

Every  
Moment  
Matters



# The Joy of Creativity:

Activities to Express Yourself  
and Have Fun

*Activities Pack*



Prioritising Wellbeing



an RLDATIX company

# Welcome

## Celebrating **Every Moment Matters** Campaign

QCS is delighted to collaborate with NAPA (National Activity Providers Association) on a new series of activity packs celebrating the '**Every Moment Matters**' campaign. This initiative highlights the importance of making every moment meaningful for individuals in care settings. By offering engaging and enjoyable activities, we can enrich the lives of those we support, bringing a sense of joy and purpose to their daily routines.

The 'Every Moment Matters' campaign aligns perfectly with NAPA's mission to enhance the quality of life for individuals in care. Through our partnership with NAPA, we have created a range of resources designed to inspire and support activity providers in delivering high-quality, meaningful activities.



# About NAPA:

NAPA (National Activity Providers Association) is a UK-based charity dedicated to promoting wellbeing through activity and engagement for individuals in care settings. We provide support, training, and resources to activity providers, ensuring they have the tools needed to create vibrant and stimulating environments.

By working together, we aim to ensure that every moment truly does matter for those in care. We look forward to seeing the positive outcomes of this campaign and the joy it will bring to many lives.

If you want more resources like this, become a member of NAPA for just £170, get £25 off with this code **QCS25**.

*This offer closes on 30 September 2024.*

Find out more HERE:

<https://digital.napa-activities.co.uk/view/903439453/>



“ We are thrilled to be part of the ‘Every Moment Matters’ campaign. At NAPA, we believe that every interaction, every activity, and every moment can significantly impact the wellbeing of individuals in care. Our collaboration with QCS on these activity packs is a testament to our shared commitment to making a positive difference. ”

**Hilary Woodhead**  
CEO National Activity  
Providers Association

## Introduction

### **Spark Your Creativity:** Fun Activities to Explore and Express Yourself

This booklet is packed with engaging activities designed to unlock your service user's inner artist and inspire you to express yourself creatively.

#### **Endless Possibilities:**

Discover a wide variety of exciting activities, from painting and poetry to music making and reminiscing about cherished memories. There's something for everyone, so hopefully you'll find one (or more!) that sparks the interest of the people you care and support.

#### **Easy-to-Follow Fun:**

Each activity comes with clear instructions that are easy to understand, regardless of your previous experience. All you need are a few simple materials and a dash of creativity to get started!

#### **Let's Get Creative!**

There are no limitations in the world of art. Most importantly, have fun and enjoy the journey of creative expression! Share your creations with NAPA and QCS on social media and use **#EveryMomentMatters**.

## Grease is the Word

This year marks the 46th Anniversary of John Travolta and Olivia Newton John's hit song 'You're the one that I want' being at number one in the UK charts. The song hit number one on the 11 June 1978 and remained there for a staggering 9 weeks, so if your birthday falls on 3 August 1978, this is the song that would have been at number 1 that day.

Why not make this a day to celebrate the songs and music from the film 'GREASE' and recreate your very own Rydell High School Dance? Take the opportunity to dress up as the famous Danny Zuko, as a 'T-bird' or become your very own 'Pink Lady' like Sandy!

Rydell High School Dance

### What you do:

- Create and send out invitations to individuals in your care service and their families
- Recruit volunteers in your care service to assist with making decorations and outfits

### YOU WILL NEED:

- Music from the 'Grease' films <https://youtu.be/7oKPYe53h78>
- Fancy dress costumes
- Decorations (watch the film for inspiration)
- You could make your own T-bird and Pink Lady banners
- To speak to chefs and create a menu to fit your theme

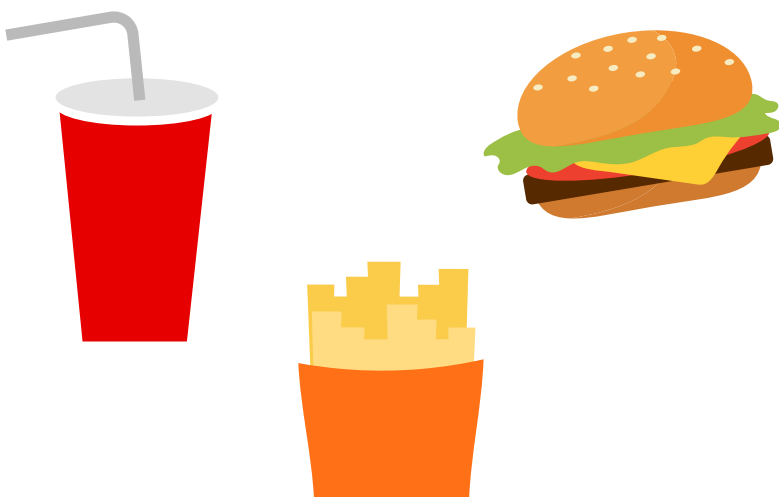


## The Joy of Creativity: Activities to Express Yourself and Have Fun

- Decide on the music and maybe hold a 'GREASE' themed Karaoke with a sing off between the T-birds and the Pink Ladies
- Make props for photograph opportunities and create a Rydell High School backdrop
- Host your event and have fun!

You don't have to be as extravagant as this, you could just host a 'GREASE' film night with snacks or hold your very own outdoor drive thru cinema.

This is all about living creatively and expressing yourself through art! A great way is to create a LIVE masterpiece as a collective, with no planning or thought process; just let your imagination run wild!



### TOP TIPS:

- Look around charity shops for second-hand clothes you could adapt to your theme such as leather jackets, white t-shirts, blue jeans or pink coats, flared dresses and shoes
- Food for your theme could include buffet food for the dance or even burgers, fries and milkshakes. Ask your local fast-food restaurants for straws and drink cups
- Ask around your community, small businesses and charity shops for things they could maybe donate
- Check in with your local schools or community groups and see if they would assist with props and artwork for scenes or backdrops

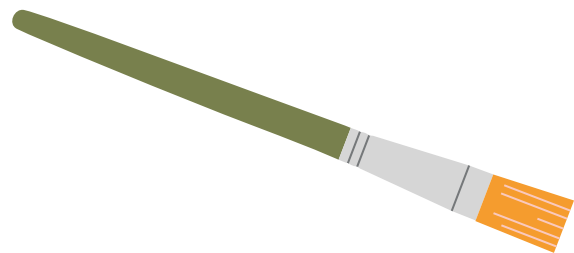
## Creative Art Live

### What you do:

- Set up your activity in an area that is well lit and has a hard floor
- Place your large sheet on the floor to protect the surface
- Place your large table onto the sheet ensuring that there is plenty of sheet to cover where you will be recording
- Position the chairs around the table for individuals who wish to participate - it may also work with individuals standing
- Set your art materials on a separate table; it is important that the craft table is only used to express your art

### YOU WILL NEED:

- A video recording device
- Photography and video consent from participants
- Large table with a plain top (white or black work well)
- A large plastic sheet
- Ready mixed paints (various colours)
- Paint brushes and/or sponges
- Glitter
- Sequins
- Craft aprons (plastic disposable ones will be fine, too)
- Music



## The Joy of Creativity: Activities to Express Yourself and Have Fun

- Explain beforehand to individuals exactly how the activity will work, and that the most important thing is to have fun, express themselves and let themselves go!
- Once you are ready to record, start the music you have chosen for the activity as prompt for individuals to begin



### TOP TIPS:

- You could pour the paint direct from the bottle
- You may want to flick the paint on to the table using a toothbrush
- Use your hands and fingers
- Use your mouth to paint with a paintbrush
- Pour glitter, drop feathers or leaves from a height
- Write words to express how you are feeling using the paints
- Share your masterpiece on your social media platforms and ENJOY! Remember to use the **#EveryMomentMatters** and tag us in



## Memories Through Music

A great way to encourage individuals to share memories, is through music and movement. Using technology such as an iPad, a smart assistant or a touch screen table will provide hours of endless sharing.

There are many activities you can do with Alexa or Google, all by speaking to it. Each time you want to ask a question, say 'Alexa' to get it to listen.

### You Can:

- **Exercise to music** – Start the day with some gentle exercise
- **Alexa Song Quiz** – This is fun. To launch the game, say, 'Alexa, Start Song Quiz.' You can choose the decade you feel is best suited, 60s to present day pop music
- **Play people's favourite songs.** All you need to do is ask it to play the song of your choice
- **Ask for the singer and song title** if you know it. Example, 'Play The Beatles, Yellow Submarine'
- **Ask it to play popular songs** from the 50s, for example. It will play a selection of songs. If you wish to move on to the next song, just say, 'Alexa, next song'
- **Jokes** – Ask the smart assistant to tell a joke to lighten the mood
- **Fun facts** – Alexa will tell you facts about famous people, places and objects! You can have lots of fun learning what smart assistants can do



# Alexa-based Activity, Armchair Dancing

## What you do:

- Make sure you have plenty of space in your chosen room
- Arrange the chairs around the outside of the room
- Take it in turns to share a memory and then to choose a song that links to that memory
- Play the song, sing along and pass the ball or bean bag around the group to encourage movement
- On the next turn, try waving scarves or tapping feet, clapping or waving arms to improve movement
- Remember to make a note of memories shared to update individuals' life stories later

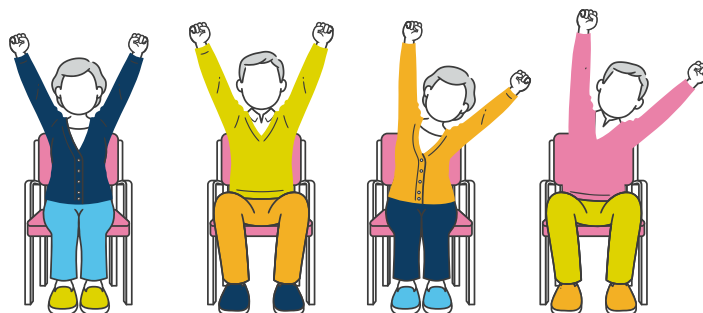
## YOU WILL NEED:

- An Amazon Echo 'Alexa' or any other tech device for music
- Playlist of memories
- Access to the internet and good connection
- Brightly coloured scarves
- Large soft ball
- Bean bags



## TOP TIPS:

Music is such a great way to get people moving, even if it is just a foot! Remember it is fine if an individual doesn't want to move, they may just enjoy the music and want to watch others participate.



## Poetry With a Twist

We all have different ways of expressing ourselves, our thoughts, or needs and our feelings, we all tell a story in different ways but one way in which many of us express ourselves is through the use of poetry.

Today is about celebrating the poets we know and love and those just beginning their journey into creative writing.

There are many ways in which you can celebrate this day; you could hold a poet's quiz or quote famous lines from poetry and get the individuals in your care service to see if they could guess the correct poet.

You could do a picture quiz where you have photographs of famous poets and laminated quotes or titles of poetry for individuals to pair up or you could simply have a poetry recital of your favourite poems.

Why not be creative and see if you can create your own poetry?

### YOU WILL NEED:

- A made-up line of poetry from everyone in your care service
- A pen and paper
- A creative mind



### TOP TIPS:

- Use this opportunity as a great source of reminiscence
- Share your poem with QCS and NAPA on social media. Use **#EveryMomentMatters**



## The Joy of Creativity: Activities to Express Yourself and Have Fun

### What you do:

- Get individuals in your care service to think of just one or two lines that can be added to a poem and write them down. It doesn't matter if all the different lines are based on different subjects
- Once you have collected all the creative lines for your poem, take some time to sit and piece them together. Remember, be creative and add a word or two if required but don't change the sentences completely
- Put together your finished poem and print a copy for everyone
- Get together and ask everyone to read out the line that they have written

And there you have it, your very own piece of unique poetry written and created as a collective.

## Memory Lane Photography Walk

This activity could involve taking individuals on a stroll around the care setting's grounds or nearby scenic areas, encouraging them to capture moments with a camera or smartphone.

Here's how it could unfold:

**Preparation:** Gather a selection of cameras, including disposable ones or smartphones with camera apps. Ensure they are easy to use and handle for all individuals participating.

**Introduction:** Begin by discussing the theme of the activity – reminiscing and capturing memories. Highlight how photography can freeze moments in time, allowing us to revisit them whenever we want.

**Exploration:** Take a leisurely walk around designated areas, such

as gardens, parks, or nearby streets. Encourage individuals to notice interesting details, such as flowers, trees, architecture, or even everyday objects that hold significance for them.

**Guidance:** Offer gentle prompts to help individuals frame their shots. For example, suggest focusing on textures, colours, or patterns. You could also encourage them to capture images that evoke specific emotions or memories.

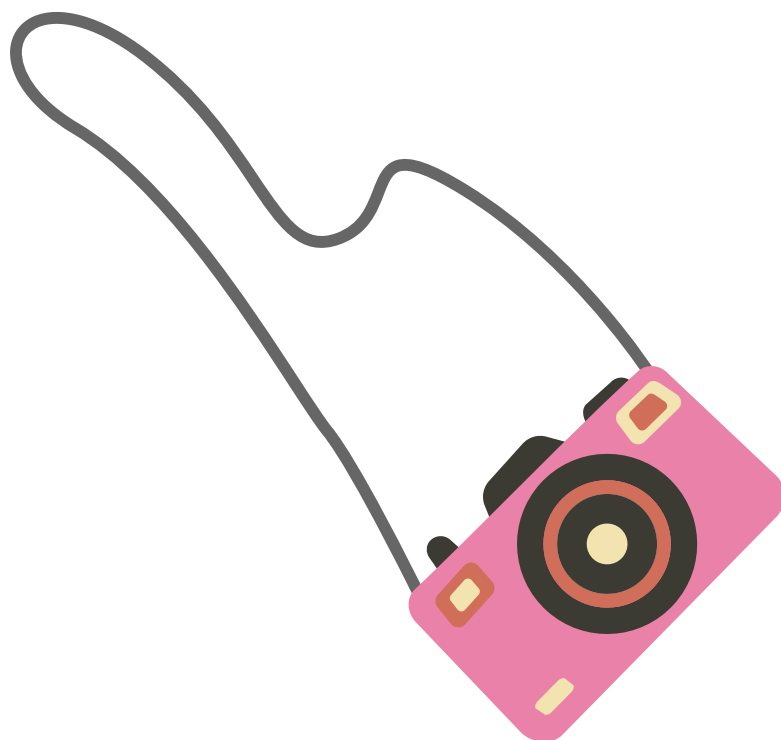
**Interaction:** Promote a sense of camaraderie by encouraging individuals to share their findings and insights with each other. This could be done during breaks or at the end of the walk.

**Reflection:** Set aside time at the end of the activity for reflection. Sit together and review the photos taken. Invite individuals to share the stories behind their chosen subjects or why certain images resonated with them.

**Creation:** Depending on resources and preferences, consider compiling the photographs into a digital slideshow or a physical photo album. This allows everyone to revisit the shared experience and cherish the captured memories.

**Continuation:** Encourage individuals to continue exploring photography as a hobby. Provide resources or organise follow-up sessions where they can learn more about composition, editing, or different photography techniques.

This activity not only provides an opportunity for individuals to engage creatively and express themselves but also promotes social interaction and a sense of connection through shared experiences and memories.



## Ceramic Pot Painting

### What you do:

- If using old ceramic pots, wash and dry them thoroughly first
- Using the sandpaper, gently rub off any bumps or over any chips so that it will have a smoother finish
- Once you have chosen your traditional Indian design, you can start to draw this onto your pot
- Now carefully start to fill in the colour on your pot using the acrylic paints and brushes
- Leave to dry before displaying or using



### YOU WILL NEED:

- Selection of ceramic pots
- Sandpaper
- Acrylic paints
- Fine paint brushes
- To print off some Indian design templates



### TOP TIPS:

- You can use larger pots if you prefer, for more impact
- Why not use your pot for a purpose afterwards to house a pot plant or as a table decoration or trinket box?
- For a rougher and older look to your pot, skip the sanding process

Evidence **quality care** to regulators effortlessly with QCS.

We can ensure compliance and help to avoid fines or closure due to ongoing failings in evidence.

We are the leading digital provider of compliance management, policies and procedures that are always up to date enabling over 7,200 care locations to deliver and evidence the highest quality care.

### **QCS Compliance Centre**

With policies, procedures, and compliance toolkits shaped to your business, you can be safe in the knowledge that your business will always be up to date with any changes to legislation, regulation, and best practice.

### **QCS Quality Centre**

Your go-to place for managing assessments and actions for success. It includes an online audit tool and digital mock inspections, both available with no set-up fees.

### **QCS Dementia Centre**

Driven by evidence-based tools, best practice, and practical guidance on how to deliver quality dementia care, QCS Dementia Centre helps transform the assessment, management and evidence of care provision for those living with dementia

Telephone:  
**0333 405 33 33**

Email:  
**info@qcs.co.uk**

[www.qcs.co.uk](http://www.qcs.co.uk)





Every  
Moment  
Matters