

NAPA Activities

to support your special events

World Pasta Day 25th October

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 Pasta Day

You are never too old to learn a language!

Look for Italian lessons in your local area, residents may enjoy getting involved with this. You might find out about classes in your local library or community centre.

You could go to an Italian restaurant to practice your skills.



Pizza and pasta making class

Contact local pizzerias and ask if they would be willing to do a pizza making class for residents, you may need to go more than once if it is a popular activity.

Pizza Express do one for children, it might be worth asking if they would be willing to do it for the residents.

Do you know any chefs? You could invite a local chef into the home to show how fresh pasta is made.



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Making the Most of Mealtimes on World Pasta Day



Have an Italian themed meal.

- How many different types of pasta can you use for the meal, there are so many (check out this website - <https://pastastafits.org/pasta-dictionary/>) you could have a selection of dishes, people can choose what they want to try or reminisce if they have had a particular dish before.
- Speak to residents about where they have travelled, some may have been to Italy and might like to talk about their trip.
- Mealtimes for the Italians are always an excuse to have a big feast, the wider family often gather more often than not for a meal. You could move the dining room around so that there are more people sitting together, the conversation will flow really well with more people.
Get everyone into the spirit by decoration with Italian flags etc.
- Pop to your local Italian shop or visit the world food section in the local supermarket to get some Italian treats
- How about making pizzas, invite residents to choose what they want to put on it.



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Things to Do on World Pasta Day



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:

- Roll out your clay to the desired shape, making sure it is at least 1cm thick
- Use the different types of pasta to make your design, use the pictures above for inspiration
- Residents may want to sign their tile before they dry
- Put a small hole in the top if you wish to hang your tile once it is dry
- Leave to dry for the required time
- 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.
- Paint the designs onto the clay and leave to dry again.
- 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.

