

 Tell us about you…

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| --- | --- |
| Your name: |  |
| Your organisation (and your website) |  |
| Please describe your work: |  |
| Contact details (email and phone number): |  |
| Please attach an image that you have permission to be used alongside this activity (or attach to return email if easier) |  |

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| --- | --- |
| Name of your activity |  |
| Suggested group you have already (or would) use this activity with (e.g. older people, families, intergenerational, people with disabilities…) |  |
| What comments have you had from participants (or other organisations) who have used these activities, that we could quote |  |
| Description of activity (in up to 50 words) |  |
| Equipment or materials needed (Please keep it as simple as possible!) |  |
| Let’s get started (These are the simple steps to take to do the activity. Please number steps e.g. 1-4) |  |
| What’s next? (How can people progress with this activity – i.e. use a faster piece of music, use different materials, work in larger scale, try it outdoors…) |  |

