

Activity Ideas

Below are some ideas for activities that may be of help for people supporting adults with learning disabilities, older adults as well as children who are currently off school with parents (I appreciate that this is not for everyone though)!

(1) Music related bingo

This would involve making up some bingo sheets with pictures on it of famous singers – could be created with residents of course as an activity. Elvis, Abba, Beatles etc and younger artists too – all depending on your audience. Not sure that older people would really be interested in Eminem or Example (but not ruling it out!) Then someone would play (from laptop or ipad or even CD) part of the song – either the beginning or the chorus – all adaptable. The participants could give clues to each other about who is the singer etc so that everyone has an equal chance of winning! This is not just a game but also encourages conversation and can lead to other music related activities;

(2) Audio Book story time (audience/age appropriate) Not sure that many people would want to sit together for a long story but there are plenty of short stories available. This activity could also be one that people could do individually with headphones and CD or computer. Links (free)

include: <https://stories.audible.com/start-listen>
<https://www.worldofdavidwalliams.com/elevenses/>

(3) Old fashioned sweets. Can still get these delivered via Amazon or at the very least pictures could be brought up of the sweets on a laptop. These can encourage stories and conversations that start with a sherbert dip or Black Jack. The stories might not be related but start with the cost of the item, where someone lived etc etc. <https://www.aquarterof.co.uk/>

(4) Pamper sessions – (make sure no allergies etc). Maybe just do nail painting and who says the fellers might not enjoy that? Handcream (if this is possible right now) rubbed into someone else's hands may be the only hands-on some people may be getting (not just right now, but normally).

(5) Photographs – each person brings out whatever photographs they have, and people talk about them. This has extensive options – such as 'who is the baby'? A holiday story that can be shared? Where they may have lived during the war (of course not all our guys are old enough and/or would be able to engage in conversations) but still nice to see each other's pictures.

(6) 'We are going on a virtual holiday'. Sit around – perhaps with one empty suitcase – and choose a destination/type of holiday. Start discussing what needs to go in the suitcase. Talk about how we are going to get there and what to expect when we arrive!

(7) 'We are going to move to a dessert island'. Decide what you need to take. Everyone can take one item of food, one item to help build the place (there's nothing there but trees and water – perhaps need some wildlife etc); Ask what 'skills' each person needs to bring – such as 'carpentry' etc. How will this new community be built; feed itself; keep warm/cool etc.