



www.napa-activities.co.uk

[@napalivinglife](https://twitter.com/napalivinglife)

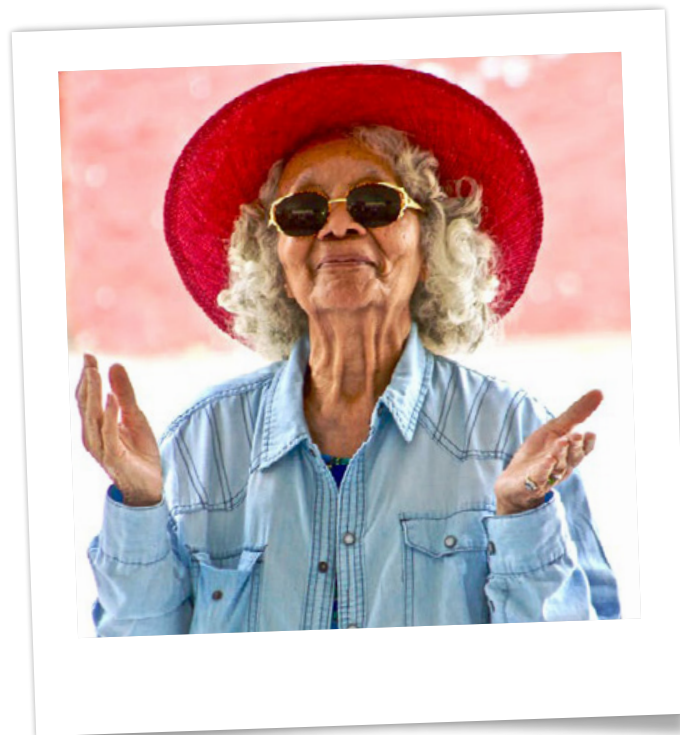
facebook.com/NAPAlivinglife



Prioritising Wellbeing

NAPA Activities Calendar *for every day of the year*

February 2022






February 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 February dates:

Sunday 13th February

- + BAFTA Awards

Monday 21st February

- + International Mother Language Day

Sunday 27th February

- + International Polar Bear Day

Friday 4th – Sunday 20th February

- + Winter Olympics



LGBT+ History Month

February is LGBT History Month, a chance to bring the often-overlooked experiences of LGBT Individuals to light. This LGBT History Month, let's all play our part in creating a future where LGBT people are free to be themselves. [Click Here](#) to download helpful resources and activity ideas for LGBT History Month from the NAPA website.



Helpline

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

For many of us, a new year inevitably brings up the topic of new activities and project ideas.

But where do we all get our inspiration? How do we remain creative?

These are questions that NAPA has been asked many times and recently we have even asked ourselves as we worked on our own renovation project and launched the new NAPA website and digital platform for NAPA members, The Shed.

We are always on the lookout for creative ideas and tend to find them by listening to our members and brainstorming ideas between ourselves. We find that creating new ideas is a team effort and the more we work together, the more creative we become!



This year, we have decided to make Creativity and Creative approaches our focus and we invite you to exchange your ideas and participate in all NAPA will have to offer during our Year of Creativity.

This calendar is full of creative approaches, and we hope you will feel inspired to create and share your ideas with each other in the NAPA Facebook group. **Join Here.**

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 fingertips!



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 the wellbeing of people 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)



John Boswell

"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour."

Hello “y mis bach” which means “little month.”

As we welcome February, we welcome the last winter month in the Northern Hemisphere and the last summer month in the Southern Hemisphere. The Romans would call this month “Februa” which would signal the Roman ritual of cleansing and fertility on the winter’s last Full Moon.

The daylight is still short, and the cold wind blows in the snow, but February signals times of hope and with bright red colours. For many individuals, February will be a time of celebrating new opportunities at Chinese New Year and for others, celebrating love on Valentine’s Day.

February is also the shortest month in the Gregorian calendar; 28 days in common years or 29 in leap years. There’s a lot of history behind this month of cleansing, celebrating and love!



Interesting Facts:

- + If you were born in February, your birthstone is an amethyst and your flower is a primrose.
- + Between the North and South Hemispheres, February is the equivalent of August.
- + The Saxons called February “Sol-monath” which means “cake month” because they would offer cakes to the gods during February.
- + February is one of the most frequently misspelled words in the English language-ven the White House has misprinted the word “February” before in a press release!
- + February is the only month where it’s possible to go th entire time without having a full moon.
- + The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a “leaper” or “leapling.”
- + February, March and November always start on the same day of the week unless it is a leap year.
- + February was the last month to be added to the Roman calendar, following behind January. Traditionally, calendars used to run from March to December.
- + On February 8th, 1952, Queen Elizabeth II ascended to the throne – and she’s reigned there ever since!
- + Valentine’s Day was first celebrated around the year 1500.



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



+ **'Weatherland'** by Alexandra Harris – [Click here](#)

+ **'In Other Words'** by Jhumpa Lahiri – [Click here](#)

+ **'The Book of Memory'** by Petina Gappah – [Click here](#)

+ **'Every Song Ever'** by Ben Ratliff – [Click here](#)

+ **'What Lies Between Us'** by Nayomi Munaweera – [Click here](#)

+ **'Ways to Disappear'** by Idra Novey – [Click here](#)

Music



+ **'Xmas In February'** by Lou Reed – [Click here](#) to listen

+ **'February Stars'** by Foo Fighters – [Click here](#) to listen

+ **'February'** by The Waifs – [Click here](#) to listen

+ **'My Funny Valentine'** by Frank Sinatra – [Click here](#) to listen

+ **'Learn How To Sing the Chinese New Year Song'** – [Click here](#) to listen

+ **'So in Love'** from 'Kiss Me, Kate' – [Click here](#) to listen

Films



+ **'Casablanca'** – [Click here](#)

+ **'Groundhog Day'** – [Click here](#)

+ **'The Great Lie'** – [Click here](#)

+ **'My Living Doll'** – [Click here](#)

+ **'Born Free'** – [Click here](#)

+ **'Mars Needs Women'** – [Click here](#)

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](#)

The Studio (continued).



Poems



- + **'A Happy Man'** by Edwin Arlington Robinson – [Click here](#)
- + **'Character of the Happy Warrior'** by William Wordsworth – [Click here](#)
- + **'Happy the Lab'Erer'** by Jane Austen – [Click here](#)

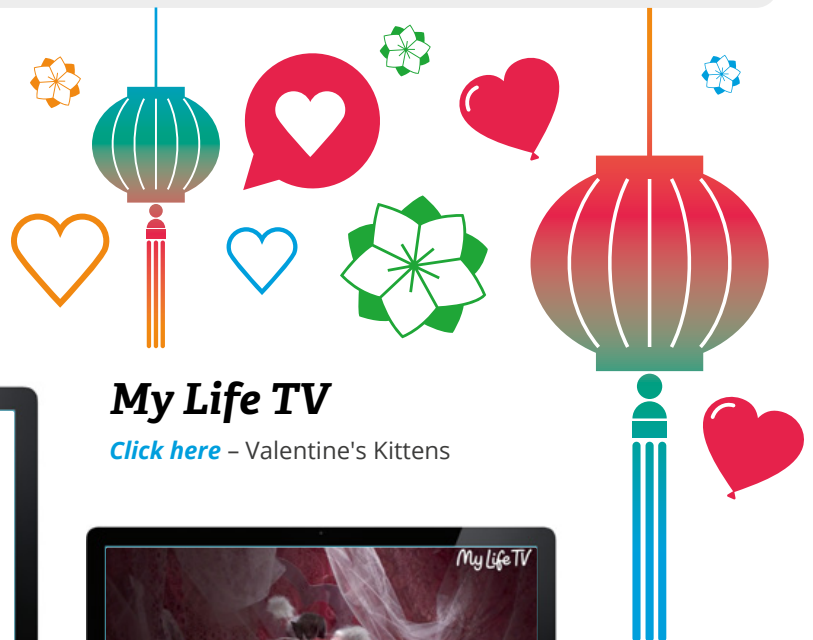
- + **'Happy'** by Colette Dright – [Click here](#)
- + **'Stay Happy'** by Avik Datta Gupta – [Click here](#)
- + **'Be Happy in The Now!'** by AiR Atman in Ravi – [Click here](#)

Gallery



- + **'Winter Scene on a Frozen Canal'** by Hendrick Avercamp – [Click here](#)
- + **'Hunters in the Snow'** by Pieter Bruegel the Elder – [Click here](#)
- + **'Four Seasons: Winter'** by Francois Boucher – [Click here](#)

- + **'The Sea of Ice'** by Caspar David Friedrich – [Click here](#)
- + **'Winter Landscape'** by Wassily Kandinsky – [Click here](#)
- + **'The Forest in Winter'** by Sunset by Théodore Rousseau – [Click here](#)



My Life TV

[Click here](#) – Valentine's Kittens

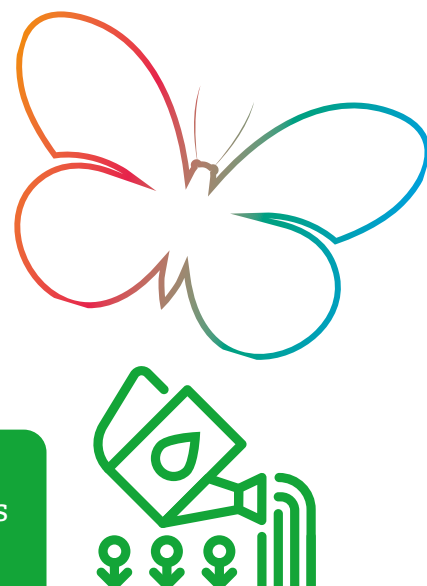


[Click here](#) to find out about subscribing to My Life TV

Breath of Fresh Air

February is 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 :

- + Prune apple, pear and other fruit trees.
- + Clean pots and greenhouses ready for spring.
- + Recycle your Christmas tree by shredding it for mulch.
- + Plan new areas or building projects, including what needs repainting in the spring.
- + Keep placing food and water outside for the wild birds.
- + Plan your vegetable crop for next year.
- + Turn over your compost pile.

What to plant :

- + Sow broad beans in pots in mild areas, placing them in a cold frame or unheated greenhouse.
- + Sow onion seed in a heated propagator.

- + Sow seeds indoors for early crops e.g., lettuces, cabbages and cauliflowers, spinach, salad onions and turnips.

Outdoor activities :

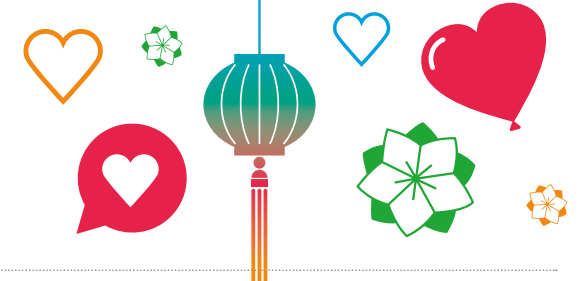
- + **Star gazing;** on a dark evening, wrap up, sit outside with a hot drink, look at the stars.
- + **Play eyespy!** This classic game helps you to sit and spot things around you.
- + **Garden Hunt.** Take images of objects in the garden and copy them onto paper. Encourage people to go outside and find them, ticking them off the list!
- + **Make a kite.** We all love to fly a kite so why not design your very own and try flying it in the February wind!
- + **Tree rubbing.** This simple but fun activity encourages people to find trees and take prints using paper and a wax crayon or coal.

Flower of the month Primrose



The NAPA Activities Calender – February 2022

<p>Tue 1 February</p> <p>i Chinese New Year</p> <p>R Acrostic Poem</p>	<p>Wed 2 February</p> <p>i World Read Aloud Day</p> <p>R Make a Bookmark</p>	<p>Thurs 3 February</p> <p>i National Carrot Cake Day</p> <p>R Creative Carrot Cake</p>	<p>Fri 4 February</p> <p>i Opening of the Winter Olympics</p> <p>R T-Shirt comp</p>	<p>Sat 5 February</p> <p>i Six Nations Rugby</p> <p>R Shamrock Drink</p>	<p>Sun 6 February</p> <p>i Waitangi Day</p> <p>R Korowai</p>	<p>Mon 7 February</p> <p>i Charles Dickens' Born</p> <p>R Creative Writing</p>
<p>Tue 8 February</p> <p>i National Boy Scouts Day</p> <p>R Be Prepared</p>	<p>Wed 9 February</p> <p>i National Pizza Day</p> <p>R Microwave Mug Pizza</p> <p>NAPA Workshop: Person Centred Activity Programme Planning</p>	<p>Thurs 10 February</p> <p>i National Embroidery Month</p> <p>R Easy Embroidery</p>	<p>Fri 11 February</p> <p>i National Guitar Day</p> <p>R Become a "Cereal" Guitarist</p>	<p>Sat 12 February</p> <p>i Charles Darwin's</p> <p>R Which Seed Grows Which leaf?</p>	<p>Sun 13 February</p> <p>i World Radio Day</p> <p>R Radio Ga Ga</p>	<p>Mon 14 February</p> <p>i Valentines Day</p> <p>R Love In a Box</p>
<p>Tue 15 February</p> <p>i Chinese Lantern Festival</p> <p>R Easy Chinese Lantern</p>	<p>Wed 16 February</p> <p>i First Cheque Used 1659</p> <p>R Let's Talk Money!</p> <p>Planning Activities, Events and Celebrations</p>	<p>Thurs 17 February</p> <p>i Random Acts of kindness Day</p> <p>R Kindness Rocks</p>	<p>Fri 18 February</p> <p>i Pluto first spotted 1930</p> <p>R Build a Telescope</p>	<p>Sat 19 February</p> <p>i National Chocolate Mint Day</p> <p>R Chocolate Peppermint</p>	<p>Sun 20 February</p> <p>i Closing of the Winter Olympics</p> <p>R Table Top Curling</p>	<p>Mon 21 February</p> <p>i Fairtrade Fortnight</p> <p>R Coffee and Music</p> <p>NAPA Support & Share Network</p>
<p>Tue 22 February</p> <p>i Engineers Week</p> <p>R Wordsearch</p> <p>Tea Tuesday</p>	<p>Wed 23 February</p> <p>i National Dog Biscuit Day</p> <p>R Treats for your Furry Companions</p> <p>Basic Risk Assessments</p>	<p>Thurs 24 February</p> <p>i National Toast Day</p> <p>R Rainbow Toast</p>	<p>Fri 25 February</p> <p>i Carnival of Brazil</p> <p>R Brazilian Carnival Headdress</p>	<p>Sat 26 February</p> <p>i Johnny Cash Born</p> <p>R Johnny's Cookies</p>	<p>Sun 27 February</p> <p>i 94th Oscars</p> <p>R Golden Glasses</p>	<p>Mon 28 February</p> <p>i Day of Finnish culture</p> <p>R Learn About Finland</p>



February 1st – Chinese New Year



Clive Barker

"The great grey beast February had eaten Harvey Swick alive."

Acrostic Poem

This holiday is sometimes called the Lunar New Year because the dates of celebration follow the phases of the moon. This week of relaxation has been designated Spring Festival, a term that is sometimes used to refer to the Chinese New Year in general.

Can you say "Happy New Year" in Chinese?

"Gung Hei Fat Choi" – **Click here** to sing the Chinese New Year song

There are many interesting traditions associated with the culture and history of the Chinese New Year, for example, on the stroke of midnight, doors and windows open to encourage the old year out, people wear red clothes, decorate poems on red paper and give children "lucky" money in red envelopes. Red symbolises fire, which traditionally was believed to prevent bad luck.

Discover interesting facts and create your own acrostic poem using the words below.

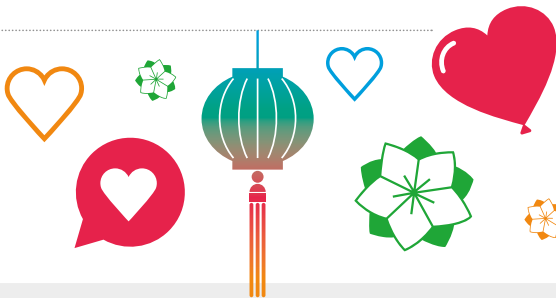
This is the Year of the Tiger.



C
H
I
N
E
S
E

N
E
W

Y
E
A
R



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)



J.R. Stockton

"February is merely as long as is needed to pass the time until March."

February 2nd – World 'Read Aloud' Day

Make a Bookmark

You can almost guarantee, if you buy a second-hand book or borrow one from a library, someone will have folded the page corners. If you have a shared reading space or a book swap shop in your care setting or amongst friends, why not supply each book with its very own bookmark?!

This fun craft session will create beautiful bookmarks which you can place in each book, give as a gift, or even sell to raise funds.

You will need:

- + Stiff paper or card
- + Hole puncher
- + Pens, paint, images, stamps – anything to use for decoration
- + Scissors
- + Laminate pouch
- + Laminator
- + Hole punch (optional)
- + Beads (optional)
- + Thread (optional)



What you do:

- + Start by cutting the shape you would like the bookmark to be. You can create a simple shape of a rectangle, or you could be creative and cut a feather, star or moustache!
- + Once you have the shape, you can then decorate it by painting, drawing or using collage. Make sure the decoration you use is flat.
- + Once you have decorated your bookmarks, place them into a laminate pouch. You can fit a few into one pouch but make sure you leave room to cut around each one after you have laminated them.
- + Now laminate them and then cut round each one as close to the bookmark as you can.
- + If you'd like to, you can now take the hole punch and make a small hole in the top right corner of your bookmark.
- + Take a length of the thread the full size of the bookmark and double it up. Pop it through the hole.
- + Now add the beads, maybe 2 or 3 onto the end of the thread and tie loosely.
- + Your bookmark is now ready to use!



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://twitter.com/NAPAAActivitiesCalendar)

February 3rd – National Carrot Cake Day



William Shakespeare

"Good morrow, Benedick. Why, what's the matter? That you have such a February face so full of frost, of storm and cloudiness?"

Creative Carrot Cake

During the Second World War, many of our favourite foods needed to be rationed. It was difficult to find the necessary ingredients needed to cook or bake using a ration book.

People became resourceful and would adapt recipes to include homegrown produce. One of the biggest challenges when baking was locating enough sugar. Sugar was rationed to 8oz (230g) per week. However, people soon realised that carrots could be used to naturally sweeten cakes and biscuits. The sweetness of the carrots replaced some of the sugar needed in the original recipes.

Why not bake this scrumptious carrot cake and enjoy with a pot of loose-leaf tea?



You will need:

- + Mixing bowl
- + Wooden spoon
- + Lined baking tin
- + Cooling rack
- + 230g self-rising flour
- + 85g margarine or cooking fat
- + 85g sugar

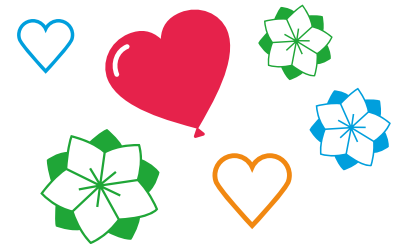
- + 115g finely grated carrot
- + 55g sultanas
- + A little milk or water
- + 1 reconstituted dried egg or 1 fresh egg

What you do:

- + Preheat oven to 220 °C / 200 °C (fan) / gas mark 7.
- + Sift the flour into a mixing bowl.
- + Rub in the margarine or cooking fat.
- + Add sugar, carrot, sultanas and egg. Mix well and then add sufficient milk or water to make sticky.

- + Pour mixture into a lined baking tin and cook in the oven for 40 – 45 minutes or until golden in colour.
- + Top with ready-made cream cheese frosting or enjoy it as a natural tea cake.

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](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://www.instagram.com/napaactivitiescalendar)

February 4th – Opening of the Winter Olympics



Sebastian Barry

"Terrible, dreepy, dark February weather I remember, and the worst, most frightened days of my life."

Design A Winter Olympic T-shirt

Celebrate The opening of the Winter Olympics by designing a unique T-Shirt. The T-Shirt can reflect your personality or even, a memory

We can make your design come to life.

Planning your design:

- + Will you use bright colours, shapes, patterns, or sparkle?
- + Will you include a winter sport?

Send us your designs and we will pick one lucky winner.

The design should be inside a square on the T-shirt template provided.

The winning entry will inspire a professionally printed design and be sent to you to display.

You will also have the opportunity to purchase as many of the T-shirts as you would like, should you wish to. Please note that the finished design will be inspired by the winner and may not be an exact replica.

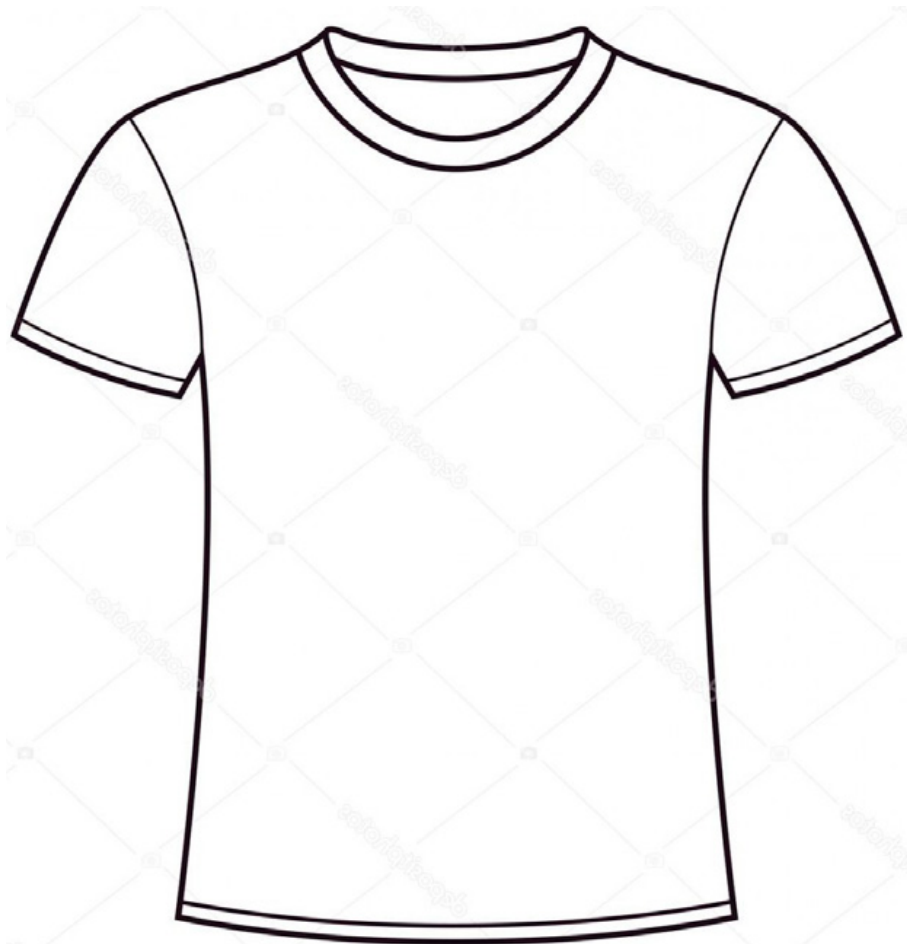
You will need:

- + Printed template
- + Felt tips/colours
- + Pencils

What you do:

Here are some suggested questions to prompt discussion:

- + What could make us stand out from the crowd?
- + Should we wear vibrant and bold patterns or pastels?
- + Can we recall a winter sport?



Then, using the template:

If you were commissioned to design NAPA's official Winter Olympic T-shirt, what would it look like? What theme would you choose?

Send entries to competitions@napa-activities.co.uk

**Closing date for entry
28th February 2021.**



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://twitter.com/NAPAAActivitiesCalendar)

February 5th – Six Nations Rugby

Shamrock Drink

Enjoy an Irish Tippie when Ireland are playing in the Six Nations with this bright green Shamrock Mocktail!

Try making this Shamrock drink as part of preparations to watch the rugby with residents!

This mocktail is inspired by the **shamrock**, the national flower of Ireland. Did you know its name comes from the Irish seamróg and means simply “young clover”? It’s become a national emblem for the **Island of Ireland**, and you will see it on the national **Rugby Union shirt**.



Made with **Lakeland Dairies 100% Dairy Skimmed Milk Powder** and **Millac Gold Double**, this creamy Shamrock mocktail has been carefully designed to be delicious and full of the goodness of milk.

In fact, this drink is **high in protein**, which means a massive 20% of the energy comes from protein! That’s because Lakeland Dairies 100% Dairy Skimmed Milk Powder has the **ideal combination of protein and calories**, as recommended by dietitians.



Recipe: Serves: 10

Ingredients:

- + 250ml Millac Gold Double
- + 500ml Lakeland Dairies Whole Milk
- + 300g Lakeland Dairies 100% Dairy Skimmed Milk Powder
- + 150ml Mint Ice Cream
- + 5ml Peppermint Essence
- + Optional: green food colouring



Method

1. Slowly pour the milk powder into the milk while continuously whisking
2. Once fully incorporated, whisk in the Millac Gold Double
3. Add this creamy cocktail base to a blender with the remaining ingredients
4. Blend well
5. Serve chilled in fun glassware!

Tips:

- + To make this Shamrock alcoholic, skip the ice cream and add 60ml of Crème de Menthe and 30ml of Whiskey

Brought to you by Lakeland Dairies, a 100% farmer owned Irish dairy co-operative with a proud heritage of excellence in dairy farming across the island of Ireland.

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)

February 6th – Waitangi Day

Korowai

Waitangi Day is recognised as New Zealand's national day and is the most important marker in the country's history. People of all communities and backgrounds gather at Waitangi to commemorate the first signing of New Zealand's founding document: Te Tiriti o Waitangi, The Treaty of Waitangi, on 6 February 1840.

The festival starts at 5am with a Dawn Service and lasts all day and night offering an amazing array of art and crafts, clothing and a wide variety of food options. The evening sees performers on the stage and a truly fun, family festival of celebration.

Many people wear the traditional Korowai which are regarded as Taonga (which means treasure).



Why not have some fun by making your own?

You will need:

- + Brown paper
- + Feather template (you can get them from the internet or create your own)
- + Pencils/ markers/ crayons
- + Scissors
- + Stapler
- + Glue
- + Card or paper

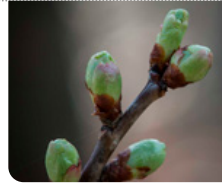


What you do:

- + Cut the brown paper and shape it as a cape. Stick a band at the top, of approx. 5cm x 100cm (made from white cardboard/ paper). The band can be designed by the individuals you support using colours such as black, white or red.
- + Cut feathers from your template onto white cardboard or paper.
- + Write a word to describe the types of people in your community on each feather (like Honest, Responsible, Happy etc)

Edgar Fawcett

"February, a form pale-vestured, wildly fair. One of the North Wind's daughters with icicles in her hair."



- + Distribute the feathers among the individuals you support and ask them to decorate
- + Attach them with brown paper with glue or stapler to make the Maori cloak.

Top tip:

Why not have some feathers with Maori words on them?

- + Haere mai (Welcome! Come!)
- + Aroha (love)
- + Karakia (prayer)
- + Kaumatua (elder)
- + Maunga (mountain)
- + Tama (son, young man, youth)
- + Tamāhine (daughter)
- + Tamariki (children)
- + Wai (water)
- + Waiata (song or chant)

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)

February 7th – Charles Dickens' Birthday



Alice McDermott

"The day and time itself, late afternoon in early February, was there a moment of the year better suited for despair?"

Creative Writing

Use a photograph to stimulate conversation and create a story. How might this photograph, taken during the filming of the classic film 'Oliver!', inspire a story?



Here are some suggested questions to prompt your conversation:

- + What period does the photograph portray?
- + Where in the country or world do you think it is?
- + What day and time is it?
- + What are the boys' names?

- + Are they friends or relatives?
- + Where are they going?
- + What are they talking about?
- + What is the middle person eating?

You can build on the questions and write down the answers and memories as they are shared. Then, take all the information, pop it into a story and read it back to the individual or individuals you are supporting, letting

the story evolve. Take your time!

Why not watch "Oliver!" the classic musical film together and sing along to well-known songs, such as 'Food, Glorious food', 'Consider Yourself' and 'Reviewing the Situation'?

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://twitter.com/NAPAActivitiesCalendar)

February 8th – National Boy Scouts' Day



Terri Guillemets

"February is the border between winter and spring."

Be Prepared

If you say the words, 'Boy Scouts,' many people will tell you about a boys' group who would camp, learn new skills and wear a neckerchief!

The first experimental Scout camp took place on the 1st of August 1907 at Brownsea Island, near Poole in Dorset. A soldier, artist and writer named Robert Baden-Powell had an idea; by bringing young people from different backgrounds together, he hoped to bridge gaps in society, and to give everyone the opportunity to learn new skills. Little did he know that the experiment would turn into one of the world's largest youth groups and still be running in 2022!

Ask the individuals you support and see if they have memories of being a scout?

- + What did they do?
- + What group were they part of?
- + How many badges did they achieve?
- + Boy scouts were known for their knot skills; why not try the most common of the 7 knots?



Top Tip

Knots are a crucial part of Scouting and outdoor survival. Why not look up the other knots and have fun trying to complete them?!

The 7 knots a scout must learn to reach the First-class rank are :

- + Square Knot
- + Two Half-Hitches
- + Taut-Line Hitch
- + Sheet Bend
- + Bowline
- + Clove Hitch
- + Timber Hitch



Square Knot

You will need:

- + Rope

What you do:

- + Tie two overhand knots; first, right over left and twist. Then left over right and twist.
- + Make sure both parts of the rope exit the knot together!

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://twitter.com/NAPAAactivitiesCalendar)

February 9th – National Pizza Day



Suze Orman

"No one's ever achieved financial fitness with a January resolution that's abandoned by February."

Microwave Mug Pizza

A pizza in a mug? Imagine the smell of fresh pizza, the sound of the microwave ping! Then, discovering a pizza inside a mug! For National Pizza Day this year, why not get creative and experiment with this unique recipe?



You will need:

Serves: 1

- + Mug (suitable for the microwave)
- + 4 tablespoons all-purpose flour
- + ½ teaspoon baking powder
- + 1/16 teaspoon baking soda
- + ½ teaspoon salt
- + 3 tablespoons milk
- + 1 tablespoon olive oil
- + 1 tablespoon tomato and basil sauce
- + 1 generous tablespoon shredded mozzarella cheese
- + 5 mini pepperoni (optional)
- + ½ teaspoon dried Italian herbs (basil or oregano will work)

What you do:

- + Mix the flour, baking powder, baking soda and salt together in a microwavable mug.
- + Add in the milk and oil and mix together. There might be some lumps but that is ok.
- + Spoon on the marinara sauce and spread it around the surface of the batter.
- + Sprinkle on the cheese, pepperoni and dried herbs.
- + Microwave for 1 minute 10-20 seconds, or until it rises and the toppings are bubbling (timing is based on my 1200W microwave so your timing might vary)
- + Enjoy straight away!



Notes

Cooking time will vary greatly depending on your microwave and the width and depth of the mug.

Always keep a close eye on your mug while in the microwave so it doesn't overflow or over cook.

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](https://www.instagram.com/napalivinglife) [#NAPAAActivitiesCalendar](https://twitter.com/NAPAAActivitiesCalendar)

February 10th – National Embroidery Month



Georgina Rossetti

"On the wind in February, snowflakes float still. Half inclined to turn to rain, Nipping, dripping, chill."

Easy Embroidery

Many people will enjoy or have enjoyed the art of embroidery. Throughout history, embroidery was seen as a fine talent and many famous tapestries hang in palaces and museums all over the world. Some of these tapestries are priceless.

Individuals may once have found the art of embroidery relaxing but over time, they found it challenging to maintain the craft due to physical support needs.

This easy embroidery is a fun way to discover the joys of the craft and create something beautiful!

You will need:

- + 10x10-inch square of burlap
- + 8-inch embroidery hoop
- + Acrylic paint
- + Scissors
- + Wool
- + Paint brush



What you do:

- + Stretch a 10x10-inch square of burlap in an 8-inch embroidery hoop.
- + Paint various large shapes on burlap with a light coat of acrylic paint (too much will clog the weave); let dry.
- + Thread wool onto a safe needle (you can buy these online), tie a knot at the opposite end, and do a basic stitch (up through the fabric, then back down a few holes away).

- + Vary the stitch length and cross lines to see the different effects.
- + Chat about stitching and share tips!

Top tip:

Be creative and draw large simple animals or scenes which can also be embroidered; just up your burlap size!



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://twitter.com/NAPAAActivitiesCalendar)



Todd Stocker

"Why does February feel like one big Tuesday?"

Become a "Cereal" Guitarist

Have you ever fancied playing the guitar, either round a campfire or in a rock band? Well, now we can make and play our own guitar, simply by customising an empty cereal box!

You will need:

- + 1 cereal box or shoe box
- + 1 recycled paper tub
- + Scissors
- + Craft knife (optional)
- + 8 rubber bands
- + 2 crayons
- + Glue gun (optional)



- + Cut six rubber bands. Thread them through the small holes on one side of the box and tie knots from inside the box to keep them from pulling out or glue them with a hot glue gun.
- + Then stretch each rubber band across to the matching hole on the other side and again, thread it through using a pencil.
- + Secure each rubber band with another inside knot.
- + Next, cut an X, roughly the size of the paper tube at the unopened end of the box. Gently press the flaps inward and continue adjusting until the paper tube fits snug and tight.
- + Then, secure the crayons in place with the two remaining rubber bands to lift the "strings" up from the box. If you have no crayons, use small pencils.
- + You can customise the look of your guitar by painting or gluing pictures on it, but the best part of this craft is playing your first song!

What you do:

- + Use a craft knife or scissors to cut a 3-inch circle in the center of one side of the box.
- + Use a container top to trace a circle.
- + Punch two sets of six holes in a straight line at each end of the box
- + These holes should be close to the box edges and approximately ½ inch apart from each other to allow room for string vibration.
- + Use the craft knife to cut six V-shaped grooves into each crayon as shown below. The rubber band will sit in these grooves when attached.



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://twitter.com/NAPAAActivitiesCalendar)

February 12th – Charles Darwin was born in 1809



Josiyah Martin

"The magic in new beginnings is truly the most powerful of them all."

Which Seed Grows Which leaf?

Charles Darwin was an English scientist best known for his Theory of Evolution, which attempted to explain the similarities and differences found in the natural world. Charles spent his life researching species on earth and his findings revolutionised our view of nature.

In 1880, while conducting The Darwin Experiments, Charles Darwin and his son Francis discovered that phototropic stimulus is detected at the tip of the plant.

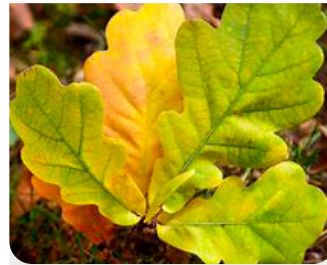
Why not try and discover if you can tell which seed belongs to which leaf in this picture quiz?!



1. Which Leaf?



2. Which Leaf?



A. Which Seed?



B. Which Seed?



3. Which Leaf?



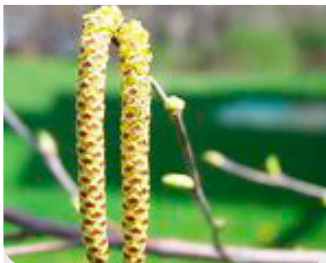
4. Which Leaf?



C. Which Seed?



D. Which Seed?



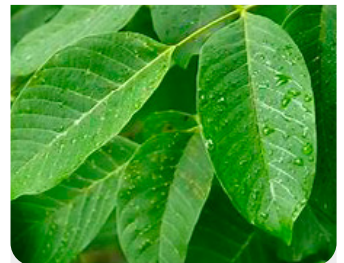
5. Which Leaf?



6. Which Leaf?



E. Which Seed?



F. Which Seed?

Answers: 1+D Conker 2+C Ash Tree 3+F Pine 4+A Birch 5+B

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://twitter.com/NAPAAActivitiesCalendar)

February 13th – World Radio Day



Katherine Paterson

"I used to try to decide which was the worst month of the year. In the winter I would choose February."

Radio Ga Ga

The humble box sat in the corner of a home; the famous sound in the car as you start your journey; the moment the chart plays the famous count down or the classic show, 'The Archers,' plays its tune-we all have memories of a radio in our daily lives.

Hold a session with the individual you support and perhaps gather some examples of radios:

- + What type of radio did they use?
- + What shows can they remember?
- + Do they remember certain songs?
- + Why not look in your local paper and see what shows are playing on your radio?



Here is a timeline for the radio:

1927 – BBC Radio started as local radio, partly for technical reasons

1928 – The first auto-change grammar phone is introduced.

1930s – BBC abandoned local radio and the first national and regional services were born.

1935 – Antennas are invented to allow the radio to be more mobile in vehicles.

1938 – Orson Wells broadcast "War of the Worlds" and creates mass panic, showing the power of radio.

1954 – Transistor radio is invented and radio becomes portable.

1956 – Elvis performs on the "Milton Berle Show" and causes some controversy with his new sound.

1964 – The Beatles first performance on the "Ed Sullivan Show" with over 73 million listening and 34% from America.

1967 – The BBC Network were renamed Radio 4, Radio 2 and Radio 3 and were joined by the new national Radio 1 station.

1979 – Sony introduce the Walkman

1990 – Birth of online and digital radio

2001 – The Ipod was invented.

2004 – Podcasting arrives and changes radio.

2008 – The internet takes over radio listeners, with revenue making £500 million a year.

Click here to listen to M4D Radio

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://twitter.com/NAPAAActivitiesCalendar)

February 14th – Valentine's Day



Sadayo Takizawa

*"Colour purple. Dream burning,
February's sea."*

Love In a Box

Valentine's Day is the traditional time to recognise those we love and can include our families and friends. Use this fun activity to reminisce about best friends, first dates, children, first pet or even the first car.

Ask the individuals you support if they have ever sent a Valentine's card; was it handmade or shop bought? Have they ever sent or received flowers? What was the most romantic gesture they made?

Remember, Valentine's Day can also be about things we love and not just people. Try to remain inclusive when talking about Valentine's Day.

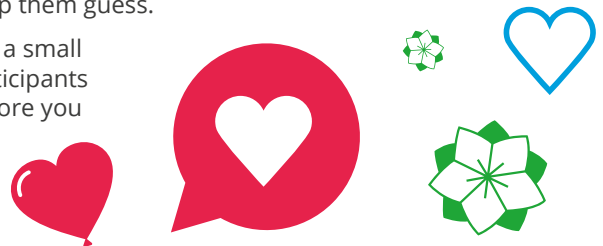
You will need:

- + 8 items of significance that relate to Valentine's Day
- + A box or bag to put the items in
- + Items and materials with different textures
- + A pen and paper to write notes or answers
- + A prize for the winner



What you do:

- + Place the items into the box/bag and invite people to guess what they are.
- + Give them clues to help them guess.
- + You could do this with a small group- encourage participants to guess the items before you unveil them.
- + Keep score.
- + Select a winner.
- + Use familiar objects and include one or two surprises!



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)

February 15th – Chinese Lantern Festival



Shirley Jackson

"February, when the days of winter seem endless, and no amount of wistful recollecting can bring back any air of summer."

Easy Chinese Lantern

The Lantern Festival is a traditional Chinese festival commemorated in the lunisolar Chinese calendar. It signifies the last day of the traditional Chinese New Year celebrations, and its roots go way back to over 2,000 years ago!

The Lantern Festival is a traditional Chinese festival commemorated in the lunisolar Chinese calendar. It signifies the last day of the traditional Chinese New Year celebrations, and its roots go way back to over 2,000 years ago!

Why not try making your own lantern display and chat about what the lantern symbolises?



What you do:

- + Take a rectangle or square of coloured paper and fold it in half. Fold it along the long side to make the lantern wider; you can make a tall and narrow lantern if you fold it the other way.
- + Starting from the folded edge, cut strips in the paper. Cut to within ½ inch of the edge of the paper so the paper remains attached on the top and bottom.
- + Open up the paper and fasten the short edges together. You will have made a circle with the top and bottom, and the middle will fold out into a lantern shape. Glue or staple the edges.
- + Cut a strip of paper to make the handle. Use double-sided tape to attach the handle.

Top tip:

- + Make different coloured lanterns; red and gold are the most traditional colours used.
- + Stick on gems and decorate with glitter!



You will need:

- + Coloured paper
- + Glue or stapler
- + Scissors
- + Glitter or sticky gems for decoration (optional)

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://twitter.com/NAPAAActivitiesCalendar)

February 16th – First Cheque used in 1659



William C. Bryant

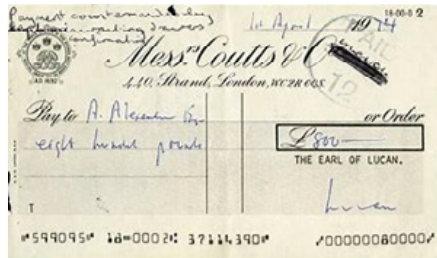
"The February sunshine steeps your boughs and tints the buds and swells the leaves within."

Let's Talk Money!

One of the earliest British handwritten cheques known to be in existence was by merchant Nicholas Vanacker made payable to Mr Delboe for the grand sum of £400, (about £43,000 today) dated 16th February 1659.

The way in which we pay for goods or services has changed over the years including using objects, livestock, precious metals and written agreements.

Why not hold a reminiscence session using different forms of money? Over the years, how have paper notes changed? When did we change to the Decimal Coinage?



You will need:

- + A collection of coins from different times, both modern and if you can, older. Use charity shops or collectors' shops to locate these.
- + Print off images of old cheques and bank notes
- + Print off lists comparing prices in today's money
- + Ask if anyone has old copies of paying in books, bank cards, coins and cheques
- + Print photos of banks and how they have changed over the years
- + Reach out to the Royal Mint for free loan boxes. [Click here](#)

What you do:

- + Place the objects and photos on the table for people to pick up and see
- + Share how much a house cost now and what it cost in 1960
- + Have fun writing out fake cheques
- + Hold a craft session and design your own currency; what would you have on your coins and notes?



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](#)



What are Kindness Rocks?

'Kindness rocks' are created by painting rocks or stones with inspirational messages or sayings and then leaving them in public places for people to find. The intention is to spread kindness and love to people around the world.

You will need:

- + Flat or rounded rocks
- + Acrylic paint
- + Paint brushes
- + Marker pens
- + Varnish



What you do:

- + Find the 'perfect' rock- starting with the right rock makes all the difference!
- + Select a nice and smooth rock; this will make writing on the rocks easier.
- + The size of the rock is important, too. Think about how much space your message will take and choose a rock that's big enough for all the words.



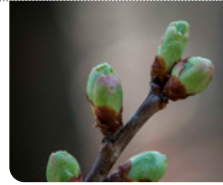
- + Once you have your rocks, you want to make sure they are ready to be painted. Washing your rocks makes the paint stick better and removes debris.
- + Paint the rocks with a base colour.
- + Add an inspirational message.
- + Coat in varnish to protect, if needed.

- + Leave your kindness rocks for someone to find or give them to people as gifts.

Rocks don't have to perfectly decorated. If you hand it to someone, or if a person finds it in a public place and it makes them smile, you have succeeded!

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://twitter.com/NAPAAActivitiesCalendar)

February 18th – Pluto first spotted 1930



Gertrude Jekyll

"There is always in February some one day, at least, when one smells the yet distant, but surely coming summer."

Build a Telescope

The planet Pluto was discovered on February 18th, 1930, by astronomer Clyde W Tombaugh in Flagstaff, Arizona.

Pluto was named by Venetia Burney, an 11 year old girl from Oxford, England. The name was given to the new planet because Pluto was the son of Saturn, who, along with his three brothers, ruled the world. Jupiter controlled the sky, Neptune controlled the sea and Pluto controlled the underworld.

Interesting facts:

- + On Pluto, a single day is equal to 153 hours (6.4 Earth days) and a year is 248 Earth years. It means, If you lived on Pluto, your 1st birthday will come after 248 Earth years.
- + Pluto rotates backward compared to Earth. It goes from east to west like Venus and Neptune. It also rotates on its side, like Neptune.
- + It takes about 5 hours for sunlight to reach Pluto, while it takes 8 minutes to reach the earth.
- + If you weigh 100 pounds on Earth, you will weigh only 7 pounds on Pluto!

Why not try making your own Telescope and see what you can discover in the night sky?!

You will need:

- + Two lenses with different focal lengths (150 mm and 500 mm double convex lenses and you can buy these online)
- + Paper towel roll
- + 1 piece of paper or cardstock
- + Tape



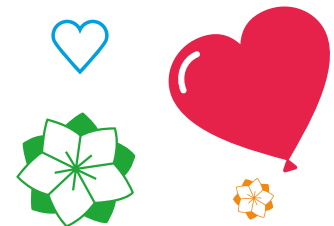
What you do:

- + Roll up the sheet of paper or cardstock the long way to form a tube that is about the diameter of the lens with the shortest focal length. This will be the eyepiece.
- + Tape the edges of the eyepiece lens to one end of the tube as neatly as possible.
- + Tape the second lens neatly to the end of the paper towel tube. Insert the empty end of the paper tube into the cardboard tube. Now your telescope is ready to be used!
- + Look through the eyepiece and point the other end of your telescope at a distant object. Slide the two tubes in and out until the object comes into focus.



- + You will see the image upside down and magnified. If you have trouble focusing the telescope, you may need to lengthen the tube, either by using a larger piece of paper for the eyepiece end or a longer cardboard tube.
- + You can decorate your Telescope, if you wish!

Why not start your own astronomy club? **Click here** to find out more information on the solar system and enjoy this evening activity.



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://twitter.com/NAPAActivitiesCalendar)

February 19th – National Chocolate Mint Day



Charmaine J. Forde

"Though, February is short, it is filled with lots of love and sweet surprises."

Chocolate Peppermint

Why not be a chocolatier for the day? Make peppermint chocolates, eat them, give them as gifts or sell them!

You will need:

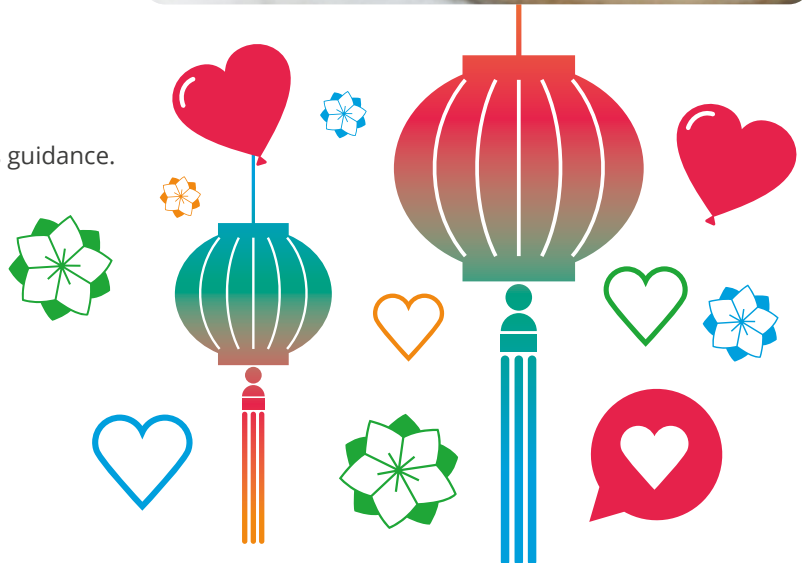
(makes 3 dozen)

- + 3/4 cup sweetened condensed milk
- + 1 ½ teaspoon peppermint extract
- + 4 – 4 ½ cup icing sugar
- + 3 cups semisweet chocolate chips
- + 2 teaspoons hard block margarine

What you do:

- + In a bowl, combine milk and extract.
- + Stir in 3 ½ – 4 cups of sugar to form a stiff dough.
- + Turn onto a surface sprinkled lightly with icing sugar.
- + Knead in enough of remaining sugar to form a dough that is very stiff and no longer sticky.
- + Shape into 1 inch balls, place them on a waxed paper lined (or grease proof paper) baking sheet and flatten into circles.
- + Let them dry for 1 hour. Turnover and dry for another hour.
- + Melt chocolate and margarine.
- + Dip patties in chocolate mixture and place on waxed paper to harden.
- + Give away or enjoy!

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](https://www.instagram.com/napalivinglife) [#NAPAAActivitiesCalendar](https://twitter.com/NAPAAActivitiesCalendar)

February 20th – Closing of the Winter Olympics

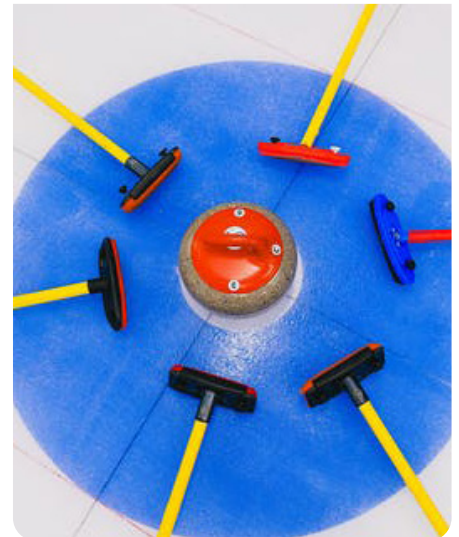


Linda Ellerbee

"In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other."

Tabletop Curling

Curling is a sport in which players slide stones on a sheet of ice towards a target area. The rocks can be guided by two sweepers with brooms or brushes. At the Olympics, this popular game really draws the crowds- cheering and chanting are believed to make the sweepers sweep faster.



Hold your own tabletop curling game without the ice. Enjoy this energetic game with a group of individuals and encourage them to cheer!

You will need:

- + Handheld dust brush per player
- + Tables
- + Three balls per team
- + Coloured tape
- + Two teams of 3

What you do:

- + Clear the tables and stand in a line. You will need no more than 3 tables.
- + Using the coloured tape, mark out a target zone on the end of the table like a bullseye.
- + One team plays at a time.
- + Stand a player on each side of the tables with the brush in hand. Stand another player at the end of the table without the bullseye.
- + This player slowly rolls the first ball down the table.
- + The other two players sweep the table as the ball rolls.
- + Score points by getting stones closer to the bullseye centre. The Bullseye is 20 points, inside outer circle 15 points, outside the outer circle 10 points.
- + Each team has three balls to role which stay on the table and do not move. The next team roll their three balls and try to knock the other team's balls out of the bullseye to steal the points.

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://twitter.com/NAPAAActivitiesCalendar)

February 21st – Fairtrade Fortnight



Patience Strong

"In February there is everything to hope for and nothing to regret."

Coffee and Music

Resource provided by **Chinno Wills-Cole** BA (Hons) Sol Pol & Crim, MSc Dem Care CEO/Co-Founder, DECEW (CIC) NAPA Trustee and Black History Month advisor.

The African Coffee

Africans enjoy a wide range of coffees and teas brewed locally. On this occasion, the focus is on the types of coffee that Africans enjoy, and here are the popular African coffee brands in the continent, many of which have gained international recognition as some of the best coffees in the world.

African and Caribbean countries are well known for producing high-quality beverages that are consumed not only on their respective continents but also around the world. It is therefore important to mention and discuss the commonly consumed coffees of these continents when organising "Afro-Caribbean Coffee Mornings" or other such related programmes and events that target this group of people. It is of great interest, pride, and joy to Afro-Caribbean people to maintain links with their culture, not only through food and beverages but also through social and economic means. As a result, Black History Month provides an opportunity to discover coffees of Afro-Caribbean heritage, which are consumed not only in those continents but also by the rest of the world, and despite the challenges faced by the Afro-Caribbean people, coffee production is a source of pride and joy for the people.

Democratic Republic of Congo (CDR) Virunga Beans



The beans are imported from the Virunga Cooperative, a membership recently formed by farmers in the Kivu

province of the Democratic Republic of Congo's eastern region. The coffee beans have a wonderfully unique flavour, with a fruity and subtly sweet linger that is accompanied by a crisp tang of zest.

Burundi AA Kirimiro Coffee



Arabica and Robusta coffee varieties are grown in Burundi. Burundi AA Kirimiro Coffee has heaviness and

richness, floral flavours of lemon and black tea, delicate hints of spiced clove, and a sweet nut finish.

St Lucia Coffee



Green Gold Mountain Coffee is the most popular coffee consumed in the country. The island of St. Lucia once produced coffee that was considered the best in the world.

Dominican Republic Coffee



The Dominican Republic's most popular coffee brand is Santo Domingo. The coffee has a slight cocoa aroma, and the majority of the country's residents prefer to drink it black

with plenty of sugar.



Music

Enjoy some background music while sipping coffee from around the word – **Click here** to listen.

Top Tip:

When you choose Fairtrade coffee, not only can farmers build a better quality of life for their families and communities, but they can also invest in growing better-quality beans. **Click here** to find out more.



Fairtrade

Meet the Fairtrade coffee farmers and hear their story.

Click here for more information

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)

February 22nd – Engineers' Week



Gertrude Jekyll

"There is always in February some one day, at least, when one smells the yet distant, but surely coming summer."

Wordsearch

- + ROTATION
- + WEIGHT
- + PULLEY
- + WELD
- + ANGLE
- + PIVOT
- + LOAD
- + PHYSICS
- + TRANSMISSION
- + HEAT



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

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://twitter.com/NAPAAActivitiesCalendar)

February 23rd – National Dog Biscuit Day



William C. Bryan

"The February sunshine steeps your boughs and tints the buds and swells the leaves within."

Treats for your furry companions and visiting pets

Dogs can improve cardiovascular health, reduce stress, anxiety and depression, ease loneliness, encourage exercise and provide valuable companionship.



DIY frozen apple dog treats.

You will need:

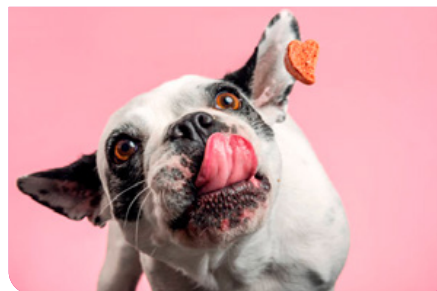
(makes 16 treats):

- + Hand blender
- + Ice cube tray
- + 2 apples
- + 1 cup plain non-fat Greek yoghurt

What you do:

- + Slice the apple into small pieces, removing the seeds and core.
- + Blend the apple, yoghurt and a splash of water until you get a liquid consistency.
- + Pour the mixture into the ice cube tray and freeze for a few hours or until hard.

Why not treat the dogs we love this National Dog Biscuit Day, by surprising them with a yummy treat or two?!



Carrot oat apple sauce treats for dogs and horses.

You will need:

(makes 12 treats):

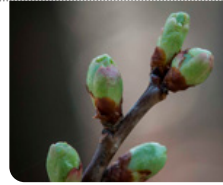
- + 1/2 cup oats (use quick for dogs, any type is fine for horses)
- + 1/2 cup unsweetened apple sauce
- + 1/2 cup (about 1 large) carrot, finely grated
- + 1/2 cup flour

What you do:

- + Preheat the oven to 180°/gas 4 and cover a baking tray with parchment paper.
- + Mix all the ingredients in a bowl.
- + Use a tablespoon to drop clumps of the mixture onto the tray; shape if you wish.
- + Bake for 15–20 minutes, until treats are set.

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://twitter.com/NAPAAActivitiesCalendar)

February 24th – National Toast Day



Patience Strong

"While it is February one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."

Rainbow Toast

One of the first references to toast in print is in a recipe for Oyle Soppys (flavoured onions stewed in a gallon of stale beer and a pint of oil) from 1430. Toast was discarded or eaten after it was used as a flavouring for drinks. The word toast comes from the Latin torrere 'to burn'.

Many people will have memories of toasting bread on the open fire and using dripping as the butter, but why not make toast more exciting by creating rainbow toast for breakfast, and starting the day with a smile?!



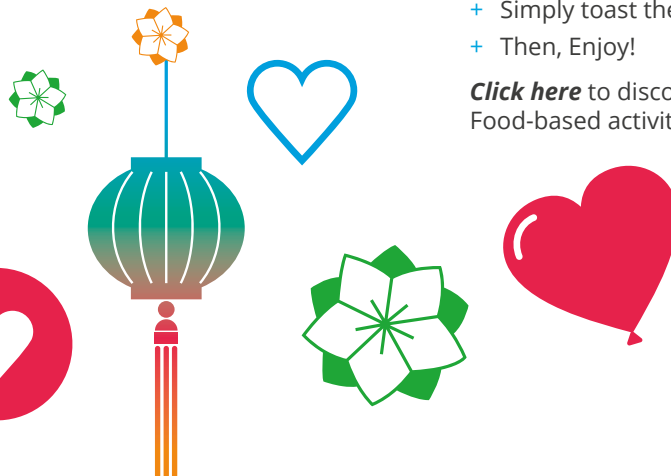
You will need:

- + Sliced bread (white or lightest brown works best)
- + Milk
- + Food colouring (a selection)
- + A new paintbrush

What you do:

- + Mix each food colouring in a small amount of milk.
- + Start painting on the bread.
- + You can make all sorts of designs.
- + Simply toast the bread.
- + Then, Enjoy!

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](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://www.instagram.com/napalivinglife)

February 25th – Carnival of Brazil



Sara Coleridge

"February brings the rain, Thaws the frozen lake again."

Brazilian Carnival Headdress

The Carnival in Rio de Janeiro is a festival held every year before Lent. It is considered the biggest carnival in the world, with two million people per day on the streets. The first carnival took place in 1723.

In the earliest days of Carnival, the Portuguese colonists brought over the tradition of dressing up in costumes for the beginning of Lent. Many Rio Carnival masks in contemporary times hark back to these traditions. Over the next few decades, Rio Carnival costumes took a revealing turn, mainly because of the heat of the February sun and the costumes not being practical. These days most of the Rio Carnival dancers wear more in the way of feathers and beads than actual coverage.

Why not have a try at creating your own spectacular Brazilian carnival headdress and have fun hosting your own carnival with prizes?!

- + What would your headdress say about you?
- + How big can you make it?



- + Decorations, stick on jewels, glitter, beads etc
- + Scissors
- + Strong glue or Glue gun works better

- + Once you are happy, fix to the front piece with strong glue or your glue gun.
- + Decorate your front piece with jewels and glitter.
- + You are now ready to wear your head piece!

What you do:

- + Design the front head pieces and cut out. Remember to leave a rectangle tab at the bottom of each end and the middle. This will wrap around the headband and hold the front piece in place.
- + Place the front head pieces in front of the headband and turn the tabs backwards over the headband and fix in place. You can do this with staples or strong glue.
- + Pick out your feathers and arrange where they will be fixed onto your front piece.



You will need:

- + Headband, the thicker the better!
- + Front piece template made from stiff card, with tabs cut out on both ends and the middle, to attach to the Headband
- + Real / paper feathers; you can print off templates from the internet

Top tip

If a person is not comfortable with a headband, then swap it for a hat and decorate the hat using the feathers and decorations!

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)

February 26th – Johnny Cash's Birthday



Linda Ellerbee

"In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other."

Johnny's Cookies

Country music legend Johnny Cash is best known for his famous hits "I Walk the Line" **Click here** and "Ring of Fire" **Click here** he sold more than 90 million records worldwide.

Jonny was born to poor cotton farmers in Kingsland, Arkansas, February 26th, 1932. After four years in the Air Force, he rose to fame in the burgeoning rockabilly scene in Memphis, Tennessee. He was best known for introducing himself at his concerts, "Hello, I'm Johnny Cash".

One interesting fact was that he and June Carter Cash were well-known for loving down-to-earth Southern food. The dinner table in their Nashville home was a welcome stop for country stars, friends and family.

Jonny had a love of Peanut Cookies and would often eat them while enjoying his favourite film 'Gladiator' starring Russel Crow!



You will need:

- + 1 cup butter, softened
- + 1 cup creamy peanut butter
- + 1 cup sugar
- + 1 cup packed brown sugar
- + 2 large eggs
- + 1 teaspoon vanilla extract
- + 2-1/4 cups all-purpose flour
- + 2 teaspoons baking soda
- + 1/4 teaspoon salt
- + 1 package (11 ounces) peanut butter and milk chocolate chips



What you do:

- + In a large bowl, cream the butter, peanut butter and sugars until light and fluffy.

- + Beat in eggs and vanilla. Combine the flour, baking soda and salt; gradually add to creamed mixture and mix well.
- + Stir in chips.
- + Drop onto the baking tray by rounded tablespoonfuls onto ungreased baking sheets.
- + Bake at 350° for 12-15 minutes or until golden brown.
- + Cool for 2 minutes before removing to wire racks.
- + Enjoy listening to Jonny Cash or watch his favourite film!

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](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://twitter.com/NAPAActivitiesCalendar)

February 27th – 94th Oscar Academy Awards



Emma Lazarus

"Thick February mists cling heavily to the dead earth and to each leafless tree."

Golden Glasses

Roll out the red carpet, position the spotlight, pick out your best outfit and enjoy an evening of razzle dazzle for the most famous awards evening in the film industry calendar!

Why not hold your own Awards Ceremony with all the glitz and glamour of Hollywood? You could even make and hand out your own awards.

Why not:

- + Decorate
- + Send out invitations
- + Provide nibbles and drinks
- + Get your glad rags on!
- + Create your own awards
- + Enjoy making these golden glasses to add to the theme of your party

You will need:

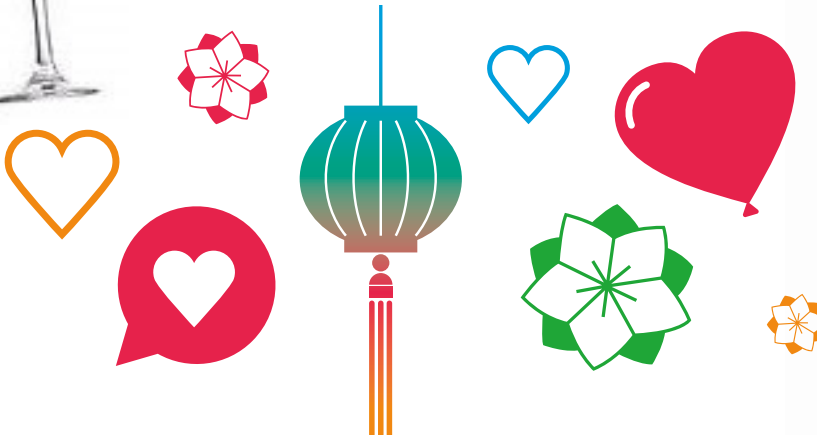
- + Nontoxic gold spray paint
- + Glasses
- + Tape

What you do:

- + Place the tape around the glass in a design of your choice.
- + Tape a food bag to the top of the glass protecting the upper portion of the glass from the spray paint.
- + In a well-ventilated area or outside, spray the gold paint to cover the glass below the tape line.
- + Allow to dry before using.

Tips:

- + Glasses will need to be hand washed to prevent washing the paint off.
- + You could also add glitter!



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://twitter.com/NAPAAActivitiesCalendar)

February 28th – Day of Finnish Culture



Charmaine J Forde

"February is short and very sweet."

Learn About Finland

The culture of Finland includes its indigenous heritage, for example the country's national language, Finnish. Finnish people enjoy the countryside, walking, climbing and nature. Finnish people are divided into smaller subgroups as per their dialect. Their society encourages liberalism and equality.

Interesting facts:

- + Finland is in northern Europe and borders Sweden in the west, Russia to the east and Norway to the north.
- + Finland is Europe's most heavily forested country, with forests covering 70% of the land. You could build a wall around the world 10m high and 5m wide with the wood!
- + Finland's educational system is widely admired for excellent results. Teachers are highly qualified and respected in Finland.
- + Finnish people are fond of taking a sauna in a very hot room filled with steam from heated rocks. There are 2 million saunas in this country of 5.4 million people.
- + The National flag of Finland consists of a blue Nordic cross, representing Christianity, on top of a white field. The flag was adopted in 1920. The blue colour is said to represent the country's many lakes and the sky, with the white representing the snow that falls during the winter.
- + The famous 'Moomin' fairy tales by Finnish illustrator, Tove Jansson, were originally written in Swedish although published in Finland.

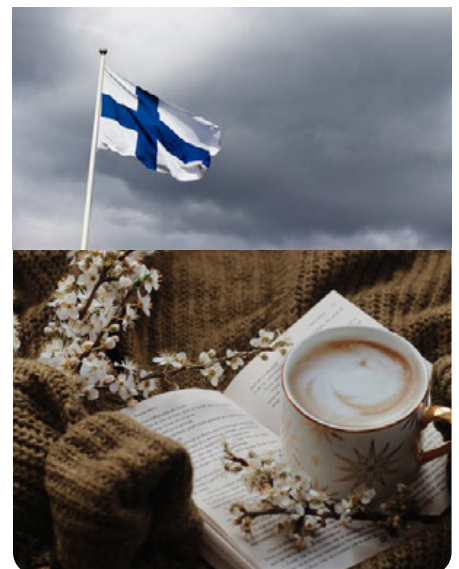


Did you know:

Finnish people are among the world's biggest coffee drinkers. The average adult drinks 4-5 cups a day and likes to dip pastries in their drink – yum!

Why not hold a Finnish Day and discover all the amazing history and culture Finland has to offer?

- + Print off photos
- + Listen to Finnish music – [Click here](#)
- + Watch a clip on Finnish culture – [Click here](#)
- + Listen to the Finnish language – [Click here](#)
- + Take a tour of Finland – [Click here](#)



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

SO MUCH MORE *than cream*



with added
VITAMIN D

THE PROFESSIONAL'S CHOICE

- Deliciously versatile; for savoury or sweet, hot or cold dishes
- More stable than cream; doesn't split or over-whip and can be re-whipped
- Whips up to 3 times its volume, giving great value for money
- Long ambient shelf-life which means reduced waste

From lush green pastures we create products trusted by chefs

www.lakelanddairies.com/foodservice



Lakeland
DAIRIES



Can you support NAPA's 25th Anniversary Appeal?

NAPA has been championing activity and engagement for 25 years – please help us to reach our goal of **raising £25,000** in our **25th year**.



£5 could go towards helping to train more Activity Providers in key topic areas such as person-centred engagement and dementia or training family carers to use engagement techniques to find out more about our subsidised training programme.

£10 could go towards funding the NAPA Activity Providers Advisory Group ensuring that the Activity Providers experience is at the heart of our work. To find out more about the APA Group.

£20 could go towards providing more free learning resources such as those we have published recently 'Activities in Lockdown', Life Story and Reminiscence, Sensory Engagement and Planning celebrations and events. To access our free learning resources.

£100 could go towards funding our successful annual Activity Providers and Professionals Week or our annual Awards Ceremony.

£250 could go towards funding our free Activity Support Service; the NAPA Support Service for activity and care teams and family carers.



Find out more
and get involved
Click Here

facebook.com/NAPAlivinglife

instagram.com/napaactivity

tinyurl.com/FollowNAPA-LinkedIn

pinterest.co.uk/napalivinglife5

twitter.com/NAPAlivinglife

www.napa-activities.co.uk