**Creative Activity List**

Ceramics Class 2

Collage Scavenger Hunt 3

Cooking/Baking Groups 4

Gardening 5

Salt Dough Pendants 6

Popsicle Stick Flags 7

Felt Weaving 8

Memory Book 9

**Activity Category:** Creative

**Name activity:** Ceramics Class

**Group Size:** 10-15

**Activity Duration:** 20-30 min

**Setting Consideration:** Indoors, large or small recreation room

**Purpose/Goal:**  Promotes normalization. Provides sensory stimulation. Encourages socialization. Encourages use of procedural memory; Fine motor skills Provide an activity that will be flexible to meet the various needs of the residents. Encourage positive emotion by engaging in familiar activity.

**Supplies Needed:**  Ceramic bisque. Ceramic craft paint. Paint brushes. Paper towels. Smocks. Water cups for brushes.

**Set up:** Residents arranged in small groups around tables. Appropriate supervision is required when working with lower functioning/cognitive residents.

**Intervention Description**: Set out supplies at each table. Gather and seat residents. Clearly state step by step directions at the program proceeds Provide visual cues and mirroring to encourage participation.

**Special Consideration or Risks:** Additional staff can provide cueing to residents. Vary the activity based on the residents’ abilities to safely participate. May be held in small groups and shorter durations for differing levels of care necessity. Monitor for over-stimulation. Use appropriate precautions when handling supplies and tools. Monitor eating and toxic supplies. When working with lower functioning/cognitive residents do not put out supplies till ready to run activity.

**Activity Category:** Creative

**Name activity:** Collage Scavenger Hunt

**Group Size:** 10-28

**Activity Duration:** 15-30 min

**Setting Consideration:** Indoors, large or small recreation room

**Purpose/Goal:**  Promotes normalization. Provides sensory stimulation. Encourages socialization. Encourages use of procedural memory; Fine motor skills Provide an activity that will be flexible to meet the various needs of the residents. Encourage positive emotion by engaging in familiar activity.

**Supplies Needed:**  Magazines, paper, markers, safety scissors, non toxic glue, poster board.

**Set up:** Residents arranged in small groups around tables. Appropriate supervision is required when working with lower functioning/cognitive residents.

**Intervention Description**: Set out supplies at each table. Encourage residents to cut out specific items and glue onto poster. Leader can pick out themes such as: favorite food, what makes you happy, favorite activities to do with family ect… Clearly state step by step directions as the program proceeds. Provide visual cues and mirroring to encourage participation.

**Special Consideration or Risks:** Additional staff can provide cueing to residents. Vary the activity based on the residents’ abilities to safely participate. May be held in small groups and shorter durations for differing levels of care necessity. Monitor for over-stimulation. Use appropriate precautions when handling supplies and tools. Monitor eating and toxic supplies. When working with lower functioning/cognitive residents do not put out supplies till ready to run activity. DO NOT EVER LEAVE RESIDENTS’ ALONE WITH SCISSORS OR GLUE.

**Activity Category:** Creative

**Name activity:** Cooking or Baking Groups

**Group Size:** 10-18

**Activity Duration:** 60 min

**Setting Consideration:** Dining room, recreation room

**Purpose/Goal:**  Promotes normalization. Provides sensory stimulation. Encourages socialization. Provides sensory stimualtion.

**Supplies Needed:**  Depends on the cooking activity. Have recipe and supplies ready before hand.

**Set up:** Residents arranged in small groups around tables or in cooking area.

**Intervention Description**: Set out ingredients and supplies. Gather and seat residents. Clearly state step by step directions as the program proceeds. Provide visual cues and mirroring to encourage participation. Encourage residents to assist in adding ingredients, mixing, pouring ect… Encourage residents to reminisce about favorite recipes or variations of what is being cooked or baked.

**Special Consideration or Risks:** Additional staff can provide cueing to residents. Vary the activity based on the residents’ abilities to safely participate. Assign specific steps to residents with more cognitive impairments. Use appropriate precautions when handling ingredients, sharp objects, or using ovens and stoves. When working with lower functioning/cognitive residents do not put out supplies till ready to run activity. DO NOT EVER LEAVE RESIDENTS’ ALONE WITH SHARP OBJECTS. NEVER LEAVE AN OVEN OR STOVE ON FOR ANY REASON WHEN STAFF MEMBER IS NOT IN ROOM.

**Activity Category:** Creative

**Name activity:** Gardening

**Group Size:** 10-15

**Activity Duration:** 60 min

**Setting Consideration:** Dining room, recreation room, courtyard or other outside area

**Purpose/Goal:**  Promotes normalization. Provides sensory stimulation. Encourages socialization. Encourages positive emotion by engaging in in familiar activity. Promotes relaxation. Provide an activity that will be flexible to meet the various needs of the residents.

**Supplies Needed:**  Dependent upon the gardening activity. May be outside in raised flower beds or inside at pots, plants and supplies or may be terrariums or may be household routine watering and pruning. Gardening gloves, watering cans, pruning scissors, hand rakes and shovels.

**Set up:** Residents arranged in small groups around tables, planting boxes

**Intervention Description**: Set out supplies. Gather and seat residents. Clearly state step by step directions as the program proceeds. Provide visual cues and mirroring to encourage participation. Encourage residents to reminisce about favorite plants and what they use to garden.

**Special Consideration or Risks:** Additional staff can provide cueing to residents. Vary the activity based on the residents’ abilities to safely participate. Assign specific steps to residents with more cognitive impairments. Use appropriate precautions when handling sharp objects or soil. When working with lower functioning/cognitive residents do not put out supplies till ready to run activity. Make sure plants are non toxic. DO NOT EVER LEAVE RESIDENTS’ ALONE WITH SHARP OBJECTS.

Activity Category: Craft

Name activity: Salt Dough Pendants

Group Size: 1+

Activity Duration: 30-40min.

Setting Consideration: Indoors/Recreation room, outdoor

Purpose/Goal: Provides sensory and memory stimulation/normalization/creativity

Supplies Needed: Salt Dough, paint, roller, cookie cutters, string, baking sheet,

and oven.

Set up: Have resident sitting around a table.

Description: Give each resident a glob of dough, and have them roll it out. Then

them use the cookie cutters to cut out desired shape and a hole at the top for

hanging after baking, and place on baking sheet. Then bake until hardened. After

it cools they can paint the pendants whatever color they would like. Attach to a

string.

Special Consideration or Risks: Monitor for safety

Activity Category: Craft

Name activity: Popsicle Stick Flags

Group Size: 2+

Activity Duration: 50-60 min

Setting Consideration: Indoors/recreation room, or outdoors as long as there is a

table

Purpose/Goal: Provides sensory and memory stimulation/ Normalization/ and

purpose when the flags can be used for decorations for a holiday.

Supplies Needed: Popsicle sticks, paint, paint brushes, newspaper, hot glue,

yarn/string, paper.

Set up: Have residents sitting around a table

Description: Give each resident 7 Popsicle sticks, red/blue/white paint, then have

each resident paint the sticks so that when they are put together they resemble

the flag.

Special Consideration or Risks: Monitor residents for safety

Activity Category: Craft

Name activity: Felt Weaving

Group Size: 4-6 could be more if there is more staff assistance

Activity Duration: 30-40 min.

Setting Consideration: Indoors/recreation room

Purpose/Goal: Promotes normalization. Provides sensory stimulation,

Encourages socialization. Encourages use of procedural memory; Fine motor

skills

Supplies Needed: Felt pieces, scissors, and pattern

Set up: Have the resident sitting around a table

Intervention Description: Each resident will be given two felt pieces that are the

size of half a sheet of computer paper, fold the pieces in half horizontally, and

with the fold side down cut into a long oval shape don't cut the folded side. Then

take the scissors and now cutting from the folded side cut four strips upwards

the top leaving about an inch from the top, do this to both pieces. Then while

holding the two pieces side by side so that it looks like a heart you will take the

first strip of one color and fold it over the other pieces alternating over, under,

over. Then do the same with the second to the four pieces alternating what you

start with. So the first will be over under, over. The second will be under, over,

under and so on.

Special Consideration or Risks: Monitor for safety with scissors.

Activity Category: Craft

Name activity: Memory Book

Group Size: 1+

Activity Duration: 30-40min.

Setting Consideration: Indoors/Recreation room, outdoor

Purpose/Goal: Provides sensory and memory stimulation/normalization/creativity

Supplies Needed: paper, cardboard, jump rings, hole punch, photos or pictures,

scissors, glue, tape.

Set up: Have resident sitting around a table.

Description: Have materials on the table in front of the resident. Tell them what

the theme is and have them pick out the pictures they think represent that, and

have them glue or attach to the pages to make the memory book.

Consideration or Risks: Monitor for safety