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Prioritising Wellbeing

NAPA Activities Calendar *for every day of the year*

April 2022






April 2022

This is a digital calendar; it has been created for you to use online. Many of the features have links that will direct you to a web page where you can find further relevant information.

We hope the calendar will support you in providing activities and inspire you to create person-centred opportunities for Activity, Arts and Engagement. Please note that sometimes calendar dates change e.g., National day dates might be different each year.

How to use your NAPA Digital Calendar:

- + Find a date
- + Click the resource link 
- + For more information relating to the activity, click the web page link 
- + Look out for this symbol for NAPA occasions: click the link  to register
- + Note the additional dates listed for your consideration, as well to those on the calendar
- + Each page can be printed and shared
- + Customise your calendar – Add your own dates e.g., birthdays, local events etc
- + We would love to hear your feedback or ideas/dates to include – email – [Email here](#)
- + Send us photos and news – for a chance to WIN NAPA Membership, Resources, or Equipment – winners are selected at random and announced monthly in NAPA News!
- + To find out about NAPA and the benefit of NAPA Membership – [Click here](#)

Additional April dates:

Saturday 2nd April

- + Start of Ramadan

Sunday 3rd April

- + Olivier Awards

Friday 15th April

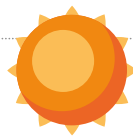
- + Good Friday

Sunday 17th April

- + Easter Day

Monday 18th April

- + Start of MS Awareness Week



The Queen's 96th Birthday

Thursday
21st April



Supportline

If you would like to discuss your ideas or how to introduce any of the resources included in this calendar, please contact our free Supportline service.

Abilities coding – This **colour code** to the featured activities will help you to try to match them to people's cognitive abilities, interest and level of participation.



Blue: High cognitive skills – able to plan how to carry out an activity and to complete the activity unaided, perhaps with support if problems arise

Red: Moderate cognitive skills – able to engage in the 'doing' rather than working towards an end result. Can follow simple guidance.

Orange: Low cognitive skills – able to respond to one-to-one support using a sensory approach to complete short activities that are broken down into single steps.

Green: Highly dependent on others – able to engage with objects and people through direct stimulation of a single sense.

*Our colour coding is supported by QCS Ltd and the QCS PAL Instrument Levels (Pool J (2012) The Pool Activity Level (PAL) Instrument 4th ed. Jessica Kingsley publishers, London pp 54-55)

Hilary Woodhead



Hilary

Hilary Woodhead
NAPA's Executive Director

The reassuring seasonal shift into Spring brings the promise of positivity and moving forwards. There are literally brighter days ahead.

We have filled this issue with simple ways to breathe new life into your activity programme as well as sprinkling the pages with general joyfulness! We are celebrating this change in the seasons throughout the next few issues of the NAPA Calendar, offering inspiration and ideas to put a spring in your step!

This issue has several ideas for garden inspired activities. Plants and flowers help boost our spirits, connect us to nature and inspire a sense of calm, providing us with so much inspiration for activity and engagement. There's a lot to be said for caring for the garden, too. The ritual of watering, weeding, trimming and maintaining them can

be calming in itself – doing so can provide a moment to pause and enjoy being surrounded by natural beauty. Whether this calendar inspires you to cultivate a garden, talk to a collection of houseplants or buy and arrange a bouquet or bunch of flowers, your efforts are worth it.

When we are around plants and flowers, we reap the benefits in our body, mind and soul.

Thank you to Lakeland Dairies for sponsoring the NAPA Calendar in 2022; their generous support enables NAPA to create a fully interactive calendar resource that you can access at your (green!) fingertips!



Lakeland
DAIRIES

Lakeland Dairies Foodservice is delighted to announce a partnership with NAPA for 2022.

As a 100% Farmer Owned and Managed Irish Dairy Co-Operative, we share many common values, and we are excited to build on these together during 2022. Throughout the year, we will explore how we can support even stronger connections between activity and catering professionals, including specific food and drink activity inspiration in NAPA's calendar to make a difference to wellbeing every day. We look forward to an exciting and meaningful year.



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://www.instagram.com/napaactivitiescalendar)

April Showers

April is frequently thought to be the wettest month of the year, but is it really?

The long, harsh winter days begin to fade in April, and a band of powerful winds, begins to migrate northwards. The frost of the dark months is replaced by warmth and brightness, but there is too little pressure, and the heavens open as a result.

That shouldn't stop us from stepping out into the fresh April air and connecting with nature!

Discovering wildlife can take place in the most unlikely of locations, so start with areas you're familiar with- your garden, your neighbourhood and on any regular journeys you take.



The first snowdrops and daffodils add a splash of colour, as the sluggish bulbs awaken.

- + Enjoy returning to the shed and turning on your favourite radio station, while sipping a cup of tea. Then smile as we watch the little robin sit there waiting for the earth to be turned and a tasty worm to appear!
- + Enjoy a session with the individuals you support to find out what April means to them.



- + What do they think the April showers are about?
- + Did they have a visitor or a robin in their garden?
- + Is it snowdrops or other bulb flowers they like?



And while we're on the subject of the shed!

Don't forget to check out "The Shed," the NAPA Members' area, where you'll find thousands of resources and support. ***Click here***

April is membership renewal time

Please look out for your renewal invoice. Payment can be made by card using the Pay Now button on the invoice or by Bacs. Look out for your invoice- if you would like to check your renewal date, ***Please email here.***

If you would like to become a member, use discount code **NAPA25**

The Studio

Welcome to **The Studio!** We invite you to explore cultural, historical, traditional, factual, and fictional collections of music, books, and poems, all carefully selected to engage your interest.



Each month, **The Studio** will change to reflect the theme of the calendar; we hope you will use the information to encourage the creative arts within your setting. Be inspired! Why not set up a book club, poets' corner, or film club?

Maybe you can add your own ideas to this collection and build your own Studio?

Just click the images below and enjoy!

Books



+ **'Across Five Aprils'** Elizabeth von Arnim – [Click here](#)

+ **'April Showers'** by Karli Perrin – [Click here](#)

+ **'April Lady'** by Georgette Heyer – [Click here](#)

+ **'April Morning'** by Howard Fast – [Click here](#)

+ **'April Fool's Day'** by Bryce Courtenay – [Click here](#)

+ **'April's Kittens'** by Clare Turley Newberry – [Click here](#)

Music



+ **'April in Paris'** – [Click here](#)

+ **'April skies'** – [Click here](#)

+ **'I Just Called to Say I Love'** – [Click here](#)

+ **'April Love'** – [Click here](#)

+ **'April Come She Will'** – [Click here](#)

+ **'April Showers'** – [Click here](#)

Films



+ **'April in Paris'** – [Click here](#)

+ **'Tom Thumb'** – [Click here](#)

+ **'I'll Remember April'** – [Click here](#)

+ **'April Love'** – [Click here](#)

+ **'Carousel'** – [Click here](#)

+ **'Easter Parade'** – [Click here](#)

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The Studio (continued).



Poems



+ **'Courage'** by Robert William Service – [Click here](#)

+ **'A November Night'** by Sara Teasdale – [Click here](#)

+ **'Things I Didn't Know I Loved'** by Nazim Hikmet – [Click here](#)

+ **'Requiem'** by Anna Akhmatova – [Click here](#)

+ **'Paul Revere's Ride'** by Henry Wadsworth Longfellow – [Click here](#)

+ **'Wild Orphan'** by Allen Ginsberg – [Click here](#)

Gallery



+ **Springtime**, 1873, Pierre-Auguste Cot – [Click here](#)

+ **Spring** (1881), Edouard Manet 1834 – [Click here](#)

+ **Vignette (the kiss)**, 2018, Kerry James Marshall – [Click here](#)

+ **Fine day**, Yokoyama Taikan – [Click here](#)

+ **Primavera**, 1477-82, Sandro Botticelli – [Click here](#)

+ **Springtime** (1872), Claude Monet – [Click here](#)

My Life TV

The Dementia-Friendly TV streaming service.



[Click here](#) to find out about subscribing to My Life TV



Hidcote Garden

Take a private tour around the beautiful Hidcote Garden in Gloucestershire, via My Life TV, the dementia friendly channel – [Click Here](#).



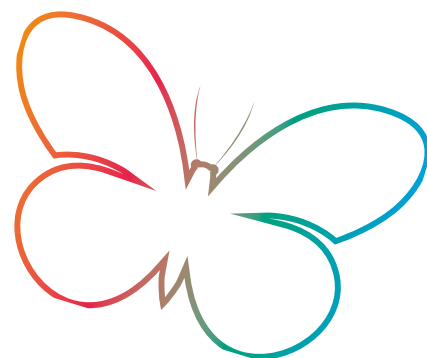
Richmond Park

There's a hidden gem in the middle of Richmond Park in London, a wonderful garden oasis. Take a peak at what's to see on My Life TV, the dementia friendly channel – [Click Here](#).

Breath of Fresh Air

April marks the end of the winter months and as the days lengthen, we find ourselves venturing out again into the great outdoors!

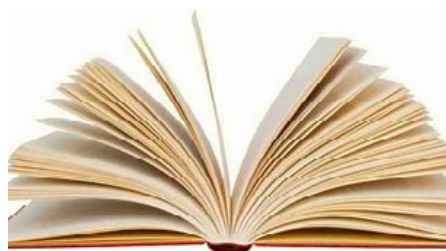
Each month, this section of the calendar will aim to encourage you to head outside for a **Breath of Fresh Air**. Add your own ideas to this collection, be creative and get out and about.



Nature Journal.

Research suggests that there is a link between access to nature and feelings of happiness. Research also suggests a link between capturing memories and feelings of safety. Here we combine the two! We have created a Nature Journal to help you capture what you experience, whilst enjoying a Breath of Fresh Air!

The Nature Journal is a tool to support your practice. Capture your experience in the garden and then use the journal to reflect on your experience with the people you support. Later, you might have a reminiscence based conversation, prompted by the information you have



captured in the journal.

How to use your nature journal:

- + What are you going to record in your Nature Journal and how you will record it? Will you draw, write or press flowers and plants?

- + How often will you fill in your journal? Once a week or once a month? If you're feeling ambitious, you could enter a daily record!
- + At the start of each month, take the opportunity to place a photo of your favourite tree. Stand in the same spot around the same time of day. It's beautiful to watch it change over the year!
- + Don't forget to add your feelings; how did you feel, seeing the first snowdrops? If you're feeling inspired why not write a short poem together?
- + What was the weather like today?
- + What time did the sun rise and set?
- + What wildlife did you see?

Jobs in the garden :

- + Plant summer-blooming bulbs
- + Mow the lawn
- + Get pruning
- + Tackle the weeding
- + Hang a basket of beautiful blooms
- + Unwrap tree ferns
- + Bring out the bird feeder

What to plant :

- + Asparagus
- + Cucumbers
- + Tomatoes
- + Artichokes
- + Onions
- + Radishes

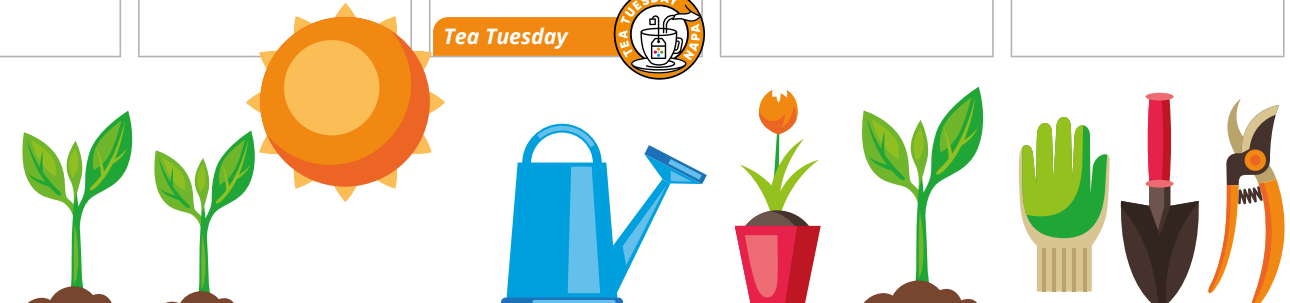
Outdoor activities :

- + **Stargazing** – On a dark evening-wrap up, sit outside with a hot drink, look at the stars.
- + **Play eye spy!** – This classic game helps you to sit and spot things around you.
- + **Garden hunt** – Take images of objects in the garden and copy them onto paper. Encourage people to go outside and find them, ticking them off the list!
- + **Paint Bird houses** or get crafty and make them!
- + **Plant your seedings** in the green house.
- + **Create a spot in the garden** to be creative in the summer.

Flower of the month Daisy and Sweet Peas



The NAPA Activities Calendar – April 2022

<p>Fri 1 April</p> <p>i April Fools Day R Laughing Yoga</p>	<p>Sat 2 April</p> <p>i National Pet Month R Animal Shadows</p>	<p>Sun 3 April</p> <p>i Find A Rainbow day R Rainbow Tie-Dye</p>	<p>Mon 4 April</p> <p>i Vitamin C Day R High or Low in C</p>	<p>Tue 5 April</p> <p>i National Caramel Day R Caramel Hot Milk</p>	<p>Wed 6 April</p> <p>i National Tartan Day R Easy to Make Tartan</p>	<p>Thurs 7 April</p> <p>i Chocolate Stout Cake Day R Chocolate & Irish Stout Cake</p>
<p>Fri 8 April</p> <p>i National Zoo lovers day R Animal Bingo</p>	<p>Sat 9 April</p> <p>i Grand National R And there off!</p>	<p>Sun 10 April</p> <p>i Sibling Day R Create a Mug</p>	<p>Mon 11 April</p> <p>i Cheese fondue day R Easy Cheesy Fondu</p>	<p>Tue 12 April</p> <p>i The First Union Flag R Create a Flag</p>	<p>Wed 13 April</p> <p>i National Scrabble day R Giant Outdoor Scrabble</p>	<p>Thurs 14 April</p> <p>i National Pecan Day R Pecan Pie rolls</p>
<p>Fri 15 April</p> <p>i National Laundry Day R Peg it Out</p>	<p>Sat 16 April</p> <p>i World Voice day R Vocal Wordsearch</p>	<p>Sun 17 April</p> <p>i Snooker – World Championship R Snooker Ball Cookies</p>	<p>Mon 18 April</p> <p>i National Garden Month R Handmade Stepping Stones</p>	<p>Tue 19 April</p> <p>i National Garlic Bread Day R Garlic Cheese Scones</p>	<p>Wed 20 April</p> <p>i Banana Day R Chocolate & Custard Banana Trifle</p> <p>NAPA – Technology in Care Activities Workshop – beyond Tik Tok!</p>	<p>Thurs 21 April</p> <p>i National Tea Day R Let's Waltz</p>
<p>Fri 22 April</p> <p>i Orthodox Good Friday R Red Greek Easter Eggs</p>	<p>Sat 23 April</p> <p>i St Georges Day R History of the St George Cross</p>	<p>Sun 24 April</p> <p>i National Skipping Day R Creative Writing</p>	<p>Mon 25 April</p> <p>i Anzac Day R Anzac Biscuits</p>	<p>Tue 26 April</p> <p>i Lesbian Visibility Day R Acrostic Poem</p> <p>Tea Tuesday</p>	<p>Wed 27 April</p> <p>i National Garden Month R Let's Compost</p>	<p>Thurs 28 April</p> <p>i Great Poetry Reading Day R Gift a Tasty Poem</p>
<p>Fri 29 April</p> <p>i International Dance day R Dance Picture Quiz</p>	<p>Sat 30 April</p> <p>i National Garden Month R Make A Bird House</p>					

April 1st – April Fool's Day



Akash B Chandran

"Some people can't be fooled on April Fool's Day because they were fooled too many times during their entire lifetime."

Laughing Yoga

Hatha yoga, ashtanga yoga and even power yoga are all well-known and numerous physical and mental health benefits have been demonstrated, but what about laughter yoga?

Laughter yoga (also known as Hasya yoga) is a modern type of yoga that mixes breathing techniques and movement with simulated laughter.

The overall goal of the practise is to connect the body and mind, similar to traditional yoga, while enjoying the best medicine of all, laughing!

You will need:

- + A large space as you will be laughing loudly
- + Seats
- + Fluids for hydration



What you do:

- + Clap your hands to warm up. Warm-up exercises such as clapping and coordinating your movements are usually included in most laughter yoga sessions.



- + Perform the lion laughter exercise. Lion laughing, is derived from the Lion Posture. Keep your mouth open and your tongue fully out. Raise your hands like a lion's paws and roar, then laugh from your belly. Your facial muscles, tongue and throat should all feel stretched. This will help to loosen up and have some fun.
- + Perform a vigorous laughter exercise. Vigorous laughter will help you get used to the deep, hearty laughter. Sit in a circle, side by side, instruct the group with; "1,2,3." On number three, everyone should start laughing at the same time, striving to match each other's tone and pitch. Invite everyone to spread their arms in the air, tilt their heads back, raise their chin, and laugh loudly. The laughter should be genuine.
- + Invite everyone to offer each other "thumbs up," "high fives," and laughter while making eye contact. This will help the group to bond.

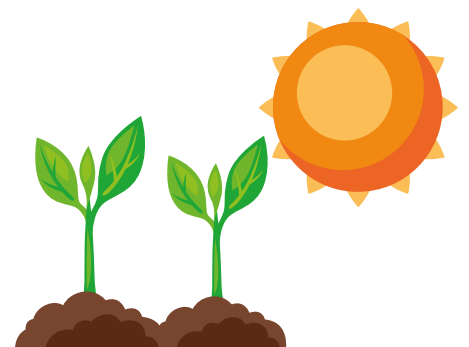
- + To receive the scientifically established benefits of laughter yoga, you will need to laugh frequently for at least 10 to 15 minutes. The laughter should also be loud and deep, like a belly laugh from your diaphragm.
- + Provide a secure, open environment in which people feel comfortable to laugh out loud and completely for lengthy periods of time.
- + Keep water on hand because laughing is thirsty work!

Top tip

- + Some people may simply enjoy seeing everyone act foolish and have a good time. Try laughing while producing animal or vehicle noises.

This is all about giving permission to be ridiculous, have a good time, and laugh your socks off!

Click here to watch a laughing yoga video or use this video in a laughing yoga session.



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://www.instagram.com/NAPAActivitiesCalendar)

April 2nd – National Pet Month



Alexander Smith

"Sweet April's tears / Dead on the hem of May."

Animal Shadows

Puppetry is a pleasant and entertaining activity that allows people to perform and be creative, enabling us to have fun, be silly and express ourselves. You can find out more about the use of puppetry in 'Explore and Inspire creativity into every corner of the home' from the Arts by Post Project – ***Click Here***.

Why not hold an animal puppet shadow performance to celebrate the Year of Creativity?

We've all experimented with light and had a good time building shadow animal. Animal finger shadow puppets can be used to provide a fun, interactive touch to activity sessions. Learn how to make a dog, a deer, a bunny, a butterfly and a variety of other animals. These finger shadow puppets may be used to bring a variety of characters to life.

You will need:

- + Plain wall or plain screen
- + Light
- + Hands
- + Black Card
- + Scissors
- + Wooden stick
- + Glue



What you do:

- + Place one hand between the light and the wall so that the shadow of your hand can be seen clearly.
- + Then, simply by changing the shape of your hand, you can make animals, birds and other characters come to life.
- + Experiment by moving your hands closer and further away from the light source to create special effects.
- + To make the activities more inclusive, use the black card to cut out animal shapes.

- + Stick the card to the wooden sticks and enjoy telling a story using the animals.
- + Make this story even more enchanting by holding it in the garden.

Click here for short stories on animals.

Click here to watch a video on how to create shadow animals using your hands.



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April 3rd – Rainbow Day



Angus Wilson

"April, April, laugh thy girlish laughter, and the moment after, Weep thy girlish tears, April."

Rainbow Tie-Dye

Tie-Dye can create beautiful and unusual individual designs. Each design is unique and unfolding the fabric to see what has been created can be thrilling.

Tie-Dye involves folding, twisting, pleating, or scrunching a piece of material, then binding it with string or rubber bands and applying dye or dyes.

You can Tie-Dye almost anything and change something plain into something spectacular.

You will need:

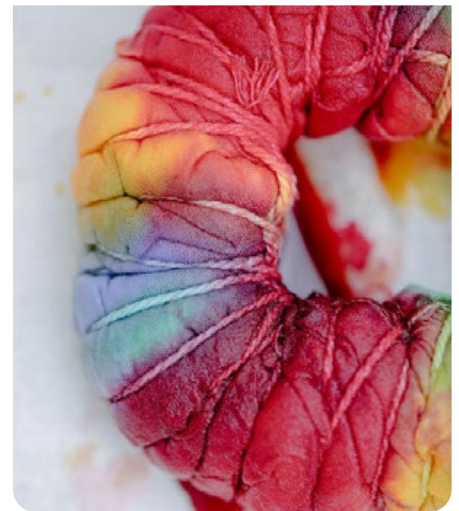
- + Gloves
- + Rubber bands
- + Fabric
- + Water
- + Fabric dye
- + Table cover
- + Zip lock food bags
- + Bottles to squirt the dye onto the fabric. (You can recycle old sauce bottles for this)

What you do:

- + Cover the table or working area with a table cover. You will be working with fabric dye and it can get a little messy and stain. Think about using protection for clothing, too.
- + Pop on the gloves and begin to mix the dyes in the bottles as per instructions.
- + Dampen your fabric with cold water; this will help the dye to stick to the fabric better. You can do it dry, if you wish.



- + Take the elastic bands and begin to be creative by making knots in the fabric. Be imaginative!
- + Once you are happy with the placement of the rubber bands, gather all the material together onto one tight square and then begin to add your colours. It's OK if the dye crosses the lines a little and mixes, as it will make the fabric more interesting. Keep in mind that if you mix some colours together — say orange and green — they will result in a muddy brown colour. You'll have better luck mixing analogous colours (ones that are next to each other in the rainbow).
- + Once you have covered the fabric in dye, then place into the zip lock food bags and leave for 6-8 hours. Overnight works best.



- + Take the fabric and rinse in cold water, until the water is clear.
- + Now for the fun part- remove all the rubber bands to reveal your design! Pop into a washing machine (only with other dyed fabrics) and then hang out to dry.

Top tip

- + You can get really creative and make bunting, tablecloths, napkins, handbags- the list goes on!
- + You can buy tie-dye kits online or from a craft shop.

Click here to watch a video on how to.

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April 4th – National Vitamin C Day



Jean Hersey

"In March winter is holding back and spring is pulling forward. Something holds and something pulls inside of us too."

High or Low in C

We are aware of the numerous benefits of Vitamin C for our body, mind and soul. This vitamin powerhouse not only prevents colds but also benefits us in a variety of ways.

We can find Vitamin C in many forms, from skin care products to supplements. Did you know that Vitamin C from our diet is considered the most effective?

Have a go at the quiz below and see if you can guess which food is high in Vitamin C and which foods are not. Do you notice anything surprising?



One Cheddar Cheese



Two Salad Cress



Three Peppers



Four Eggs



Five Parsley



Six Vinegar



Seven Ham



Eight Kiwi



Nine Almonds



Ten Strawberries

Answers: 1 low / 2 high / 3 high / 4 low / 5 high / 6 low / 7 low / 8 high / 9 low / 10 high

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April 5th – National Caramel Day



Byron Caldwell Smith

"Our spring has come at last with the soft laughter of April suns and shadow of April showers."

Caramel Hot Milk

A hot drink can be just the ticket when the April showers arrive. Enjoy this caramel hot milk drink whilst listening to the rain tap on the windows.

Find a nice view, grab a blanket, snuggle up and relax! Enjoy with a good book or a delicious biscuit!

You will need:

- + 2 cups milk
- + 3-4 tablespoons of sugar
- + 1 tablespoon butter



What you do:

- + Add sugar and butter to a small saucepan over medium heat. As the butter melts, stir to combine with the sugar. Pop the milk in the microwave to warm it up.
- + Caramelize the sugar. Cook to a deep amber, being very careful not to let it burn! Caramelize less if you want a less intense caramel flavour. When the sugar is ready, remove from heat. Add milk in a steady stream as you stir. There will be sizzling but keep stirring.
- + Return to a low heat and don't boil the milk. Continue stirring until all the caramelised sugar has melted into the milk.
- + Pop into your favourite mug and enjoy!



Top tip

Why not top with squirt cream or chunks of caramel fudge!

Click here to discover NAPA Food-based activities guidance.



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April 6th – National Tartan Day



Marty Rubin

"April is the kindest month. April gets you out of your head and out working in the garden."

Easy to Make Tartan

One of the first recorded mentions of Tartan was in 1538 when King James V purchased "three ells of Heland Tartans" for his wife to wear.

Tartan is a woven material, generally of wool, having stripes of different colours and varying in breadth. Each area or community grouping would have a weaver and his tartan would initially become what we now call a District Tartan. Each district soon became identified by which tartan it wore.

Enjoy this craft session and see what personal pattern you could make!

You will need:

- + PVA glue
- + Plastic pockets (which fit in ring binders) – one per person
- + Coloured sheets of tissue paper (vibrant colours are best) – 2 colours



What you do:

- + Spread PVA all over one side of the plastic
- + Tear some of the tissue paper into strips about 2cm (1 Inch) wide and the length of the plastic pocket (approx. 4 of each) which will form the base layer. Then tear some more strips. The same width (2cm / 1 inch but these need to be the same length as the width of the pocket! (approx. 3 of each)
- + Base layer:
 - + Lay the strips down the plastic pocket, alternating colours.
- + Next layer:
 - + Lay the first strip across the plastic pocket, and then, leaving a 2cm/ 1-inch gap, lay the alternate-coloured strip, leave a gap, lay the other colour and so on, 'til you have reached the end.



- + Keep repeating these 2 layers until it is thick enough for what you need; you may have to use extra PVA to make it stick.
- + Leave to dry, and then peel the whole thing off. The PVA soaks through the tissue and makes a solid sheet, so it is relatively durable if used to cover a book, and it will hold together
- + If you want to, cut it into other shapes. You could make photo frames, for example and all sorts of things!

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April 7th – Chocolate Stout Cake Day

Chocolate & Irish Stout Cake

Celebrate with a deliciously rich, Chocolate & Irish Stout Cake recipe from Lakeland Dairies. Can be adapted to muffins or a loaf!.

Cake Ingredients:

Serves 10

- + 250g Lakeland Dairies Unsalted Butter
- + 250g Self-Raising Flour
- + 250g Caster Sugar
- + 120g Lakeland Dairies 100% Dairy Skimmed Milk Powder
- + 40g Cocoa Powder
- + 150g Irish Stout
- + 50g Cola Drink
- + 75g Lakeland Dairies Whole Milk
- + 2 (120g) Eggs, beaten
- + 5g Vanilla Extract
- + 5g Bicarbonate of soda



Cake Method

1. Pre heat the oven to 170 °c
2. Sift the flour, sugar, milk powder, cocoa and bicarbonate of soda in a bowl
3. Gently melt the butter, Irish Stout and cola drink in a pan
4. In a separate bowl combine the egg, milk and vanilla extract
5. Add the wet ingredients to the dry ingredients by mixing the melted butter mix into the flour, followed by the egg mixture
6. Mix thoroughly and pour into a 24cm greased cake tin

7. Cook for 30-40 minutes or until a skewer inserted into the middle of the cake comes out clean.

Cake Topping

Ingredients

- + 150g Millac Gold Double
- + 125g Cream Cheese
- + 75g Icing Sugar
- + 60g Lakeland Dairies 100% Dairy Skimmed Milk Powder
- + 15g Black Treacle
- + Juice of ½ Lemon
- + 75g Mini Marshmallows
- + Cocoa Powder, for dusting

Method

1. Whip all the ingredients together to a firm peak and transfer to a piping bag.
2. Once the cake has cooled, pipe the topping onto the cake and smooth with a palette knife.
3. Decorate with mini marshmallows and dust with cocoa powder.



[Click here](#) to discover NAPA Food-based activities guidance.



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

April 8th – National Zoo Lovers' Day



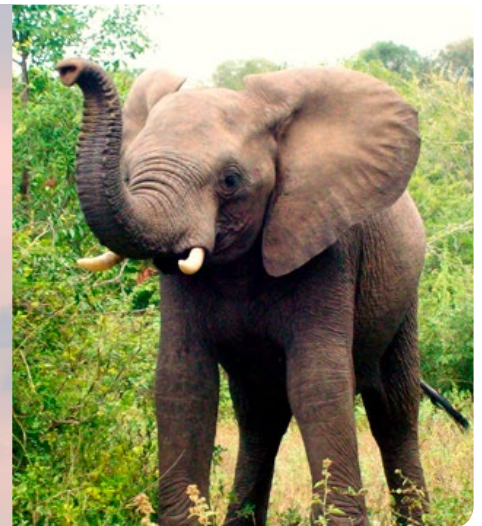
Naguib Mahfouz, "Adrift on the Nile"
"April. Month of dust and lies."

Animal Bingo

We all like a game of Bingo, so for National Zoo Lovers' Day, why not combine zoo animals with Bingo, changing the numbers for zoo animals?! You could create a playlist of animal themed music to make it more interesting!

Try connecting with your local zoo and see if they offer virtual tours, community visits to your setting or zoo visit discounts.

BINGO!



You will need:

- + Access to a computer, printer, and laminator (or use plastic wallets)
- + Bingo markers (wipeable markers are better, so you can reuse the cards)
- + Token prizes for the winners
- + A selection of animal images- print some out and stick them onto A4 plain paper, making sure you have a good selection

- + Printed animal calling cards (laminated them if possible, so they last longer)
- + Glue and Scissors



What you do:

- + Give everyone a Bingo card and a marker.
- + Put the calling cards in a tin with a lid.
- + Either call out the name of the animal or make it more interesting by playing the animal sound.
- + Keep going until someone calls Bingo and give them a prize!

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April 9th – Grand National



Edna St. Vincent Millay

"April comes like an idiot, babbling and stewing flowers."

And they're off!

Since 1839, the Grand National at Aintree has been a British sporting institution. The Grand National is a big event on the racing calendar, and many people enjoy dressing up and attending. It is also broadcast on televisions all over the world.

You can create a fun game, to enjoy a day at the races, winning prizes instead of betting.

Have the individuals you supported been to the races?

Have they ever ridden a horse?

You will need:

- + Horse images
- + Cocktail sticks
- + Plasticine
- + Large tablecloth, ideally green or some large green paper; fake grass would work well.
- + Glue
- + Duct tape
- + Dice or playing cards



- + Name all the horses – think of some interesting and unique names.
- + Take your large green paper or fabric and mark out squares. You ideally need 6 across and 20 down.
- + Don't forget to have a start and finish.
- + Now you are ready to play the game.
- + Roll a dice to move the horses or using playing cards, shuffle and then pull a number out.
- + Everyone starts at the beginning and the first to cross the finish line is the winner.

Top tip

To make the game fun, why not dress up and enjoy a non-alcoholic Pimm's and sandwiches? You could also make a rosette for the winners and some small prizes.

Gambling can be addictive; some individuals might find gambling related activities problematic. Be sensitive and make sure you consider this in your planning and respond appropriately should this be disclosed during the activity.

What you do:

- + Print images of horses from the internet or be creative and design your own.
- + Stick the image to one end of a cocktail stick.
- + Roll plasticine into a ball. Then flatten the bottom to form a strong base.
- + Push the cocktail stick into the plasticine and you should have a horse you can move.



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April 10th – National Siblings Day



English Country Saying

"April weather, rain and sunshine both together."

Create a Mug

Why not make a personalised mug for National Siblings Day? You can write a message or get creative with some lovely images.



You could then enjoy a favourite drink while sitting in the garden and reminiscing.

Individuals who no longer have a sibling could make a mug that reminds them of their sibling.

Individuals without siblings can enjoy making a mug for themselves or a friend.



You will need:

- + A ceramic mug
- + Sharpies, Paint markers or multi-surface paint
- + Rubbing Alcohol
- + Optional – adhesive stencil



What you do:

- + Wash the mug.
- + Clean the mug with rubbing alcohol.
- + Decorate a mug by drawing your design on with a sharpie or paint pen or place your adhesive stencil onto the mug and colour in the stencil or paint the stencil.
- + If using the stencil, carefully remove it from the mug immediately after painting.
- + Cure the art for 1 day.

- + Coat the design with dishwasher safe mug varnish according to package instructions. You can pick these up from a craft shop or online.

Top tip

You could put in some hot chocolate, tea or coffee sachets and top with treats as an extra gift.



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April 11th – Cheese Fondue Day



F. Scott Fitzgerald

"Summer is only the unfulfilled promise of spring, a charlatan in place of the warm balmy nights I dream of in April. It's a sad season of life without growth. It's a sad season."

Easy Cheesy Fondue

Fondue, derived from the French word "fondre," which means "to melt," originated in 18th century Switzerland as a way for farm families to stretch their limited resources during the winter months.

The family could gather around the hearth with some leftover cheese, stale bread and a splash of wine. Bread was only baked on rare occasions in Alpine farm villages, so whatever bread was available was usually stale. The bread softened and became tasty after being dipped in the melted cheese. Fondue evolved from these humble beginnings into a Swiss winter tradition.

Have the individuals you support ever been to Switzerland?

Have they ever tried fondue?

You will need:

- + 2 tbsp cider vinegar
- + Garlic
- + 1 tsp cornflour
- + 250g cheddar, grated
- + 250g gruyère, grated
- + 3 tbsp crème fraîche



What you do:

- + Take a pan and rub the garlic round the inside.



- + Mix the vinegar with cornflour and place in a heatproof bowl with the cheeses.
- + Set over a pan of boiling water. Slowly melt the cheese, stirring occasionally. When it is nearly melted, add the crème fraîche. Lower the heat.
- + To serve, put the cheese fondue in a small heat proof bowl and keep warm by using a stand a tea light. You can buy a fondue set online.
- + Pop your favourite dipping items into the cheese and enjoy!
- + Suggestions for dipping:
- + 4 thick slices bread, such as sourdough, chopped into chunks
- + 2 tbsp olive oil
- + 2 carrots, cut into batons
- + 2 peppers, deseeded and cut into strips
- + 2 celery sticks, thickly sliced
- + 200g pack mini salami or 1 thin salami cut into bite-size chunks

Beware! The cheese can be hot.

You could also make a chocolate fondue for pudding!

Click here to discover NAPA Food-based activities guidance.

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April 12th – The First Union Flag



George Orwell

"It was a bright cold day in April, and the clocks were striking thirteen."

Create a Flag

Have you ever considered how the Union Jack came to be the national flag of the United Kingdom?

When the last Tudor monarch, Elizabeth I, died, the nearest relative was James VI of Scotland. He was Henry VII's great, great grandson through the marriage of Henry's daughter, Margaret Tudor, to James IV of Scotland. Even though Scotland and England were independent sovereign states with their own judiciaries, laws and legislatures, they were both ruled by James in a personal union. They were not politically united until the Act of Union in 1707.

James commissioned a new flag to be used only on Royal forts and castles. It was to combine St. George's red cross on a white background with St. Andrew's white saltire cross on a blue background. The Union Jack was created!



Why not create your own flag?

What would your flag stand for? Maybe your surname, the town you live in or your hobbies.

What colours would you use?

You will need:

- + Card
- + Paints, pens, felt tips
- + Images of other flags

What you do:

- + By looking up images of other flags on the internet, you can learn why they were created.

- + Discuss how you might design your own flag and what it might represent.
- + Begin creating your flag with the card and colours.
- + Why not hold a flag-unveiling tea party or display them in a communal area for all to see once they've been made?



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April 13th – National Scrabble Day



Pablo Neruda

"You can cut all the flowers, but you cannot keep Spring from coming."

Giant Outdoor Scrabble

Why not get outside in the fresh air and enjoy playing a game of Scrabble?

Some people may enjoy this activity with just one other person, while others may prefer a competitive tournament. There will also be some who simply enjoy watching, so be creative!

You will need:

- + Large flat area on the lawn – (or in the lounge, if the weather disappoints)
- + Wooden pegs X 2 per stand (I would suggest keeping it to 4 stands, to include more people)
- + Rope
- + Large box to store the letters
- + 10cm X 10cm wooden cards (you may need to ask a handy person for help with this, or the local timber yard may cut them to size for you) with the letters painted on with black paint
- + Laminated cards, with the letters printed onto them, if you are unable to get wooden cards.

What you do:

- + Drill a hole into the wooden pegs and thread the rope through to create the stand.
- + Arrange benches so people can sit and watch the game unfold.
- + Let the games begin!



Lots of letters!

Here is the breakdown of how many tiles you will need:

2 x J, K, Q, X, Z

3 x B, C, F, H, M, P, V, W, Y

4 x G

5 x L

6 x D, S, U

8 x N

9 x T, R

11 x O

12 x I

13 x A

18 x E



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April 14th – National Pecan Day



Gustav Mahler

*"With the coming of spring,
I am calm again."*

Pecan Pie rolls

Why not combine cinnamon rolls and a pecan pie? Both delights in just one bite! This spiced bake is delicious served warm with a drizzle of icing and a fresh pot of tea!

You will need:

- + 400ml milk
- + 1 cinnamon stick
- + ½ orange, zest only, finely grated
- + 500g strong white flour – plus 4 tbsp and extra for shaping
- + 50g unsalted butter
- + 1 medium egg
- + 50g caster sugar
- + 1 sachet fast-action yeast
- + 1 ½ tsp salt
- + oil for kneading
- + For the filling
- + 5 shortbread finger biscuits
- + 100g pecans, chopped
- + 100g dark brown sugar
- + 3 tbsp maple syrup
- + 2 tsp ground cinnamon
- + 25g butter, chilled or frozen
- + 1 egg beaten, to glaze
- + ½ tbsp golden caster sugar
- + For the icing
- + 5 tbsp icing sugar
- + ½ tsp cinnamon

What you do:

- + Put the milk, cinnamon stick, orange zest and 4 tbsp flour in a saucepan, whisk well and bring to a boil. Take the pan off the heat and add the butter and leave to cool for 10 mins.
- + Pour the milk mixture into a bowl and discard the cinnamon stick. Beat in the egg, sugar and yeast, followed by the remaining flour and salt. Mix to a soft and very sticky dough, cover and leave for 10 minutes.



- + Lightly oil a worktop and knead the dough for 5 mins, then put the dough back in the bowl, cover, and leave the dough to rise for an hour. Heat oven to 220C/200C fan/gas 7. Line the base and sides of a 25cm loose bottomed round cake tin with baking parchment.
- + Put the shortbread biscuits in a food bag and bash with a rolling pin until they're very finely crushed. Tip into a bowl and add the pecans, sugar, maple syrup and cinnamon. Lightly flour the worktop and roll the dough to about 1cm thick. Grate the chilled butter over the dough and distribute evenly. Scatter the pecan mixture over it, roll it up tightly and cut into 2-3cm slices. Lay these cut side up in the tin, cover and leave for 45 minutes. Brush with beaten egg, sprinkle with sugar and bake for 20-25 mins, then cover with foil and bake for another 10 mins. Transfer to a wire rack to cool.
- + While the rolls cool put the icing ingredients in a bowl and slowly add enough water until it becomes the consistency of thick double cream. When the rolls have cooled but are still warm drizzle the cinnamon icing over the top.

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April 15th – National Laundry Day



Hal Borland

"April is a promise that May is bound to keep."

Peg it Out

We all need to wash our clothes, whether we like it or not! For thousands of years, people have washed and dried their clothing. Laundry is now easier than ever before, thanks to the progression of time and mechanical inventions.

Why not use this resource to create a laundry-themed reminiscence session?

You will need:

- + Music
- + Relevant objects – Soap powder, pegs
- + Washing
- + Washing basket

What you do:

- + Consider the available space for the discussion.
- + Play some classic laundry ads
 - + [Click here](#)
 - + [Click here](#)
- + Set up objects on the table for people to touch and hold:
- + Pegs, laundry powder, softener/ fabric conditioner, dryer sheets, hand washing scrubs.
- + Display images over the years of adverts, laundry products.
- + Why not try using clothes to remember how people fold their linen?
- + Collection of washing baskets to hold and feel.



Questions to ask:

- + How did you do your laundry?
- + Did you do it on same day of the week or every day?
- + What Laundry advertisements do you remember?
- + How would you peg your washing out?
- + Did you mix colours?
- + What did you use to do your laundry?
- + Do you remember going to a wash house?
- + When you went on holiday, did you do the washing there or when you got home?
- + Do you have any tips for keeping whites, white?
- + Do you have any "old wives" tales for laundry?

Top tip

Do not leave cleaning products unattended.

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April 16th – World Voice day



William Hamilton Gibson

*"Oh the lovely fickleness of
an April day!"*

Vocal Wordsearch

+ SING
+ CHOIR
+ BEATS
+ SOLO
+ NOISE

+ TENOR
+ LIPS
+ SOPRANO
+ VOCAL CORDS
+ ALTO

+ BREATHING
+ BASS
+ NOTES
+ WARMING UP
+ ACAPELLA



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

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April 17th – Snooker – World Championship



Unknown

"So many mists in March, so many frosts in May."

Snooker Ball Cookies

Enjoy watching the Championship with these delicious home-made Cookies!

Preparation time: less than 30 mins

Cooking time: 10 to 30 mins

Serves: Makes 24 biscuits

You will need:

- + 100g/3½oz unsalted butter, softened at room temperature
- + 100g/3½oz caster sugar
- + 1 medium free-range egg, lightly beaten
- + 1 tsp vanilla extract
- + 275g/10oz plain flour



To decorate:

- + 200g/7oz icing sugar
- + 3-4 tbsp water
- + 2-3 drops food colourings
- + Black food pen

What you do:

- + Preheat the oven to 190C/170C Fan/Gas 5. Line a baking tray with greaseproof paper.
- + Cream the butter and sugar together in a bowl until combined. Beat in the egg and vanilla extract, a little at a time, until well combined, and then stir in the flour and bring together to form a dough.
- + Roll the dough out on a lightly floured work surface to a thickness of 1cm/½in. Using biscuit cutters, cut biscuits out of the dough and carefully place onto the baking tray.
- + Bake for 8-10 minutes, or until pale golden-brown. Set aside to harden for 2 minutes, then cool on a wire rack.
- + For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring. Leave enough plain white icing to decorate.
- + Carefully spread a colour icing onto the biscuits using a knife and set aside until the icing hardens.
- + Once hard, take some white icing and make a circle in the middle; set aside to go hard.
- + Using the black food pen, pop a number in the centre of the white icing.
- + Enjoy!

Click here to discover NAPA Food-based activities guidance.

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April 18th – National Garden Month



Rainer Maria Rilke

"It is spring again. The earth is like a child that knows poems by heart."

Handmade Stepping Stones

Nothing says spring like the sun on your face, fresh air in your lungs and a soft breeze in your hair.

As we walk into the garden as it awakens, it's time to begin brightening up the space after the winter's hibernation. Why not have a little fun creating these lovely stepping stones to place throughout the garden?

Handprints or other things can be imprinted on the stepping stones. You may create a theme or keep them unique.

You will need:

- + Air drying clay
- + Rolling pin
- + Objects, if printing
- + End of a paintbrush
- + Varnish



What you do:

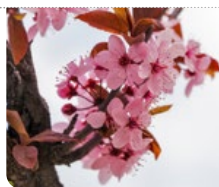
- + Take your air drying clay and roll out to the size of a plate. The thickness needs to be around 5cm.
- + Decide what you would like to print into your steppingstone- you could use your hands, feet, leaves or pasta shapes.
- + Once you have your imprint, you can add a word or quote using the end of a paint brush.
- + Once you are happy with your design, let it dry for at least 24hrs.
- + Once it is dry, varnish and leave to dry for another 24hrs.

- + Once everything is dry, pop it into your favourite spot in the garden.
- + If you are feeling creative, you could also paint them or add beads.



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April 19th – National Garlic Bread Day



Harriet Prescott Spofford

*"A gush of bird-song, a patter of dew
/ A cloud, and a rainbow's warning /
Suddenly sunshine and perfect blue /
An April day in the morning."*

Garlic Cheese Scones

Enjoy making these yummy garlic and cheese scones, a twist on normal garlic bread!



You will need:

- + 350g self-raising flour
- + 1 tsp baking powder
- + 100g unsalted butter, diced and chilled
- + 150g cheddar, grated (plus a little extra for topping)
- + 6 rashers of streaky bacon, cooked until crisp and then diced
- + 75g wild garlic, finely chopped
- + 2 tsp fennel seeds
- + 2 tsp paprika
- + 150ml whole milk
- + 2 large eggs

What you do:

- + Line a baking tray with parchment paper and preheat the oven to 190C or gas mark 5. In a large bowl, mix together the flour, baking powder and ½ tsp salt.
- + Toss the butter through the flour and then using your hands or a pastry blender rub in the flour until the butter is in irregular sized pieces, no larger than peas.
- + Mix in the cheddar, bacon, wild garlic, fennel seeds and paprika, making sure the flavours are evenly distributed.
- + Combine the milk and eggs in a mixing bowl, then pour into the centre of the scone mixture and mix with a butter knife to produce a shaggy dough.

- + Place the dough on a well-floured work surface and pull it together to shape a smooth dough. Roll or press out to a thickness of about 2.5cm on a lightly floured work surface.
- + Cut out as many scones as possible with a 7cm round cookie cutter. To cut out the remaining few scones, gently re-knead the off cuts. Place the trays in the oven to bake.
- + Using a little additional beaten egg or a splash of milk, lightly brush the tops of the scones and sprinkle with a few extra fennel seeds, paprika and a little extra cheese.
- + Bake in the preheated oven for 25 mins or until golden on top.
- + Once cool, enjoy!

Click here to discover NAPA Food-based activities guidance.



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April 20th – Banana Day



John Clare

"Old April wanes, and her last dewy morn / Her death-bed steeps in tears; to hail the May / New blooming blossoms 'neath the sun are born / And all poor April's charms are swept away."

Chocolate & Custard Banana Trifle

Celebrate Banana day with a scrumptious Chocolate & Custard Banana Trifle recipe from Lakeland Dairies. This recipe can be fortified using Lakeland Dairies skimmed milk powder.

Trifle Ingredients:

Serves 10

- + 40g custard powder
- + 25g sugar
- + 600ml Lakeland Dairies skimmed milk powder, prepared according to pack directions
- + 4 large bananas, sliced
- + 270g chocolate Swiss roll
- + 600ml Roselle Chocolate Dessert Whip, prepared according to pack directions but using 400ml of Millac Gold Double plus 200ml of water
- + 600ml Millac Gold Double, whipped into peaks
- + Grated chocolate



- + Slice the bananas and cut each chocolate Swiss roll into 10 slices.
- + Cover the base of a large serving dish or tray with the sliced Swiss roll.
- + Add a layer of prepared Roselle Chocolate Dessert Whip, then the slices of banana and the cooled custard as the next layer.
- + To finish, top with the whipped Millac Gold Double and sprinkle with grated chocolate.

Click here to discover NAPA Food-based activities guidance.



Method:

- + Mix together the custard powder and sugar and add a little prepared Lakeland Dairies Skimmed Milk Powder first to make a paste, before adding the remainder.
- + Heat in a pan over a medium heat until the custard thickens. Allow to cool and thicken (chill in the refrigerator if you have time).



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April 21st – National Tea Day



Patience Strong

*"When March comes in like a lion
it goes out like a lamb."*

Let's Waltz

There is nothing like a waltz to accompany afternoon tea on National Tea Day!

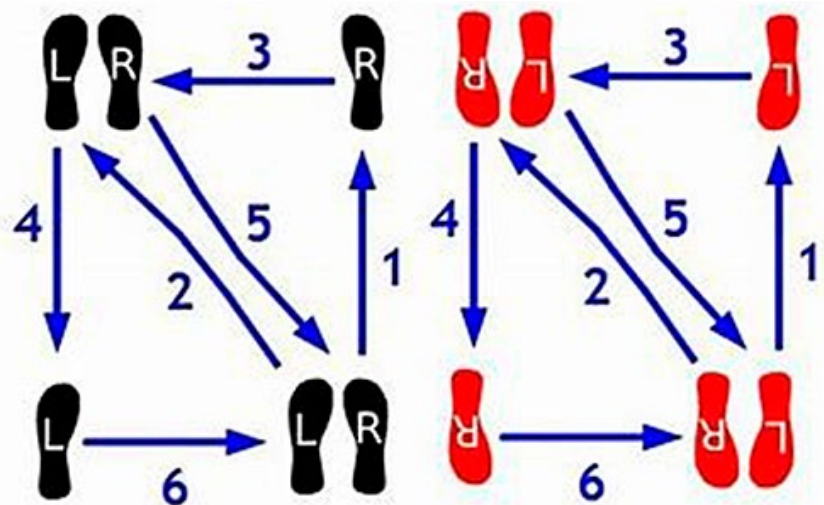
When dancing a waltz, someone needs to lead and someone needs to follow. Enjoy learning or demonstrating how to waltz at a tea dance with these instructions:

Dancer one:

1. Step forward with the left foot
2. Right foot, step sideways to the right
3. Bring your left foot next to your right foot
4. Step back with the right foot
5. Step back sideways with the left foot
6. Bring your right foot next to your left foot

Dancer two:

1. Step back with the right foot
2. Left foot, step sideways to the left
3. Bring your right foot next to your left foot
4. Step forward with the left foot
5. Step forward sideways with the right foot
6. Bring your left foot next to your right foot



Once you've mastered the basic box step, it's time to start rotating that box. It will usually be rotated to the left (anticlockwise), so it's called the Left Box Turn. With each half box, you turn 1/4 of the turn to the left. After two boxes (or four half boxes) you will complete the turn and end up where you began. Then start all over again.

Continue with basic progressive. Here, dancer one, will always be moving forwards and dancer two backwards. This will enable you both to move around the dance floor instead of just dancing on the spot.

If the steps get mixed up, just laugh!





William Hamilton Gibson

"Oh the lovely fickleness of an April day!"

April 22nd – Orthodox Good Friday

Red Greek Easter Eggs

Traditionally, the egg is seen by Christians as a symbol of life, resurrection and rebirth—a hard shell holding a new life within. In the Orthodox religion, it is not an authentic Easter celebration without eggs that have been dyed a deep, dark, vibrant red.

The exact meaning behind the eggs varies depending on who you ask. Some observers of the Orthodox religion believe that Mary Magdalene shared cooked eggs with those holding vigil at the tomb of Jesus.

Easter eggs are dyed red to represent the blood of Christ, the shell symbolizes the tomb, and the eggs are cracked to show his resurrection from the dead. Celebrants of Greek Easter may play a game called tsougrisma where two players hold red eggs (kokkina avga), taking turns tapping or clinking the other's egg and trying to crack their opponent's egg while leaving their egg whole. While cracking the eggs, one person says, "Christos Anesti" (Christ has risen!), while the other person says, "Alithos Anesti" (Indeed he has risen!), symbolizing Christ's emergence from the tomb.



You will need:

- + One dozen hard-boiled eggs
- + 1-ounce red food colouring or one sachet of Greek red food dye
- + Six cups warm water
- + 3 tablespoons distilled white vinegar
- + Oil for polishing (optional)

What you do:

- + Combine dye or food colouring, six cups of warm water, and the vinegar in a glass jug or bowl and stir well. If you are using dye, make sure it dissolves completely.
- + Carefully submerge each egg into the water. Let stand until deep red, about 2 hours. Lightly rinse eggs under running water and allow to dry on a paper towel-lined plate.
- + If you want the eggs to have a shiny finish, polish the eggs with paper cloth and vegetable oil.



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April 23rd – St George's Day



Unknown

"April Fools gone past, and you're the biggest fool at last."

History of the St George Cross

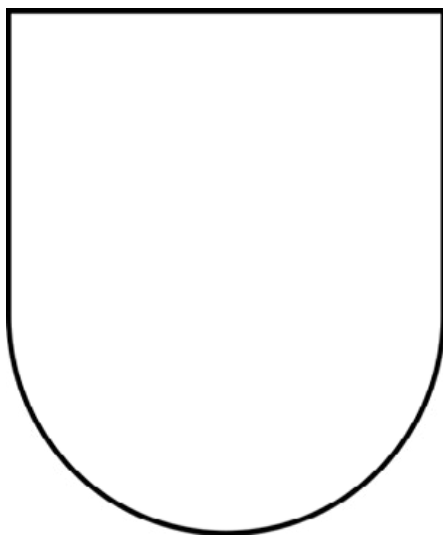
In heraldry, the Cross of Saint George is a red cross on a white background, which from the Late Middle Ages became associated with Saint George, the military saint, often depicted as a crusader.

This cross is used in many coats of arms, including that of the City of York. York's coat of arms is a shield

with St George's Cross on it and five lions who are walking ('passant') with their heads turned to face the viewer ('guardant'). Sometimes, the shield is shown with a Civic Sword and Mace, representing the city's powers of self-government and topped with a cap ('chapeau'), symbolising the mayor's right to bear the Sword and Mace. Why not see what your family crest could look like, based on your own family characteristics?

You will need:

- + A template
- + Pencils
- + Colour materials



What you do:

- + Enter your family name & motto. (Don't have a motto? Be creative!)
- + Select a background for your crest.
- + Choose your crest's first colour/symbol, based on your family attributes or characteristics.
- + Choose your crest's second colour/symbol, based on your family attributes or characteristics.
- + Choose a shield based on the characteristics.
- + Choose an icon based on the characteristics.
- + Enjoy your new family crest!

Coat of arms history:

Traditional family crests stemmed from heraldic arms, also known as coats of arms. Heraldic arms were common throughout Europe in the Middle Ages (the 1000 years between the 5th and the 16th century).

Historically, heraldic arms were designs belonging to a particular person or group of people and were used by knights and noble men for identification in battle. A coat of arms is traditionally hereditary and passed from father to son or from wife to daughter.

In times past, your family ancestors would have approached a heraldic artist or officer of arms to design your family crest. Your ancestors would have chosen attributes of your family for the officer of arms to depict in the family crest. These attributes would tend to have been depicted through various shield designs, colours and symbols, such as animals and plant designs.



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAAActivitiesCalendar](https://www.instagram.com/napaactivitiescalendar)

April 24th – National Skipping Day



W. H. Gibson

*"Oh, the lovely fickleness
of an April day!"*

Creative Writing

Use photographs to prompt a conversation and create a story.



Here are some suggested questions to prompt your conversation:

- + What year do you think this photograph could have been taken?
- + Where in the country or world do you think it is?
- + What day and time is it?
- + Can you tell me what names we should give to the individuals?
- + Are they friends or relatives?
- + What do you think they are doing?
- + Do you think they are singing?
- + What can you see around them?
- + Did you like to skip?

You can use the questions as conversation starters. Write down the answers and memories as they are shared. Use the notes to form the basis of the story and ask for other ideas. Read the story aloud and edit it together, letting the story evolve. Take your time!

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April 25th – Anzac Day



Mehmet Murat ildan

"The most beautiful springs are those that come after the most horrible winters!"

Anzac Biscuits

Anzac Day is a day of remembrance for soldiers who served in the Australian and New Zealand armed services during World War I. It's one of the most important national holidays, allowing people to honour the bravery, skill and heroism of all those who have served and sacrificed their lives in the military.

A favourite Anzac Day pastime is making your own biscuits. During WWI, soldiers' families would send care packages to their loved ones, and because any food they sent had to be nutritious and resistant to rotting, biscuits became a popular item to include in these gifts.

Why not make these traditional Anzac biscuits and discover more about the day? [Click here](#).

You will need:

- + 85g porridge oat
- + 85g desiccated coconut
- + 100g plain flour
- + 100g caster sugar
- + 100g butter, plus extra butter for greasing
- + 1 tbsp golden syrup
- + 1 tsp bicarbonate of soda



What you do:

- + Heat oven to 180C/fan 160C/gas 4. Put the oats, coconut, flour and sugar in a bowl.
- + Melt the butter in a small pan and stir in the golden syrup.
- + Add the bicarbonate of soda to 2 tbsp boiling water, then stir into the golden syrup and butter mixture.
- + Make a well in the middle of the dry ingredients and pour in the butter and golden syrup mixture. Stir gently to incorporate the dry ingredients.

- + Put dessert spoonfuls of the mixture on to buttered baking sheets, about 2.5cm/1in apart to allow room for spreading.
- + Bake in batches for 8-10 mins until golden.
- + Transfer to a wire rack to cool.

[Click here](#) to discover NAPA Food-based activities guidance.



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April 26th – Lesbian Visibility Day



William Cowper

"But it is a sort of April-weather life that we lead in this world. A little sunshine is generally the prelude to a storm."

Acrostic Poem

It is important to provide safe spaces for LGBT+ people to spend time with partners, friends and chosen family.

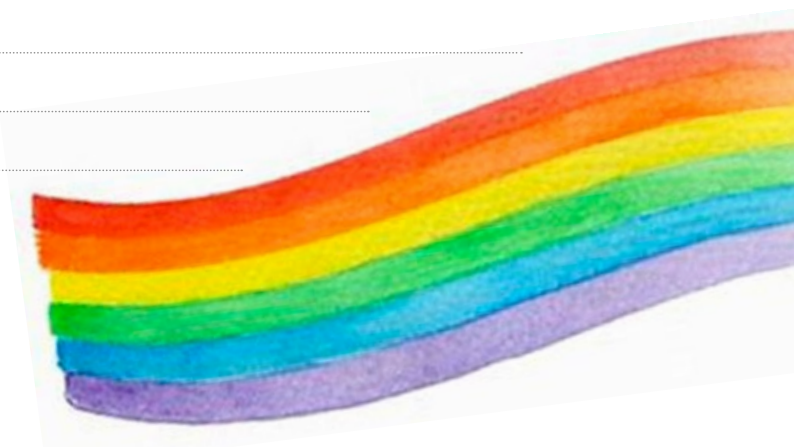
Here we offer some suggestions, that we hope will help you to plan a session, group or event to engage LGBT+ residents or to raise awareness of LGBT+ issues in your setting.

Use the Acrostic Poem to raise awareness for Lesbian Visibility Day.



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Click here to read guidance and resource LGBT+ related.



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April 27th – National Garden Month



L.M. Montgomery, "Anne of Ingleside"
"Snow in April is abominable," said Anne. "Like a slap in the face when you expected a kiss."

Let's Compost!

Why not make composting waste the centrepiece of National Garden Month.

What kinds of things can you compost? Anything you put in your compost bin should be natural, such as fruit and vegetable peel, coffee grounds, eggshells, paper, garden clippings, and even tea bags, because compost is used to nurture plants and fortify the soil.

There are numerous advantages to composting. It saves money and resources and can enhance your soil while also lowering your environmental impact. This will be a fantastic garden project for your garden club.



You will need:

- + Spade or rake
- + Strong wooden pallets (four)
- + Sturdy wooden stakes (six)
- + Sledgehammer
- + Bow saw
- + Strong wire

What you do:

- + Clear the space where you'll put the compost bin and, if necessary, use a shovel or a rake to level the ground. The bin must be placed on bare soil rather than paving.
- + To make the back edge of the compost bin, stand a pallet on its long edge. Push a stake through the two layers of the pallet at each end, driving it firmly into the ground – about 20-30cm deep – with a mallet.

- + To build the sides, place the next two pallets at right angles to the first, butting the corners tightly together to prevent compost from overflowing through the gaps.
- + Wire the pallets together at each corner to keep the superstructure steady. With a bow saw, trim the stakes' tops.
- + To build a gate, wire the last pallet to the front of the right side pallet; you'll need to open it to get to the compost.
- + Now it's made, let's start to fill it – you will be surprised at what can go into the compost bin!



What can be composted:

- + Grass cuttings
- + Soft prunings
- + Annual plant and weed remains before they have set seed
- + Fruit and vegetable scraps
- + Old cut flowers
- + Tea bags and coffee grounds
- + Cardboard (torn up)
- + Newspaper
- + Paper bags and scrunched up paper
- + Straw

Top tip:

Cover your bin with carpet to keep it warm – this will help to speed up the composting process. And check that it is moist – you may need to water it lightly in warm weather.

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April 28th – Great Poetry Reading Day



Peggy Toney Horton, "Stop the World and Get Off"

"Although I was born in April, I'm quite certain I was not fully awake until October."

Give a Tasty Poem!

Poetry appears to be one of the earliest reported art forms. It was used to communicate historical facts, culture and traditions in ancient times.



Poetry is easier to memorise and retain than other forms of literature, as it follows a specific format.

We all enjoy a good dish, so why not write a poem that you can eat?

Create a poem using the names of your favourite chocolate bars or treats.

You will need:

- + Paper
- + Pens or markers
- + Small fun size chocolate bars or sweets with the name across the front
- + Glue

What you do:

- + Pick the chocolate or sweets the person enjoys; we recommend around 5.
- + Look at the words and get creative adding them into a poem – here is an example:
- + I just wanted to take the Time (Chocolate) to Whisper (chocolate) we think you're out of this Galaxy (chocolate) and I would need a Flying Saucer (sweets) to even compare to you and your amazing Bounty (chocolate) of kindness!

- + Once you have your poem, write it out and glue your sweets or chocolate bars in place.

- + Now give your tasty poem away!

Top tip

To make this activity inclusive, you can use fruit or vegan and diabetic chocolates.

Click here to discover NAPA Food-based activities guidance.

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April 29th – International Dance Day



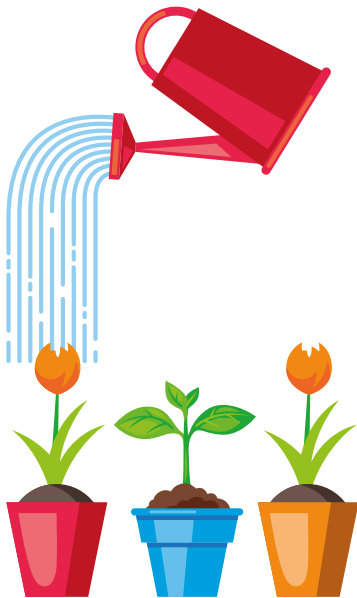
William Cullen Bryant

*"There is no glory in star or blossom
till looked upon by a loving eye; There
is no fragrance in April breezes till
breathed with joy as they wander by."*

Dance Picture Quiz

What better way to celebrate International Dance Day, than by watching some classic movies? Enjoy joining in! Can you name some of these iconic movies?

**Which is the most popular movie?
Choose the winner
and hold a movie
evening!**



Answers: 1 Hello Dolly / 2 Cabaret / 3 Chitty Chitty Bang Bang / 4 The King and I / 5 7 Brides For 7 Brothers / 6 Singin' in the Rain / 7 My Fair Lady / 8 The Wizard of Oz / 9 Fiddler on the Roof / 10 The Blues Brothers / 11 The Sound of Music / 12 The Rocky Horror Picture Show / 13 Grease / 14 West Side Story / 15 Willy Wonka & The Chocolate Factory / 16 Moulin Rouge / 17 Oliver! / 18 Bugsy Malone / 19 The Commitments / 20 Annie

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April 30th – National Garden Month



Unknown

"Why are people so tired on April 1st? Because they just finished a 31-day March."

Make A Bird House

Spring is the ideal time of the year to start feeding and watching the birds in your garden.

Making recycled bird feeding stations is an excellent way to reduce waste, while also benefiting local wildlife.

This resource is divided into two activity sessions: the first is for crafting, and the second is for keeping an eye on and replenishing the regular supply of bird food or pecan nuts!

You will need:

- + Used can with plastic lid (coffee or cocoa, for example)
- + Tin opener
- + Craft paint
- + Paintbrush
- + Scissors
- + Duct tape
- + Wool
- + Birdseed



What you do:

- + Clean and open your can with a can opener.
- + Cut the coffee can's plastic lid in half.
- + Paint your coffee can lid halves. Let dry.
- + Decorate your can with colourful duct tape. Tips: Layer the tape on top of each other to create different widths.

- + Cut wool or ribbon at your desired length. Thread it through the middle of your can. Place the half lid on either ends of the can.

- + Fill your can with birdseed and hang outside.



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