

Activities



to try

at home!



**Daughters of Charity
Disability Support Service**

How to use this resource:

This pack contains some suggestions for activities that can be tried in and around your home environment.

These activities are focused on offering entertainment and enjoyment.

Try them on your own, or with a friend.

Here is your chance to try something new.

Give them a try.

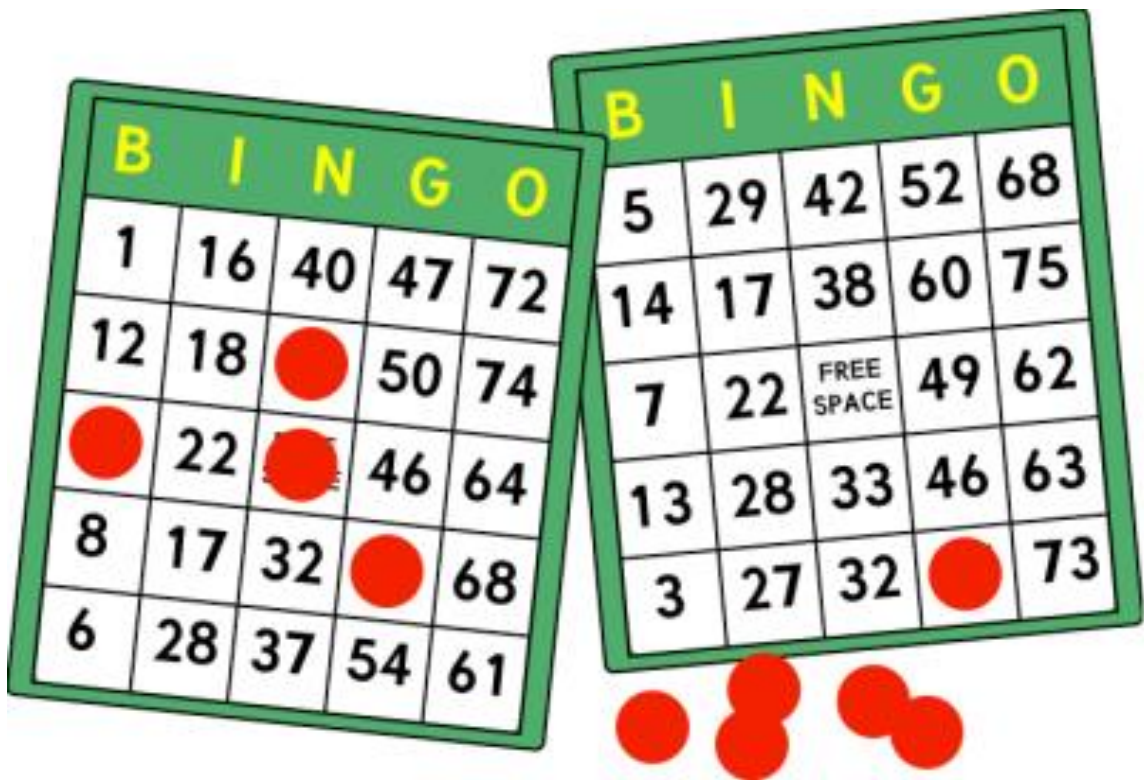
Have fun!

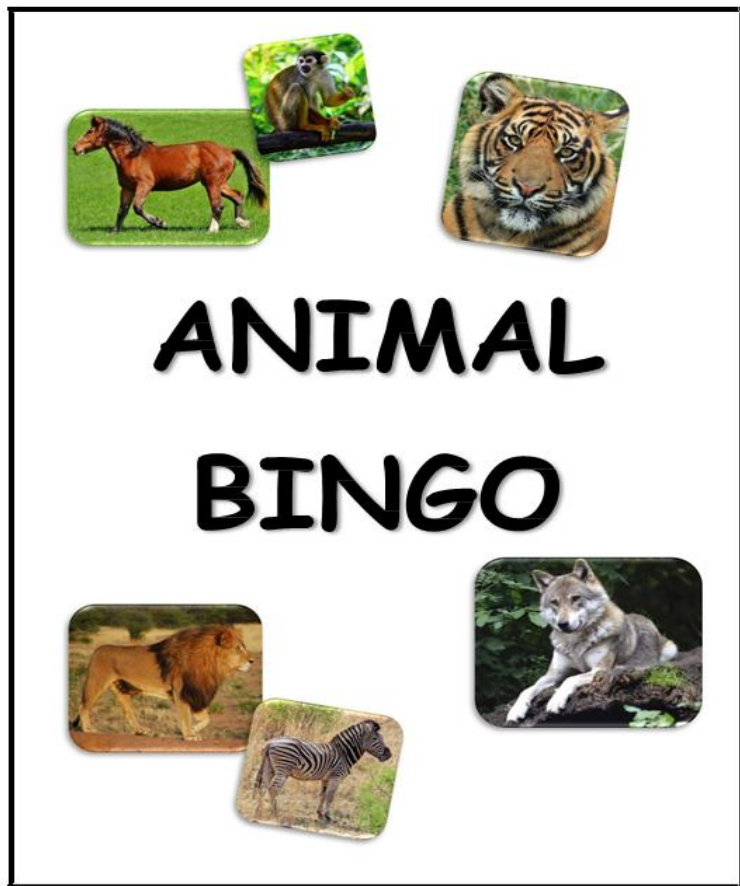
Developed by Aisling Hughes, Speech and Language Therapy Department,
With contributions from the Psychology Department.

Contents:

Item.....	Page
Bingo	4
Word Search	20
Dot-to-dot!	26
Yoga	32
Mindfulness	38
Relaxation	47
Get Moving!	50
Art	57
Crafts	65
Ready, Set, Bake!	77
Supporting Conversations	84
Quiz Night!	95

Bingo





You will need the following:



Bingo cards

ANIMAL BINGO

 bear	 flamingo	 horse
 wolf	 monkey	 duck
 zebra	 kangaroo	 giraffe

Bingo Markers



ANIMAL BINGO



bear



flamingo



horse



wolf



monkey



duck



zebra



kangaroo



giraffe

ANIMAL BINGO



zebra



tiger



owl



giraffe



lion



penguin



horse



flamingo



wolf

ANIMAL BINGO



duck



lion



owl



monkey



giraffe



kangaroo



bear



cheetah



elephant

ANIMAL BINGO



wolf



bear



cheetah



snake



elephant



tiger



penguin



horse



lion

ANIMAL BINGO



elephant



kangaroo



bear



duck



penguin



monkey



flamingo



owl



snake

ANIMAL BINGO



cheetah



tiger



lion



penguin



snake



flamingo



zebra



giraffe



duck

Colour & Shape Bingo

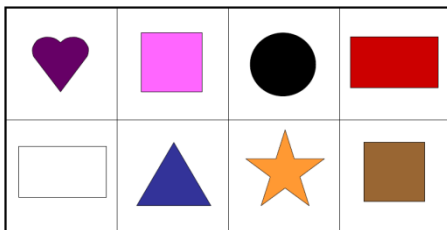


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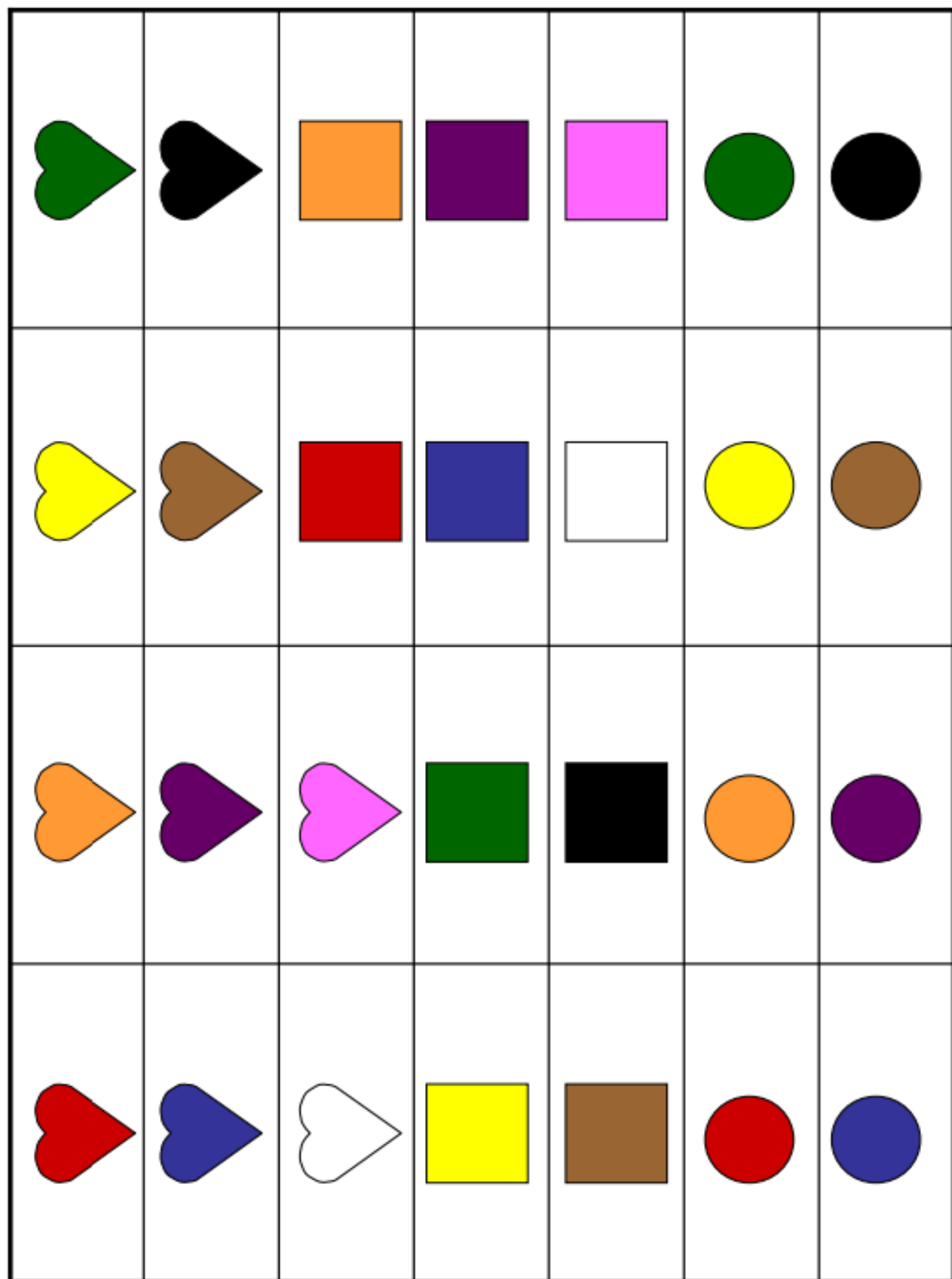
Bingo cards

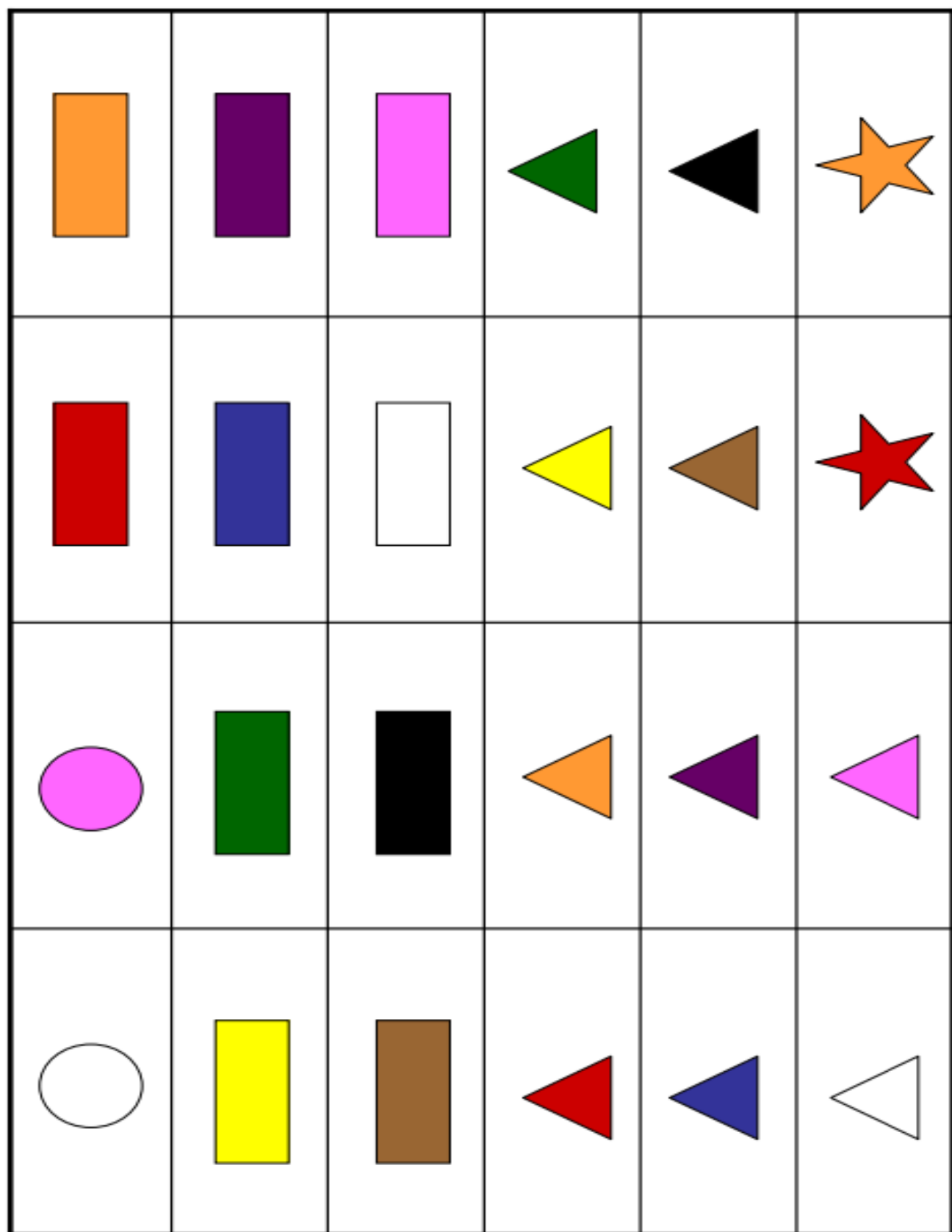
Color Shape Bingo

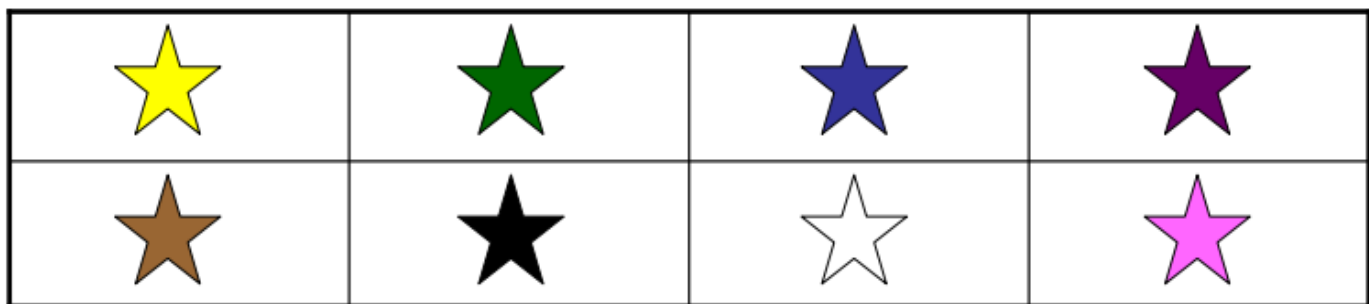


Bingo Markers

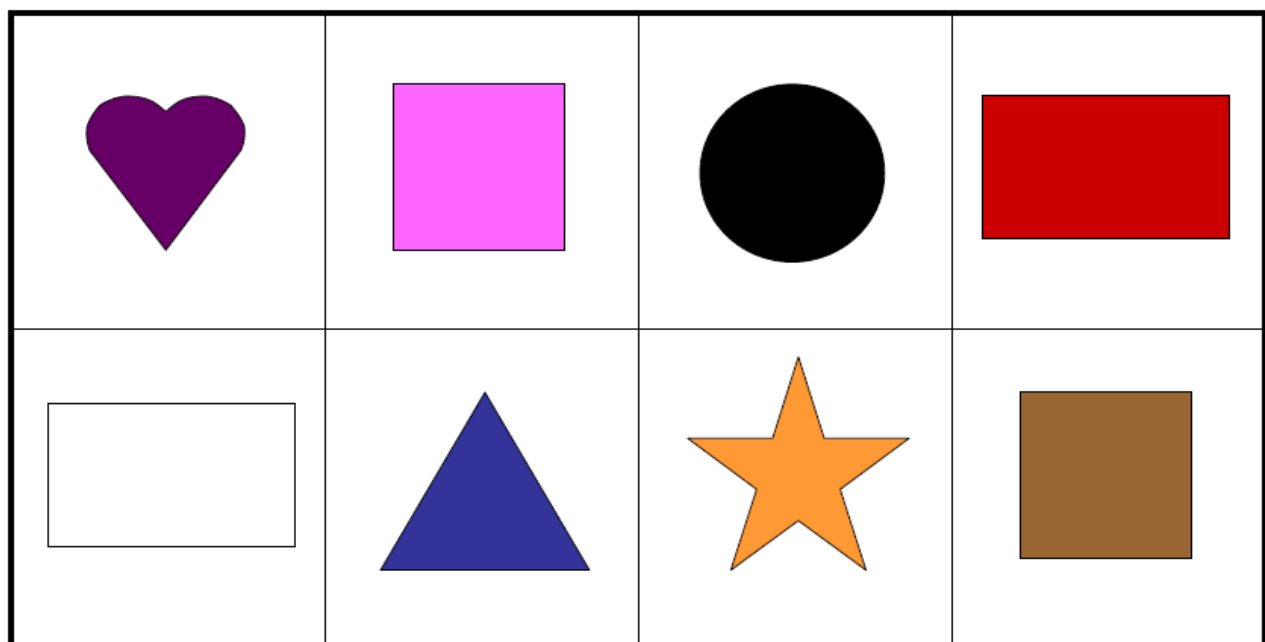




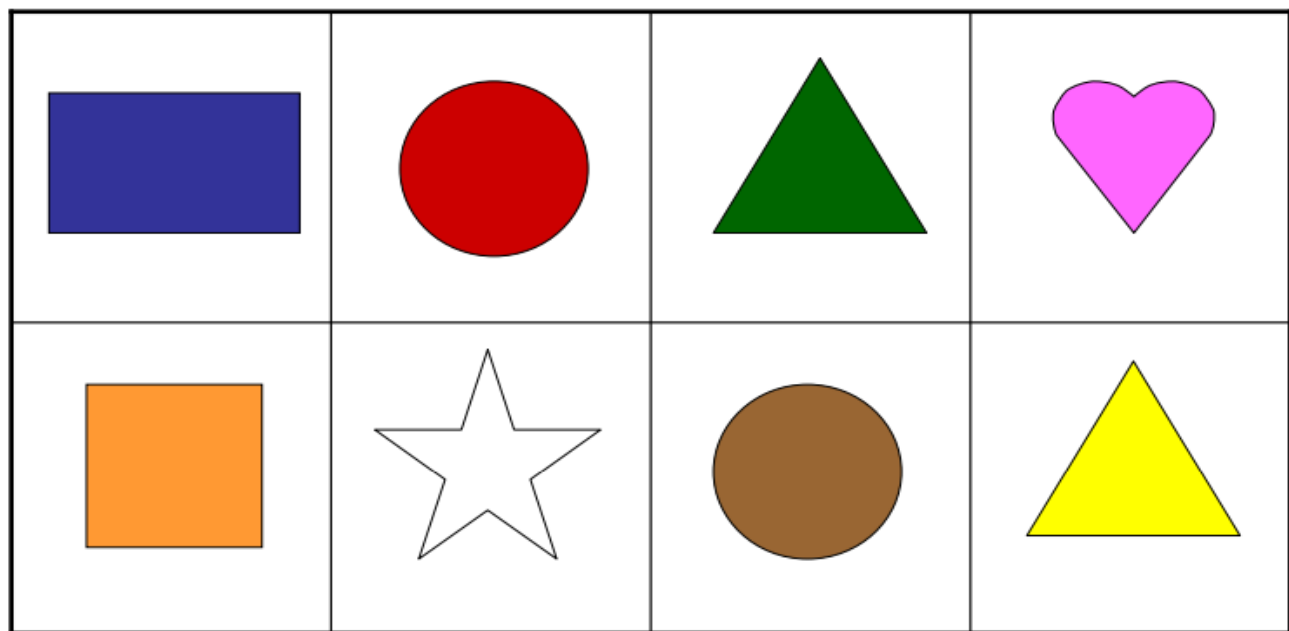




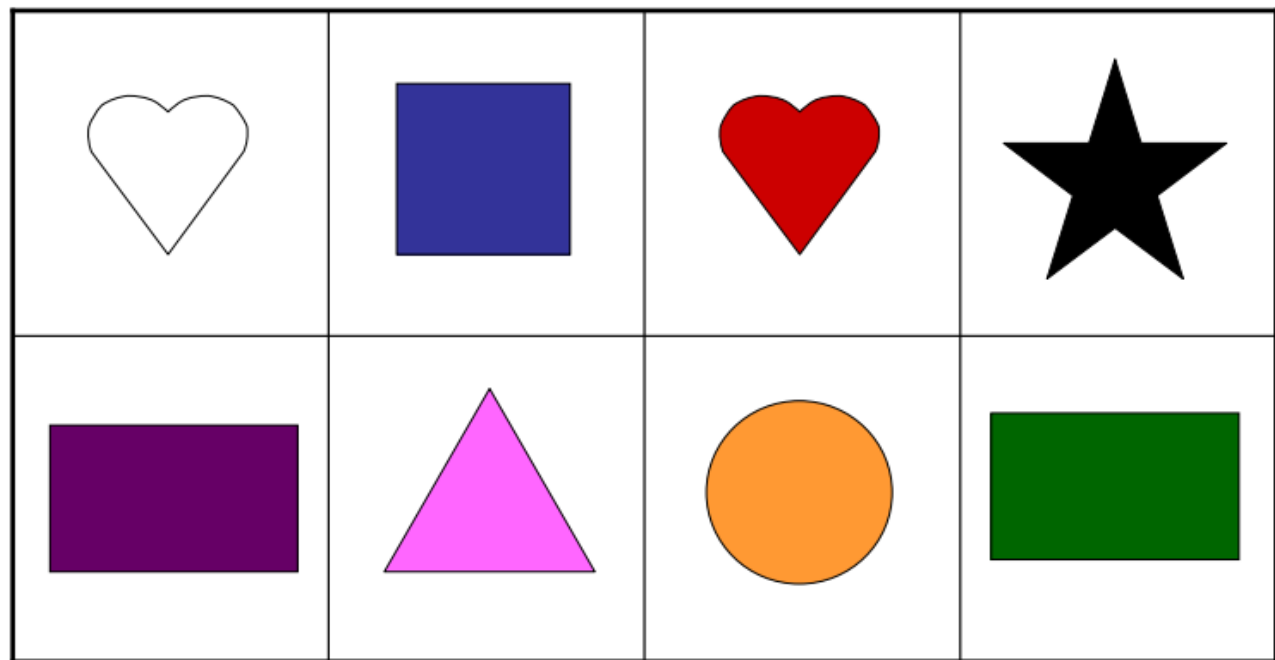
Color Shape Bingo



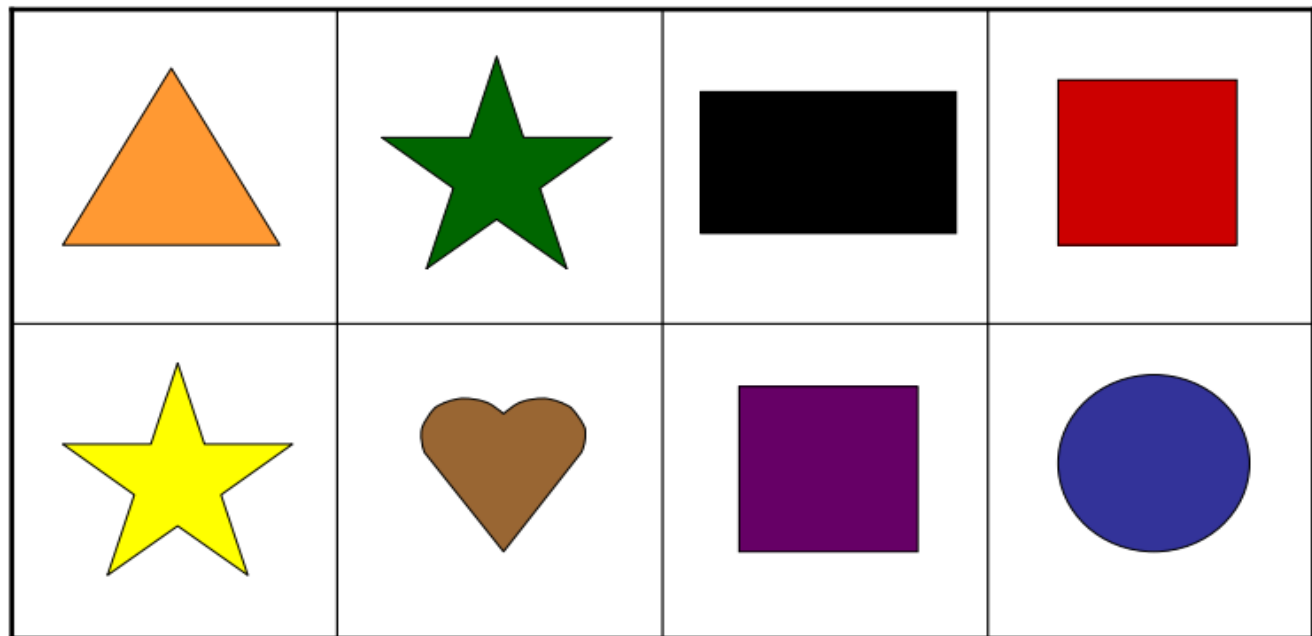
Color Shape Bingo



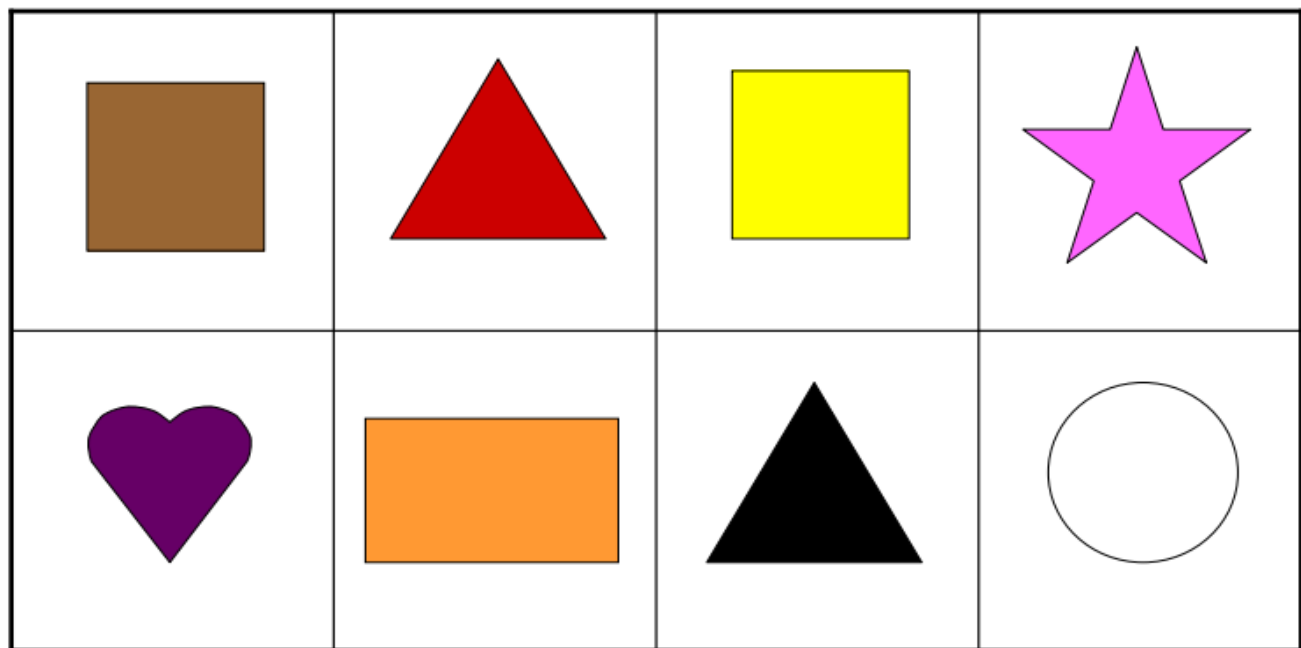
Color Shape Bingo



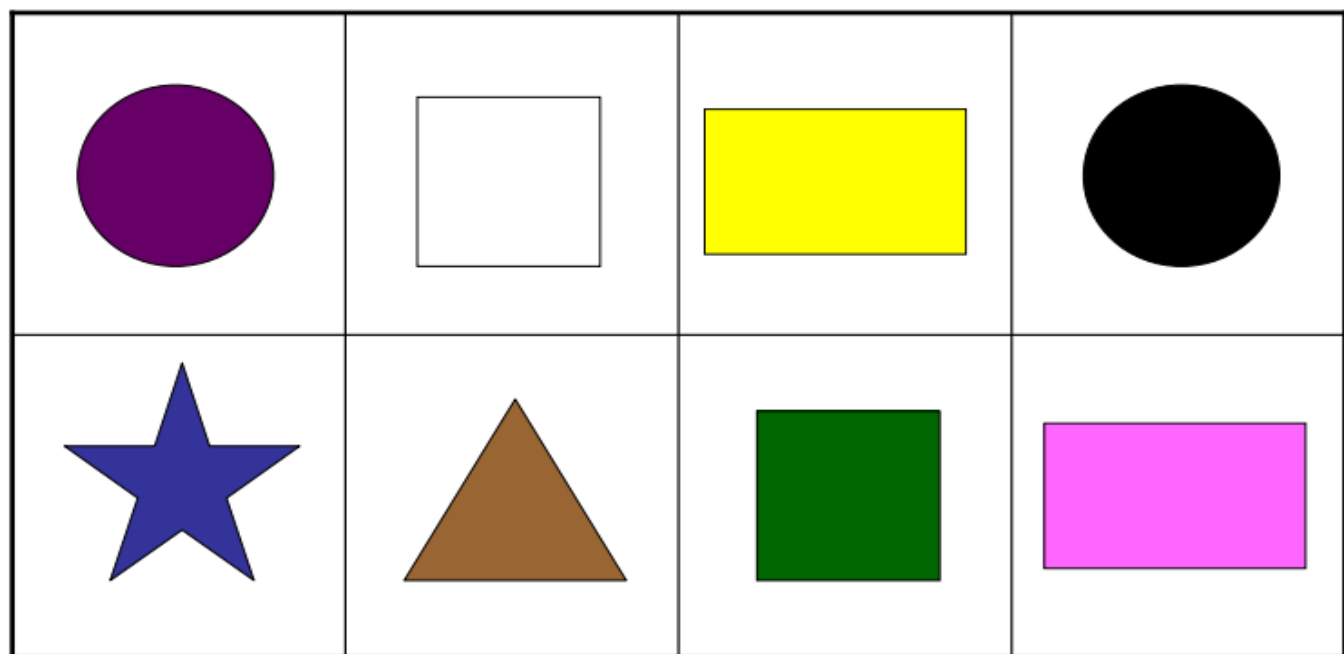
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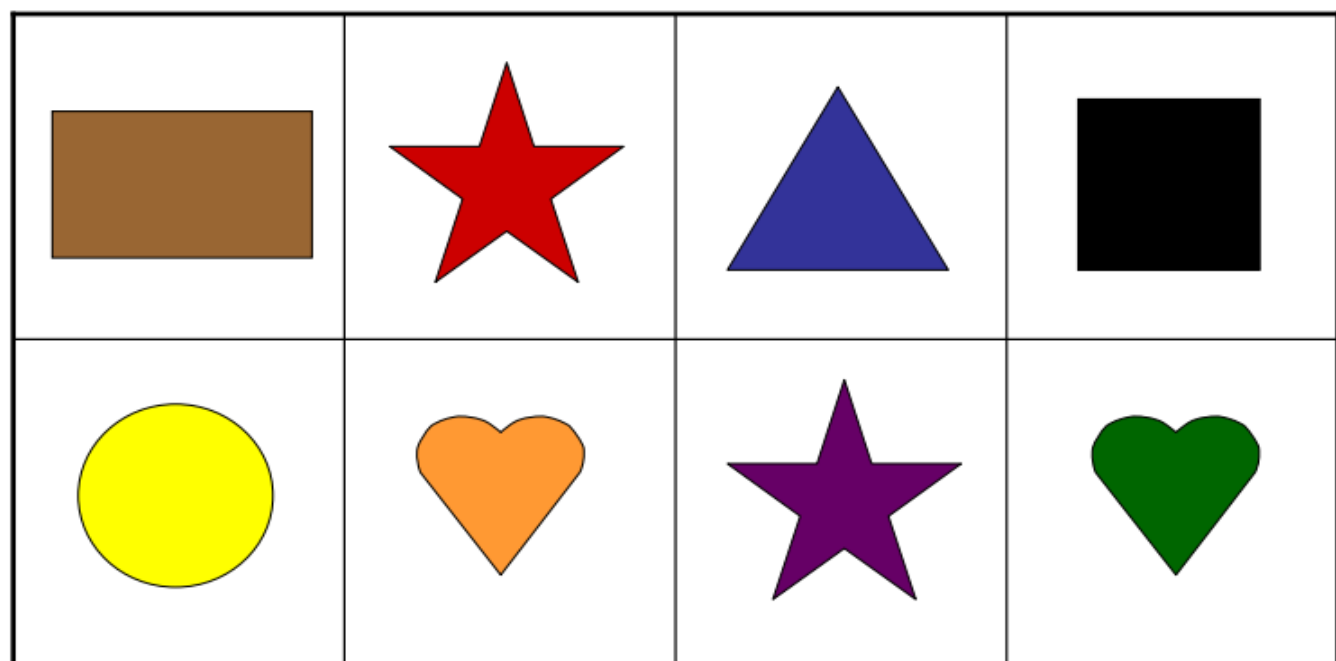
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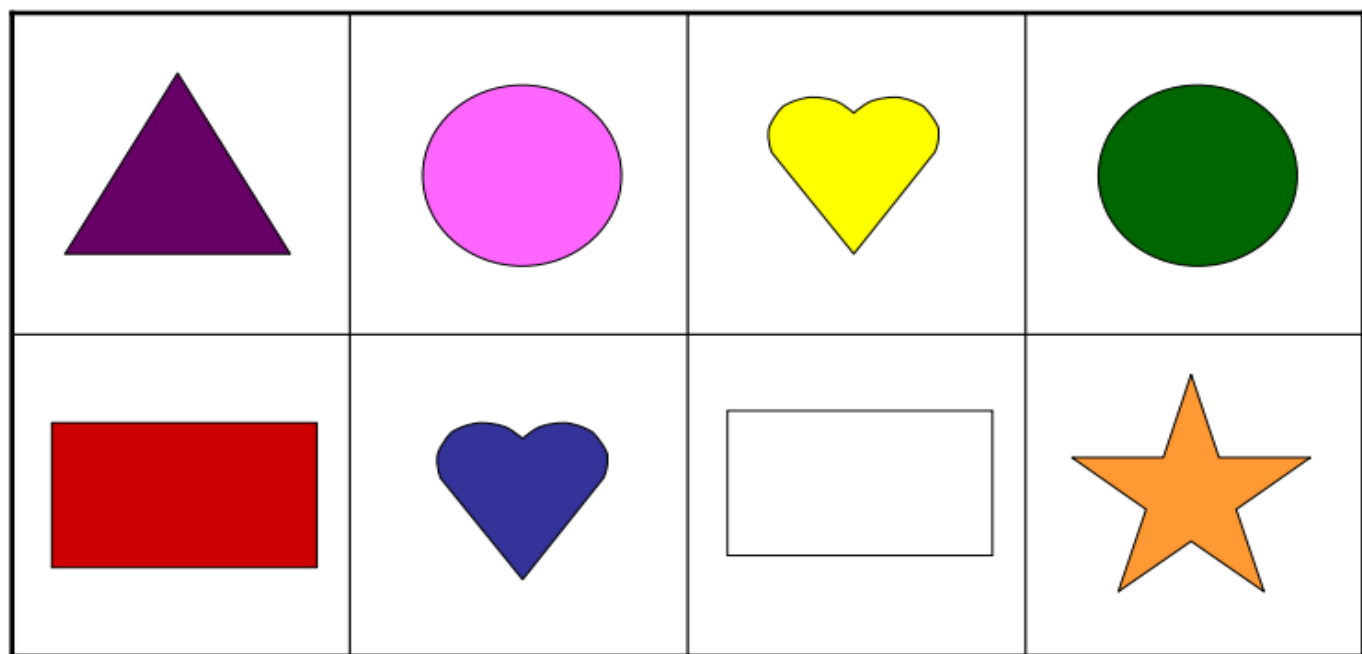
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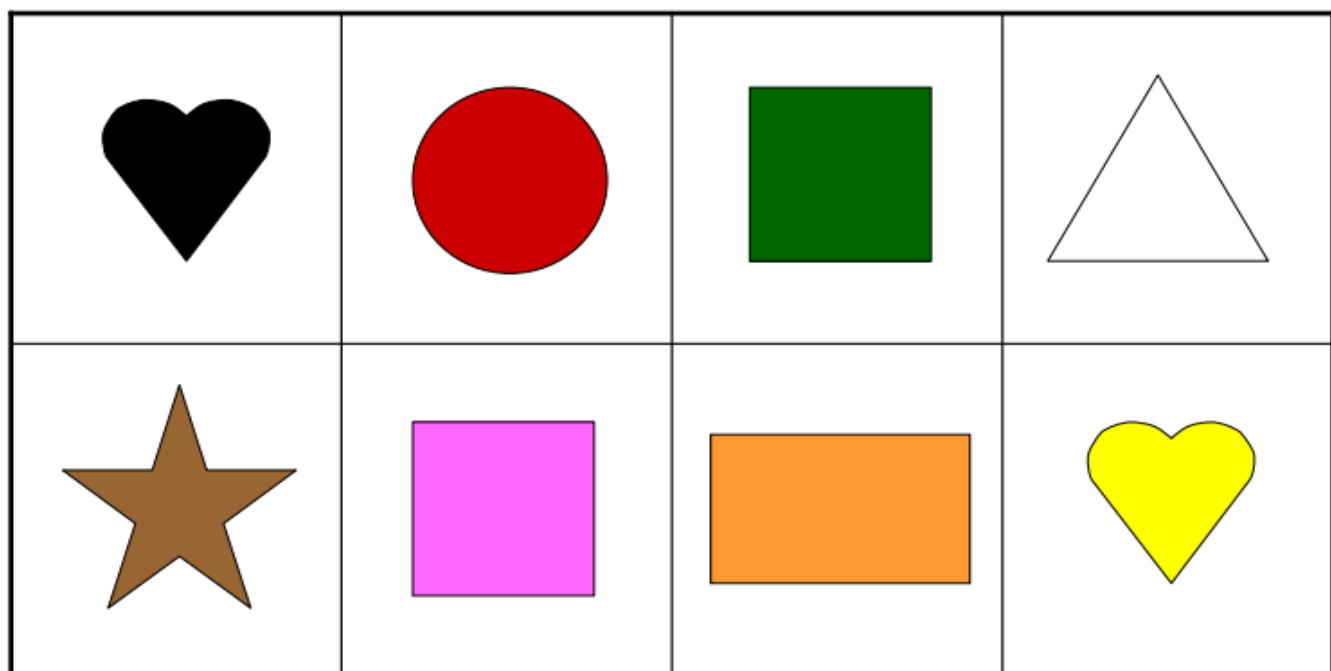
Color Shape Bingo



Color Shape Bingo



Color Shape Bingo



Word Search



BEACH
CAMP
FUN
HOT

SUMMER
SUN
SWIM
WATER



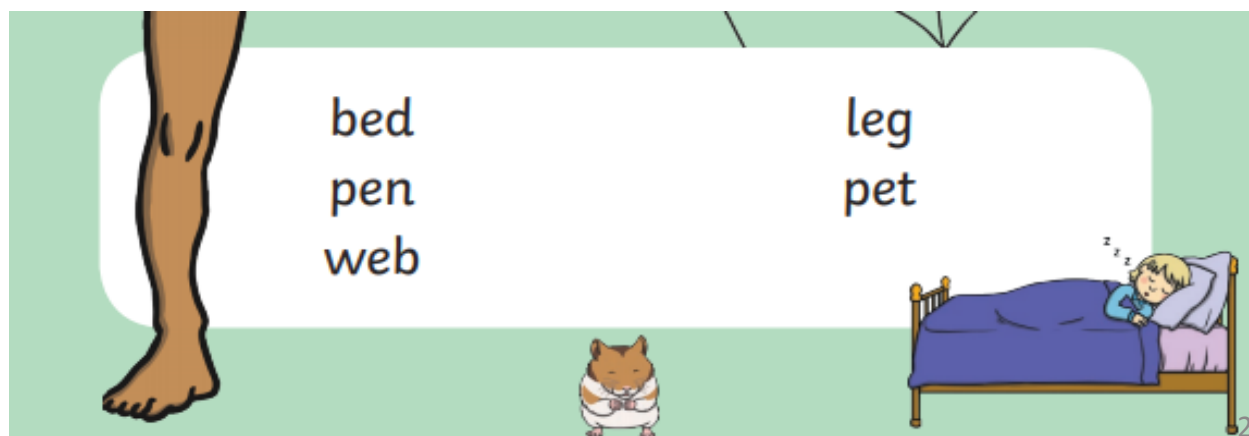
p n a c k

e l e g p

t b w a e

f e e j n

t d b c l



e	r	b	n	a	t	o	x	w
m	q	o	x	e	q	n	x	r
n	z	c	k	o	n	f	p	t
g	a	h	r	w	b	e	f	e
p	v	h	d	o	l	c	w	y
q	o	a	b	d	a	h	o	t
s	c	p	o	e	y	o	c	u
n	a	g	o	b	r	n	g	r
g	a	k	n	u	a	l	j	y



box
hot
dog



cob
pop



B	U	L	B	U	D
O	C	V	P	N	M
M	O	Y	C	E	E
C	C	O	P	S	L
V	B	D	R	T	T
O	G	X	D	U	V

SPRING

BUD

BULB

MELT

NEST

V	L	N	S	A	C	E	W	B	V
L	H	L	Y	W	T	U	L	I	P
N	G	H	H	U	P	O	I	C	W
K	T	H	V	S	A	G	W	L	G
F	F	C	J	E	N	A	A	C	K
O	L	I	B	C	I	R	R	X	D
D	I	P	A	C	M	A	M	J	Q
R	N	M	U	R	X	I	E	V	T
F	G	C	L	E	A	N	T	V	Y
B	C	A	L	I	V	E	M	U	T

SPRING

ALIVE
 CLEAN
 FLING
 RAIN
 TULIP
 WARM

Spring Word Search

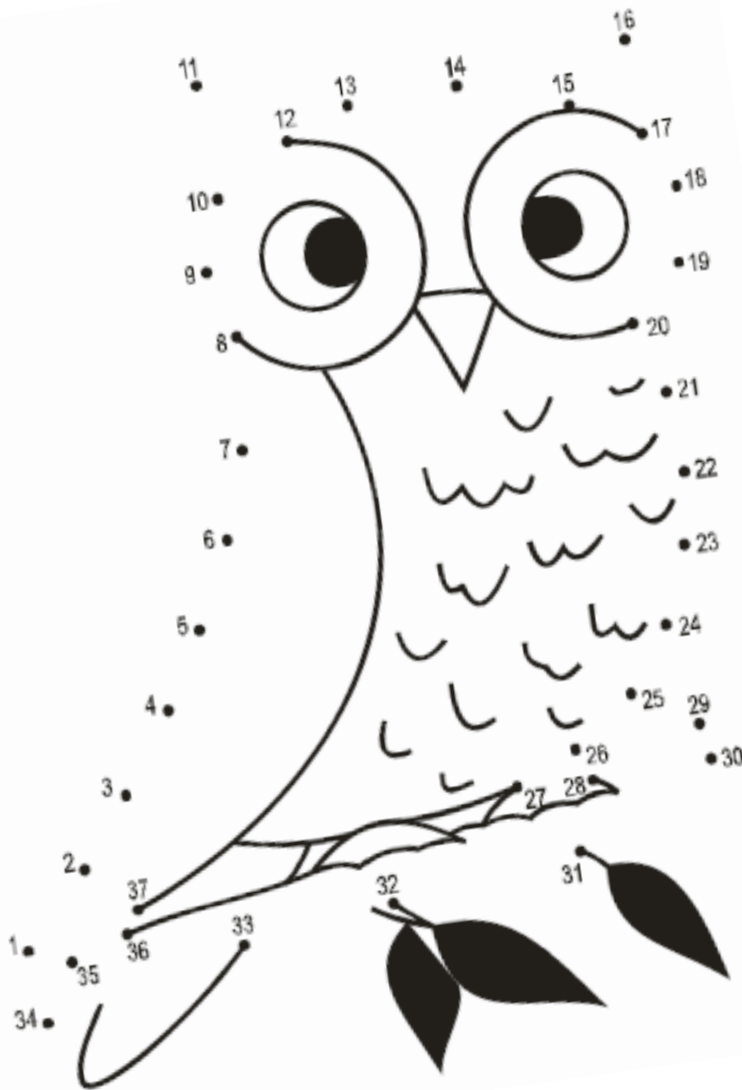


BIRD
BUD
EGG
FLOWER

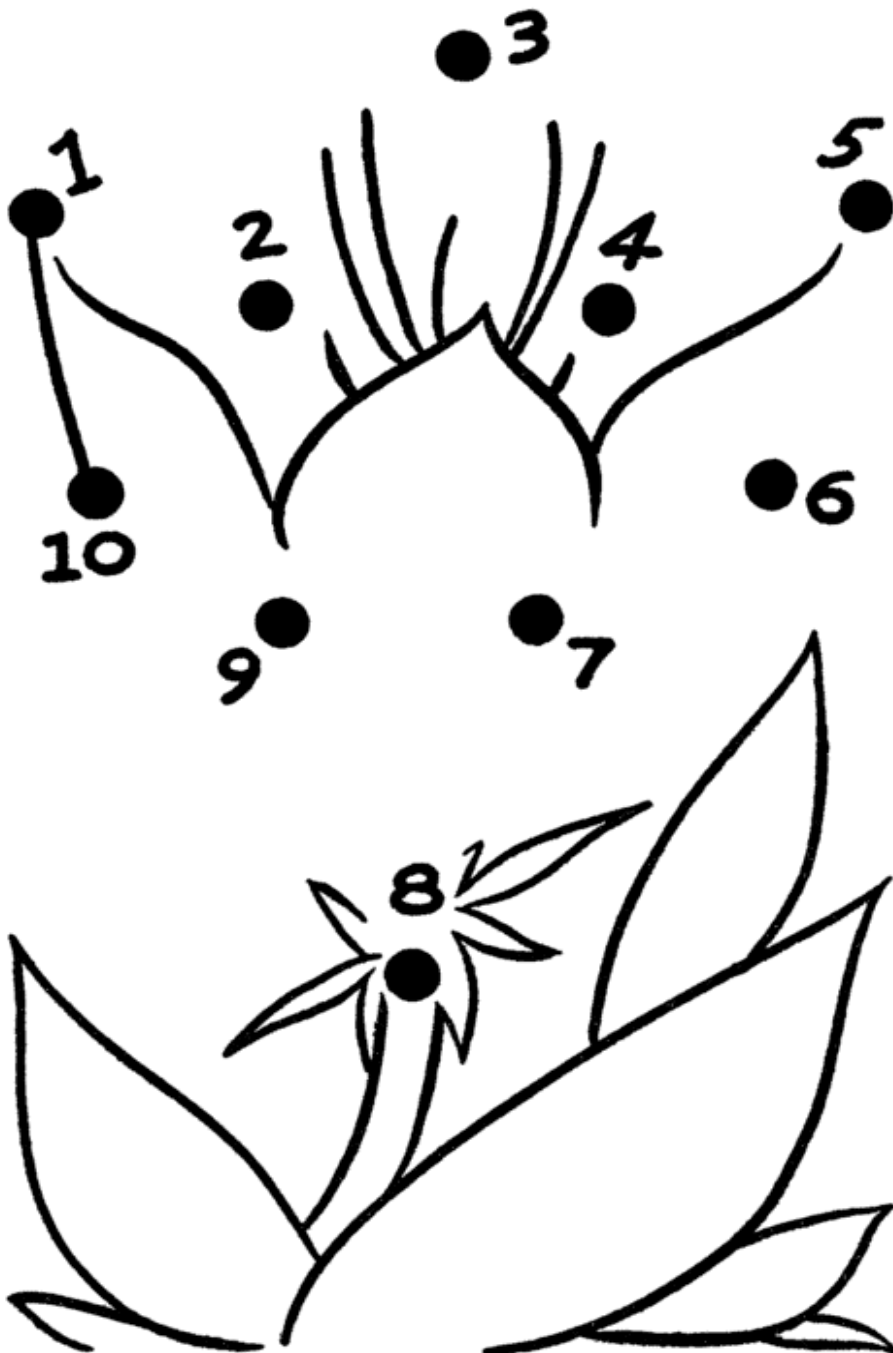
LAMB
NET
RAIN
SPRING



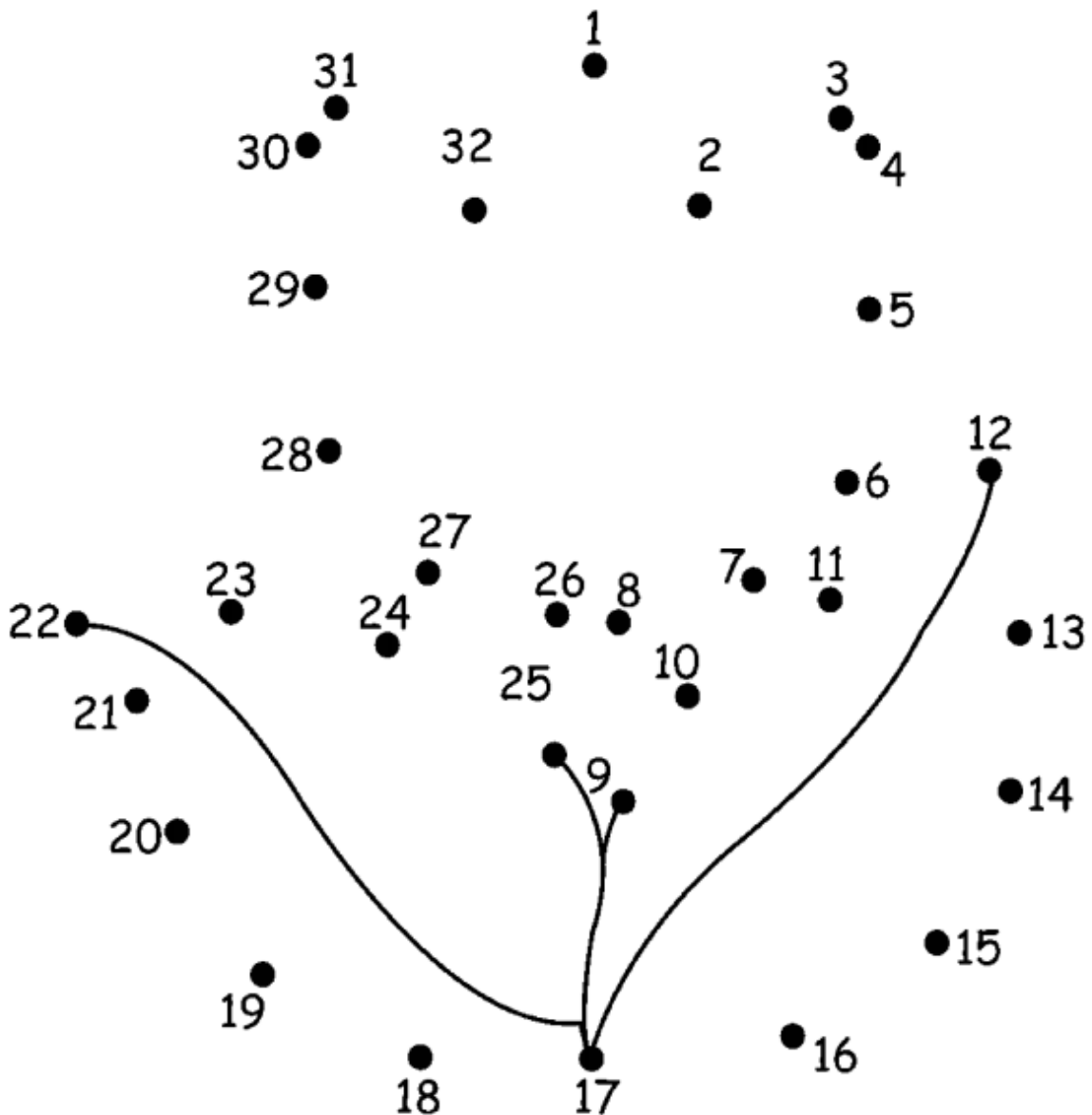
Dot - to - dot



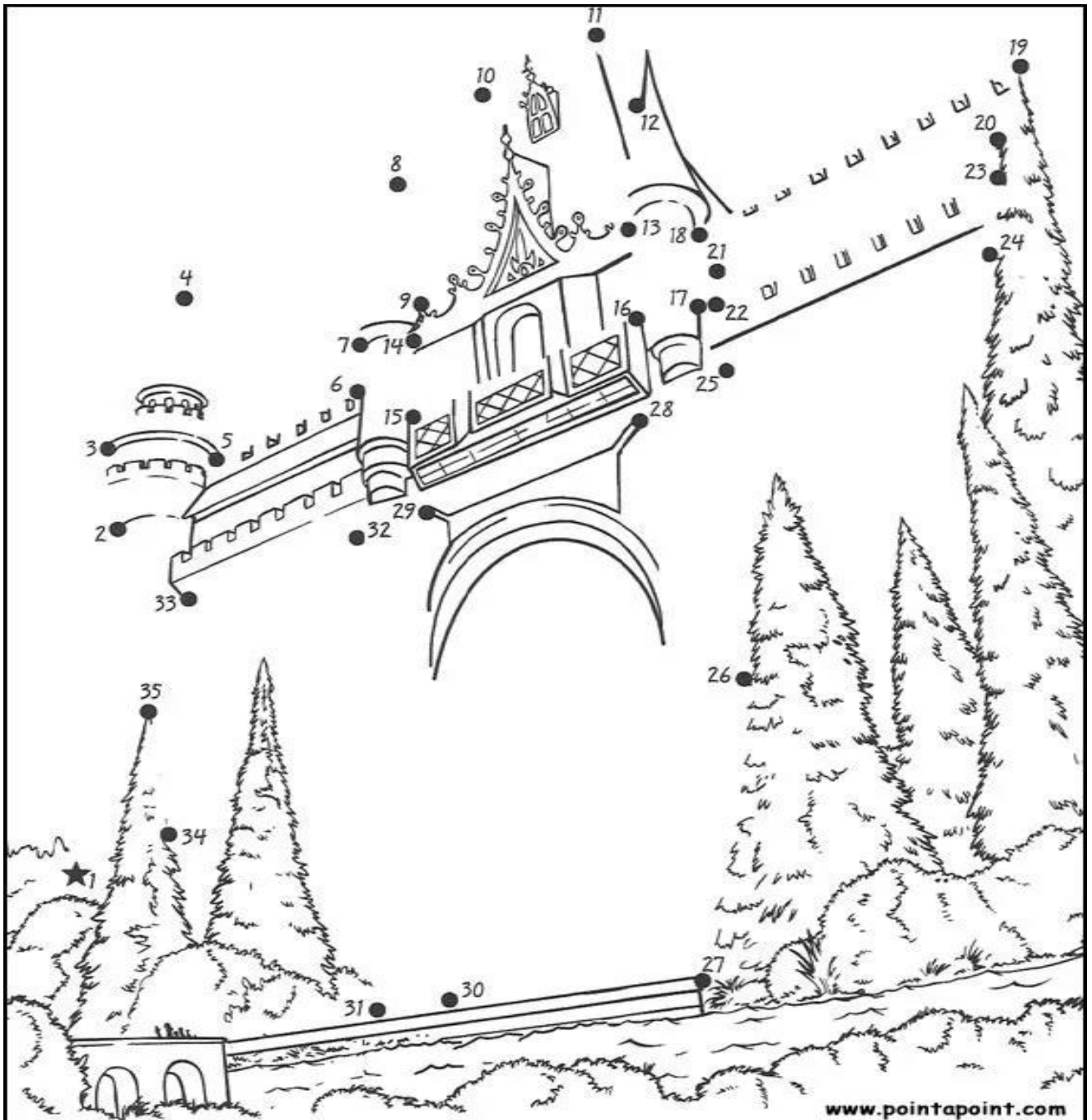
Join the dots



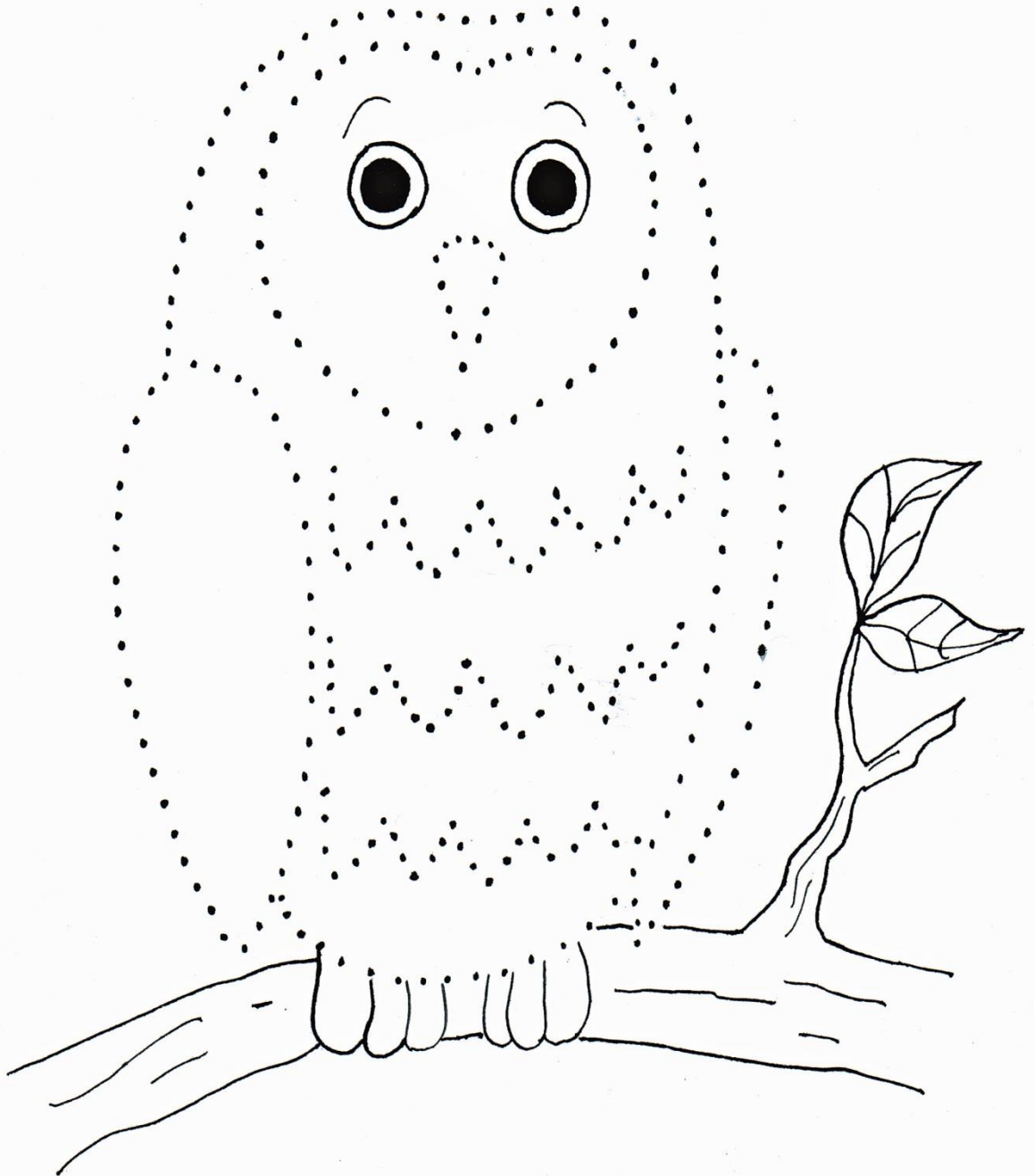
Join the dots



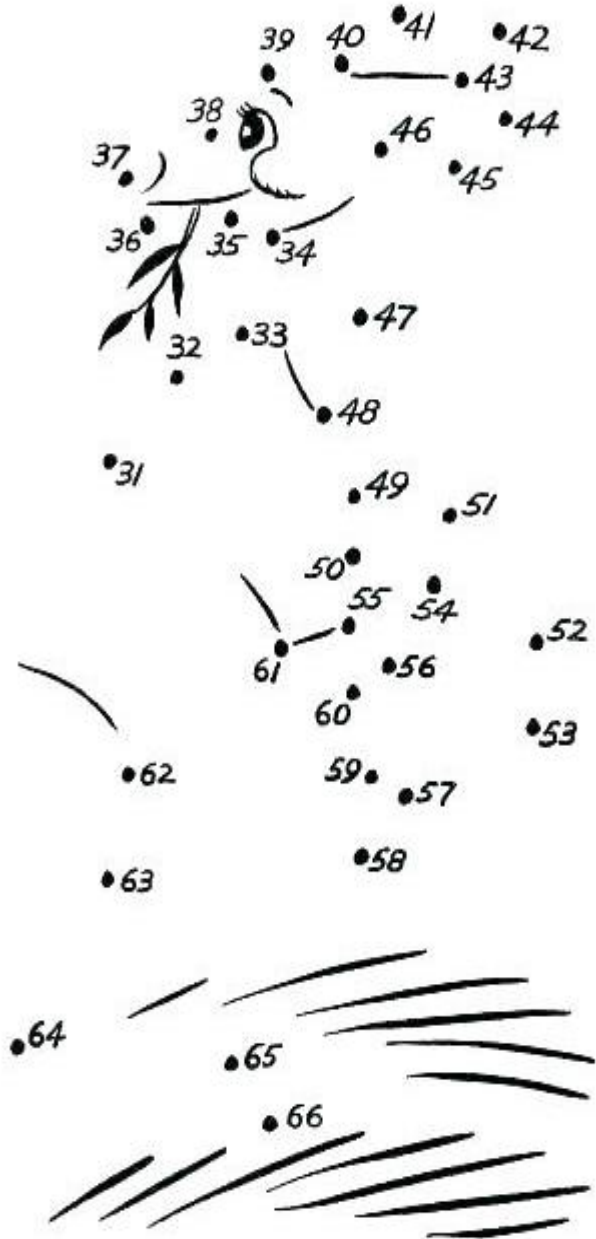
Join the dots



Join the dots



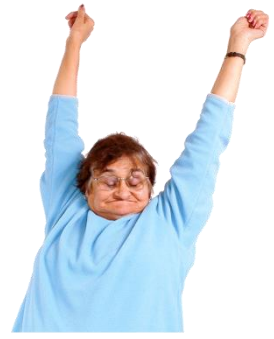
Join the dots



Yoga



Why try yoga?



Yoga helps with:

- ✓ increased flexibility.
- ✓ better muscle strength and tone
- ✓ better breathing and energy
- ✓ maintaining a balanced metabolism.
- ✓ weight reduction
- ✓ good heart health
- ✓ reduce the risk of injuries

Yoga

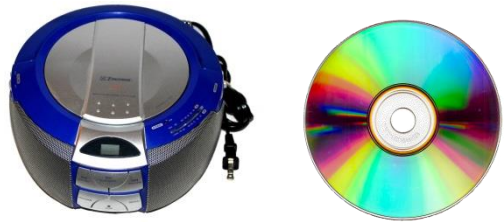
You will need the following:



A space to practice



Calm music



A mat / towel



A chair



Comfortable clothes



water



Here are some **Yoga Poses** to try with a chair:

© Learning Lotuses 2018



Cat & Cow: pressing the palms of the hands into the seat of the chair, keeping your hips in line with your ankles. Inhale as you lift your chest and curl your back upward, looking toward the sky (cow pose). Exhale as you round your upper back, engaging the shoulders by pressing into the seat of the chair.



Chair: standing with your feet hip width apart, inhale as you lift your arms to the sky, exhale as you sit low, as though you are going to sit in a chair. Sit your hips back so that you can see your toes if you look down.



Seated Forward Fold: sitting comfortably, inhale as you reach your arms high, exhale as you hinge at the hips and fold forward over your knees.

Yoga: Try it!

Chair yoga routine, Karen Guzak



sit tall - hands to heart



hands overhead palms up



neck side stretch



side stretch - look up



side stretch - look down



seated twist - both sides



eagle arms shoulder stretch



open heart - arms to back



fold forward shoulder stretch

Mindfulness



Mindfulness is where we focus on what is happening **right now**, instead of thinking about other things.

It can help us feel relaxed and calm.



Lets get started!

Make sure you are sitting comfortably
in your chair.

You can close your eyes if you want,
or else look at the floor, so you won't
be distracted.



Focus on your breath..

Breathe in and out slowly.

Pay attention to your breathing
listen to your breathing.

Think about where you can feel
your breath coming in, and going
out..



Attend to your body...

Now do a Body Check.

Have a think about...

How does your head feel,
right now?

How does your neck feel?

How do your shoulders feel?

How do your arms feel?

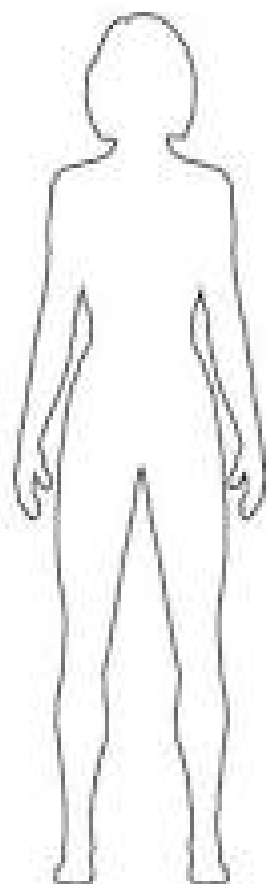
How do your hands feel?

How does your stomach feel?

How do your legs feel?

How do your feet feel?

Notice the different sensations
in your body come and go.



Attend to thoughts...

Notice any thoughts in your head.
What's going round your head right now?

What are you thinking?

Is your mind quiet?



Don't label your thoughts as good or bad. Just let them be.

Let them come and go. Like a bus that's not going your way.

If your mind wanders, that's ok. Just fetch your mind and bring it back

Attend to what is...



Have a think about what emotions you are feeling, right now.



Are you feeling happy? Or sad? Or angry? Or worried? Or scared?



Or are you feeling nothing in particular?

Have a think about it.



Whichever emotion you are feeling right now, is ok. Or if you're not feeling anything, that's ok, too.

Pause for a moment...

Let's take a few more nice slow
deep breaths



And when you are ready, you can open your eyes, take a stretch if you want to, and we will bring our focus back into the room.



Nice Job. Well done.

Relaxation



Here are some ways that you can **relax** in your home:

Play calming music



Light a scented candle



Sit in a comfortable chair



Have a warm bath



Here are more ways that you can **relax** in your home:

Have a cup of tea



Lie down and close your eyes



Hand Massage



Sit in the garden



Get Moving!





Keep Walking!

10 minutes

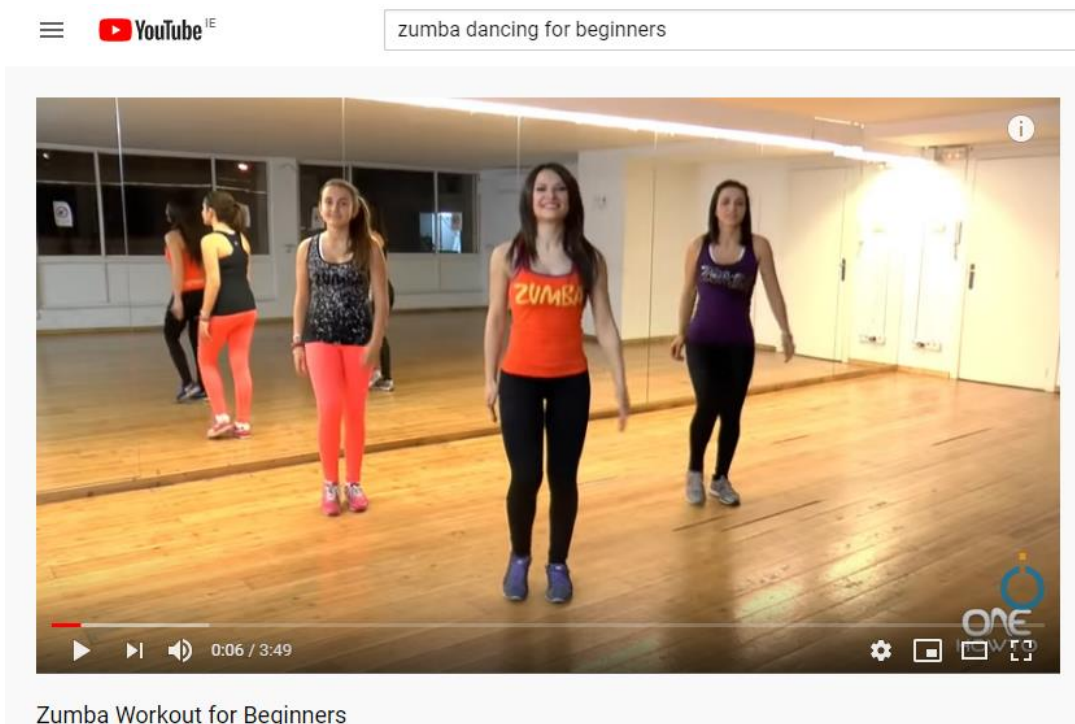
5 minutes

15 minutes





















DANCE!
DANCE!
DANCE!

- Put on your favourite song and move your body!
- Watch a Zumba Video on YouTube and join in with the moves!



Roll a **dice** and make a move....

Roll a Gross Motor Movement

	 <p>Jumping Jacks</p>	 <p>Toe Touches</p>
	 <p>Wall Push ups</p>	 <p>Give Self a Hug</p>
	 <p>Hand Presses</p>	 <p>Run in Place</p>
	 <p>Jump</p>	 <p>Balance</p>
	 <p>Move Your Body</p>	 <p>March in Place</p>
	 <p>Arm Circles</p>	 <p>Stretch</p>



Wall Push ups



Jumping Jacks



Give Self a Hug



Toe Touches



Hand Presses



Run in Place



Jump



Balance



Move Your Body



March in Place



Arm Circles

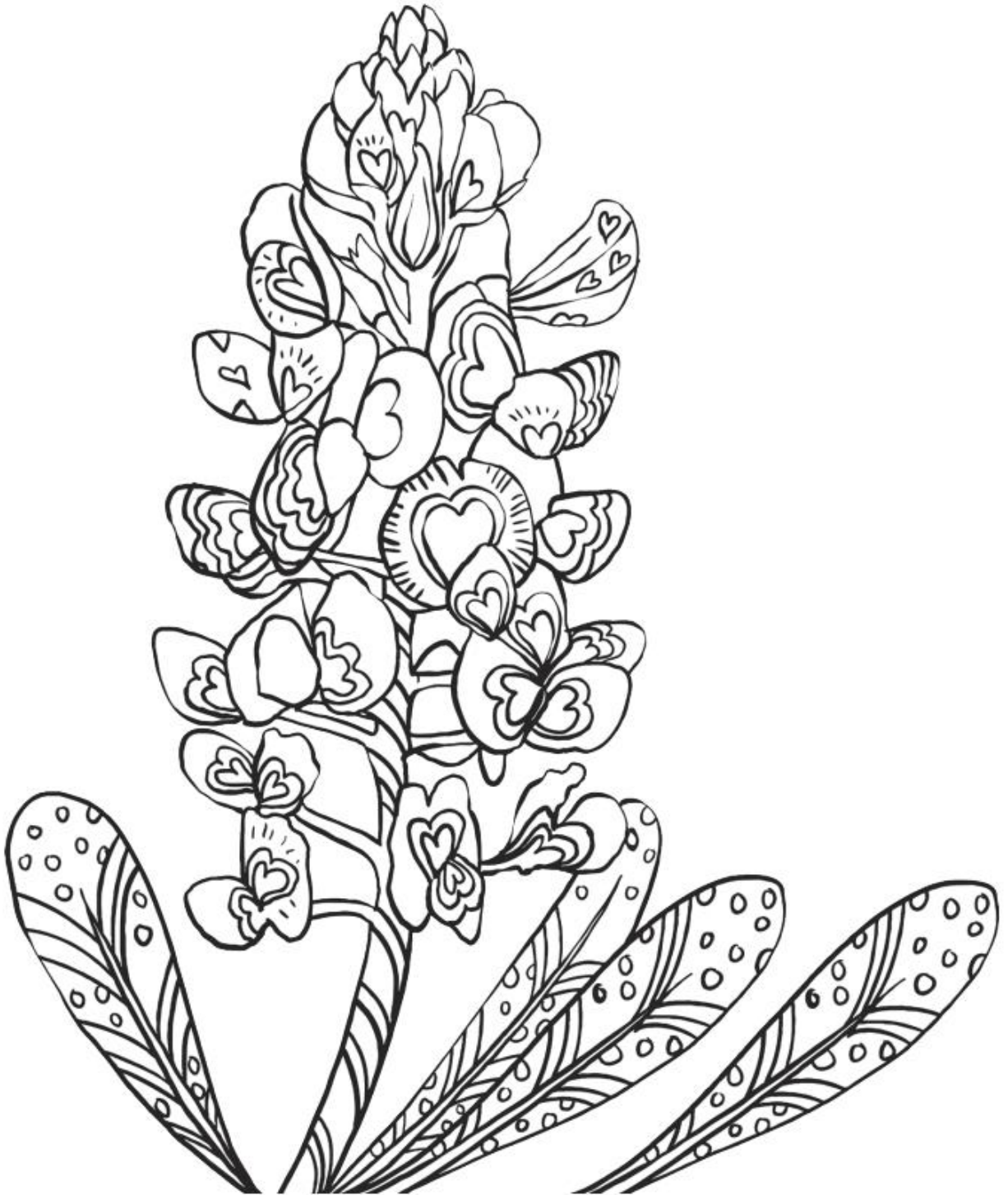


Stretch

Art



Colour me!



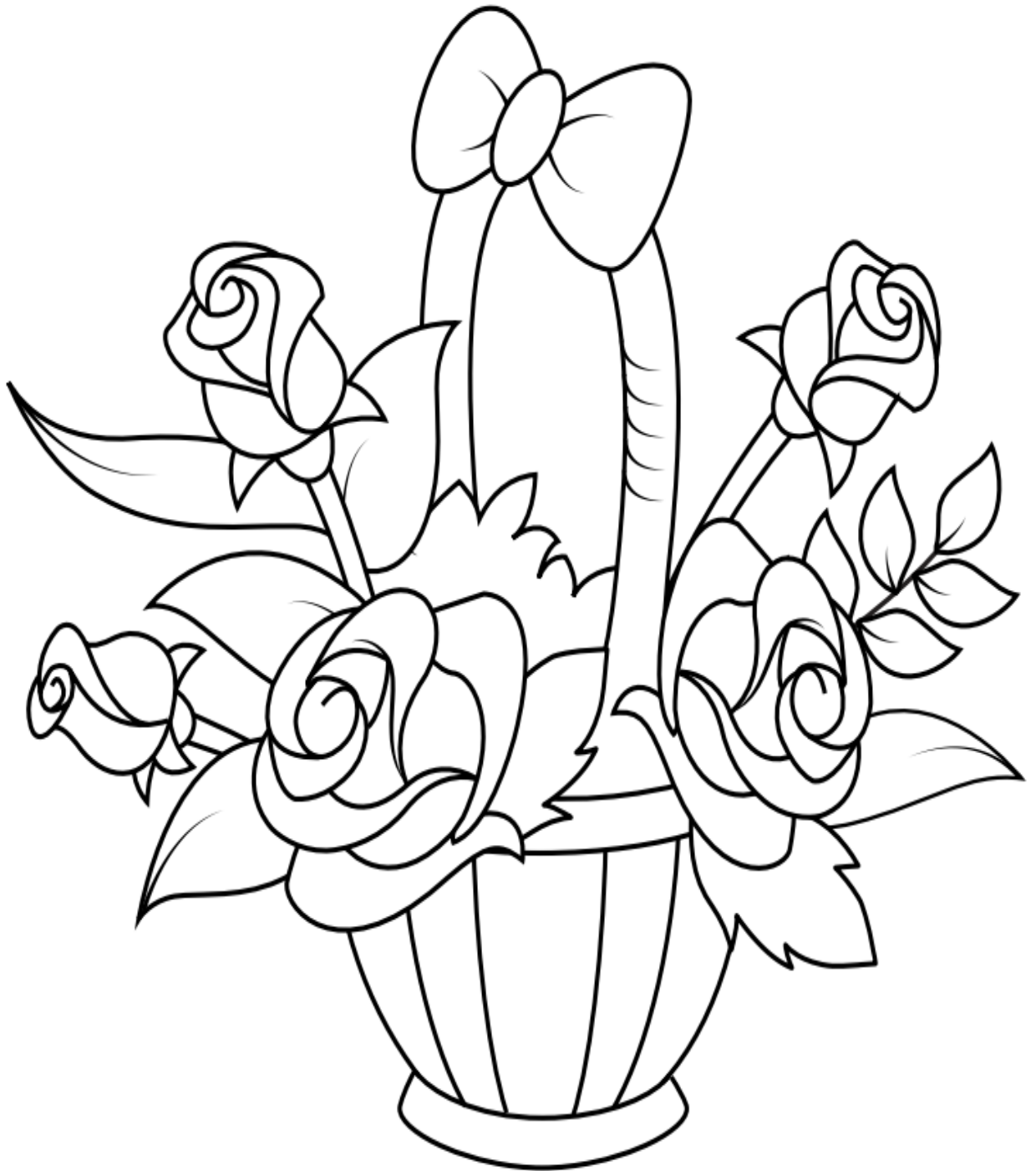
Colour me!



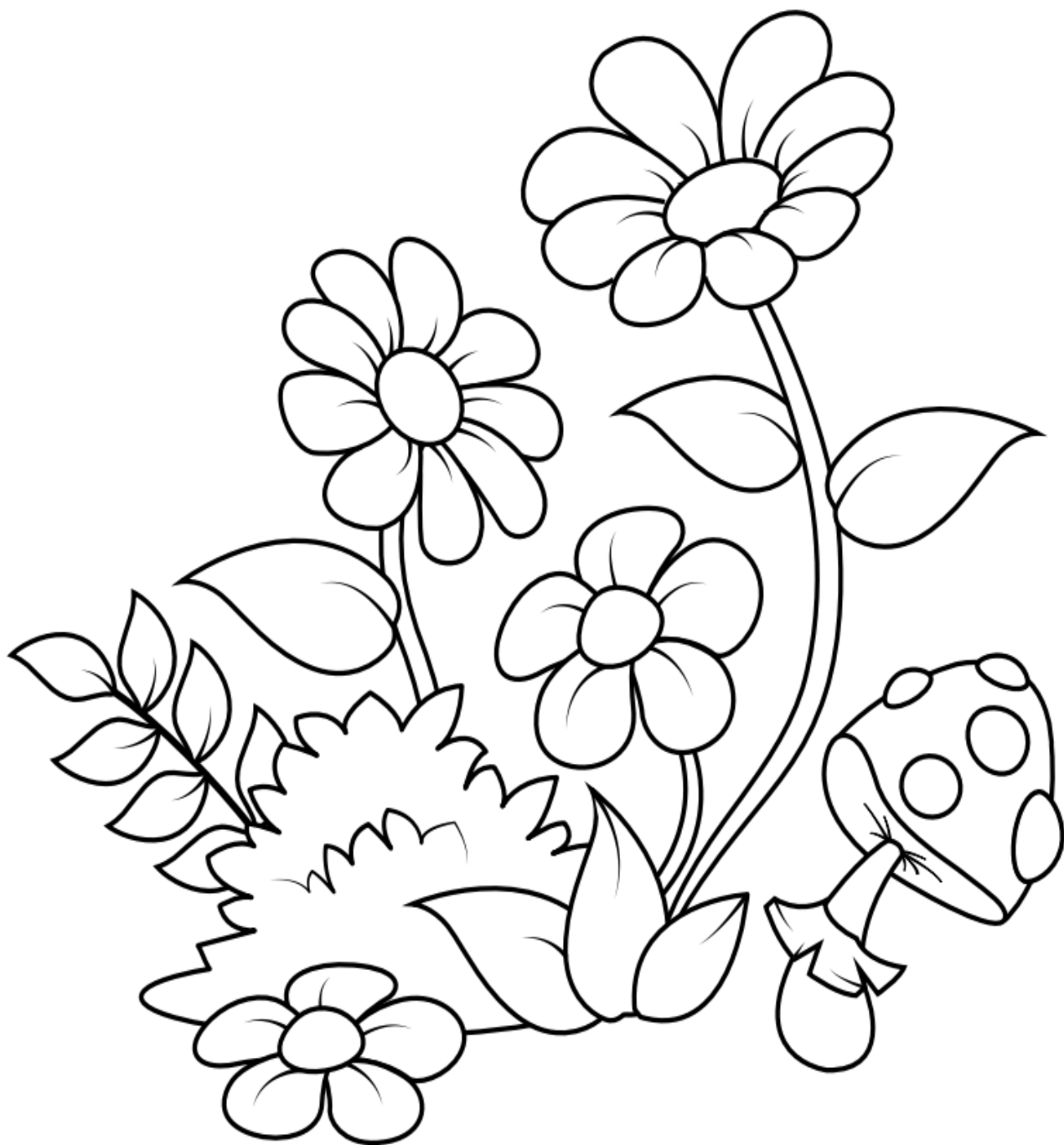
Colour me!



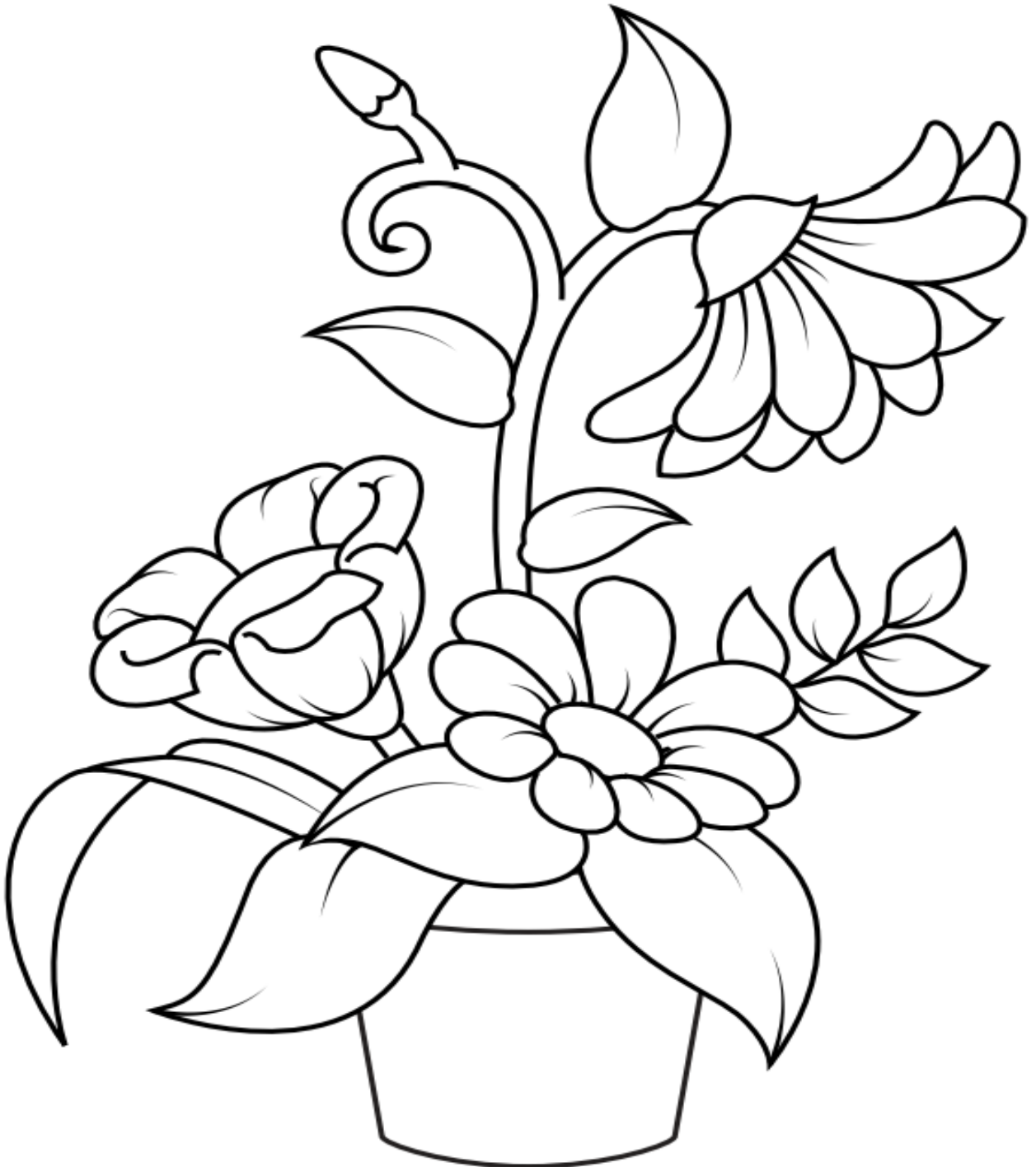
Colour me!



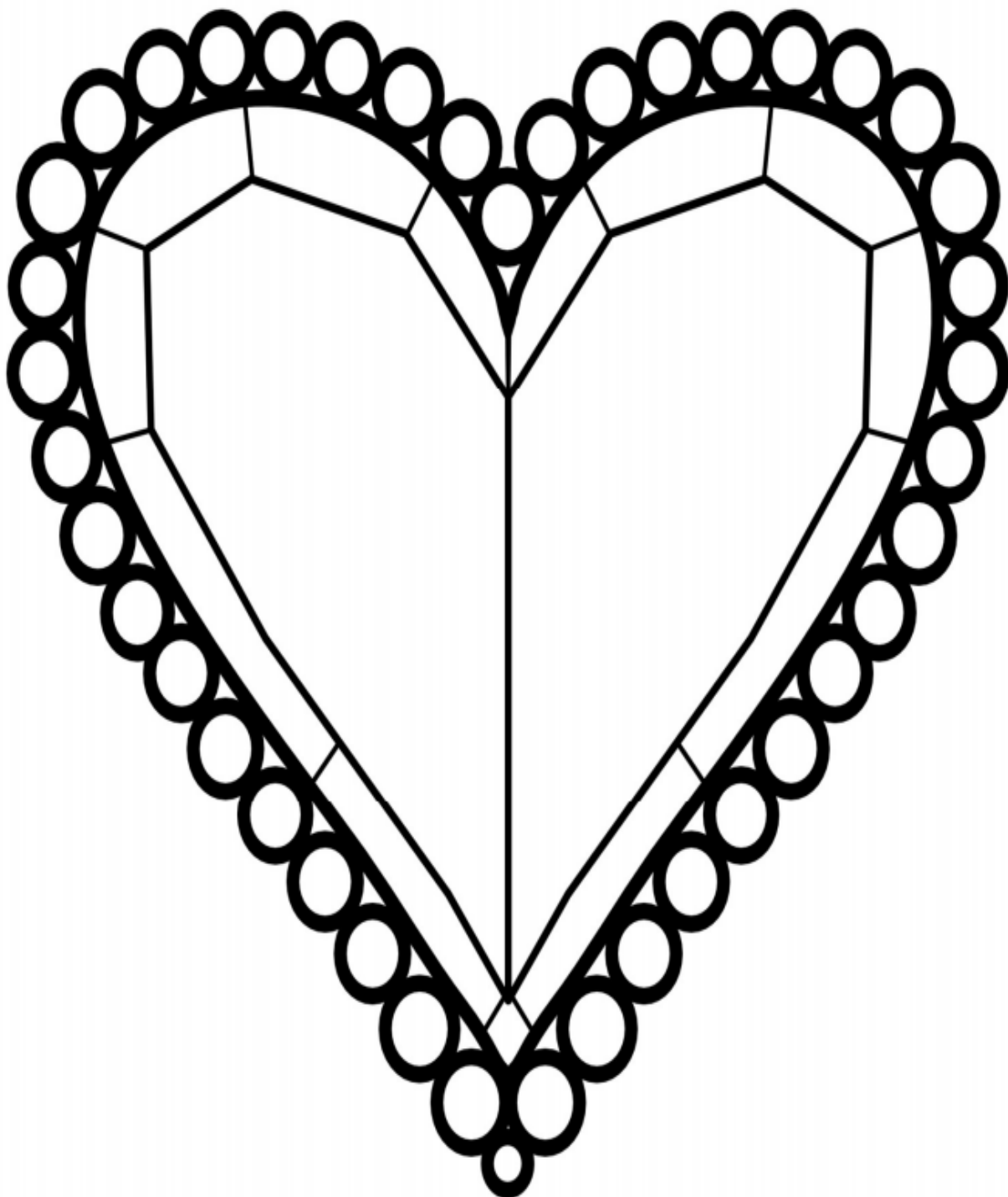
Colour me!



Colour me!



Colour me!



Crafty Ideas!



MAKE A MEMORY BOX



A Memory Box contains objects chosen by the owner, to represent their friends, family and key memories. As the person makes and re-visits the box, they pick up each object, and they can associate this object with something fondly remembered from their past.

Using the box involves recalling memories from the past, using props such as photos, objects and music which can be combined with a memory box, containing a person's favourite possessions.

This is a project that can be explored in the home.

Scrapbooking!



Scrapbooking!

You will need the following:



A book



A scissors



Glue



Your favourite magazines



Pens / Markers



Decoration

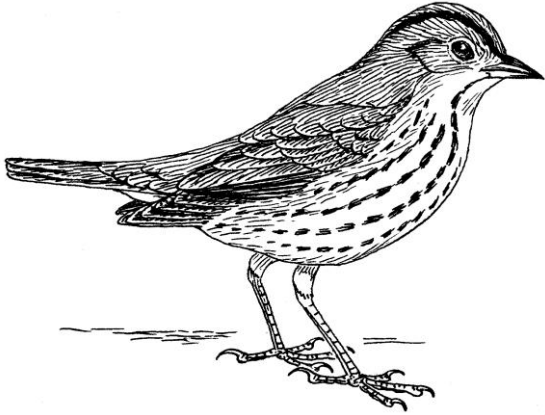


Scrapbooking!

How to start a scrapbook?

- Scrapbooking is all about telling a story about things that you enjoy or things that mean a lot to you.
- Choose a topic you like: family, animals, places to go, food, plans for the future, decorating your room etc.
- Start to gather pictures and photographs that you like. These can be from magazines, newspapers, leaflets, photographs you have taken yourself etc.
- Cut out these pictures.
- You can start to put them into your dedicated scrapbook. You can decorate the scrapbook any way you wish. Staff can help you with writing information in the book if you wish.
- You can make many scrapbooks for different topics of you like.
- Pick a topic and get started!

DIY - Make a bird feeder



Make a bird feeder

1. Gather your materials. You will need an empty Milk Carton, a bamboo skewer/chopstick, scissors, ribbon, and birdseed.



2. Cut an opening in the milk carton. You will want it to start about an inch from the bottom.



3. When that is done, poke a hole under that for the dowel/chopstick and one on the opposite side of the carton.



4. Poke the dowel through.



Make a bird feeder

5. Poke a hole in the top of the carton for the ribbon that will be used to hang the feeder. Thread the ribbon through and knot it, you can use twine or string too.



6. Fill with bird seed



7. Hang it outside on a tree.



8. Watch the birds enjoy the food.



Window Box Garden



Window Box Garden

You will need the following:



A box



A trowel



Seeds



Soil / compost



Watering can



Gloves



Window Box Garden

1. Get your box ready. Make sure there is a hole at the bottom for water to drain.



2. Put the compost into the tray.



3. Fill the Seed Container With Seed Compost



4. Gently Moisten the surface of the compost. just use an empty bottle from spray cleaners or similar. Make sure to wash it out fully before using.



Window Box Garden

5. Get the seeds ready.



6. Sprinkle the seeds evenly over the compost.



7. Cover the seed tray, and put in a warm place.



8. Take the lid off once the seeds start to sprout.



Ready, Set, Bake!



You will need the following:



A bowl



A spoon



A weighing scales



An oven



An apron



Measuring spoons



Measuring jug



Baking Tray / tin



Iced Fairy Cakes

Ingredients

100g caster sugar

100g very soft butter

100g self-raising flour

2 eggs

1 tsp vanilla extract

For the icing

200g very soft butter

200g icing sugar

food colouring, sprinkles, marshmallows
etc

Method

1. Ask a helper to turn the oven on to 180C/160C fan/gas 4. Put a paper case in each bun hole.

2. Put the sugar and butter (it must be soft or you won't be able to mix it properly) in a bowl and mix it together. Sift in the flour.

3. Break the eggs into a separate bowl (spoon out any bits of shell that fall in) and add them to the bowl with the vanilla. Mix everything together.

4. Divide between the cases using a spoon, scraping it off with a knife. **Ask a helper** to put the tray in the oven for 20 minutes.

5. Mix the butter and icing sugar to make a creamy icing. Add colouring, if you like. Push an icing nozzle into an icing bag, then scoop in the icing.

6. Let the cakes cool completely in the tray. Pipe icing onto each cake and decorate with marshmallows or sprinkles, or whatever you like.



Chocolate Chip Cookies

Ingredients

225g butter, softened

110g caster sugar

275g plain flour

1 tsp cinnamon or other spices (optional)

75g white or milk chocolate chips
(optional)

Method

1. Heat the oven to 190C/170C fan/gas 5. Cream the butter in a large bowl with a wooden spoon or in a **food mixer** until it is soft. Add the sugar and keep beating until the mixture is light and fluffy. Sift in the flour and add the optional ingredients, if you're using them. Bring the mixture together with your hands in a figure-of-eight motion until it forms a dough. *You can freeze the dough at this point.*

2. Roll the dough into walnut-sized balls and place them slightly apart from each other on a baking sheet (you don't need to butter or line it). Flatten the balls a little with the palm of your hand and bake them in the oven for around 10-12 mins until they are golden brown and slightly firm on top. Leave the cookies on a **cooling rack** for around 15 mins before serving.



Tasty Flapjacks

Ingredients

140g dairy-free spread / Or butter

140g soft light brown sugar

2 tbsp golden syrup

175g rolled oats

75g chopped nuts of your choice

75g dried fruit (such as raisins, dried cranberries, chopped apricots)

Method

1. Heat the oven to 160C/140C fan/gas 4 and line a 20cm square baking tin with baking parchment.

2. Melt the dairy-free spread, sugar and syrup in a saucepan over a medium heat. Remove from the heat and tip in the oats, chopped nuts and dried fruit. Transfer to the tin, packing the mix in with the back of a spoon.

3. Bake for 30 - 35 mins until lightly golden and crisp around the edges. Leave to cool in the tin before slicing into squares. *Keep in an airtight container for up to three days.*

Recipe from bbcgoodfood.com, March 2019



Easy Pancakes

Ingredients

100g plain flour

2 large eggs

300ml milk

1 tbsp sunflower or vegetable oil, plus a little extra for frying

lemon wedges, to serve (optional)

caster sugar, to serve (optional)

Method

1. Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then **whisk** to a smooth batter.

2. Set aside for 30 mins to rest if you have time, or start cooking straight away.

3. Set a **medium frying pan or crêpe pan** over a medium heat and carefully wipe it with some oiled kitchen paper.

4. When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

5. Serve with lemon wedges and caster sugar, or your favourite filling. *Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months.*



Madeira Loaf Cake

Ingredients

175g butter, softened, plus extra for greasing

175g golden caster sugar

3 large eggs

grated zest 1 lemon

few drops vanilla extract

200g self-raising flour

50g ground almond

Method

1. 1 Heat oven to 170C/150C fan/gas 3. Butter and line the base of a 900g loaf tin with greaseproof paper. Using an electric whisk, beat together the butter and sugar until light and creamy then beat in the eggs one at a time. Add the lemon zest and vanilla. Now beat in the flour and almonds until you have a thick batter. The batter should be loose enough that it falls off a wooden spoon, if it's too thick mix in a splash of milk.

2. Tip the batter into the tin and smooth over the top. Bake for 55 mins – 1hr until a skewer inserted in the middle comes out clean. Remove from the oven then leave to cool for 15 mins then remove from the tin, peel away the paper and leave on a wire rack to cool completely before slicing. The loaf will keep in an airtight container for three days.



Supporting Conversations





My Favorite Questions

Getting to Know Each Other or Mood Lifting

Cut paper strips along line. Hold stripes on your hand and ask members to draw a favorite question. Free discussion would be great!

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Kirsti Alastalo



My favorite food is...



My favorite drink is...



My favorite sweet is...



My favorite pastry is...



My favorite flower is...



My favorite scent is...



My favorite hairstyle is...



My favorite cloth is...



My favorite shoes are...



My favorite jewel is...



My favorite pet is...



My favorite actor is...



My favorite singer is...



My favorite song is...



My favorite TV program is...



My favorite radio channel is...



My favorite writer is...



My favorite poem is...



My favorite hobby is...



My favorite chair is...



My favorite place is...



My favorite shop is...



My favorite destination is...

Here are some **TOPIC CARDS** to talk about:

Family



TOPIC CARDS

Favourite Foods



TOPIC CARDS

Holidays



TOPIC CARDS

TV / Movies



TOPIC CARDS

Hobbies



TOPIC CARDS

Shopping



TOPIC CARDS

News & Weather



Quiz Night



Why no try to put together a quiz for the people in your house.

You can come up with some questions about:

- ☐ Fun questions about each other
- ☐ Music questions
- ☐ A Picture round with famous faces
- ☐ general knowledge questions
- ☐ Questions about food
- ☐ Get thinking!

Have fun!

