

# NAPA Activities

## to support your special events

### World Music Day – 21<sup>st</sup> June

These ideas are to help you make the most of some of the special days in your calendar. Add to the fun by building on a topic, which could be spread across several days if that suits you and your team. Anyone in the care team including volunteers should be able to use these ideas. Some may take a little planning, but others you could do on the spur of the moment.



We have used a **colour code** for the NAPA Activities to help you to match them to **people's abilities, interests and level of participation**.

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

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

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

**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

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**Connecting with your Community on World Music Day**

## **Musical Instruments**

**Do you or your staff or residents play music/ have a musical instrument?**

You could have a few instruments laid out around the home and invite people to have a go, or if someone knows how to play you could arrange for them to give a lesson.

This would be another great way to get everyone involved with activities and show the team that it's not all about art & craft or bingo!

How about going to see a concert or musical? There may be a local venue putting on shows.



Percussion Play have a great range of outdoor instruments - <https://www.percussionplay.com/>

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## Making the Most of Mealtimes on World Music Day



Music and sounds are powerful triggers of memory and this can be used to enhance our perception of the flavours and quality of a meal. Heston Blumenthal serves his fish course at the Fat Duck in Bray with an iPod that plays 'Sounds of the Sea'. The result? Diners remember days at the seaside and the associated images and smells heighten their perception of the dish which tastes fishier and fresher. Think of the table conversations, invite staff members to sit and enjoy the experience too.

How about inviting a string quartet in to play by the dining room during a meal time? Wouldn't it be great to see how people react, if hearing the music means they have a better meal and dining experience?

Here is a fab article about how food and music work together , make for an interesting and thought provoking read -

[https://www.sensorydimensions.com/files/9014/2115/8853/Sound\\_and\\_Sensory\\_Perception.pdf](https://www.sensorydimensions.com/files/9014/2115/8853/Sound_and_Sensory_Perception.pdf)

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### Things to do on World Music Day

#### African Drum

##### What you need:

Empty Coffee Can – A catering 1kg size or larger and the lid!

Glue- PVA or glue stick

Animal stickers/ pictures/ photographs

Coloured Paper

Scissors

##### What you do:

Cut a piece of yellow paper to fit the coffee can.

Decorate with safari animal stickers/ pictures and African designs.

Decorate them on a theme- countries, colours, shapes, years, and family - anything your residents want.

Stick the paper to the can, once dry happy drumming!



**Think box: some may enjoy just looking and listening**