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Prioritising Wellbeing

NAPA Activities Calendar *for every day of the year*

May 2022






May 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 May dates:

Monday 2nd May

- + Dying Matters Awareness Week

Monday 2nd May

- + Princess Charlotte 7th Birthday

Saturday 14th May

- + FA Cup Final at Wembley

Sunday 15th May

- + Women's FA Cup Final at Wembley

Monday 16th May

- + Honour Our LGBT Elders Day

Monday 16th May

- + Dementia Action Week

Friday 20th May

- + World Bee Day



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

We have filled this issue with lots of creative activities; we hope to encourage you to enjoy the great outdoors – sometimes we all need reminding that fresh air is good for us!

Spending time outside walking and looking at trees can lower blood pressure and reduce stress-related hormones, cortisol, and adrenaline. Nature makes us happy, reduces the impact of depression and anxiety and improves concentration and mobility. So, this May let's get walking!

Why not join the NAPA Wellbeing Walk?



The NAPA Wellbeing Walk is a sponsored walk with a difference! And the difference is you!

There are lots of ways you can personalise the walk to make it meaningful. You can.... walk around the garden, along the promenade, up a hill, down a valley, dress up, take the dog, dance and skip, hula hoop... whatever you fancy!

We hope the walk will encourage our members and supporters to bring people together, keep fit, and raise essential funds to support NAPA's work.

Walking is good for you (did I mention that?) – it's fun, free, boosts mood, exercises the heart, and provides the benefit of fresh air.

Find out more about the NAPA Wellbeing Walk **Here**.



Lakeland Dairies Foodservice is delighted with the response to their Irish Party Activity Resource!



A big thank you to everyone who claimed their free Irish Party Activity Resource and piping bags in March. We hope it inspired some fantastic St Patrick's Day celebrations and recipes!

We are thrilled with the overall response and have really enjoyed seeing your photos and posts on social media!

We wish you all a superb Spring and we hope you are inspired by our recipes in this month's calendar!



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)

Merry May

May is recognised as a month of transition because by the time May arrives, the spring flowers are blooming, the birds are chirping, and life is beginning to feel a bit more joyous day by day. Taking a walk in the fresh air makes us feel a little more connected with the season!

Our ancestors used to celebrate May with festivities like May Day, which featured music and dancing around the May poll. You'd also come across "hobby horses" and folks dressed as Robin Hood!

There are many superstitions associated with the month of May. For example, it was originally said that if you cleaned your face in May's morning dew, you'd look young for the rest of the year.

- + It was also considered unlucky to marry in May – "Marry in May and you'll rue the day"
- + It was bad luck to buy a new broom in this month, according to an old Cornish belief; washing a blanket, too!
- + Do the individuals you support know of any May quotes?
- + Did anyone get married in May?
- + Think about getting outside this May and enjoy a picnic, gardening or just sit and listen to nature in the May sun.

*'Sweet April showers,
Do spring May flowers'*
Thomas Tusser



Age of Creativity Festival 2022

This month we are specifically asking those of you who specialise in creative dementia to upload opportunities onto the AoC Festival website. [Click here](#)

NAPA Tea Tuesday – Creative Ageing Festivals – How to get involved

Tuesday 17th May 2022 at 2:30pm
[Click here](#) to book your free ticket

Join Hilary for a Tea Tuesday chat about three fantastic 'creative ageing' festivals taking place this year. Find out more from the organisers about each event, where to get more information, resources and how to get involved.

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



+ Margaret Lazarus Dean, **Leaving Orbit** – [Click here](#) to read.

+ Edward St Aubyn, **The Complete Patrick Melrose Novels** – [Click here](#) to read.

+ Lauren Acampora, **The Wonder Garden** – [Click here](#) to read.

+ Edna O'Brien, **The Love Object** – [Click here](#) to read.

+ James Rebanks, **The Shepherd's Life** – [Click here](#) to read.

+ David McCullough, **The Wright Brothers** – [Click here](#) to read.

Music



+ **Help!** – The Beatles – [Click here](#) to listen.

+ **Cinco de Mayo** – Liz Phair – [Click here](#) to listen.

+ **First of May** – Robin Gibb and G4 – [Click here](#) to listen.

+ **May You Never** – Eric Clapton – [Click here](#) to listen.

+ **Maggie May** – Rod Stewart – [Click here](#) to listen.

+ **May This Be Love** – Jimi Hendrix – [Click here](#) to listen.

Films



+ **First Knight** – [Click here](#).

+ **What Love May Bring** – [Click here](#).

+ **The First of May** – [Click here](#).

+ **Come What May** – [Click here](#).

+ **Some Like It Hot** – [Click here](#).

+ **Lawrence of Arabia** – [Click here](#).

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The Studio (continued).



Poems



+ **'May and the Poets'** – Leigh Hunt – [Click here.](#)

+ **'May'** – John Clare – [Click here.](#)

+ **'It Is Not Always May'** – Henry Wadsworth Longfellow – [Click here.](#)

+ **'May'** – Christina Rossetti – [Click here.](#)

+ **'May-Flower'** – Emily Dickinson – [Click here.](#)

+ **'The May Magnificat'** – Gerard Manley Hopkins – [Click here.](#)

Gallery



+ **May Day in Central Park** by William James Glackens – [Click here.](#)

+ **A May Day Celebration** by William Powell Frith – [Click here.](#)

+ **Picnic in May** by Pal Szinyei Merse – [Click here.](#)

+ **May Flowers** by Anne Duke – [Click here.](#)

My Life TV

The Dementia-Friendly TV streaming service.



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



Yoga on My Life TV

It's the time of year to get fit and we all need to make sure we stretch out those muscles and what better way than with yoga? Here's a clip of Caroline on My Life TV, the dementia friendly channel – [Click Here.](#)



Movement & Dance My Life TV

If you're taking part in this year's Wellness Walk, you need to get into training. How about some fun Movement & Dance with Delene & Katie on My Life TV, the dementia friendly channel? – [Click Here.](#) Don't forget with all the exercises to do the intro video first of all!

Breath of Fresh Air

May is merry and full of life – the birds sing in the May morning dew and the gardens and woods are speckled with flashes of colour from the bluebells and snowdrops.



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 spring-flowering shrubs
- + Mow the lawn
- + Once the frosts are over, it's time to plant out the dahlias and fill pots with colourful summer bedding.
- + Tackle the weeding
- + Be water wise – water plants early in the morning or in the evening and install a rainwater butt.
- + Wait until tulip, daffodil and bluebell foliage has died back before cutting. You can also lift and divide spring bulbs and replant them elsewhere for next season; give your summer bulbs room to flourish.

What to plant :

- + Courgette
- + Cucumbers
- + Marrow
- + Lettuce
- + Kale
- + 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 seedlings** in the green house.
- + **Create a spot in the garden** to be creative in the summer.

Flower of the month Lily of the Valley



The NAPA Activities Calender – May 2022

<p>Sun 1 May</p> <p>i May Day</p> <p>R Creative Writing</p>	<p>Mon 2 May</p> <p>i Lemonade Day</p> <p>R Glazed lemonade Tart</p>	<p>Tue 3 May</p> <p>i National Garden Meditation Day</p> <p>R Mindful Walk</p>	<p>Wed 4 May</p> <p>i Deaf Awareness Week</p> <p>R Fingerspelling</p> <p>NAPA Workshop Planning Activities, Events and Celebrations</p>	<p>Thurs 5 May</p> <p>i Cinco de Mayo (Mexican Celebration)</p> <p>R Mexican Mirrors</p>	<p>Fri 6 May</p> <p>i International Space Day</p> <p>R Galaxy Jar</p>	<p>Sat 7 May</p> <p>i National Fitness Day</p> <p>R 'Crispy Gold' Energy Snack</p>
<p>Sun 8 May</p> <p>i VE Day</p> <p>R Commemorative Plate</p>	<p>Mon 9 May</p> <p>i Hurrah For Buttons Day</p> <p>R Button Art</p>	<p>Tue 10 May</p> <p>i Clean Up Your Room Day</p> <p>R Dusting</p>	<p>Wed 11 May</p> <p>i National Foam Rolling Day</p> <p>R Rolling the Foam</p> <p>NAPA Mini Workshop Basic Risk Assessments</p>	<p>Thurs 12 May</p> <p>i International National Nurses</p> <p>R Acrostic Poem</p>	<p>Fri 13 May</p> <p>i Houmous Day</p> <p>R Houmous Dip</p>	<p>Sat 14 May</p> <p>i National Windmill Day</p> <p>R Wind Spinner</p>
<p>Sun 15 May</p> <p>i Bring Flowers to Someone Day</p> <p>R Flower Arranging</p>	<p>Mon 16 May</p> <p>i Start of National Vegetarian week</p> <p>R Polenta Mini Pizzas</p>	<p>Tue 17 May</p> <p>i Dinosaur Day</p> <p>R Dinosaur Trail</p> <p>Tea Tuesday</p>	<p>Wed 18 May</p> <p>i International Museum Day</p> <p>R Create your own Museum</p> <p>NAPA – Activities for People with Differing Abilities Workshop</p>	<p>Thurs 19 May</p> <p>i National Notebook Day</p> <p>R Stitch a Book</p> <p>NAPA – A PAL Masterclass with Jackie Pool</p>	<p>Fri 20 May</p> <p>i National Pick Strawberries Day</p> <p>R Jam Biscuit</p>	<p>Sat 21 May</p> <p>i World Meditation Day</p> <p>R Meditation Wordsearch</p>
<p>Sun 22 May</p> <p>i Laurence Olivier Born 1907</p> <p>R Curtain up!</p>	<p>Mon 23 May</p> <p>i World Turtle Day</p> <p>R Pom Pom Turtles</p>	<p>Tue 24 May</p> <p>i Queen Victoria Born 1819</p> <p>R A Very Royal Cake</p>	<p>Wed 25 May</p> <p>i National Tap dance Day</p> <p>R Tip Tap Toe</p> <p>NAPA Wellbeing Walk</p>	<p>Thurs 26 May</p> <p>i National Paper Airplane Day</p> <p>R Paper Airplanes</p>	<p>Fri 27 May</p> <p>i Eat More Fruits & Vegetables Day</p> <p>R Farmhouse Vegetable Soup</p>	<p>Sat 28 May</p> <p>i International Hamburger Day</p> <p>R Pop Art Burger</p>
<p>Sun 29 May</p> <p>i National Biscuit day</p> <p>R Biscuit Tasting Session</p>	<p>Mon 30 May</p> <p>i National Creativity Day</p> <p>R Pen and Paper</p>	<p>Tue 31 May</p> <p>i World Parrot Day</p> <p>R Paper Plate Parrots</p>				
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May 1st – May Day



Lucy Larcom

"When April steps aside for May, like diamonds all the rain-drops glisten; fresh violets open every day; to some new bird each hour we listen."

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 some of the individuals?
- + Are they friends, relatives?
- + What do you think they are doing?
- + How old do you think they could be?
- + What can you see around them?
- + Did you take part in a May Pole dance when you were at school?
- + What songs or music would you have experienced while making the May Pole?

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 out loud and edit it together, letting the story evolve. Take your time!

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May 2nd – Lemonade Day



Lord Edward Thurlow

"May! Queen of blossoms, / And fulfilling flowers, / With what pretty music / Shall we charm the hours?"

Glazed Lemonade Tart

When life gives you lemons, make lemonade... or a tasty, tangy Glazed Lemon Tart! Lakeland Dairies' recipe celebrates this zesty fruit!



Cake Ingredients:

Serves 10

- + 400ml Millac Gold Double
- + 7 large eggs
- + 400g sugar
- + 6 medium lemons, juice & zest
- + 1 cooked sweet pastry case
- + A little icing sugar

Method

1. Whisk the eggs, sugar, juice and zest together and set aside.
2. Bring the **Millac Gold Double** to the boil and after allowing it to cool slightly, add to the egg mixture.
3. Slowly pour into the pastry case and bake for 30 minutes at 160°C.
4. Remove from the oven.
5. Dust with icing sugar and glaze the top using a blow torch.
6. Allow to cool before serving.

7. Great with some whipped cream! Try using **Lakeland Dairies Real Dairy Whipping Cream** as a decadent finish.



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May 3rd – National Garden Meditation Day



Fennel Hudson

"May, more than any other month of the year, wants us to feel most alive."

Mindful walk

World Mental Health Day was created to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health.

One of the best ways to take care of your mental health is getting outdoors!

Why not try this simple Mindful Walk in your local area.

You will need:

- + Mindful quotes or prompt words printed and laminated
- + Hole puncher
- + String
- + Correct outdoor footwear and clothing
- + A camera is optional
- + Pen and paper

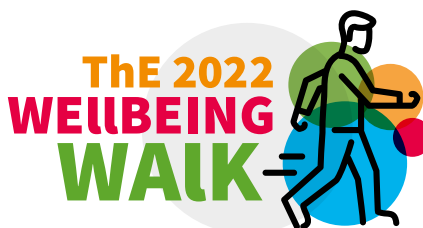
What you do:

- + Print off A4 size quotes or prompts; you can make your own, for example, Stop and look around you, name something beautiful.
- + Laminate the words to protect them and then using the hole punch, pop a hole at the top on each side.
- + Before you start the walk, go and assess your trail and take your cards with you. Tie them to spots along the route.
- + Now you're ready to start your walk with the individual you support. Enjoy walking along the route and reading the prompts. You could use a camera to capture moments or even better, a note pad to jot down comments and notes to make into a poem.



Top Tip:

If you enjoyed this walk, then think about starting your own walking club. You could change the images and use a theme for each walk' history on the local area, cakes, cars or even famous singers, using technology to play a song at each point.



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May 4th – Deaf Awareness Week



Nostradamus

"The great earthquake shall be in the month of May; Saturn, Capricorn, Jupiter, Mercury in Taurus; Venus, also Cancer, Mars in zero."

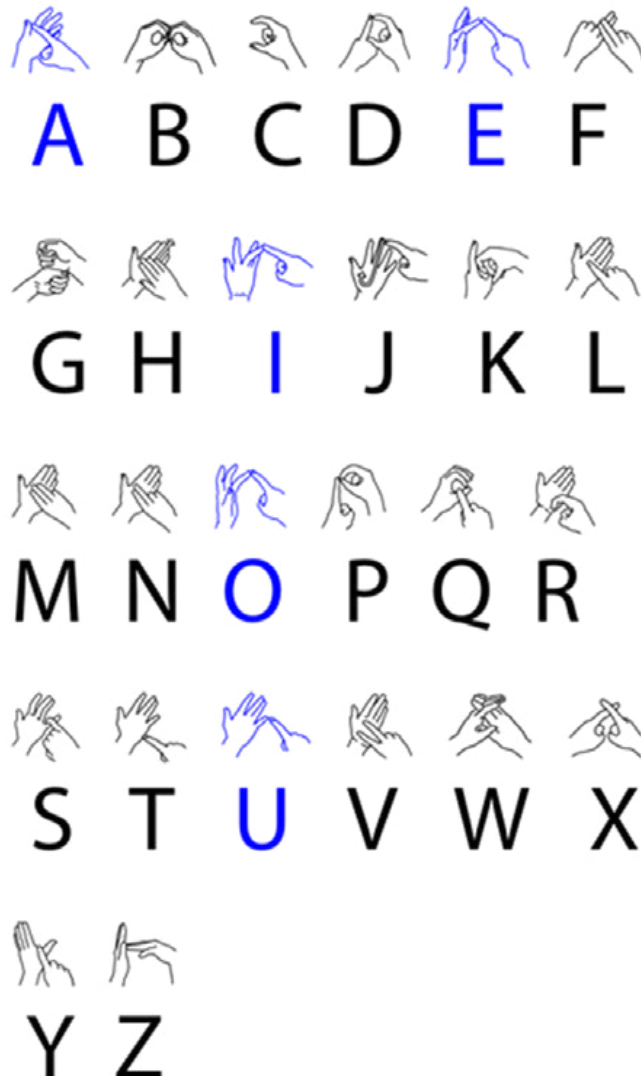
Fingerspelling

We have many ways in which we can communicate. For Deaf Awareness Week, try using a hand fingerspelling alphabet. We use fingerspelling in sign language to spell out names of people and places when there is not a sign.

Using the Fingerspelling alphabet below:

- + Try spelling your name out to each other!
- + Spell your favourite drink?
- + Spell your favourite colour?

You can also use Youtube to discover sessions to use sign language for popular songs. Why not try setting up a sign choir?!



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May 5th – Cinco de Mayo (Mexican Celebration)



Francis Quarles

"Let all thy joys be as the month of May. And all thy days be as a marriage day."

Mexican Mirrors

Cinco de Mayo is an annual celebration held on May 5th, which commemorates the anniversary of Mexico's victory over the French Empire at the Battle of Puebla in 1862.

The festival is a bright and colourful celebration of cooking, music and dancing. If you would like to join in the celebrations, why not use these Mexican Mirrors for a splash of colour and light in your decorations?!

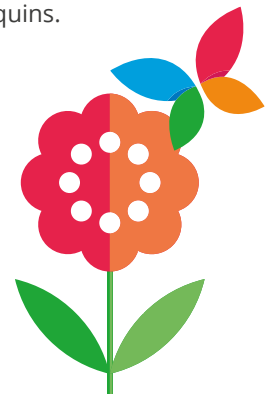


You will need:

- + Card or construction paper
- + 12" X 12" round template (you could use a dining plate)
- + Paint or sharpies markers
- + Good quality thick tin foil for the mirror
- + Pencil to make the patters on the foil

What you do:

- + Use 12 " x 12 " construction paper and a pencil, create a large circle or use a circle template. With a smaller circle template, (use a small paper plate), trace another circle inside the large circle. Add fun patterns around the circles.
- + Outline with a sharpie and colour in the shapes with paint and make them bright!
- + Make sure to fill in the shapes completely.
- + To make a mirror, use the silver side of 3 " x 3 " foil and create patterns with a pencil.
- + Glue down the mirror with tacky glue, in the centre of the large circle. Then add sequins.



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May 6th – International Space Day



George Herbert

"Sweet spring, full of sweet days
and roses. A box where sweets
compacted lie."

Galaxy Jar

Why not recycle and repurpose your empty glass or plastic jars.



Here is an interesting clip on Youtube from Sunita Williams in The International Space Station. You could watch this with your residents.

Watch – How they Eat, Drink and survive in Space: Sunita Williams in The International Space Station

These memorizing galaxy jars fascinate everyone with their glittering contents and miniature objects.

You can include whatever you like the jars, as long as the items are small. We will be using modelling dough in the example below.

You will need:

- + Glass/plastic jar
- + Water
- + Glitter (silver or gold)
- + Modelling dough (mixed colours)
- + Food colouring (mixed colours)
- + Strong glue to seal lid

What you do:

- + Make sure your jar is clean.
- + Take the modelling dough, mix the colours as best as you can into small round planets. They will be

different sizes, but they will need to fit into the jar.

- + Once complete pop them into the jar.
- + Add your choice of glitter.
- + Add your water and leave an inch from the top.
- + Add a drop of food colouring, pink, yellow, greens work well. You can also leave it clear but do not use black as you will not be able to see the contents.
- + Run the glue around the edge of the jar and screw the lid on tight. Then leave to dry with the instructions from the glue manufacturer.
- + When ready shake the jar and watch the galaxy spin!

Top Tip

Use a strong glue to seal the lids.



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Henry Van Dyke

"I'm only wishing to go a – fishing; For this the month of May was made."

'Crispy Gold' Energy Snack

If you're going for a walk to enjoy the delightful smells of Spring flowers, don't forget to take an energy snack to keep you going! This Lakeland Dairies recipe for Crispy Gold makes a wonderfully delicious, sweet and crunchy snack made from older baguette bread.

Ingredients:

- + 120g Millac Gold Double
- + 80g Sugar
- + 60g Lakeland Dairies Salted Butter
- + 30g Lakeland Dairies Whole Milk
- + 30g Egg White
- + Baguette bread, sliced to approximately 0.7-1cm

Method:

1. Add the **Millac Gold Double**, sugar, **Lakeland Dairies Salted Butter** and **Lakeland Dairies Whole Milk** to a saucepan and heat to 50 degrees whilst stirring.
2. Add the egg whites and mix well before sieving.
3. Take the sliced baguette bread and dip each piece in the eggy mixture.
4. Either fry or griddle the bread for approximately 2 minutes on each side, before transferring to a baking tray and baking in the oven for about 15 minutes at 150 degrees or until golden brown.
5. Once cool, store in an air tight container or packaging and you're ready to go!



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May 8th – VE Day



Harriet Ann Jacobs

"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also."

Commemorative Plate

Why not get creative and design your very own VE Day commemorative plate?

You can try your hand at creating your own design or search for different images from VE Day celebrations. Think of the different countries that were involved or even the people that fought. How could you incorporate this into the design?



You can also use air dry clay if you wished – just use the instructions on the packet and make into the shape of a plate.

We will make this commemorative plate from paper plates today!

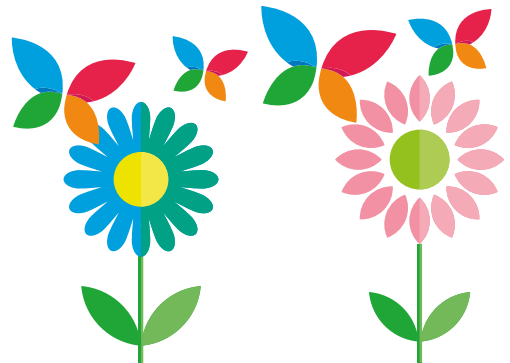
You will need:

- + Paper plates
- + Pencils
- + Markers (for outlines)
- + Paints
- + Magazine cuttings
- + Images for inspiration
- + Glue and decorations



What you do:

- + Using the images you have found, discuss with the group what ideas they would like to use on their plate.
- + Think about wording; would you like a motto, or family regiment?
- + You could make a creative collage for ease.
- + Why not display the plates once finished with information or stories shared from the session?!



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May 9th – Hurrah For Buttons Day



Kiera Cass

"I curled closer to May, comforted by her warmth."

Button Art



You will need:

- + A frame
- + A piece of card or other stiff paper (make sure it is the right size for the frame)
- + Glue gun or strong craft glue
- + Buttons, buttons, and more buttons!

What you do:

- + Maybe an individual or staff member is arty, and they could draw the outline
- + If you are artistically inclined, feel free to go ahead and sketch out your design. Or you can take the easy route and print off a silhouette of your design on your card.

- + Once you have printed your silhouette onto the card it is time to start the fun part – adding the buttons!
- + It's a good idea to play around with placement before you start gluing. Also, feel free to layer the buttons for a neat, textured effect.
- + And remember, you can also use items that aren't buttons for fillers such as decorative beads, pearls, beads, or rhinestones.
- + Then frame your masterpiece for all to see!

You could use buttons to decorate a number of items

- + Lamp shade
- + Canvas
- + Tiles
- + Empty bottles
- + Card



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May 10th – Clean Up Your Room Day



Heinrich Heine *"In the marvelous month of May when all the buds were bursting, then in my heart did love arise. In the marvelous month of May when all the birds were singing, then did I reveal to her my yearning and longing."*

Dusting

It's a popular domestic task, reaching for the bright yellow 'duster' from the clearing cupboard or the **"tickle"** stick!

Dusting is a simple yet relaxing domestic task which needs no support and encourages independence and physical wellbeing. There are many ways to dust here are a few ideas to involve the individuals you support to help banish those cobwebs!

You will need:

- + Duster
- + Dust stick
- + Dust brush
- + Cleaning caddy
- + Spray bottles with water



What you do:

- + Most individuals will naturally pick up a duster or a Dust stick and start to wipe or clean. Leaving a cleaning caddy with a sign saying, "can you help to dust?" will encourage individuals to pick up the cloth and have a go.
- + Another good tip is using clean spray bottles filled with water, this gives the option to spray the tables and woodwork without worrying about harmful chemicals.
- + A dust brush (like a paint brush) will help dust delicate ornaments or intricate objects which can be tricky to clean.

- + Dusting can take as long as the individual wishes, they can return over and over to pick up the duster throughout the day.
- + Using the "tickle stick" brings back memories for people, the famous comedian Ken Dodd used to use it in his shows and who does not enjoy waving a feather stick about while cleaning!

Top tip

Meet with your housekeeping teams and discuss how they could support dusting sessions with individuals in your care setting.



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May 11th – National Foam Rolling Day



Heinrich Heine

*"Weet May hath come to love us,
Flowers, trees, their blossoms don;
And through the blue heavens above
us The very clouds move on."*

Rolling the Foam

We can often spend time sitting for long periods, with little to no movement. We like to encourage physical wellbeing. National Foam Rolling Day encourages this and includes sensory engagement.

Foam rolling, which is also known as 'the poor man's massage,' is an old practice that provides self-massaging techniques. It can be as physical as necessary to meet individual needs.

Sean Gallagher, a young student, started using foam rollers as a tool for self-massaging in the late 1920s. He realised the benefits they had and experimented with Broadway performers who needed to be in top shape for their daily performance. The performers benefited so much from the use of the rollers, Sean soon found himself rolling in business!

Why not incorporate some foam rolling into your physical wellbeing sessions? Making sure they are used based on individuals' capabilities.



Hand:

- + Using a tabletop, place the hand on the foam roller
- + Role the foam roller back and forth from the finer tops to the wrist
- + Try squeezing the foam roller
- + Using your fingers lift one at a time and tap the foam roller, just like you're typing on a keyboard.

Arms:

- + Stay on the tabletop
- + Move the foam roller from the wrist to the elbow
- + Can you do both arms together?

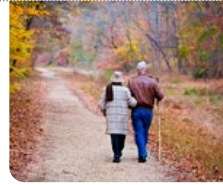
Feet:

- + Ask the individual to sit down
- + Place the roller under the foot (shoes optional)
- + Ask the individual to role the foam back and forth
- + Can they control the foam with their foot?
- + Remember to remove the foam roller before they stand up

You can enjoy this light foam rolling exercise to different types of music, increasing and decreasing the speed at which you roll.

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May 12th – International Nurses' Day



Helen Hunt Jackson

"O May, sweet-voice one, going thus before, Forever June may pour her warm red wine Of life and passions, – sweeter days are thine!"

Acrostic Poem

Are there any retired Nurses in your care setting?

Invite them to do a short talk about their career as a Nurse. It would be good to hear how, if at all, the role has changed over the years.

Why not work together in creating a beautiful Acrostic poem and celebrate International Nurses' Day together?. You could also create this poem and give it as a gift to nurses you know.



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May 13th – National Fitness Day



Gustav Mahler

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

Houmous Day

It's Houmous Day! Celebrate with this tempting dip recipe from Lakeland Dairies. It's great with Soda Farls, pitta bread, crisps or vegetable sticks. As a fortified recipe, not only is this houmous tasty, but it is high in protein!

Houmous Ingredients:

Serves 12

- + 400g Chickpeas – tinned
- + 2 Lemons – zest and juice
- + 2 Garlic Cloves – peeled
- + 1 tbsp Tahini Paste
- + 120ml Water
- + 60ml Rapeseed Oil
- + 100g Lakeland Dairies 100% Dairy Skimmed Milk Powder
- + Salt and Pepper – to taste

Soda Farls Ingredients:

- + 350g Plain Flour
- + 150g Lakeland Dairies 100% Dairy Skimmed Milk Powder
- + 5g Salt
- + 5g Bicarbonate of Soda
- + 300ml Lakeland Dairies Whole Milk
- + 25ml Lemon Juice



Houmous Method:

1. Rinse the chickpeas and add to a blender with all the other ingredients.
2. Blend for 1 minute until smooth.
3. Season to taste, then serve!

Soda Farls Method:

1. Add all the dry ingredients to a bowl and combine.
2. Add the lemon juice and **Lakeland Dairies Whole Milk**, then mix to a dough.
3. Shape the soda farls and fry in a dry frying pan over a medium heat for around 5 minutes on each side.



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May 14th – National Windmill Day



Roald Dahl

"If you have good thoughts they will shine out of your face like sunbeams, and you will always look lovely."

Wind Spinner

These could make a really colourful addition to an outside space. Small bottles could be used to hang outside individual's windows.

You will need:

- + An empty 2L pop bottle
- + Coloured electrical tape
- + Scissors
- + Pen or pencil
- + Stanley knife
- + Paper clip
- + Ball bearing swivel (used for fishing, can be found with the fishing accessories in a fishing shop, or ask a fishing friend)
- + String for hanging

What you do:

- + Rinse out the bottle and remove the label.
- + Run lengths of electrical tape around the middle of the bottle. This will also help to cover any of the label residue.
- + Measure along the top tape strip with a flexible measuring tape, use a pen to measure 3mm sections.
- + Using a Stanley knife, cut a vertical strip down the length of the bottle and each 3mm mark. Start at the top of the tape strip and not from the bottle neck.
- + Extend the cut all the way to about 2 inches from the bottom, do this slowly to keep the lines straight.
- + Squash the bottle from the top, this will make the strips flare out. When they do, pinch each strip in the middle to create a fold.
- + Next, you need to angle the strips by making folds at the top and bottom, so the wind can catch them.



- + At the bottom of each strip, make a 45-degree fold to the left.
- + Feel free to personalise your wind spinner by adding other decoration.
- + Time to make the top for your bottle wind spinner. Make a hole in the top of the bottle cap. The easiest way to do this, is to heat the end of a paperclip and poking a hole in the top (do this in a well ventilated space.) Or use a hammer and nail to make the hole.

- + Unfold a paper clip and thread through the end of the ball bearing swivel.
- + Then twist the wire together once or twice to form a loop.
- + Push the wire ends of the paper clip through the top hole of the bottle cap. Fan out the wire ends inside to hold in place.
- + Screw on the bottle cap, and string to hang.
- + Sit back and watch it spin!

Think:

Adapt the activity to ensure all involved can contribute to some or all of the process.



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May 15th – Bring Flowers to Someone Day



Ernest Agyemang Yeboah "Make hay in May for you may never know what June is coming with and you may never know what July will present! When you see May, make hay!"

Flower Arranging

How many times have you walked into a room, and it is filled with the beautiful sent of flowers? Or noticed a vibrant display sitting in a vase?

Most individuals enjoy receiving or giving flowers, and some will have purchased a bunch with them weekly shopping to arrange and display in their home. You may support individuals who had a career as a florist or volunteered as flower arranger in their place of worship.

Whatever the reason it's a simple and creative activity which will, provided the individuals you support with cognitive and sensory stimulation, help preserve motor skills, and instils a sense of ownership, independence, and accomplishment.



You will need:

- + Flowers
- + Scissors
- + Vase or bowl
- + Water
- + Bowl for waste
- + Florist foam (optional)
- + Pinny



- + Gardening gloves
- + Images of arrangement for inspiration
- + Ribbon

What you do:

- + Set up the area and lay out the flowers into colour, place the vase and bowls and other equipment around the table.
- + Ask the individuals to pop the pinny on and if preferred the gardening gloves.
- + Encourage the individuals to look at the images provided for inspiration and ideas of arrangements they could make. You can also encourage them to be spontaneous and creative with their own imagination!

- + Start with choosing the vase or bowl to hold the display.
- + Do they wish to use the floristry foam which can hold the flowers in a better position or just place the flowers in the holder?
- + Once you have the base, think about the flowers you would like to use, are they making it for themselves? if so, then maybe they would like to pick their favourite colours? or are they gifting it to someone or displaying the arrangement for a festival/event?
- + Start with the largest flowers first and trim to the highest height.
- + Work down or around your arrangement cutting the flowers down to the correct size till it looks even.
- + Once everyone is happy with the finished arrangement, why not tie a nice bow or ribbon around the vase or bowl?
- + You can display in the individual's room, communal areas, or gift to someone.

Top Tip:

Reach out to your local supermarkets or florists and ask for donations of blooms that are just turning past their best. Many will donate them for free rather than throwing them away.

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May 16th – National Vegetarian week



Charles Macklin

"You are as welcome as the flowers in May."

Polenta Mini Pizzas

You will need:

- + 750ml hot vegetable stock
- + 190g instant polenta
- + 60g freshly grated parmesan
- + Salt and pepper to season

What you do:

- + Bring the stock to the boil in a large pan and pour in the polenta whisking constantly. Cook, stirring until the polenta is thick. Remove from the heat and stir in the parmesan and salt and pepper.
- + Spread the polenta out on a lightly oiled baking sheet to around 5mm thickness. Leave to cool then chill to set – around 1hr.
- + Using different cutters; cut out the pizza bases into mini/bite size portions. Add any toppings you like and bake on a lightly oiled baking sheet, until the cheese is bubbling.
- + Pizza is one of those foods that bring out our personalities. Even if you prepare the pizza bases residents will love to select their own toppings and send off to the chef for cooking. Encourage residents to taste the fresh produce and share memories whilst they wait for their pizzas to be cooked.

Topping:

Tomato sauce and grated mozzarella and whatever else you fancy, ham, pepper, caramelised red onions with balsamic vinegar and thyme.

Click here to discover NAPA Food-based activities guidance.



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May 17th – Dinosaur Day



Francis Quarles

"Let all thy joys be as the month of May, And all thy days be as a marriage day."

Dinosaur Trail

Lifelong learning can help us better understand the world around us, expand our options and improve our quality of life. It might be enjoyable to discover interesting facts and information about subjects with which we are unfamiliar.

Dinosaur day is the perfect opportunity to learn new things about the prehistoric!

Why not get outside and make something **ROAR-SOME** for Dinosaur Day?

Do you want to go on a dinosaur hunt?

Dinosaurs are a type of reptile that originally appeared approximately 245 million years ago. They ruled the earth until 66 million years ago, when an extinction catastrophe wiped off a huge portion of life on the planet.

Dinosaurs are still popular today because of their unusual body shapes, skin and defensive spikes.

Creating an engaging dinosaur trail at your care setting will encourage people to get out and explore these interesting dinosaur discoveries.

Ask the individuals you support if they have ever seen a dinosaur's fossil.

Can they name any dinosaurs?



You will need:

- + Images of Dinosaurs
- + Laminating sheets
- + Facts on Dinosaurs
- + String
- + Clay (optional)
- + Speakers (optional)

What you do:

- + Plan out a route for the trail.
- + Print off images of dinosaurs – you could print off the classic ones everyone knows for example Tyrannosaurus, Velociraptor or Triceratops. **Click here** for full list with images.
- + Laminate the images with the full name and some facts on the back of the image.

- + Place the images along the route.
- + You could also create the footprints of dinosaurs to discover- using air dry clay, roll out a plate-size circle and press the footprint design into the wet clay.
- + Why not have dinosaur sounds playing on speakers around the garden?

Top Tip:

Maybe your local school can get involved or your local museum. They might hold a presentation with interesting facts and objects!



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May 18th – International Museum Day



Richard Barnfield

"As it fell upon a day, In the merry month of May, Sitting in a pleasant shade which a grove of myrtles made."

Create your own Museum

Museums are enjoyable to visit and provide excellent opportunities for community engagement; their historic collections, inspire conversations and ignite memories.

Imagine if the individuals you support could curate their own museum collection that is unique to them!

Ask the individuals you support if they would like to give a talk on an object they have provided, its history or what it means to them.

Support people to be creative – put up displays both inside and outside the building. Outside, you could have a garden tool museum, or inside, a teapot collection. The possibilities are endless.

Why not create a small committee to help plan and create the museum?

Once the museum is established, it will create a focal point of conversation and reminiscence for anyone walking by or wishing to visit.

You will need:

- + A theme
- + An area to display
- + Pens
- + Small pieces of card the size of a business card
- + Objects

What you do:

- + Consider the theme of the museum with the people that you support. Perhaps alternate the displays. Theme ideas; 1950's, transport, ornaments, literature.



- + Once everyone is happy with the theme, ask if anyone would like to donate objects for example, toys, stuffed animals, shoes, or books and agree the date they will be returned.
- + Now arrange the items. Consider the following before deciding where to put them: do they need to be displayed on a box, a stool, or a chair so that everyone can see them? Maybe make frames for each object to demonstrate how special they are?
- + Consider the seating – create an area where people can sit and discuss the objects.
- + On separate pieces of card, write information about the objects so that everyone knows what they are and who donated them (some people may not want to have their name displayed so double check they are happy).

Invite and promote the grand opening.



Click here for the **Invite** template.

Click here for the **Poster** template.



- + Create a playlist, asking people to contribute their ideas for music. Think about the ambience of the event and pay attention to the lighting to set the right tone for the grand opening. Plan the food – what about drinks and canapés for the occasion?
- + Can you contact nearby schools or museums to see if they'd like to come and visit, display artefacts, or give a talk?
- + Your first display has been curated!
- + You can keep going and create additional exhibitions if you have fun doing it! There are so many possibilities.

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May 19th – National Notebook Day



Samuel Taylor Coleridge

*"Tis a month before the month of May,
And the spring comes slowly up this way."*

Stitch a Book

Accordion books are very easy to make. The hardest part is usually finding a piece of paper long enough to fold into the book. You can try piecing paper together but it's easier to use a roll of Kraft paper or packaging paper.

You will need:

- + Kraft or packaging paper (even a large paper bag opened up and cut to get the longest piece you can from it)
- + Thin cardboard (like from a cereal box)
- + String, buttons needle and thread
- + Scissors, glue, ruler, pencil

What you do:

- + Measure your paper to get the size of book you want. Cut a long strip for the accordion folds, decide how many pages you want and divide the total length by that number. This will tell you where to place your folds. Measure with the ruler and place a mark where each page fold should be. Make all your folds.
- + To make this more like a book we will give it a front and back cover. Place your folded paper on the thin cardboard and trace out the size you need. You will need 2 pieces. Cut these out.
- + Pick one of the cardboard pieces to be the front cover. Sew two buttons near the edge on one side. I used a big needle to push thru the cardboard. You want your buttons near the centre of the edge.
- + You will need to make a shank on both these buttons. After you have made a few passes with the needle and thread poke your needle up thru



- the cardboard but not the button, have it come out on the side.
- + Wrap the thread around the stitches you have sewn and then back thru the cardboard. This causes the button to rise up a little from the cardboard so we can wrap our string around it in the finished book. Knot off and repeat with second button.
- + We are now going to attach our front cover. Put some glue all over the thin cardboard on the printed side. I used tacky glue. I found a glue stick was just not strong enough for the book. Take your folded accordion paper and place in front of you like a closed book with the first page opening on the right. Place the glued cardboard directly on top of this page. You want the buttons to be on the right side. Align your edges as best you can. You can always trim the cover after the glue dries. Your knots from your stitching should be sandwiched between the cardboard and paper.



- + Take your book and turn it over. Open the first page (which is actually the last page of the book). Set aside. Before gluing on the cardboard take a 12 inch piece of string. Make a loop and knot it. This will be the string that holds the book closed.
- + Put your glue on the second piece of thin cardboard. In the picture I did it the opposite way with the glue on the paper, glue on the cardboard seems to work better. Sandwich your string loop between the paper and the cardboard. You are gluing the cardboard to the inside of that first page on the left side. If you opened up your accordion book fully, the cardboard would be on the backside of the first page and on the backside of the last. In the Bear book I glued my back cover on the wrong side, which is why the string is sticking out between the last 2 pages. It's a little awkward like that so put it on the other side.
- + You should now have a book with a front and back cover that you can close by winding the string around the buttons.

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May 20th – National Pick Strawberries Day



Heinrich Heine "In the marvellous month of May when all the buds were bursting, then in my heart did love to arise. In the marvellous month of May when all the birds were singing, then did I reveal to her my yearning and longing."

Jam Biscuit

Just as nice to nibble on as they are to look at, these will be loved by all!

Makes about 26 biscuits / Prep time:
25 mins / Cook time: 10-12 mins

You will need:

- + 115g unsalted butter, softened
- + 55g golden caster sugar
- + 180g plain flour
- + 1-2 tbsp milk
- + 13 tsp strawberry jam

What you do:

- + Preheat the oven to 180°C, fan 160°C, Gas 4.
- + Line 2 large baking sheets with baking parchment.
- + Put the butter and sugar into mixing bowl and beat with a wooden spoon until the mixture is pale and creamy.
- + Tip the flour into the bowl and add the milk.
- + Mix together to form dough.
- + Sprinkle a little flour over the table and rolling pin, and then roll out the dough until it is about the same thickness as a pound coin.
- + Using a biscuit cutter, cut 2 biscuits from the dough.
- + Then, using a small knife cut a letter out from one biscuit.
- + Repeat, cutting out different letters to form sentences!

Click here to discover NAPA Food-based activities guidance.



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May 21st – World Meditation Day



Fennel Hudson

"May, more than any other month of the year, wants us to feel most alive."

Meditation Wordsearch

- + PEACE
- + TRANQUILLITY
- + DOVE
- + HOPE
- + RELAXING
- + CALM
- + MEDITATION
- + SELFCARE
- + SILENT
- + HARMONY
- + ENVIRONMENT
- + MUSIC



P	Y	T	S	E	L	F	C	A	R	E	A
T	Y	J	I	L	F	H	U	H	C	N	D
R	H	G	P	P	D	W	I	V	H	V	H
A	P	O	U	L	S	Q	N	O	I	I	A
N	E	G	R	I	M	X	P	E	C	R	R
Q	T	N	T	S	E	E	A	Y	A	O	M
U	P	I	N	E	D	H	P	I	L	N	O
I	E	X	M	A	I	I	I	O	M	M	N
L	T	A	M	Z	T	L	V	L	S	E	Y
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May 22nd – Laurence Olivier Born 1907



Charlotte Smith

*"Another May new buds and flowers
shall bring: Ah! why has happiness
no second Spring?"*

Curtain up!

How about setting up your own theatres company or drama group?



You do not need to be a West End Star or Hollywood Director to have a little fun and set up a drama group.

Here are some tips to help you.

What you do:

- + Hold an informal meeting of interested individuals. Discuss what you love about drama and maybe some of the shows you have all seen.
- + What would be the aim of the group – how often do you want to meet and what type of productions are you interested in? Start with small achievable goals. You do not need want to stage a full production of

"CATS" with costume and lighting. Start at reading through small scenes from well-known plays.

- + Discuss the 'parts' people would like to read of portray. Perhaps some group members would like to help make the set of the costumes or work on the lighting or sound.
- + Choose a suitable room for holding meetings, rehearsals, and the performance. It will need to be a large enough space to safely hold your group and audience.
- + Financing the group, can you ask for donations of props and costumes. Do staff members or family have sewing skills or support they could offer?

- + Think of some ideas for a name for the drama group, keep it snappy.
- + Set a realistic goal date for your first show, this will help you to keep the groups focused and build up excitement for opening night!
- + Performances can be 10 minutes or two hours – it is entirely up to you!

Above all, remember to have fun! Live shows always have hiccups and laughter. Once you have held your first performance, regroup, and reflect. You could find yourself with new members keen to join the fun!



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May 23rd – World Turtle Day



Vera Britain

"I thought that spring must last forevermore; For I was young and loved, and it was May."

Pom Pom Turtles

Tortoises and turtles are officially called testudines, which are reptiles having a body covered in a shell. There are around 350 species of tortoises and turtles that live in both salt and fresh water and live on land on all continents except Antarctica!



**Tortoises live on the land
Turtles live in water**

Many people keep these prehistoric animals as pets or enjoy watching them from an afar. Some people are lucky enough to have watched see turtles give birth.

Do the individuals you support recall seeing or keeping turtles or tortoises?

Can they recall the famous Aesop's Fable "The Hair and the Tortoise"?

Click here to read.

Why not sit in the yard and have some leisurely fun making these Pom Pom Turtles while listening to the fable to commemorate World Turtle Day?

You will need:

- + Wool for the pom pom
- + A pom pom making kit or **click here** to watch a video on how to make a pom pom
- + Green or brown stiff card
- + Scissors
- + Felt pens, Glitter & Glue



What you do:

- + Take the wool, you can use a mix of colours or use one main colour.
- + Follow the instructions on the pom pom making or video.
- + Take the card and cut out four fins, a head, and a small tail.
- + Decorate the fins and head, you could use small squares to represent the skin. Get creative and use different colours.
- + Take your glitter and add some shimmer to the Turtle.

- + Glue your fins, head, and tail onto the pom pom.

- + Take a piece of wool as the string and hang the finished Turtles in a display for all to see.

Top Tip:

Perhaps you could invite your local reptile pet store or zoo to visit and explain to you about real turtles and tortoises. Check with your staff teams and family to see whether they have them as pets.

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May 24th – Queen Victoria Born 1819



Francis Quarles

"Let all thy joys be as the month of May, And all thy days be as a marriage day."

A Very Royal Cake

This famous cake should be known as The Royal Victoria Sponge, as its name harks back to Queen Victoria. The Queen was said to enjoy a slice of the delicious cake with her traditional English afternoon tea.

We know the cake as The Victoria Sponge, food historians report that Queen Victoria enjoyed a Victoria sponge, decorated with a single layer of jam and cream, alongside other cakes, and edibles, at tea parties on the Isle of Wight.

Why not enjoy making this classic British cake and enjoy with a pot of Earl Grey tea!



You will need:

- + Mixing bowl
- + x2 20cm sandwich tins
- + Wooden Spoon
- + 200g caster sugar
- + 200g softened butter
- + 4 eggs, beaten
- + 200g self-raising flour
- + 1 tsp baking powder
- + 2 tbsp milk

For the filling

- + Fresh cream
- + Good-quality strawberry jam
- + Icing sugar, to decorate

What you do:

- + Pre heat oven to gas mark 5.
- + Butter two 20cm sandwich tins, line with non-stick baking paper.
- + In a large bowl, beat 200g caster sugar, 200g softened butter, 4 beaten eggs, 200g self-rising flour, 1 tsp baking powder and 2 tbsp milk together until you have a smooth, soft batter.
- + Divide the mixture between the tins, smooth the surface with the back of a spoon.
- + Bake for about 20 mins until golden and the cake springs back when pressed.
- + Turn onto a cooling rack and leave to cool completely.
- + On one of the cakes spread the Jam, put your cream on top.
- + Place your other half of the cake on top and dust with the icing sugar. You can add extra cream to the top and decorate with strawberries if you like.

Slice and enjoy!



Click here to discover NAPA Food-based activities guidance.

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May 25th – National Tap dance Day



Thomas Malory

"The month of May was come, when every lusty heart beginneth to blossom, and to bring forth fruit."

Tip Tap

Tap dance has a long tradition of bringing people together through music and rhythm.

Tap has evolved from American dance, with debate about its origins; possibly originating from African dance, Irish dance, or clog dancing traditions.

The sound of tapping on the floor and the fast rhythm of the feet has fascinated people for many years.

Why not try a little bit of tap dancing with a group, this activity can be enjoyed stood up or seated with feet on the floor? You can adapt the activity to use hands on a table if required.

Here is a link to a basic tap dance video by Just Tap.

How to TAP DANCE – Beginner Tutorial – YouTube

Once you have tried a beginner's guide to tap dancing, why not enjoy these out takes from the world famous tap dancer Gene Kelly.

Gene Kelly – Some of his greatest work – YouTube

You could also contact your local dance school and enquire about zoom performances or lessons!



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May 26th – American National
Paper Airplane Day



James Thomson

*"Among the changing months, May
stands the sweetest, and in fairest
colours dressed."*

Paper Planes

We've all created a paper plane out of spare paper at some point in our lives. China is thought to be the birthplace of the first folding gliders, dating back to 500 BC. The prominence of origami, the art of paper folding, coincided with the popularity of these flying kites in Japan.

Do the people you help
remember how to make a
paper plane?

Is there a certain manner of folding the
paper for a solitary glide?

On a bright day, why not try your hand
at folding extremely fast paper planes
and competing in a flying competition?

- + Is it better to fly from the ground
or from a higher altitude?
- + Is the weight of the flight affected
by the gramme of the paper?
- + Is newsprint truly superior to
printing paper?

Have a good time answering these
questions.



You will need:

- + Different types of paper for folding
- + Marking points for distance
- + Pen and paper

What you do:

- + Take a plain piece of A4 paper.
- + Fold the paper in half lengthways.
- + Fold the corners into the middle
with the centre fold sticking up.
- + Fold the pointed end of the paper to
about two-thirds of the way down.

- + Fold the top corners of the paper
back into the middle, leaving a little
triangle beneath.
- + Fold the small triangle up.
- + Fold the plane in half from top
to bottom.
- + Fold the plane's wings down so
that the edges run along the
plane's bottom.
- + Your plane is ready to fly after the
wings are opened.

- + Mark out a runway.
- + Note down
the names
given to the
planes and
start your
paper plane
competition!

Click here for
some interesting
videos on
different folding



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May 27th – Eat More Fruits & Vegetables Day



William Watson

*"What is so sweet and dear /
As a prosperous morn in May, /
The confident prime of the day."*

Farmhouse Vegetable Soup

Celebrate Eat More Fruits & Vegetables Day with Lakeland Dairies' wholesome and scrummy Farmhouse Vegetable Soup! Packed full of vegetables and flavour!

Ingredients:

Serves: 12 (200g portion)

- + 300ml Millac Gold Double
- + 200g Diced Onions (1cm)
- + 200g Sliced Carrot (0.5cm)
- + 200g peeled and chopped celery (0.5cm)
- + 200g courgettes quartered lengthways and cut to (1cm)
- + 40g plain flour
- + 400g peeled diced potatoes (1cm dice)
- + 40g Lakeland Dairies Salted Butter
- + 2 tsp fresh thyme
- + 1lt vegetable stock
- + White pepper and salt to taste

Method:

- + Place the **Lakeland Dairies Salted Butter** in a thick bottomed pan over a gentle heat, add all the vegetables and sweat for five minutes.
- + Add the flour to the vegetables and cook for one minute, then add the vegetable stock and bring to the boil.
- + Reduce the heat to a simmer and continue to stir.
- + Once the vegetables are tender, add the **Millac Gold Double** and seasoning to taste.
- + Remove from the heat and serve. Great with fresh bread!



Lakeland
DAIRIES

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May 28th – Great Poetry Reading Day



Edwin Way Teale

"The world's favourite season is the spring. All things seem possible in May."

International Hamburger Day

Why not create your own 'pop art' burger, have some fun using different materials and textures – building a unique burger that is a one-off can be rather satisfying!

Look at examples of pop art using images from books or the internet. Discuss what makes art, pop art. Can you find some famous pop art artists?

Talk to each other and find out what people like to have in their burgers. Display the materials and textures in colour groups on the table. Encourage people to pick the colours that best represent the fillings they enjoy, you will soon create a burger that looks good enough to eat!

You will need:

- + Coloured paper
- + Coloured foam paper
- + Coloured tissue paper
- + Any other textured materials you have to hand
- + Scissors
- + Glue
- + Plain Paper to use as the background
- + Images of pop art or burgers for example

What you do:

- + Rip up the materials and group them into coloured piles on the table.
- + Place the plain sheets of paper on the table ready.
- + Look at the different styles of pop art and hold a discussion with the group, do they know about pop art?
- + Next talk about burgers, have they eaten a burger? If so, where and what was it like?

- + Ask people to pick colours that relate to food, example – White would be onions, red tomato, green lettuce.
- + Start to build the pop art burger and glue down the materials.
- + Once finished why not have a real burger for dinner!



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May 29th – National Biscuit Day



Robert Frost

"When the sun is out and the wind is still, You're one month on in the middle of May."

Biscuit Tasting session

Hoorah! The 29th May each year is National Biscuit Day.

Invite people to talk about their favourite biscuits:

Do people prefer sweet, wafer, fruity, filled, or savoury biscuits?

Get a selection for people to try, making sure you have a few favourites in there.

You could do a blindfold test taste, to see if people can guess what kind they are.

Click here to discover NAPA Food-based activities guidance.



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May 30th – National Creativity Day



Kiera Cass

"I curled closer to May, comforted by her warmth."

Pen and Paper

Start the day out by brainstorming; sit down and think of all the things you do in your daily life and activity programme. Do you have artists, writers, sculptors, filmmakers, chefs, landscapers, architects, around you who could help you get creative?

Talk to your team and find out the hobbies they have and how they could join in with the creativity.

Getting creative can be as simple as using a pen and paper!

Doodle:

- + Encourage people to just doodle on paper and create something
- + What do others see?
- + Hold discussions and listen to the creative responses

Poems:

- + Ask people to write one word and bring the words together to create a poem
- + Use words to create an Acrostic Poem
- + Use the tune of a song to create poems

Creative Writing:

- + Use objects to create a story
- + Use images and develop a unique short story
- + Step outside and use what you see to develop a nature story



Portrait:

- + Draw from memory
- + Ask team members to sit for live model drawing
- + Ask people to draw themselves, using a mirror

We have so much we can do around creativity with pen and paper, that the activity has have no end or rights and wrongs. It's a fun activity session which can be short, long, in a group or 1:1.



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May 31st – World Parrot Day



William Shakespeare

"As full of spirit as the month of May, and as gorgeous as the sun in Midsummer."

Paper Plate Parrots

Exotic birds have always fascinated us; the beautiful array of colourful feathers makes us ooh and aah! Parrots are also known for their ability to mimic human speech, or even perform tricks.

Have any of the people you support ever owned or seen a parrot up close?

Can they make a list of the various types of parrots?

Why not get creative and make colourful parrots out of paper plates to hang in your garden as a colourful focal point? When gazing at the crafted parrots, you might even supply laminated photographs of real parrots with interesting facts for conversation. This is a perfect way to get people out into the fresh air or to enjoy the display from a window.



You will need:

- + Paper plates
- + Scissors
- + String
- + Crafting sticky eyes
- + Paints
- + Craft feathers
- + Glue



What you do:

- + Take the paper plate and cut in half.
- + Take the right side as the body so the rounded edge is facing out.
- + Take the other half and hold it so the bottom is the flat edge, and the top is round.
- + Glue it to the body at the top- you will need to angle this as a head for the parrot. Where the corner edge of the curve meets the flat bottom, you will use this as the beak.
- + Paint the parrot on both sides whatever colour you like.
- + Black out the beak.

- + Add a craft eye – you can do this to both sides.
- + Take the feathers and glue onto both sides – don't forget to add some for the tail!
- + Make a small hole in the top of the parrot's head and thread the string.
- + Once dry, you can hang in the tree of the garden.

Top Tip:

Do you have any nearby wildlife centres that could give a discussion about exotic birds and even bring some real ones into your setting?

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