
INTRODUCTION

The Cultural First Aid Kit provides 30 creative and fun activities and workshops that can be completed in the comfort of your own home, in hospital or care centres and homes. The activities have been created by artists, musicians and therapists for people to carry out themselves or with family and friends.

Creativity can be incorporated into the day to day care and rehabilitation pathways of people and everyone should have the opportunity to access creative and meaningful cultural activity throughout their lives.

The Cultural First Aid Kit is a useful resource for carers, activity co-ordinators, occupational and speech therapists, support workers and volunteers. Each activity aims to offer accessible and creative ways to convalesce and restore health and wellbeing. Easy to follow, step by step instructions guide you through a range of activities. A comprehensive and easy to source list of materials are included too.

All activities in the Cultural First Aid Kit have been tried and tested with hospital patients and visitors, health professionals, activity co-ordinators, support workers, carers and volunteers.

Creativity and imaginative activities can be integrated into the day to day care and rehabilitation of people who have survived a stroke, have a diagnosis of dementia or mental health issues.

Creative participation can improve:

- Upper and lower limb movement
- Balance
- Speech
- Concentration
- Improve confidence and self esteem
- Emotional and mental wellbeing
- Shared experiences

The Cultural First Aid Kit was originally developed by Wendy Gallagher, Kate Eggleston-Wertz, Nikki Colclough and Rachel Swanick at The Whitworth & Manchester Museum, part of the University of Manchester. It was supported by Arts Council England and Trafford Hospital, Manchester University NHS Foundation Trust.

Our work has been informed by a research project Not So Grim Up North funded by Arts Council England. This research explores how museum and gallery activities can make a difference in terms of health and wellbeing.



ArtMED

ArtMED; providing training and support.

The Whitworth and Manchester Museum, part of the University of Manchester provides a range of arts based cultural training and support for health and social care professionals, students and carers. Using our unique collections and working with professional creative practitioners and museum specialists we are able to offer bespoke workshops that enhance patients care, support professional practice, self care and wellbeing.



To find out more about ArtMED contact:

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<http://www.healthandculture.org.uk>



CULTURAL FIRST AID KIT

CONTENTS

MUSIC EXERCISES

• Playlist Recommendations

- 1 Walking to the Beat
- 2 Double Drumming
- 3 Listening and Thinking
- 4 Follow My Leader
- 5 Descending Music
- 6 Sing What You See!
- 7 Upper Body Workout
- 8 Your Favourite Song
- 9 Autumn Leaves
- 10 Marching to the Beat

STORYTELLING & CRAFT EXERCISES

- 1 Textural Tree
- 2 Clear Plastic Pocket Frame
- 3 Things I Love Heart Box
- 4 Objects: Trace and Colour
- 5 Objects: Trace, Colour, Cut
- 6 Shoes: My Journey
- 7 Paper Cup Photo Frame
- 8 Recycled Bottle
Textured Ball and Cup
- 9 Paper Bag
- 10 Storytelling Cards

ART EXERCISES

- 1 Paper Collage
- 2 Creative Mark Making
- 3 Observing, Thinking
and Talking
- 4 Mono Printing
- 5 Nature Collage
- 6 Air Dry Clay Modelling
- 7 Mindfulness Photography
- 8 Relief Printmaking
- 9 Origami Heart
- 10 Sun Photography



PLAYLIST RECOMMENDATIONS FOR MUSIC EXERCISES

60 BEATS PER MINUTE

My Girl – Otis Redding
Try A Little Tenderness – Otis Redding
Landslide – Fleetwood Mac
Lost – Frank Ocean
The Sound Of Silence – Simon & Garfunkle
Feeling Good – Nina Simone
More Than This – Roxy Music
The River – Bruce Springsteen
Philadelphia – Bruce Springsteen
Heartbeats – José González

70 BEATS PER MINUTE

The Long And Winding Road – The Beatles
Knockin' On Heaven's Door – Bob Dylan
Up In Flames – Coldplay
New York – Snow Patrol

80 BEATS PER MINUTE

I'm Not In Love – 10cc
Take On Me – A-Ha
The House Of The Rising Sun – The Animals
God Only Knows – The Beachboys
Hey Jude – The Beatles
Here Comes The Sun – The Beatles
Just The Way You Are – Bill Joel
Yellow – Coldplay
Under Pressure – Queen & David Bowie

90 BEATS PER MINUTE

Preacher Man – Melody Gardot
Autumn Leaves – Ed Sheeran
Wonderful – Aretha Franklin
Hurt – Johnny Cash
Keeping The Faith – Billy Joel
Here I Go Again – Whitesnake
Foxy Lady – Jimi Hendrix
Red Red Wine – UB40

100 BEATS PER MINUTE

I Will Survive – Gloria Gaynor
Stayin' Alive – Bee Gees
Cecilia – Simon & Garfunkle
Sweet Home Alabama – Lynard Skynard
You Can't Hurry Love – Phil Collins
What's Going On – Marvin Gaye
Walk Like An Egyptian – The Bangles
Spirit In The Sky – Norman Greenbaum
Sittin On The Dock Of The Bay – Otis Redding

12-BAR BLUES SONGS

Johnny B Good – Chuck Berry
Hound Dog – Elvis Presley
I Got You (I Feel Good) – James Brown
Rave On – Buddy Holly
Stuck In The Middle – Stealers Wheel
Good Golly Miss Molly – Little Richard
Mustang Sally – Buddy Guy



MUSIC EXERCISE

GENERAL TIPS FOR ENGAGING WITH A PATIENT THROUGH MUSIC

TIPS FOR ENGAGING WITH A PATIENT

- First consider why a patient may not engage. Are they anxious? Are they in pain? Is there a sensory need such as tiredness or hunger? Using your professional judgement will help you understand the reason for the refusal. If you acknowledge this with the patient, they may feel heard and therefore more able to try the activities.
- Music is a natural motivator: try to play the patient's favourite song and sit with them until they are ready to engage- this may be verbally or simply by moving to another space. This may take time so be patient and consistent.
- Singing someone's name is a lovely way to gain their attention. At first, try touch cues and saying their name gently. Move on to singing their name quietly. Notice how their physical demeanour changes – does their breathing change? Do they turn their head towards or away from you? Is there minimal movement in fingers or limbs? This will tell you if they are interested. Again, time and consistency will show the patient you are there to help.
- A reward – offer the patient a reward for engaging. "If we do these activities for ten minutes, we can go for a walk/watch tv/bake together.."
- Use an egg timer to show the time passing. This will help the patient to feel comforted and safe.
- Use visual cues for the day – pictures of loved ones and activities will help the patient feel less anxious about engaging in activities.
- Other exercises:

Ration breathing for relaxation– breath in for 4 counts, hold for 4, out for 8. Once you have mastered this, add to the length using this ratio.

Convex tensing to release tension– if you have a tense patient, ask them to tense all of their muscles – everything – for as long as possible. The rationale is that it is impossible to do this for any length of time and the body will naturally relax afterwards.

Exercises for physical signs of weakness and neglect – try and think of musical activities to assess weaknesses in the patient. For example, asking them to reach for instruments will show how much physical range they have. You could use drip stands to tie drums and bells on to and ask them to beat in time to the music. Use a drum or tambourine to move in front of their eyes to see if they can follow a sound or have any possible blindness. Use your imagination!



MUSIC EXERCISES

These music experiences are designed for you to do by yourself, with a friend or family member. They can be done at home or in a hospital environment. You can pick up materials you need from local music shops or charity shops.

Follow this link to see the benefits that music therapy had for a patient: <https://www.youtube.com/watch?v=fbDKHGg9upQ>

You can also order creative materials online, using the following websites:

Amazon – <https://www.amazon.co.uk/>

gear4music – <https://www.gear4music.com/>

EXERCISE

Guidance Notes

Feedback notes

Five Ways to Wellbeing

The NEF has developed a set of evidence-based actions to improve personal wellbeing and to improve everyone's mental capital whilst helping people to flourish. The Five steps include:

- **Connect:** connect with people around you
- **Be Active:** discover a physical activity you enjoy
- **Take Notice:** be aware of the world around you and what you are feeling
- **Keep Learning:** try something new
- **Give:** do something nice for a friend

Try and build the five steps into your daily routine.



MUSIC EXERCISE



WALKING TO THE BEAT



EXERCISE 1

WALKING TO THE BEAT

AIM:

To regulate gait, support muscle development and reduce falls.

This can be completed with crutches or walking frames, as well as without.

YOU WILL NEED:

Online music player ie Spotify (free version)

iTunes

Speakers or headphones

LET'S GET STARTED:

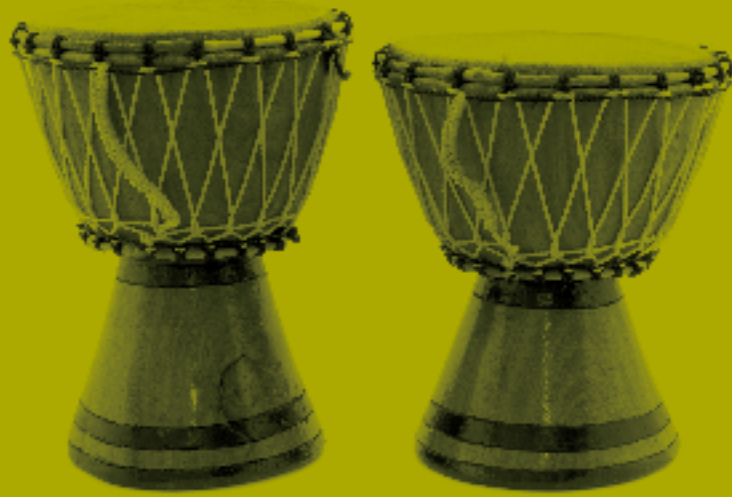
- 1 Select a song from 60 beats per minute (bpm) playlist.
- 2 Listen to the beat and tap it out on your lap.
- 3 Still sitting, try to march your feet to the beat.
- 4 When you are ready, stand up and move your feet to the beat, listening carefully to the strong beats of the music.
- 5 Practice walking to 60 bpm for 5-7 days.
- 6 When you feel confident, move to 70 beats per minute. You can repeat this pattern with 80, 90 and then 100 beats per minute.



MUSIC EXERCISE

2

DOUBLE DRUMMING



EXERCISE 2

DOUBLE DRUMMING

AIM:

To develop upper body muscles, coordination and support an extended reach.

YOU WILL NEED:

2 Djembe drums and beaters or 2 large pans and wooden spoons. A chair

Djembes can be purchased from Gear4Music.com

LET'S GET STARTED:

- 1 Position the drums in front of your chair at 45 degree angles (diagonally from your sitting position). You may need to put them on a table if they are small.
- 2 Choose a song from the playlist, starting with 60 bpm first.
- 3 Listen to the beat and tap it out on your lap
- 4 When ready, use your left arm to beat the left drum and your right arm to beat the right drum – listen carefully to the beat. Can you match it?
- 5 When you are confident, cross your arms so that the right arm plays the left drum and the left arm plays the right drum.
- 6 If you want to push yourself – move the drums further away or choose a faster song.



MUSIC EXERCISE

3

LISTENING AND THINKING



EXERCISE 3

LISTENING AND THINKING

AIM:

To help with concentration, listening and thinking skills.

YOU WILL NEED:

Any 12-bar blues song from the playlist
Drum and beater.

*Hand drums and beaters can be purchased
from **Gear4Music.com***

METHOD:

- 1 Choose your 12-bar blues song and listen to it all the way through.
- 2 Listen for the changes in the tone of the music (a chord change).
- 3 Repeat the song – this time, every time you hear a chord change, beat your drum.
- 4 Hint: there should be a change around every 8 beats.
- 5 Try it again with another song.



MUSIC EXERCISE



FOLLOW MY LEADER



EXERCISE 4

FOLLOW MY LEADER

AIM:

To maintain concentration and encourage listening to help develop cognitive skills.

YOU WILL NEED:

Another person

Two instruments (drums, hand bells, maracas)

LET'S GET STARTED:

- 1 Choose the Leader and the Follower (you can swap roles later).
- 2 The Leader can play fast, slow, loud, quiet, they can move their arms and body around.
- 3 The Follower copies everything the Leader does – including moving their body!
- 4 Swap roles.



MUSIC EXERCISE

5

DESCENDING MUSIC



EXERCISE 5

DESCENDING MUSIC

AIM:

To extend the field of gaze and upper body reach.

YOU WILL NEED:

Chime bars
Beater
Table

*Chime bars can be purchased from
Gear4Music.com*

LET'S GET STARTED:

- 1 Place your chime bars on a table in front of you..
- 2 Spread the chime bars out from the right to left. Make sure there is about 5 cm between each bar.
- 3 Using your weaker hand/side, play the chime bars in order.
For example, if the left side hand or vision is weakest, start at the right and work towards the left.
- 4 For a challenge, spread the bars further apart.
- 5 Repeat on each side.



MUSIC EXERCISE



SING WHAT YOU SEE!



EXERCISE 6

SING WHAT YOU SEE!

AIM:

To develop verbal recognition and ability.

YOU WILL NEED:

Just yourself.

LET'S GET STARTED:

- 1 In a quiet moment, have a look round your room or environment.
- 2 Using the ABC song (or Twinkle Twinkle), sing the names of the objects you can see. For example, "Chair and table, lamp and stool, TV, radio, cup of tea!".
- 3 Ask family members and helpers to join in with you.
- 4 For a challenge, use the melody of your favourite song – can you fit the words to the rhythm?!



MUSIC EXERCISE



UPPER BODY WORKOUT



EXERCISE 7

UPPER BODY WORKOUT

AIM:

To develop muscle tone in the upper body, encourage coordination, flexibility and range.

YOU WILL NEED:

A comfortable sitting place and your favourite song.

LET'S GET STARTED:

- 1 Listen to the beat of the music for a short time to get it into your memory.
- 2 **Fizzy fingers** – start by wiggling your fingers slowly. Speed up and slow down. Repeat 3-5 times.
- 3 **Arms** – make a fist with each hand and punch your arms in and out in time to the music. It might help to repeat "in and out... in and out". Repeat 8 times.
- 4 **Challenge** – can you do alternative arms? Left arm out and right arm in...
- 5 **Reaching** – with your left hand, you are going to reach diagonally across your body in steps. When you get to your arms length, stretch as much as you can and then bring your arm back. Say to yourself, "reach...reach...reach...reach...stretch! Come back". Repeat 5-8 times on each side.
- 6 **Looking** – turn your head to the left and hold for four beats. Move to the right and hold it for four beats. Look up for four beats and then down for four beats. Repeat this once.
- 7 At the end, give yourself a little shake to relax the muscles.



MUSIC EXERCISE



YOUR FAVOURITE SONG



EXERCISE 8

YOUR FAVOURITE SONG

AIM:

To encourage verbal memory and relaxation.

YOU WILL NEED:

Your favourite song and maybe someone to be with you.

LET'S GET STARTED:

- 1 Play your favourite song.
- 2 Can you remember the words? What does it remind you of? Does it bring any pictures or colours into your mind?
- 3 Talk to your friend or write down your thoughts.
- 4 Deep breathing – listening to your song, breathe in time to the music – in for four counts and out for four counts. Empty your mind and enjoy being in the music.
- 5 Challenge – can you play the drum along with your favourite song? Can you catch the beat?



MUSIC EXERCISE



AUTUMN LEAVES



EXERCISE 9

AUTUMN LEAVES

AIM:

To develop upper body movement and coordination.

YOU WILL NEED:

Scarves

A recording of Autumn Leaves

Juggling scarves can be purchased from
Amazon.co.uk

LET'S GET STARTED:

- 1 In a comfortable chair, choose a scarf and raise it above your head.
- 2 Drop the scarf and try to catch it with the same hand.
- 3 Repeat with both arms.
- 4 You could also try waving the scarves or dancing with the scarves to the music – use your imagination!



MUSIC EXERCISE

10

MARCHING TO THE BEAT



EXERCISE 10

MARCHING TO THE BEAT

AIM:

To develop lower body movement and muscle strength.

YOU WILL NEED:

Tambourine or hand bells
Song from 60 bpm playlist.

LET'S GET STARTED:

- 1 Choose a song from the 60 bpm play list.
- 2 Place the bells or tambourine around your toes, like a watch or bracelet.
- 3 Listen to the beat and tap it out on your lap.
- 4 When ready, tap your right foot to the beat. Count to 16.
- 5 Swap for your left foot and count to 16 again.
- 6 Challenge - you can tap alternative feet or both feet together?
- 7 When you feel confident, try a faster song from the playlists or use your favourite song.



STORYTELLING AND CRAFT EXERCISES

These storytelling and craft exercises are designed for you to do with a friend or family member. They can be done at home or in a hospital environment.

All the materials listed you can find in local arts and craft retailers such as Abakhans and/or Fred Aldous.

You can also order creative materials online, using the following websites:

Amazon – <https://amazon.co.uk/>

eBay – <https://www.ebay.co.uk/>

Hobbycraft – <https://www.hobbycraft.co.uk/>

Etsy – <https://www.etsy.com/uk/>

EXERCISE

Guidance Notes

Feedback notes

Five Ways to Wellbeing

The NEF has developed a set of evidence-based actions to improve personal wellbeing and to improve everyone's mental capital whilst helping people to flourish. The Five steps include:

- **Connect:** connect with people around you
- **Be Active:** discover a physical activity you enjoy
- **Take Notice:** be aware of the world around you and what you are feeling
- **Keep Learning:** try something new
- **Give:** do something nice for a friend

Try and build the five steps into your daily routine.



STORYTELLING & CRAFT EXERCISE



TEXTURAL TREE



EXERCISE 1

TEXTURAL TREE

AIM:

To activate fine motor skills while exploring different textures through touch.

YOU WILL NEED:

1 sheet of light blue or white A4 heavy weight card

1 sheet of A4 recycled corrugated cardboard or brown sandpaper pre-cut into the trunk of the tree

Textured materials for tree, clouds, grass (i.e. waxy and shiny food packaging, ribbon, felt, fabric pieces, buttons, sandpaper – different grits, bubble wrap, magazine pages)

Photo/s or pictures of special people/pets/things

Scissors

Glue Stick

Felt Tips (optional)

You can buy materials from places such as Hobbycraft, Amazon and eBay. See what textured materials you can find around the house. Think shiny, hard, soft, rough, bumpy, smooth, warm or cold.

LET'S GET STARTED:

- 1 Place heavy weight card on flat surface.
- 2 Place material for trunk of the tree on a flat surface.
- 3 Draw tree shape onto the brown card/sandpaper.
- 4 Cut out tree shape.
- 5 Glue tree shape onto heavy weight card.
- 6 Draw out leaf shapes out of different materials including photos.
- 7 Cut out shapes.
- 8 Glue different shapes and materials onto the tree and background.

Make a tree for each season:

Autumn (gold, red and yellow leaves),

Winter (white and silver on the branches with snow in the sky)

Spring (flowers

at the bottom of the tree and in it)

Summer (lots of leaves and birds singing).

Create a story and use your imagination!



STORYTELLING & CRAFT EXERCISE

2

CLEAR PLASTIC
POCKET FRAME

EXERCISE 2



CLEAR PLASTIC POCKET FRAME

AIM:

To focus on a methodical, repetitive task to strengthen hand-eye coordination through touch.

YOU WILL NEED:

1 A4 + Size Zippy Bag
Wool (any type or colour)
Plastic sewing needle
Tissue paper
Hole puncher
Scissors
Ruler
Felt Tip (dark colour medium nib)
Ribbon
Photographs
Beads (optional)



You can buy materials from Tiger, Amazon, eBay, Hobbycraft, Office Outlet or a local sewing shop. Needle suggested PANYTOW 6 pcs, 2 sizes Plastic Hand Sewing Needles.

LET'S GET STARTED:

- 1 Place Zippy Bag on flat surface.
- 2 Take your ruler and felt tip and measure out a square or rectangle on the bag. Begin measuring from bottom right or left corner (suggested size 12 cm x 18 cm).
- 3 Cut out a rectangle leaving the two adhered edges together for ease of sewing. There will be an extra rectangle – you can make one for a friend!
- 4 Place your ruler underneath the cut out rectangle approximately 1 cm from the edge.
- 5 With your felt tip, mark 1 cm from left bottom corner and right bottom corner.
- 6 Mark with a dot every 2 cm going up the two sides and along the bottom.
- 7 Hole punch where you have made a dot.
- 8 Thread the plastic needle with wool and sew around three edges. Experiment with different type of stitches.
- 9 Add photograph facing outwards. Behind photograph place tissue paper. Flip 'pocket' over and slip in other photo facing outwards. Add ribbon handle.



STORYTELLING & CRAFT EXERCISE

3

THINGS I LOVE HEART BOX

EXERCISE 3

THINGS I LOVE HEART BOX

AIM:

To talk about people, things, places and activities you love. This activity activates hand-eye coordination whilst one works with both 2D and 3D surfaces..

YOU WILL NEED:

1 papier-mâché Heart Box with lid
@ 7.5 cm x 8 cm x 4 cm

1 Round Cake Card 1.5mm Board
20 cm or larger

Glue Stick or PVA Glue

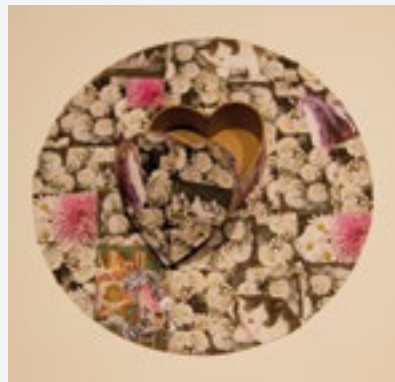
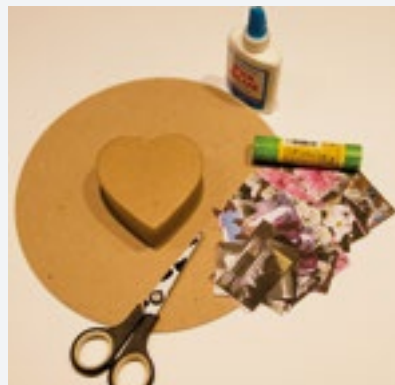
Scissors

Photos representing things you love,
printed onto lightweight white paper

Varnish and paint brush (optional to give
collage a sturdy finish)

HOW TO:

- 1 Choose your photos and cut them out.
- 2 Collage photos onto the Round Cake Card, brown cardboard side up.
- 3 Collage photos onto the heart box. Work on body of box and lid separately.
- 4 Collage inside of the box (optional).
- 5 Glue box onto the Cake Card.
- 6 Fill the box with treasures.



STORYTELLING & CRAFT EXERCISE

4

OBJECTS:
TRACE AND COLOUR



EXERCISE 4

OBJECTS: TRACE AND COLOUR

AIM:

To practice concentration and strengthen hand-eye coordination with dominant hand.
To chat about subjects such as likes and dislikes of music and food past and present.

LET'S GET STARTED:

- 1 Place the piece of paper/card on a flat surface.
- 2 One at a time trace around an object. Play with pattern and overlapping.
- 3 Colour in the shapes.

YOU WILL NEED:

1 A4 piece (or A3 if feeling enthusiastic) of white paper or card

Felt Tips (variety of colours)

Suggested objects:

Pencil

Pen

Clothes Peg

Fork

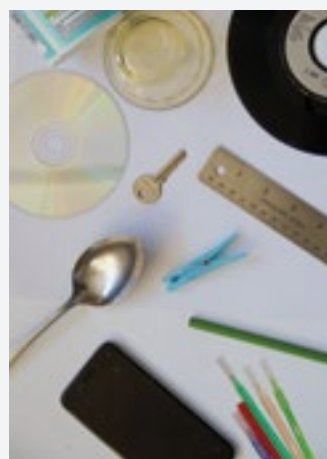
Spoon

Mobile Phone

Music record

CD

You can get these from a charity shop, eBay or at home.



STORYTELLING & CRAFT EXERCISE

5

OBJECTS:
TRACE, COLOUR, CUT

EXERCISE 5

OBJECTS: TRACE, COLOUR, CUT

AIM:

To help concentration and strengthen hand-eye coordination with dominant hand. To chat about subjects such as likes and dislikes of music and food past and present.

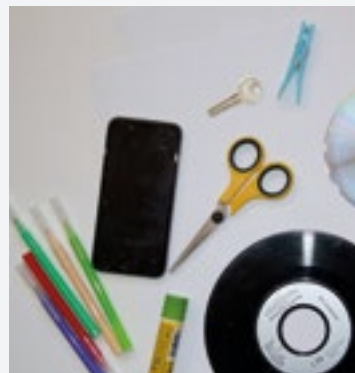
YOU WILL NEED:

1 A4 piece (or A3) of white paper
1 A4 piece (or A3) of card any colour
Felt Tips (variety of colours)
Scissors
Glue Stick
Everyday objects (smaller than the sheet of paper)
Suggested objects:
Pencil
Pen
Clothes Peg
Fork
Spoon
Mobile Phone
Music record
CD

You can get these from a charity shop, eBay or at home.

LET'S GET STARTED:

- 1 Place the piece of paper on a flat surface.
- 2 One at a time trace around an object.
- 3 Colour in the shapes.
- 4 Cut out shapes.
- 5 Arrange shapes on the piece of card and stick them down.



STORYTELLING & CRAFT EXERCISE



SHOES:
MY JOURNEY



EXERCISE

6

SHOES: MY JOURNEY

AIM:

To focus on a methodical and repetitive task whilst continuing a conversation.

YOU WILL NEED:

Map (where you live, have previously lived and/or visited on holiday)

Shoe Silhouette (cut out) *To help you, Google search 'Shoe Silhouette Art'.*

Something to draw with (pencil, pen, felt tip)

Rubber Shoe Stamp/s

Stamp pad/s *Basic colours can be purchased at any office supply shop – variety of colours can be purchased on eBay*

Scissors

Hole Puncher (optional)

String/Wool (optional)

1 A4 piece of card any colour (optional)

You can get these from a charity shop, eBay Etsy or at home.

LET'S GET STARTED:

- 1 Place the map on a flat surface.
- 2 Go to the computer and Google 'Shoe Silhouette Art'.
- 3 Select your shoe shape, print out and cut out. Alternatively, draw a shoe shape of your own and cut out.
- 4 Place your shoe silhouette on top of your map and trace around.
- 5 Cut out 'map' shoe.
- 6 Using your rubber shoe stamp and ink pad, press the stamp onto the ink pad. Then stamp onto the 'map' shoe following the edge of the silhouette. You can then experiment with making different patterns.
- 7 Stick the 'shoe' onto another piece of paper and continue to stamp around it. Alternatively use the hole puncher and make a hole at the top of the shoe and hang with string or wool.



STORYTELLING & CRAFT EXERCISE



PAPER CUP PHOTO FRAME



EXERCISE 7

PAPER CUP PHOTO FRAME

AIM:

To use fine motor skills through hand-eye coordination.

YOU WILL NEED:

White Paper Cup (Recycled coffee cup)

Scissors or Scalpel

Felt Tips (variety of colours)

Glue Stick or PVA glue

Small Photographs (1 – 6)

LET'S GET STARTED:

- 1 Tear the map into small pieces approximately 2 cm square.
- 2 Glue map pieces into the cup.
- 3 Place photograph/s on the outside of the cup.



STORYTELLING & CRAFT EXERCISE



RECYCLED BOTTLE TEXTURED BALL AND CUP

EXERCISE 8

RECYCLED BOTTLE TEXTURED BALL AND CUP

AIM:

To activate fine motor skills and eye-hand coordination using both hands whilst stimulating sense of touch. Also to focus on arm movement.

YOU WILL NEED:

500 ml clear plastic bottle preferably with ridges (lightweight, easy to cut)

Scissors

Cling Film

Sharpie Fine Point Markers/Staedtler Textsurfer Markers

Tissue Paper (any colour)

Ruler

Hole puncher

Plastic sewing needle

Wool (any colour)

Glue Stick

Bead (@ 2 cm)



LET'S GET STARTED:

- 1 Remove bottle cap and recycle.
- 2 Cut around the bottle approximately 10 cm from the top.
- 3 Punch holes around top edge approximately 2 cm apart.
- 4 Hold the bottle from the screw top end with non-dominant hand.
- 5 Choose a colour of the Sharpie Fine Point Marker to draw onto the bottle. Make a design.
- 6 Make small tissue balls approximately 1.5 cm and glue onto the bottle.
- 7 Wrap in cling film to hold the balls in place and add texture.
- 8 Thread the needle with wool.
- 9 Punch through the hole punched hole. Tie and knot, then sew around the edge leaving 22 cm of wool. Tie the bead at the bottom.
- 10 Try to catch the ball in the cup or hold the cup in predominant hand whilst placing the bead in the cup with the other hand. Whilst holding the 'cup' swing the bead from side to side then forward backwards – switch hands.



STORYTELLING & CRAFT EXERCISE



PAPER BAG

EXERCISE 9

PAPER BAG

AIM:

To use your imagination and practice decision making whilst discussing your dreams as you decorate the bag. It could be a gift or used for storage.

YOU WILL NEED:

White paper bag/s *Amazon or eBay*

Medium Palm Punch Traditional
Star *Hobbycraft*

Glue Stick

Felt Tips

Paper any colour (for stars)

You can buy materials from Amazon, eBay or Hobbycraft



LET'S GET STARTED:

- 1 Place paper bag on flat surface.
- 2 Punch out stars.
- 3 Glue stars onto the bag randomly or in a pattern.
- 4 Use felt tips to draw or write onto the bag.



STORYTELLING & CRAFT EXERCISE

10

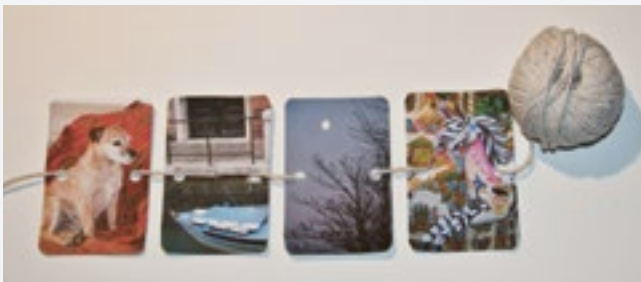
STORYTELLING CARDS

EXERCISE 10

STORYTELLING CARDS

AIM:

To encourage verbal skills, imagination and reminiscence whilst identifying people, places and things.



YOU WILL NEED:

Deck of playing cards

Scissors

Glue stick

Photographs (from magazines, newspapers, computer printouts)

Suggested images: individual people, groups of people, animals, objects, buildings, trees and flowers.

String, wool or ribbon

Hole puncher

LET'S GET STARTED:

- 1 Cut out images slightly larger than a playing card.
- 2 Glue the image onto the face of the card, choose vertical or horizontal presentation.
- 3 Trim the edges of the card.
- 4 Hole punch in the middle of each side of the card.
- 5 Make as many cards as you like but a minimum of four.
- 6 Begin making your story choosing a card then discussing it.
- 7 Tie a piece of string to the right hand side of the first card, then begin stringing the cards along whilst building your story.



ART EXERCISES

These art exercises are designed for you to do by yourself or with a friend or family member. All the resources listed can easily be found in your local art or stationary shop. Alternatively, most poundshops also stock basic art and craft supplies and charity shops are a great place to find interesting art materials that can be recycled. For example, books, magazines, old clothes and bric a brac.

You can also order creative materials online, using the following websites:

Fred Aldous – <https://www.fredaldous.co.uk>

Cass Art – <https://www.cassart.co.uk>

Wilko – <http://www.wilko.com/shop-by-department/stationery/icat/officestationery>

Hobbycraft – <https://www.hobbycraft.co.uk/decor-and-hobbies/clay-modelling/air-drying-clay>

EXERCISE

Guidance Notes

Feedback notes

Five Ways to Wellbeing

The NEF has developed a set of evidence-based actions to improve personal wellbeing and to improve everyone's mental capital whilst helping people to flourish. The Five steps include:

- **Connect:** connect with people around you
- **Be Active:** discover a physical activity you enjoy
- **Take Notice:** be aware of the world around you and what you are feeling
- **Keep Learning:** try something new
- **Give:** do something nice for a friend

Try and build the five steps into your daily routine.



ART EXERCISE



PAPER COLLAGE



EXERCISE 1

PAPER COLLAGE

AIM:

To develop hand-eye coordination, fine motor skills and creative imagination.

YOU WILL NEED:

A sheet of paper or card
Scissors
Glue stick
Old magazines or books

Tip: choose a theme for the activity, for example National Days of the Year

LET'S GET STARTED:

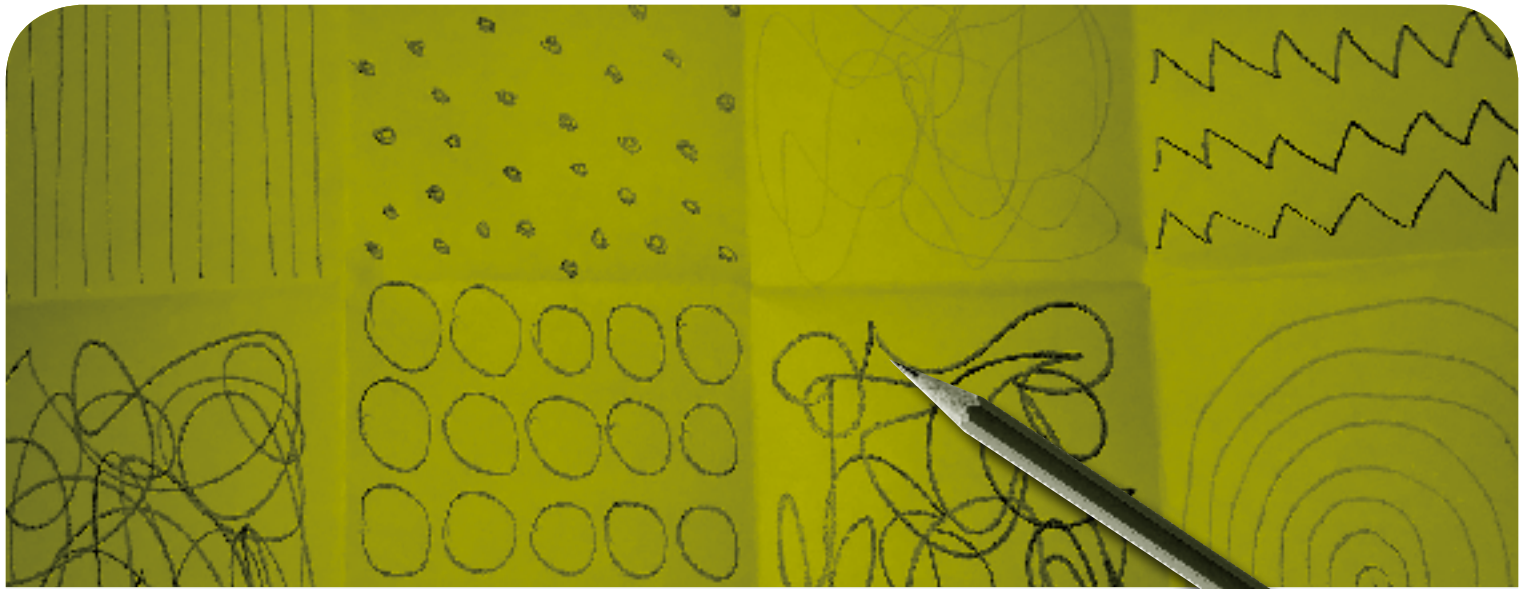
- 1 Lay your background paper on the table, you may want to use blue-tac to stick it to the table to stop it moving around as you work.
- 2 Look through your magazine or books for interesting images. You may want to choose a theme for your collage such as a colour, textures or type of object. Cut out everything you see in that category.
- 3 Once you have cut out the images you want to use, lay them out on your background paper. Move them around until you are happy with the composition.
- 4 Glue down each piece.



ART EXERCISE

2

CREATIVE
MARK MAKING



EXERCISE 2

CREATIVE MARK MAKING

AIM:

To loosen up, express yourself.

YOU WILL NEED:

A sheet of A4 plain paper and pencil.

LET'S GET STARTED:

- 1 Fold your A4 paper into eight sections, by folding it in half horizontally and then twice vertically. Unfold your paper again and get ready to draw.
- 2 Pick up your pencil and use each section to make a different kind of mark. Try to relax and not think out it too much, also try and fill the whole of each box.
- 3 First box: fill the whole box with scribble.
- 4 Second box: fill the whole box with long lines.
- 5 Third box: fill the whole box with circles.
- 6 Fourth box: fill the whole box with dots.
- 7 Fifth box: press on as hard as you can and fill the whole box with scribble.
- 8 Sixth box: press as lightly as you can and fill the whole box with scribble.
- 9 Seventh box: start in the middle and start to draw a spiral outwards, keep going until the box is filled.
- 10 Eighth box: fill the whole box with zig zag lines.



ART EXERCISE



OBSERVING, THINKING
AND TALKING



EXERCISE 3

OBSERVING, THINKING AND TALKING

AIM:

To maintain concentration and listening skills with a friend or family member.

YOU WILL NEED:

Any art image that you find interesting.

LET'S GET STARTED:

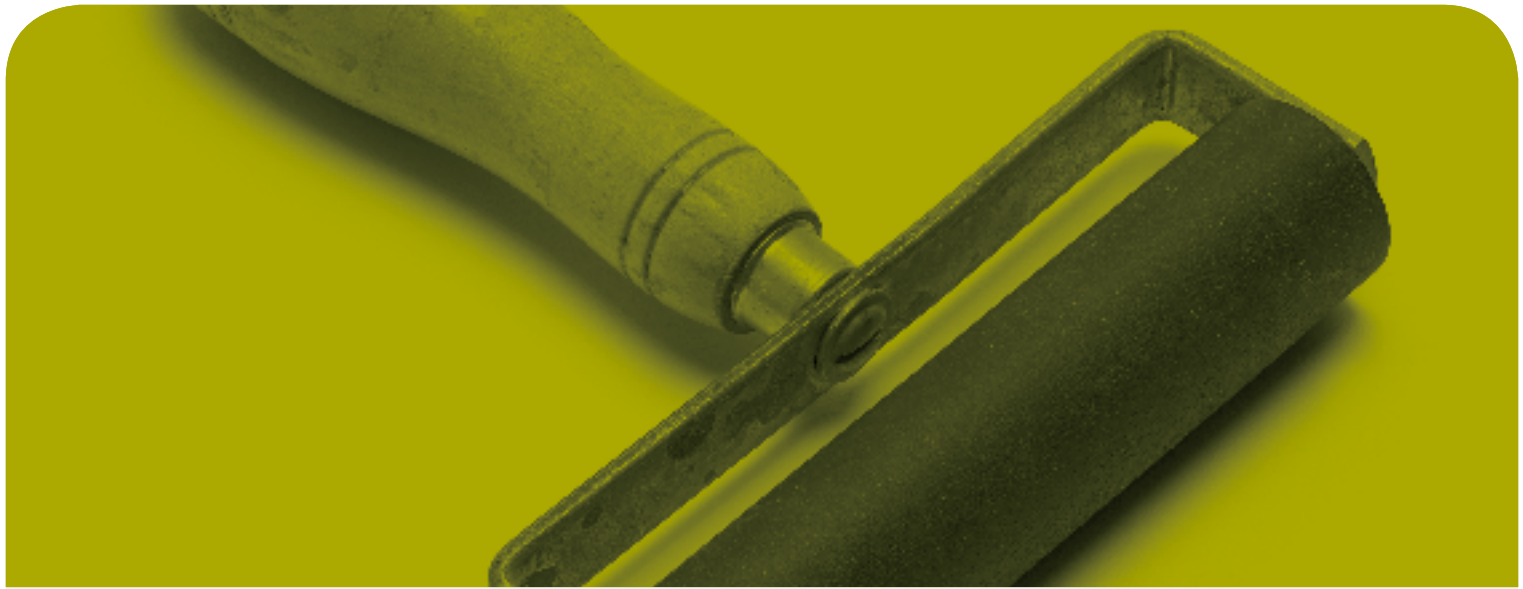
- 1 Choose an art image that you find interesting, either from this pack, or have a look online.
- 2 Look at the art image closely, in silence for two minutes.
- 3 Share with your companion what you see in the image.
- 4 Think about: colours, shapes, themes.
- 5 Which part of the picture do you find most interesting? Why?
- 6 Now turn the picture upside down or on its side.
- 7 Does this change the way that see this picture? Is your eye drawn to anything that you had not seen before?
- 8 Think about: what materials the artist used to make this image.
- 9 Think about: how the image makes you feel?
- 10 Repeat this exercise with as many images as you would like.



ART EXERCISE



MONO PRINTING



EXERCISE 4

MONO PRINTING

AIM:

To strengthen upper body, stretch your vision and follow a step-by-step process in order.

YOU WILL NEED:

Wipeable table or A3 texture-free plastic placemat
Water-based block printing ink
Small lino roller
Sharp pencil
Plain paper (any colour)
Apron or an old shirt

LET'S GET STARTED:

- 1 Pick an image you would like to draw from your imagination or one you can copy.
Hint – bold lines over detail work better.
- 2 Squeeze out some ink the size of a 10p coin onto your wipeable table or plastic placemat.
- 3 Roll the ink out across the surface, first vertically and then horizontally to get an even coverage of ink.
- 4 Place your blank piece of paper onto the ink.
- 5 Draw your image onto the paper in under 5 minutes so the ink doesn't dry.
- 6 Peel the paper up from the ink and see your creation.
- 7 To repeat the process, re-roll out the ink and place a new sheet of paper down.

*You can buy materials from art shops and online at Fred Aldous –
www.fredaldous.co.uk/collections/print-making*



ART EXERCISE

5

NATURE COLLAGE



EXERCISE 5

NATURE COLLAGE

AIM:

To support muscle development to reduce falls. To encourage outdoor activity and connecting to nature. this can be completed with or without crutches and walking frames.

YOU WILL NEED:

A small garden, local park or nature reserve.

Small collecting container e.g. a lunch box or tote bag.

A coloured piece of paper or card.

LET'S GET STARTED:

- 1 Take a short walk outside to observe nature closely.
- 2 Look out for interesting shapes, colours and patterns.
- 3 Pick up a small amount of things you like, leaves, twigs, petals, stones.
- 4 When you return to your work area, lay out the things you have collected.
- 5 Take a coloured piece of card or paper as a background and lay out your objects in a collage.
- 6 Take a photograph with your phone or camera to remember your creation.



ART EXERCISE



AIR DRY CLAY MODELLING

EXERCISE 6

AIR DRY CLAY MODELLING

AIM:

To strengthen hands and arms.

YOU WILL NEED:

Air modelling clay
Plastic sheet (or wipe clean surface)
Apron, rolling pin, textured items
Paint (optional)

LET'S GET STARTED:

Here are two activities you can do with a small block of air-drying clay. If you just want to make something and you are not intending to keep your models you can choose to use play dough. This is a very soft, malleable material, that's lots of fun and easy to use.

Making a pinch pot:

- 1 Take an amount of clay and shape it into a ball, either by rubbing it between your hands, or rubbing it between one hand and a table surface.
- 2 Hold the clay ball with one hand and insert the thumb of your other hand into the middle of the ball, about three quarters of the way down.
- 3 Then start to squeeze between your thumb and forefinger. Repeat this process around the whole edge of the pot.
- 4 Keep repeating this process until you have the desired thickness and shape.

Textured Slab:

- 1 Place a piece of cloth or a plastic sheet onto a table surface, then place a piece of clay on top.
- 2 Use the rolling pin to roll it out into a flat slab.
- 3 You can then use your textured items to make marks in the slab. These could be stamps, or items such as biscuit cutters, or you can use 'found' items, such as items from outside and other textured items such as bubble wrap. You can make marks by pressing into the clay by hand, or by using the rolling pin.
- 4 Once you have finished your work, leave to dry according to the packing instructions. Most air drying clays take around 24 hours to dry. You can then paint your creation if you would like to finish it in that way.



ART EXERCISE



MINDFULNESS PHOTOGRAPHY



EXERCISE 7

MINDFULNESS PHOTOGRAPHY

AIM:

To be observant, use word recall and move the whole of the body.

YOU WILL NEED:

Something to take photos with such as:

Digital camera

Phone camera

Tablet

Disposable camera

LET'S GET STARTED:

- 1 Mindfulness photography is about looking more closely at the everyday and finding unusual things to see. This can be done in a small or large area, for example one room, a house, a garden, or on a walk to the local shop.
- 2 The aim of the activity is to take a photograph that represents the following on the list below:
 1. Fluffy
 2. Blue
 3. A circle shape
 4. A reflection
 5. Shiny
 6. Rough
 7. Smooth
 8. Something that moves
 9. Hard
 10. Heavy
 11. Light
 12. Tall
 13. Small
 14. Yellow
 15. Something that makes you smile



ART EXERCISE



RELIEF PRINTMAKING

EXERCISE 8

RELIEF PRINTMAKING

AIM:

To follow a step-by-step process in order and to strengthen arms and hands.



YOU WILL NEED:

Water based block printing ink

Two small lino rollers

Styrofoam sheets

Flat painting tray

Paper

Ballpoint pen

Tip: you can use the polystyrene circle that you get with shop bought pizzas

LET'S GET STARTED:

- 1 Draw your design on the styrofoam sheet with a ball point pen.
- 2 When you are happy with your design, place the paper you are going to print onto next to your flat painting tray.
- 3 Squeeze a small blob of ink onto the tray and roll until there is a smooth coverage of ink on the roller.
- 4 Roll the roller onto the styrofoam sheet to transfer the ink evenly and make sure you cover all areas of the sheet including the edges and corners.
- 5 Next, place the sheet ink-side-down onto the sheet of paper. Then roll over the back of the print with the other ink-free clean roller.
- 6 Once you have rolled over the whole design, you can peel it back off the paper to reveal your print.
- 7 Repeat the process as many times as you like... try different size prints, different shapes and designs.



ART EXERCISE



ORIGAMI HEART



EXERCISE 9

ORIGAMI HEART

AIM:

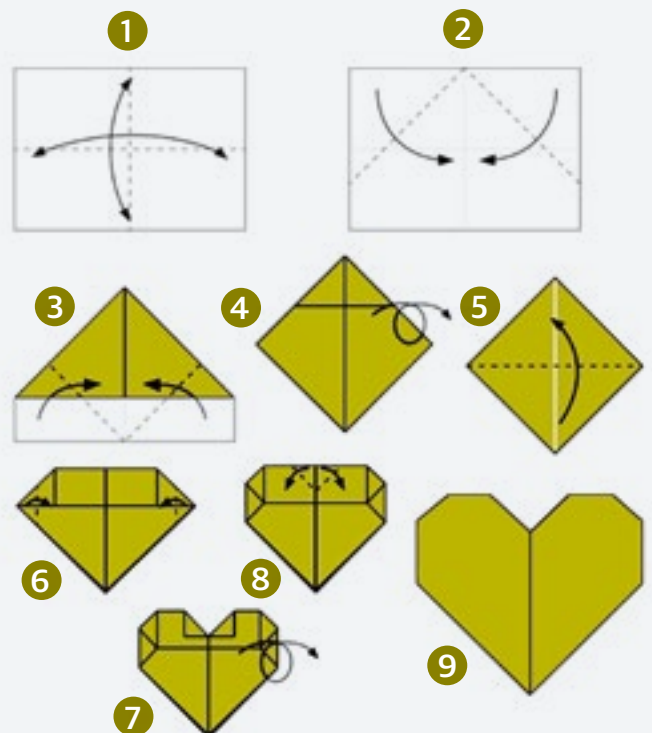
To practice fine motor skills and follow a step-by-step process.

LET'S GET STARTED:

- 1 Follow the instructions (right) to fold your origami heart.
- 2 When finished you could write a message on your heart and give or send it to somebody. Otherwise you could decorate it with stickers or small pieces of collaged paper.
- 3 If you like making origami, a good place to learn more shapes is *YouTube*. There are lots of videos that you can follow along to make more complicated pieces.

YOU WILL NEED:

Origami Paper.



ART EXERCISE

10

SUN PHOTOGRAPHY

EXERCISE 10

SUN PHOTOGRAPHY



AIM:

To get outside using full body movement and fine motor skills.



YOU WILL NEED:

Sun photography paper, scissors, paper or collected items. Sun paper can be purchased from art shops, or online: <http://www.homecrafts.co.uk/nature-print-paper>

LET'S GET STARTED:

Before you begin, read through the packet instructions for any safety advice, this is not a dangerous procedure but the paper does contain a mild developing chemical.

It works by placing things on top of the paper to create an image and then leaving it in direct sunlight to develop. Where the objects cover the paper, it will not change colour but where it is exposed to the sun, it will.

- 1 Cut out a design using paper or collect objects to place on top of the design.
- 2 Place your paper on a flat surface in direct sunlight (outside or inside on a window sill). Tip: the brighter the sunlight, the less time it will take to develop.

- 3 Place your design on top of the paper.
- 4 Leave to develop. You can check if it is ready by gently lifting a corner of the paper or object and it should have changed colour. On a bright summer day, you could have an exposure within 10 minutes. On a winter day, you should leave it for at least 2 hours.
- 5 When it is ready, run your paper under cold water following the instructions, then place it somewhere flat to dry. Tip: if you have sensitive skin, wear rubber gloves for this part.
- 6 Follow this link to see the steps: <https://www.youtube.com/watch?v=c8xAFBeJJUA>

