

# 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.

 **NAPA Year of  
Conversation and Connection**

## In this issue

+ **Lots of ideas** – Lots for everyone to do

# +Editors piece

## Hello, Happy New Year!

What a fab start to 2020! I hope you will enjoy the selection of activity ideas that are in this issue, I have tried to cover as many as I can. If there is something you would like to see, please do get in touch, I will do my best to fit them all in.

Some of you may remember the Short Story Competition that we ran last year, well due its huge success, we have decided to run it again! Full details are on page 9, we are very much looking forward to reading the wonderful stories that you come up with this time! The winner will be announced in the next issue; however, we will publish all stories on the website!

Enjoy!

*Gianna*



## +Gianna Burns

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### 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

These would make lovely tactile pictures, try using different materials.



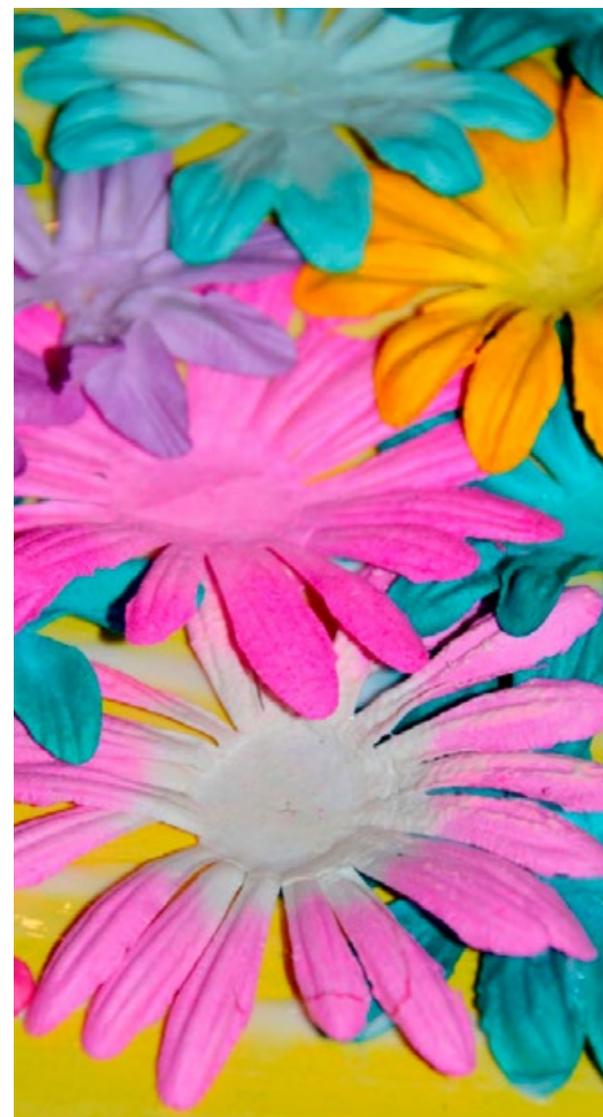
# +Paper Spring Flower Collage

### What you need:

- + Coloured paper
- + Paper or material flowers and stickers (available at most craft stores)
- + White PVA glue

### What you do:

- + Arrange the flowers onto the coloured paper
- + Glue into place
- + Allow to dry
- + Frame or hang to display





## +NAPA Quiz

1. Which animal is said to “go mad” in March?
2. March is said to come in like which animal? And March goes out like which other animal?
3. In spring, lots of shrubs and trees produce these. What are they called? These ones are on a hazel bush. Are they male or female flowers?
4. Which Tuesday is Pancake Day? Traditionally, the juice of which fruit is squeezed onto pancakes? What day follows Pancake Day?
5. Which Christian festival is celebrated with eggs?
6. The Grand National is held in the spring of each year. Where is it held? Is it a steeplechase or a flat race? Which horse won the Grand National three times in the 1970s?
7. The Boat Race is also held in the spring. On which river is it held? Which two universities compete in the boat race? Which of the crews is the ‘light’ blue?
8. Max Bygraves sang: ‘When it’s spring again, I’ll bring again tulips from .....’ From which city? In which country is this? Can you sing all of the first verse of the song?
9. A wren feeding its chicks. On which British coin did the wren appear?
10. Which spring flower is this? Which very expensive spice is made from this flower?

- + The period between Ash Wednesday and Good Friday is called Lent. It is a period of fasting. **What might you give up for Lent?**
- + Other religions have periods of fasting. **What are they?** (Examples: Islam – Ramadan, Judaism – Yom Kippur, Hinduism – Maha Shivaratri) When, if ever, have you fasted? What benefits do you think there can be from fasting at certain times?
- + How many words can you make from the letters in **AMSTERDAM**

### +Think

Use the images as a conversation starter.



1



2



3



4



5



6



7



8



9



10



# + Tiles imprinted with pasta



### What you need:

- + Airdrying clay
- + Selection of dry pasta including spaghetti
- + Paint
- + Paint brush
- + Damp sponge
- + Transparent glaze

### What you do:

1. Roll out your clay to the desired shape, making sure it is at least 1cm thick
2. Use the different types of pasta to make your design, use the pictures above for inspiration
3. Residents may want to sign their tile before they dry
4. Put a small hole in the top if you wish to hang your tile once it is dry

5. Leave to dry for the required time
6. Once dry, paint a layer of black over the entire surface and then remove it with a damp sponge so that the black outline remains inside the engraved marks.
7. Paint the designs onto the clay and leave to dry again.
8. Once dry, paint a layer of glaze onto the tile.

There are so many different kinds of pasta; you could create some great art with them.



## + Think

Teabags are quite small, so you could use a sheet of paper, just cut it (to make it look like a teabag)

# + Tea Bag Art

### What you need:

- + Dry, empty tea bags
- + Pencil, to do an outline on your teabag
- + Paint, or colouring pens – fine tip

### What you do:

1. Carefully cut the teabag open and discard the tea leaves
2. Decide what you are going to paint/ draw
3. You could do a scene, a portrait or your favourite flower
4. Be creative!



Add some string for effect

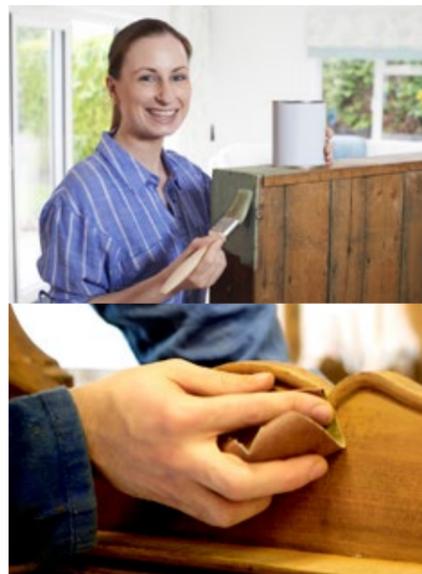


## +Furniture Restoration or Upcycling

Old furniture is often available from junk shops for a few pounds, you may be able to get some items for FREE if you ask around, it is surprising what people have laying around in lofts and garages!

You could restore almost anything, chairs, bedside cabinets, dressing tables, mirrors, small wooden pieces of furniture, the list goes on.

This idea is based around a wooden trinket box.



### What you need:

- + Different grades of sandpaper
- + A screwdriver to remove the hinge
- + Wax
- + A soft cloth

### What you do:

1. Remove the hinge so you can sand the whole box
2. Invite a small group of people that are keen, along to help restore the items
3. Ask each person to sand their box – the results are instant
4. The sanding may take a while but it's something you can do over time, there is no hurry
5. The idea is for someone to take their time and enjoy the project
6. Once fully sanded the box can then be waxed and the hinge put back on

*You could paint the furniture instead of waxing, upcycling is fun!*



## +NAPA 500-word Short Story Writing Competition

We are inviting you to write a short 500-word story, this can be done individually or as a group. The subject is totally down to you.

All stories will be published to the members only section of our website and the winner will receive a NAPA Goodie bag!

Don't forget that brilliant inspiration can come from absolutely anywhere. You could be looking out of a window, rummaging through a drawer, or out on a walk. You'll see something that sparks a thought, which turns into an idea, which turns into a full-blown story in no time! Be as original as possible.

Care setting name

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Membership number

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Contact name

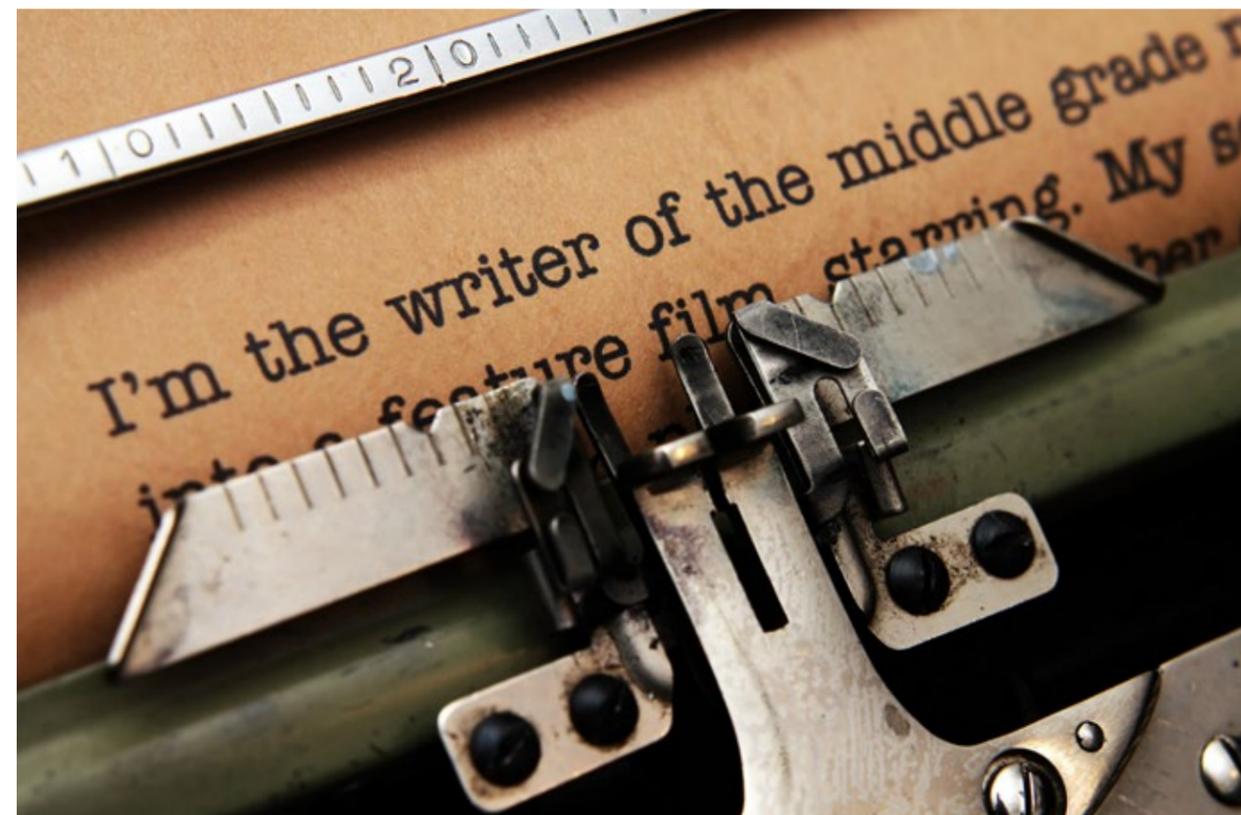
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Contact number

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Closing Date 15th May 2020

\*Please see website for terms and conditions.





**+Think**

Do one word at a time, write the letters on a large piece of paper or put on a big screen if you have one.

# +Spring Word Scramble

Have a look at the list on the left, can you unscramble the letters to make a word that relates to Spring?

WBNIOR	
BLLAMURE	
WFLORE	
PLITU	
NERGE	
MLOBO	
PLRIA	
LFBTUTREY	
NAIR	
DREGNA	
EBE	
YMA	
GNRIPS	
YBNUN	
CAMHR	
EDES	
HSSNIEUN	



# +Get to know you – Jenga!



**What you need:**

- + Wooden Jenga bricks
- + Stickers with questions on

**What you do:**

1. Choose your questions, see below for a few suggestions
2. Write them on the stickers and stick them to the Jenga bricks
3. Invite a few people to play the game, it is a great way to get to know people
4. Play Jenga!

**Suggested questions for the bricks:**

- + Where did you grow up?
- + Where was your favourite holiday?
- + Who is your favourite singer?
- + What is your favourite flower?
- + What did you do for a living?
- + What do you like to do on a rainy day?
- + Have you ever built a snow man?
- + What is your favourite meal?
- + What is your earliest memory?





## + Making mealtimes more of a social event

During mealtimes it is important to have table chatter, we all talk to other diners when we go out for a meal, mealtimes in care settings shouldn't be any different.



- + Get a collection of old toys together from — charity shops, car boots, or ask for donations
- + Print pictures of toys from the internet
- + Find out what toys the people you support played with when they were children, this is a great way to reminisce about their childhood
- + Place a selection of toys/ pictures in the dining room and encourage people to talk about them (What was their favourite toy to play with?)
- + Some libraries have reminiscence boxes that you can hire, they may have a box of toys that you can borrow
- + Have a BBQ picnic, invite residents to help choose what food to have
- + Invite relatives and friends, ask them to bring their own chairs if you don't have enough for everyone (make sure you check if any guests have dietary needs)
- + Involve the people you support in as much of the planning and shopping as you can, I'm sure they would have some great recipes that you could use!



## + Lets talk about pets

How about having a chat over lunch about the pets people have had in their life?

- You may be surprised what pets people have had. I met a lady 10 years ago, who told me her and her husband had a baby tiger cub for a while until he got too big and hard to manage!
- + Have a think about all the different types of pet people have today e.g. snakes, tarantulas, lizards, snails, guinea pigs, rats, horses, tortoises, chicken, goats etc
- + This is a great reminiscence activity, some people will love talking about their pets, others may enjoy looking at images of animals and will enjoy listening to other people sharing their experiences.
- + Use the images above as a conversation starter, you will be amazed how many people want to engage with the conversation.
- + Do you or a colleague have an unusual pet? Could you bring it into work to meet the residents?





**+Think**

Ensure close supervision when using the hammer. Do a risk assessment.

**+Nature Watch**

This nesting bag is simple and easy to make. It is a great activity for anyone with an interest in bird watching. Perhaps start a photographic diary from the moment the eggs hatch to when the young leave the nest.

**What you need:**

- + Empty onion or orange net bag
- + Nesting materials, such as raffia, non-metallic ribbon, small sticks or pet hair

**What you do:**

1. Fill the bag with the nesting material.
2. Hang from a tree branch and watch the birds begin construction.



**+Natural Flower Prints**

**What you need:**

- + Fresh flowers and leaves
- + Unbleached muslin cloth
- + Hammer



**What you do:**

1. Cover a smooth, hard surface with paper or cloth to protect it and spread out the fabric
2. Arrange a leaf and flower design on one half of the fabric, then fold the other half over the design
3. Feel where the outlines of the flowers lie
4. Use a hammer to pound the top of the leaves or flowers, be sure to go all the way to the edges
5. When the colour has bled through the fabric, open it up and scrape off the plant residue
6. You should see a mirror images of the leaves and flowers
7. Tip Box: Pansies don't work very well, but blue lobelia do!
8. The pieces of fabric make great pillow fronts or quilt squares
9. Use the same method to make floral stationary, gifts tags or note cards



**+Spring Tree**



**What you need:**

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

**What you do:**

1. Mix white glue with black acrylic paint to make black glue
2. We make ours by mixing both ingredients in an old white glue bottle and shake it up
3. A little black paint goes a long way, so you don't need much
4. Don't worry about making it look black, white glue dries clear, so the black glue will often appear grey until it dries
5. 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
6. Trace spring tree with black glue if you drew it in pencil on your watercolour paper or cardstock
7. Allow black glue to dry overnight
8. The black glue will not resist unless it is completely dry
9. You might like to spend one-day making trees, and another day painting them
10. Invite residents to paint the winter trees they drew the day before
11. Encourage the person to choose different colours if they wish

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

### +Think

What a great way to de stress, everyone can use these.



## +DIY Stress Balls



#### What you need:

- + Balloons – coloured or patterned ones would work better
- + ½ cup Flour (per balloon, approx.) you could use water beads instead of flour.
- + Empty Water Bottle, dry
- + Funnel

#### What you do:

1. Put funnel into the water bottle and pour flour through it.
2. Stretch the balloon around the opening of the water bottle.
3. Turn water bottle upside down and gently squeeze the flour into the balloon. Make sure to use some pressure because the air helps the balloon open up so the flour can all go in.

4. After the flour is all in, pinch the balloon and release it from the bottle.
5. The balloon should have a snug fit to the flour inside it. Just make sure there isn't any extra air the balloon.
6. Tie the balloon and wipe away any excess flour from the outside.
7. All ready to squeeze away stress and have fun!

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

## +African Style Drumming

#### What you need:

- + Empty coffee tin – A catering 1kg size or larger and the lid!
- + Glue- PVA or glue stick
- + Animal stickers/ pictures/ photographs
- + Coloured Paper
- + Scissors

#### What you do:

1. Cut a piece of yellow paper to fit the coffee tin
2. Decorate with safari animal stickers/ pictures and African style designs
3. Decorate them on a theme- countries, colours, shapes, years, and family
4. Stick the paper to the tin and wait until dry
5. Happy drumming!



# + Awareness Days

These special days provide a great opportunity to raise awareness and to generate interest, enthusiasm and themed activities!



## March

- + National Nutrition Month
- + The Vitality Big Half – Check out your invitation to join us on the day and support our runners 1st March
- + Time for a Cuppa 1st March
- + British Pie Week 2nd March
- + Crufts. How about holding a dog show? 5th March
- + International Women's Day 8th March
- + National Butchers Week. Anyone want to learn how to make sausages? 19th March
- + Nutrition & Hydration Week 16th March
- + International Day of Happiness 20th March
- + First Day of Spring 20th March
- + World Poetry Day 21st March
- + National Intergenerational Week 23rd March
- + World Theatre Day 27th March

- + National Walking Day 1st April
- + Good Friday 10th April
- + Easter Sunday 12th April
- + National Scrabble Day 13th April
- + National Asparagus Day 23rd April
- + London Marathon. We are inviting you to come along and support our runner 26th April
- + International Dance Day 29th April

- + Go Paddling Week 25th May
- + National Biscuit Day 29th May

## June

- + Pride Month
- + Volunteers Week 1st June
- + National Growing for Wellbeing Week 3rd June
- + National Egg Day 3rd June
- + National Cheese Day 4th June
- + National Fish & Chip Day 7th June
- + Aromatherapy Awareness Week 10th June
- + Carers' Week 10th June
- + National Beer Day 15th June
- + Adult Learners Week 17th June
- + Learning Disability Week 17th June
- + National Picnic Day 21st June
- + National Writing Day – Check out our short story competition! 26th June

## May

- + National Walking Month
- + Local & Community History
- + Tour De Yorkshire 2nd May
- + Donkey Week 6th May
- + International Nurse's Day 12th May
- + National Limerick Day 12th May
- + Dying Matters Week 13th May
- + International Museums Day 18th May
- + Dementia Awareness Week 20th May
- + World Day for Cultural Diversity 21st May

## April

- + National Pet Month

# + Quiz – Answers

## Picture Quiz Answers (Pages 4-5)

- |  |   |
|--|---|
| 1. Hare  | 8. Amsterdam. Holland. 'When it's spring again, I'll bring again tulips from Amsterdam. With a heart that's true, I'll give to you tulips from Amsterdam. I can't wait until the day you fill these eager arms of mine. Like the windmill keeps on turning, that's how my heart keeps on yearning for the day I know we can share these tulips from Amsterdam.' |
| 2. Lion. Lamb  | 9. Farthing   |
| 3. Catkins. Male   | 10. Crocus. Saffron   |
| 4. Shrove Tuesday (this year on 25th February). Lemon. Ash Wednesday (start of Lent) |   |
| 5. Easter  |   |
| 6. Aintree (Liverpool). Steeplechase. Red Rum  |   |
| 7. River Thames. Oxford and Cambridge. Cambridge (Oxford – dark blue)                |   |



## Word Scramble (Page 10)

- |             |              |              |
|-------------|--------------|--------------|
| 1. RAINBOW  | 7. APRIL     | 13. SPRING   |
| 2. UMBRELLA | 8. BUTTERFLY | 14. BUNNY    |
| 3. FLOWER   | 9. RAIN      | 15. MARCH    |
| 4. TULIP    | 10. GARDEN   | 16. SEED     |
| 5. GREEN    | 11. BEE      | 17. SUNSHINE |
| 6. BLOOM    | 12. MAY      |              |

## things to do

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+Blue

+Red

+Orange

+Green

### +Think

This image can be used as a conversation starter about holidays, building sand castles etc.

## +Easy poetry

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*Invite residents to look at this wonderful scene and give you a word that comes to mind., link the words together and create a poem.*

*We would love to hear your creations, please send them to [project@napa-activities.co.uk](mailto:project@napa-activities.co.uk)*