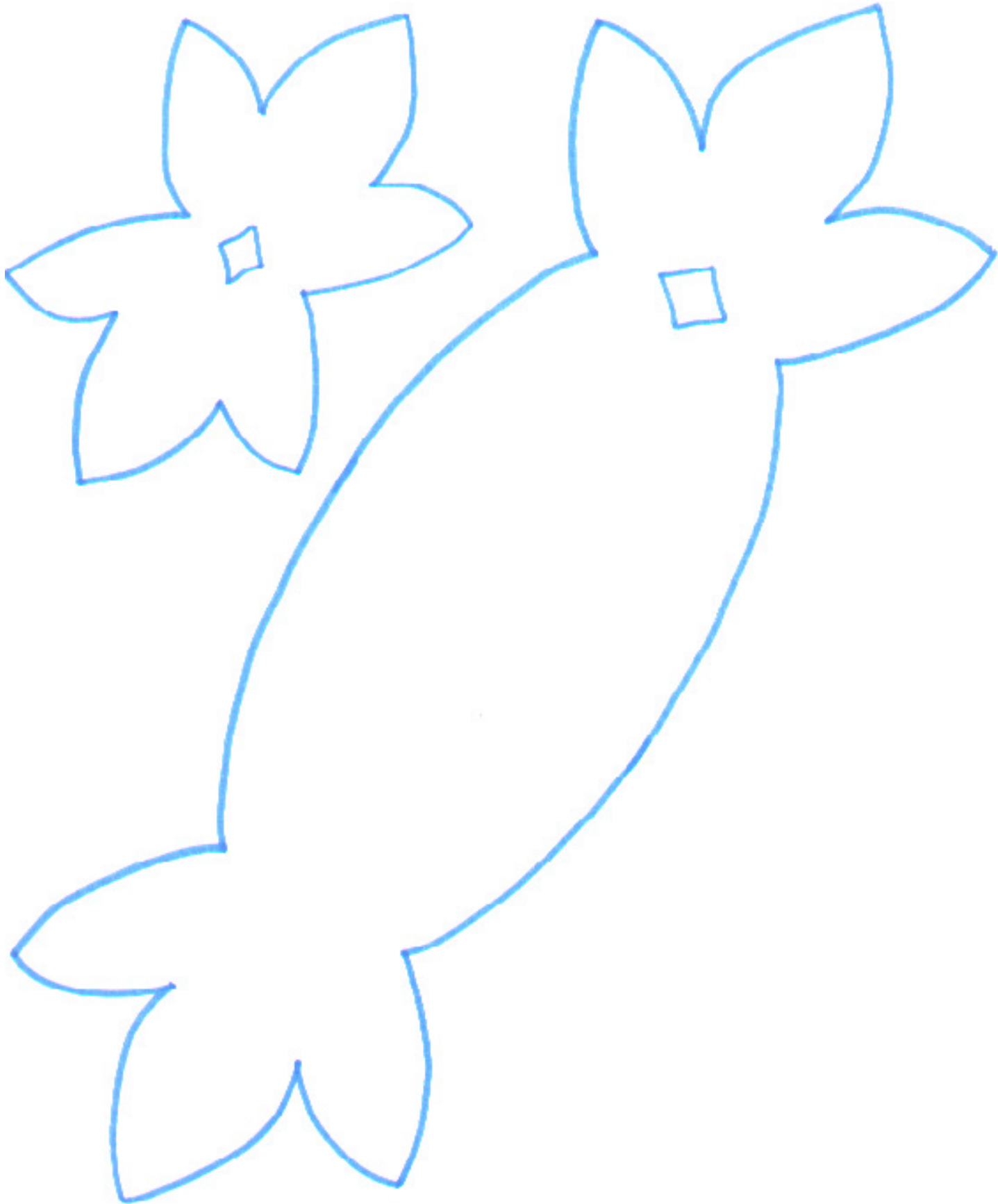
Craft
+Think

Poinsettia Serviette Ring

In case the template has become distorted, the large flower template is 11.25" (28.5cm) long, and 3.25" (8.0cm) wide at the fattest point in the centre.



Print out and keep this worksheet.





+Blue

+Red

+Orange

+Green

Craft

+Think

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



Print out and keep this worksheet.

+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.





+Blue

+Red

+Orange

+Green

Craft

+Think

These would be really eye catching hanging in the window for someone being cared for in bed. They look very nice and the reflections in the room would be great.



Print out and keep this worksheet.

+Botanical Sun Catchers

These botanical sun catchers are a great way to add a bit of colourful cheer to a room.

Residents can compare and contrast different types of flowers and leaves. If you do not have access to fresh flowers, a bouquet that is coming towards the end of its life will work nicely for this activity. They would make lovely handmade gifts for family and friends.



What you need:

- + Clear self-adhesive shelf liner
- + Flower petals – the more variety, the better!
- + Leaves
- + Paper plates
- + Scissors
- + Hole punch
- + Pipe cleaners or string for hanging (you will definitely want to hang these up!)



What you do:

1. Cut out the centre of a paper plate and attach the clear self-adhesive shelf liner to the back with the sticky side facing the front of the plate.
2. Invite people to arrange bits of flower petals and leaves on to the shelf liner. This would be a great time to explore patterns, compare and contrast different types of flowers.
3. Once the flower petals and leaves have been arranged, cover the designs with another layer of clear shelf liner (cut to fit inside the paper plate).
4. Use a hole punch to make two holes near the top of the plate, and attach some string or a pipe cleaner for hanging. Display the botanical sun catchers proudly in a sunny window of your home. When the sun shines through, these sun catchers are sure to add a bit of colourful cheer to any space.



+Blue

+Red

+Orange

+Green

Activity

+Think



Print out and keep this worksheet.

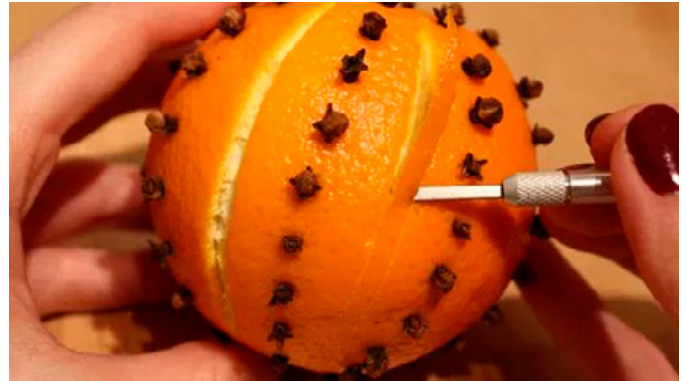
+Creative Christingles

Let's get creative with these, look at the wonderful patterns! Have a go at creating your own design.

Could it smell more like Christmas?

What you do:

1. Cut out a pattern in the skin of oranges and place them decoratively onto a platter along with the "strips" of orange skin
2. Garnish with cloves





+Blue

+Red

+Orange

+Green

Activity

+Think



Print out and keep this worksheet.

+Photo Christmas Tree

Most of us have boxes of photos in drawers waiting for the day when time will allow us to put them in albums. Mind you, we had better enjoy and treasure these photos because soon enough we will only have digital photos!



In the meantime, what can we do with so many photographs? Perhaps we can use some of them to make a very different Christmas tree!

All you need is a wall, lots of photos and some willing participants. There is no need to ruin the photos, use blu tack to attach photos to the wall in the shape of a Christmas tree. It will attract clients, visitors and staff and generate lots of social interaction. Smaller trees can also be made on bedroom walls.

What you do:

1. Make a rough sketch with chalk (not permanent pen!) on a wall and away you go.
2. Depending on the size of the tree it may take a couple of days to make. So, lots of people can participate at different times and share the work.
3. Place decorations and Christmas lights on your tree if you have them available. They can also be attached with blu-tack.

Merry Christmas!



+Blue

+Red

+Orange

+Green

Quiz

+Think

This word search would be good to use on a one to one basis. Use the images as clues.

Answers on page 27.



Print out and keep this worksheet.

+A word search for everyone

TREE / ANGEL / SNOW /
TURKEY / SHERRY



A	Y	B	T	B	S
E	L	S	U	U	H
E	E	S	R	G	E
R	G	N	K	E	R
T	N	O	E	A	R
W	A	W	Y	Z	Y





+Blue

+Red

+Orange

+Green

Activity

+Think

This game can be used in a small group or during a one to one. Talk about the items, let the person touch and smell them, this will trigger memories and may start a conversation.



Print out and keep this worksheet.

+Winter Lucky Dip Memories

What you need:

- + A wheelbarrow or large box
- + Shredded paper
- + Items relating to winter – long johns, woolly hat, scarf, gloves, hot water bottle etc

What you do:

1. Fill your box or wheelbarrow with the shredded paper and add your items
2. Take the items out one by one like a lucky dip and have a discussion about each one. Ask about what

people did in cold winters to keep warm, waking up in the morning and you could see your breath on the windows, putting on freezing cold shoes, defrosting the car, frozen milk on the doorstep

3. Finish off the session with a nice hot toddy or a hot chocolate



You could play this game with many different items, how about using it as a reminiscence session using items that belong to your residents? (with permission).



+Blue

+Red

+Orange

+Green

Activity
+
Think



Print out and keep this worksheet.

+One to One or Hallway Activities during Social distancing:

The following items placed in each person's room can promote one to one engagement and activity:

- **contact details of friends and loved ones**
- **a mobile phone or tablet**
- **decks of cards**
- **large print books**
- **spiral notebooks**
- **colouring pencils**
- **watercolours paints**
- **notice board for signs to connect with loved ones**
- **adult appropriate colouring**
- **craft supplies and kits**
- **word search and crosswords**
- **wool**
- **trivia books**
- **hand-held video games**
- **magazines**
- **newspapers**
- **stationery/pens for pen pals**
- **small pots of flowers**
- **life like dolls**
- **robotic pets**
- **aroma therapy**
- **essential oils and diffusers**
- **music tech**
- **headphones**
- **online access**
- **song sheets**





Activity

+Think



Print out and keep this worksheet.

+Hallway activities

We have also been asked about hall and doorway activities many of our members have shared the following ideas:



B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75



+ Any type of exercise, yoga, tai chi, noodles, scarf, stretchy band exercise

+ Joke Hour – everyone takes turns telling prepared and printed jokes

+ Remote control cars or devices in and out of the rooms

+ Alexia/Dot: use for music, trivia, quiz

+ Singing between staff and residents

+ Worship via TV, radio, livestream or recorded, Prayer CDs

+ Bread machine for aroma and then snacking

+ Hallway choir

+ Doorway bingo

+ Doorway football





Activity

+Think



Print out and keep this worksheet.

+Online games with family and friends



Words searches – follow the link below to create your very own word search. You get to choose the words to search for which means you can make it as personal as you like.

Maybe you could add family and friends' names or places that you have visited together. When completed making the word search, there's an option to send your creation to others to have a go too. So it's a great way to still do activities with family and friends during social distancing. There is also the option to download and print.

Link: thewordsearch.com

What you need:

- + PC, tablet or smart phone
- + Internet access
- + Email address

What you do:

1. Once connected to the internet follow the link and instructions on making the word search. You need to include 10 words or more. You could make it a theme of the day, choose colours or food types.
2. When you have typed the words you want you click on the save button on the screen and enjoy your puzzle.

Crosswords and a coffee – Using your Skype, you could have your own coffee morning and crossword between 2 or more people.

The link below gives daily puzzles which you can both access the same crossword in your own home.

Link: www.seniorsonline.vic.gov.au

What you need:

- + PC, tablet or smart phone
- + Internet access
- + Printer (optional)

What you do:

1. Follow the link above and have a coffee ready. Arrange with a friend or relative when you want to do the crossword together online and connect using skype.
2. You may need to print the crossword out using a printer or have two windows open on the screen one side the puzzle and the other the skype call, whichever you find easier.



+Blue

+Red

+Orange

+Green

Activity

+Think

For those who want to wear a Christmas jumper, you could have a competition for the best one!



Print out and keep this worksheet.

+Christmas Jumper Day

A Spot of Baking

How cute are these Christmas Jumper biscuits! What a fun way to celebrate the day, you could replicate the jumper's people are wearing or design your own. If you don't have a jumper cookie cutter you could use gingerbread men and just decorate the jumper!



In the meantime, what can we do with so many photographs? Perhaps we can use some of them to make a very different Christmas tree!

What you need:

- + 200g unsalted butter, softened
- + 200g golden caster sugar
- + 1 large egg
- + ½ tsp vanilla extract
- + 400g plain flour, plus extra for dusting

What you do:

1. Heat oven to 200C/180C fan/gas 6 and line a baking sheet with baking parchment. Put the butter in a bowl and beat it with electric beaters until soft and creamy. Beat in the sugar, then the egg and vanilla, and finally the flour to make a dough. If the dough feels a bit sticky, add a little bit more flour and knead it in.
2. Pull pieces off the dough and roll them out to about the thickness of two £1 coins on a floured surface. The easiest way to do this is to roll the mixture out on a baking mat.
3. Cut out shapes using a biscuit cutter, or a use the rim of a small glass and peel away the leftover dough around the edges. Re-roll off-cuts and repeat.
4. Transfer the whole mat or the individual biscuits to the baking sheet and bake for 8-10 mins or until the edges are just brown. Leave to cool for 5 mins, then serve. Will keep for three days in a biscuit tin.



Activity
+Think



Print out and keep this worksheet.

+100 Suggestions for one to one activities:



1. Use technological platforms to support residents to connect with loved ones
2. Ask relatives to send in photos of family & friends – from days gone by or recent snaps
3. Create a photo album, frame photos or make a collage together
4. Make a special scrapbook or a memory box of significant objects based on personal life history
5. Help write or record an autobiography
6. Share favourite stories and memories
7. Recreate holiday snaps, souvenirs, postcards, even maps and tales of your journey
8. Read newspapers and magazines aloud to keep the person 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. Sew masks for residents and care staff
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. Keep a diary to share with loved ones on Skype, Zoom etc
14. Share recorded greetings from family and friends
15. Help with writing or typing letters and cards
16. Find a pen pal and help with keeping in touch
17. Create collage poster with pictures cut from magazines
18. Share articles related to the season or next holiday to talk about
19. Have an indoor picnic
20. Enjoy a favourite drink or food
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, Play 'name that tune' with CDs, tapes or music on the radio
24. Listen to music together
25. Play simple charades – e.g. miming an action to guess what it is
26. Wind wool together
27. Try drawing or painting together
28. Make simple gifts
29. Create a sewing basket, button box, sock drawer or toolbox to organise together
30. Paint a bird feeder or house to hang outside the window
31. Look at a book on bird watching together
32. Dust the bedroom together
33. Brush, comb or style hair
34. Pamper with make-up, perfume, aftershave or manicure
35. Ask for help planning your garden & look through a seed catalogue
36. Plant & look after an indoor windowsill garden
37. Create a terrarium (tabletop garden arrangement) together, which requires very little care
38. Play word games & trivia together
39. Play cards or table board games together
40. Do crosswords together
41. Do jigsaws together even if the person can only watch or pick up the pieces
42. Watch television together (even just a few minutes) and discuss the programme you have seen
43. Keep up with the Soaps that everyone watches and discuss the next day
44. Use an iPad to watch clips of an old favourite movie or musical on YouTube

Continued ►



45. Make a memory wall within the line of vision
46. Create a story from a picture e.g. looking at a photograph or piece of art
47. Have a session of 'retail therapy' and do some shopping online
48. Discuss recipes and share favourites
49. Take someone a treat
50. Put pins in a map of places travelled or would like to travel
51. Give a gentle hand massage using aromatherapy scented oils or hand cream
52. Share items to stimulate the sense of smell – spices, perfume or flowers
53. Show different textured fabrics to touch – silk, cashmere, velvet etc:
54. Take care of bedroom plants
55. Shine shoes
56. Share children's artwork sent to the home
57. Sort out drawers and wardrobes
58. Use a lap piano, name that tune and sing along
59. Use a tablet or iPad for karaoke
60. Toss a ball or balloon
61. Do seated physical activity together
62. Read a chapter of a novel, a short story or a few poems
63. Write poetry or a short story together
64. Look at and listen to an old-fashioned music box
65. Make a "joy box" (decorated shoe box) filled with fun and favourite things
66. Discuss seasonal changes looking out of the window
67. Keep a "window diary" of interesting things that happen outside
68. Keep a journal of interesting discussions and upcoming events
69. Make a potpourri together and hang it up to keep the room sweet smelling
70. Tell jokes to one another, look up jokes on the internet to make it fun
71. Google Earth National Park Tours – "Visit" national parks across the country and talk about those visited
72. Make a weather calendar
73. Take photos to send to friends & family
74. Make some soap
75. Have a chat about the theatre, opera or classical music
76. Take paintings down from other parts of the home and discuss the artwork
77. Make items for charity together
78. Bring the blender in and make a smoothie
79. Keep a track of favourite sports events or teams
80. Learn a new word or words whenever using a dictionary
81. Bring the toaster in and cook some toast
82. Play along with TV game shows or develop your own
83. Dance, or tap your feet, to favourite Look at a travel book or brochure & dream about a fantasy holiday
84. Listen to a favourite piece of music
85. Use small rhythm instruments to make your own music
86. Read the astrology column in a daily paper and talk about it
87. Play noughts and crosses or similar games
88. Talk about local landmarks and how the community has changed
89. Make lists of their favourite foods, films, movie stars, music etc
90. Talk about what you would do if you won the lottery
91. Design & make your own Christmas & holiday cards to send
92. Toss cards into a hat
93. Hold hands and be a good listener
94. Try your hand at drawing each other portraits when possible
95. With closed eyes see if they can guess different flavours you supply
96. Talk about, recite or play nursery rhymes and songs from childhood
97. Work on a latch hook rug while you sit and talk
98. Introduce relaxation techniques or guided meditation
99. Create personalised wall and or ceiling decorations
100. Just be there





Activity

+Think



Print out and keep this worksheet.

Virtual Afternoon Tea

How To Host: *Skype*



Skype is a type of video calling software/website. On the free plan, you can invite up to 50 attendees and there is no time limit on the call.

To host a Skype meeting

Create a login [here](#) and also download Skype [here](#).

1. Once you have decided on a date and time to host your Virtual Afternoon Tea, open Skype on your computer and sign in.
2. Select the Meet Now button.
3. This will create a call link and a Share invite button.
4. Copy the information (date, time and call link) of the Virtual Afternoon Tea that you have just set up on Skype and send all invitees this information via email or another method of your choice.
5. To start the Virtual Afternoon Tea, once again open and sign in to Skype on your computer. Set your call to video and select the Start call button. Make sure your audio and video are turned on and working!

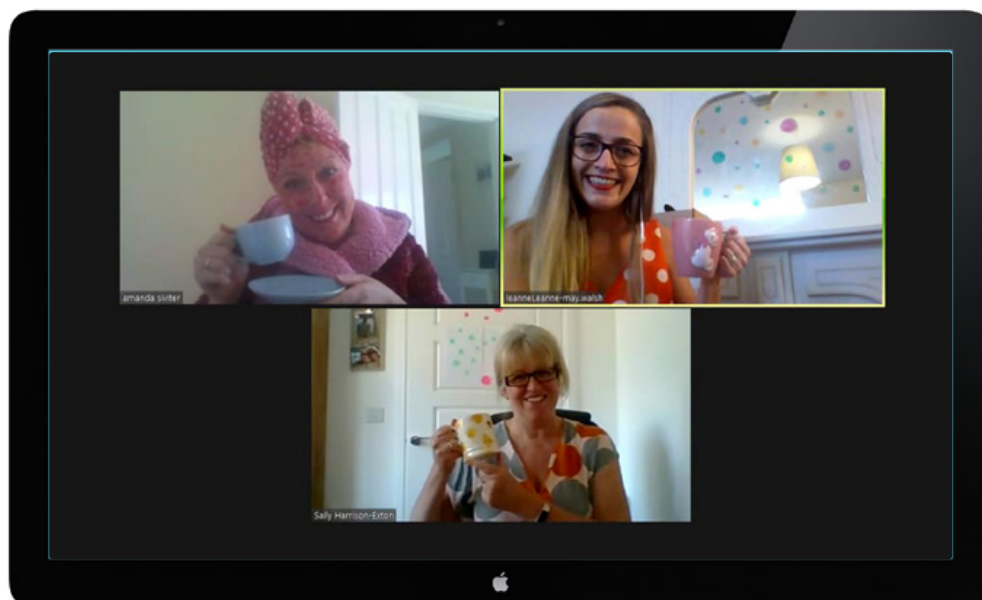
To attend a Skype meeting

Skype is a type of video calling software/website.

You don't need to install anything to use Skype, it can all be done through your internet browser. If you are using a smartphone, you will need to download the Skype app from the app store on your phone ahead of time. The Virtual Afternoon Tea host will send you a link to join the video call before the tea commences.

1. Click on the link your contact has sent you.
2. A window (or the Skype app if using a smartphone) will open. Click 'join as guest'.
3. Type in your name and click 'join' to join the video call.
4. To end the call, click the red phone icon or close the browser window.

If you are using a desktop computer that does not have a built-in camera and microphone you may have to purchase a headset. Laptop computers have a built-in camera and microphone.





Activity

+Think



Print out and keep this worksheet.

Virtual Afternoon Tea How To Host: *Zoom*

Zoom is a type of video calling software/website. On the free plan, you can invite up to 100 attendees and there is a call time limit of 40 minutes.

To host a Zoom meeting

To host a Zoom meeting, you must first create a login [here](#) and also download Zoom Client for Meetings from [here](#) on your computer.

1. Open Zoom Client for Meetings on your computer and sign in.
2. Click on the Schedule button and complete all fields in the Scheduler window. For the Calendars option, choose Other Calendars at the bottom of the window which will allow you to copy and paste scheduled meeting information such as the date, time and meeting URL. Click Schedule to finish.
3. Copy the information (date, time and meeting URL) of the Virtual Afternoon Tea that you have just set up in Zoom and send all invitees this information via email or another method of your choice.
4. To start the Virtual Afternoon Tea, once again open and sign in to Zoom Client for Meetings on your computer. From the Zoom home screen, you will be able to see the Virtual Afternoon Tea that you have created listed as a Meeting. Click the Start button of that Meeting. Make sure your audio and video are turned on!

To attend a Zoom meeting

Zoom is a type of video calling software/website.

You don't need to install anything to use Zoom, it can all be done through your internet browser. If you are using a smartphone, you will need to download the Zoom app from the app store on your phone ahead of time. The Virtual Afternoon Tea host will send you a link to join the video call before the tea commences.

1. Click on the link your contact has sent you.
2. Click 'join from your browser' to join the video call. The Zoom app will open if you are using a smartphone.
3. To end the call, click the red phone icon or close the browser window.

If you are using a desktop computer that does not have a built-in camera and microphone you may have to purchase a headset. Laptop computers have a built-in camera and microphone.





Craft
+ Think



Print out and keep this worksheet.

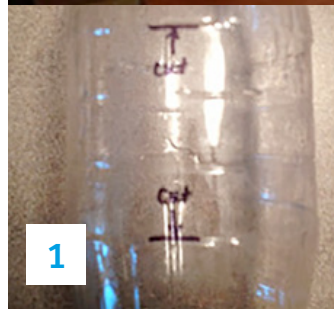
+Pop Bottle Bird Feeders

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 and 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 give it 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!





Craft

+Think



Print out and keep this worksheet.

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



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.

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.

+ Birdseed Ornaments

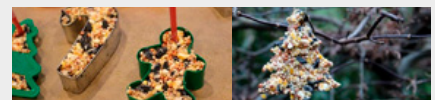
What you need:

- + 4 cups birdseed
- + 3/4 cup flour
- + 1/2 cup water
- + 1 envelope unflavoured gelatine
- + 3 tablespoons corn syrup
- + Cookie cutters
- + Cookie sheet
- + Parchment paper
- + Cooking spray
- + 2 straws
- + Twine

What you do:

1. In a large bowl, mix together the flour, water, corn syrup and gelatine to form a smooth paste.
2. Slowly add the birdseed to the paste and combine until the birdseed is fully coated.
3. Place the cookie cutters on a parchment paper-lined pan and coat the cookie cutters with cooking spray. Spoon the birdseed mixture into the cookie cutters. Press the mixture down firmly with the back of the spoon to pack the mixture into the cookie cutters as tightly as possible.

4. Cut straws into 3-inch segments and press the straw into the top one-fourth of the birdseed-filled cookie cutter. Make sure the hole goes all the way through the mixture. Leave the straw in the ornament and allow to dry for 3 to 4 hours.
5. Once the birdseed ornaments have dried, take out the straw and carefully remove the ornaments from the cookie cutters. Allow to harden overnight.
6. Once the ornaments are fully dry, run a piece of twine through the hole at the top of the ornament. Hang the completed ornament in a tree for the birds to enjoy.





+Blue

+Red

+Orange

+Green

Craft
+Think



Print out and keep this worksheet.

+One to one activity



What you need:

- + 1 toilet paper roll
- + Peanut butter
- + Bird seed

Peanut butter bird feeder

Here's a simple way to make a DIY peanut butter bird feeder.

What you do:

1. Make sure to remove all of the excess paper that may be stuck to your toilet paper roll.
2. Take a butter knife or spoon and spread peanut butter over the entire outside of the toilet paper roll. It doesn't have to be overly thick, but enough for seed to stick.
3. Once you have the roll completely covered pour your bird seed into a dinner plate.
4. Begin to roll the peanut butter covered toilet paper roll across the bird seed in the plate.
5. Hold the inside of the roll in order to avoid peanut buttered fingers!
6. Once the roll is covered you can roll with your hands to try to fill all of the holes.
7. When you are happy with the outcome simply slip your Bird Feeder over a tree branch!



Easy Homemade bird feeder

Use this easy homemade bird feeder to attract birds to your garden. Use the link to identify your visitors. Invite family and friends to do the same in their gardens and send photos of them in by email then compare what birds everyone can see in their different gardens.

What you need:

- + Plastic bottle
- + Wooden spoons
- + String
- + Soaked sultanas
- + Raisins
- + Oatmeal
- + Black sunflower seeds – if you can get them
- + Mealworms – if you can get them

What you do:

1. Make two holes in the plastic bottle for the wooden spoons to go through. Where the rounded part of the spoon sits, the hole should be a little bigger to allow the food to spill on the spoon.
2. Mix the bird mixture with the ingredients and fill the bottle and put the lid back on. Tie the string around the neck of bottle and hang where it can be seen from a window or garden seating area.

Garden bird detective



 [Download](#)

If you want to use some visual aids to help spot your visiting birds have a look [here](#) – for various wildlife sheets you can print and tick.



+Blue

+Red

+Orange

+Green

Craft

+Think

These would be lovely to send relatives, you may need to work one to one with some residents, I'm sure the care team would be more than happy to help with this one.



Print out and keep this worksheet.

+Greetings Cards

These would be great to send to relatives. They would be lovely for any occasion. You could take photographs of the setting on a snowy day (hopefully we get one!). You can buy readymade card blanks that have a slot for a photograph.

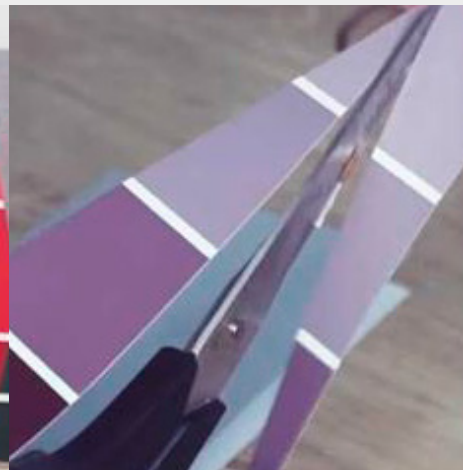


What you need:

- + Cardstock, folded in half
- + Oversized gemstones, giant sequins or buttons in Christmas colours
- + White PVA craft glue
- + Permanent, fine line marker

What you do:

1. Arrange your gemstones on the front of the card and glue into place.
2. Draw a string from the top fold down to each gem.
3. Draw bows.
4. Optional: if you're good at calligraphy or have a mini alphabet stamp kit, add a greeting to the front of your card.





+Blue

+Red

+Orange

+Green

Craft

+Think

For decorative use only!



Print out and keep this worksheet.

+Gingerbread Garlands

How to Make Gingerbread Ornaments – That won't rot and will last for years



What you need:

- + 3 tablespoons margarine
- + 4oz cup sugar
- + 6oz cup water
- + 1 tsp bicarb
- + 4oz cup molasses
- + 1 tsp cinnamon
- + 1 tsp ginger
- + 1 tsp cloves
- + 17.5 oz cups of flour
- + To make the patterns – Use cookie cutters, peppercorns or small rusty bells and clear acrylic varnish



What you do:

1. In a medium large bowl, beat the margarine and sugar together until light and fluffy, stir in molasses. Combine dry ingredients and sift then add to margarine mixture alternating with water. Dough should be stiff. Cover dough and refrigerate for 3 hours or overnight.
2. Preheat oven to 350°F/180°C/Gas Mark 4 and lightly grease baking sheets.
3. Cut dough into 3 pieces and knead to warm it slightly on a lightly floured surface.
4. Cut out using cookie cutters and place on baking sheets.
5. Decorate with peppercorns and rusty bells. Bake for 20 minutes, then shut off oven and let cool inside. Remove ornaments from baking sheet, place on a rack and allow to dry for 3 days. Then preserve with 3 coats of clear varnish. These ornaments are not edible and will last for years.



+Blue

+Red

+Orange

+Green

Craft

+Think

These candles would make lovely table decorations.

This is a great sensory activity for all to enjoy.
The apples could be pureed for someone on a soft diet.



Print out and keep this worksheet.



+Apple Candles

What you need:

- + Apples
- + Tea light candles (you could use battery operated ones instead of flame candles)
- + Knife to cut the top of the apple out

What you do:

1. Carefully cut the top out of the apple, the right size for the candle
2. Place the candle in the hole and enjoy.

+Guess which Apple

What you need:

- + A selection of apples – Braeburn, granny smith, golden delicious, gala
- + Numbered cards to place behind the samples

What you do:

1. Slice up the apple so that everyone can taste them to guess which type they are.
2. Keep score, people will get competitive!





+Answers – A word search for everyone

Word search solution (Page 11)

A	Y	B	T	B	S
E	L	S	U	U	H
E	E	S	R	G	E
R	G	N	K	E	R
T	N	O	E	A	R
W	A	W	Y	Z	Y





Why might you want to use the helpline?

There are many reasons why you may want to call the helpline, not least when you just want someone to listen to your concerns.

One of our callers was feeling very nervous about running an activity because they were short staffed and she was concerned about how she would manage on her own. Here's what she said at the end of the call:

"I was really nervous about running the activity, but now that I have called the helpline and spoken to you, I feel inspired and excited about running the activity".

And from another caller, who is not a member, but had heard of us, concerned about a tenant:

"Thank you for your help and support, this helpline has provided me not only with a wealth of activity ideas but an empathetic ear and support that was so much appreciated at a very difficult time."



So, whatever you want to talk about, whether you:

- + are struggling, for any reason
- + have run out of activity Ideas
- + need advice
- + are new to the activity role and don't know where to start or
- + just need a chat

The helpline is here for you!

You can get in touch by emailing us **here**

Calling the helpline – **0800 1585503**

Did you know, we have a closed facebook group where you can ask for advice? **Click here**

+ Sylvia Cowleard
NAPA Helpline Manager.

