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Prioritising Wellbeing

NAPA Activities Calendar *for every day of the year*

September 2021



Sponsored by






September 2021

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 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 September dates:

Sunday 5th September

- + Closing of Paralympic Games in Tokyo

Tuesday 7th September

- + Rosh Hashanah Jewish Festival

Thursday 9th September

- + National Television Awards

Friday 10th September

- + Ganesh Chaturthi Birthday of Ganesh Hindu Festival

Wednesday 15th September

- + HRH Prince Harry's 37th Birthday

Thursday 21st September

- + World Alzheimer's Day

Wednesday 22nd September

- + Falls Prevention Awareness Day

Thursday 23rd September

- + Bisexual Visibility Day



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)



Alison

Alison Teader
Programme Director, NAPA
Arts in Care Homes

Alison Teader

'We are delighted to be able to share this month's digital calendar, ahead of the NAPA National Day of Arts in Care Homes on 24th September #AICH2021.

It is packed full of brilliant ideas and resources for arts, creative and cultural activities and participation. We hope you find it useful and are inspired to try out some creative activities together – maybe even something every day?! We think everyone can benefit from having access to art or, as our Dementia Craftivist partners put it, "this magic medicine". Join in actively by trying out something and learning new skills or sit back to relax and enjoy other people's creativity by watching a film or reading a poem. Imagine, create and share – oh and do let us know about what you get up to!



To find out more
[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](#)

NAPA Arts in Care Homes

Arts in Care homes is a NAPA program aimed at highlighting the importance of arts, creativity and cultural participation in care settings. The NAPA National Day of Arts in Care Homes is an annual event which takes place every year on 24th September.

Please take part by organising an arts related event or activity in a care setting to celebrate the day. We also encourage everyone to share stories about events and activities planned for the day, via social media using **#AICH2021** or by contacting us directly by email at: **info@artsincarehomes.org.uk**. NAPA will be holding some Arts in Care Homes events during September – see the digital calendar for details. We hope you will get involved and very much

look forward to hearing and seeing what you come up with. Please register details of your event **here**.

Be inclusive and try something new.

If you have never delivered a creative activity in your care home, this is the perfect time to start! You do not have to be ambitious; start with something small and you can take it from there. If your care home regularly offers arts activities for residents and has staff that are keen to develop your arts offer, this might be an opportunity for them to try something more ambitious. It is never too late to learn new skills or try new things.

We are proud to be part of the diverse care home community and wish to ensure that it is a respectful environment where everyone feels

seen and heard, and our diversity is valued and celebrated. It is important to plan activities and events that enable participation from everyone in a way that suits them, reflects their cultural background and gives them a voice.

Enjoy the process.

We are aware how busy staff in care homes are, especially at this time, and continue to be inspired by the care settings delivering creative activities with their residents. NAPA promotes a person centred approach to care provision. By outlining three steps – Imagine, Create and Share, we hope it might help you to plan and deliver your activity or event and involve as many people from your care setting in the process as possible.

IMAGINE (planning)

The planning stage: thinking up ideas, sharing thoughts, suggestions and aspirations is all part of the fun of doing creative activities. We have heard how much you enjoy planning your events. Last year, we could feel the anticipation and excitement building as everyone started sharing glimpses of what they were preparing for the big day on social media. To get started on your plans for this year's event, why not organise an 'Imagine' session to help residents and staff share thoughts on what you would like to do? It is everyone's event, so it is good to involve as many people from your care setting as possible from the start. You might want to have a separate session or communication so night staff, your domestic team and maintenance staff can join in. Think about whether there is a way to involve relatives, friends and volunteers in the discussion, or maybe you could invite local partners such as schools, colleges, museums, arts organisations or artists to join in.



CREATE (doing)

This is the stage when you deliver the creative activity or event you have all planned together, so:

Dance, sing, decorate, sculpt, rhyme, build, paint, sew, animate, collage, perform, draw, act, colour, craft, knit, stick, fold, write, photograph, model, print or design...

Most of all enjoy being creative and being creative together!

Your care setting might have decided that everyone would enjoy experiencing someone else's creativity by organising or booking a performance, concert, or screening in which case, sit back and enjoy.

SHARE (telling)

Sharing creative work can be a great way for everyone to appreciate creativity and ideas. You might want to hold a reading to share creative writing or poems written by participants, put artwork up on your walls or windows, or display craftwork on a table. You might even want to create a museum of pictures, objects and stories in your care setting for everyone to visit. Through sharing, we help make the creative experience last longer and learn more from it, as well as about each other. Sharing can also have tremendous benefits in terms of boosting self-esteem and giving people a voice. It is useful to bear in mind that sharing can make some people feel vulnerable and on display themselves, so it needs to be carefully considered and done in consultation with participants. A great way to share is also to film or take photographs of your events and share on social media using **#AICH2021**

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 NAPA Activities Calendar – September 2021

<p>Wed 1 September</p> <p>i Arts in Care Homes Resource</p> <p>R Words of Wisdom</p>	<p>Thurs 2 September</p> <p>i World Coconut Day</p> <p>R Coconut Clay</p>	<p>Fri 4 September</p> <p>i National Welsh Rarebit Day</p> <p>R Welsh Folk and Traditional Songs</p>	<p>Sat 4 September</p> <p>i World Beard Day</p> <p>R Felt a Beard</p>	<p>Sun 5 September</p> <p>i International Day of Charity</p> <p>R Jigsaw Hearts Decorations</p>	<p>Mon 6 September</p> <p>i National Read a Book Day</p> <p>R Pressed Flowers and Leaves Bookmarks</p>	<p>Tue 7 September</p> <p>i Brazilian Independence Day</p> <p>R Virtual World Tours</p> <p>NAPA Tea Tuesday (Arts in Care Homes)</p>
<p>Wed 8 September</p> <p>i International Literacy Day</p> <p>R Creative Writing</p>	<p>Thurs 9 September</p> <p>i Emergency Services Day</p> <p>R Easy Paper Flowers</p> <p>NAPA Dementia Awareness</p>	<p>Fri 10 September</p> <p>i National Hot Dog Day</p> <p>R Pop Art Hot Dog</p>	<p>Sat 11 September</p> <p>i Arts in Care Homes Resource</p> <p>R View from my Window</p>	<p>Sun 12 September</p> <p>i National Grandparents Day</p> <p>R Make your own puzzle</p>	<p>Mon 13 September</p> <p>i Roald Dahl Day</p> <p>R The "Twigs" Photo Frame</p>	<p>Tue 14 September</p> <p>i National Colouring Day</p> <p>R Try writing a colour poem</p>
<p>Wed 15 September</p> <p>i International Dot Day</p> <p>R Bottle Prints</p>	<p>Thurs 16 September</p> <p>i Mexican Independence Day</p> <p>R Mexican Mirrors</p>	<p>Fri 17 September</p> <p>i International Country Music Day</p> <p>R Alexa Based Activities</p>	<p>Sat 18 September</p> <p>i London Fashion Week</p> <p>R Design a Fashion T-Shirt Competition</p>	<p>Sun 19 September</p> <p>i National Indoor Plant Week</p> <p>R Simple Foliage Wreaths</p>	<p>Mon 20 September</p> <p>i National Pepperoni Pizza Day</p> <p>R Make your own Pizza Cushion</p>	<p>Tue 21 September</p> <p>i International Peace Day</p> <p>R Peace Wordsearch</p> <p>NAPA – Arts in Care Homes Panel Discussion</p>
<p>Wed 22 September</p> <p>i Arts in Care Homes Resource</p> <p>R Sounds All Around</p>	<p>Thurs 23 September</p> <p>i Arts in Care Homes Resource</p> <p>R Nature Collage</p>	<p>Fri 24 September</p> <p>i Arts in Care Homes Day</p> <p>ARTS IN CARE HOMES</p>	<p>Sat 25 September</p> <p>i Comic Book Day</p> <p>R Become your own Superhero</p>	<p>Sun 26 September</p> <p>i Arts in Care Homes Resource</p> <p>R Haiku</p>	<p>Mon 27 September</p> <p>i Harvest Festival</p> <p>R Corn Dolls</p>	<p>Tue 28 September</p> <p>i Neighbour Day</p> <p>R Pebbles and Golf Balls Creativity</p> <p>NAPA – Equality and Diversity</p>
<p>Wed 29 September</p> <p>i Coffee Day</p> <p>R Plate and Cups Decorating</p> <p>NAPA – Person Centred Sensory Activities</p>	<p>Thurs 30 September</p> <p>i World Maritime Day</p> <p>R Float a Flower Boat</p>					



September 1st – Arts in Care Homes Resource

Postcard Challenge

Join us in sending creative postcards this month for Arts in Care Homes. You will find four different types of postcards. The individual you support, could send these to friends, loved ones or people in the community.

Words of Wisdom

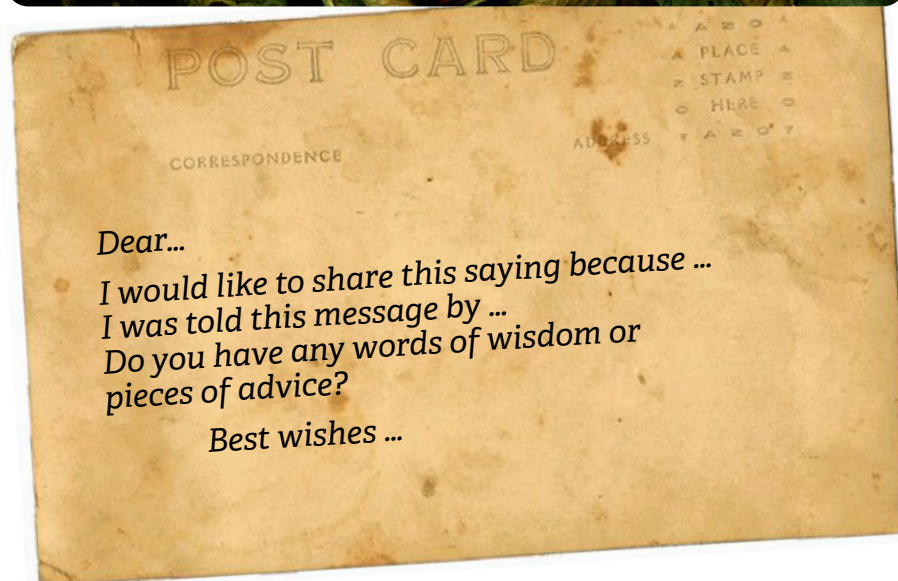
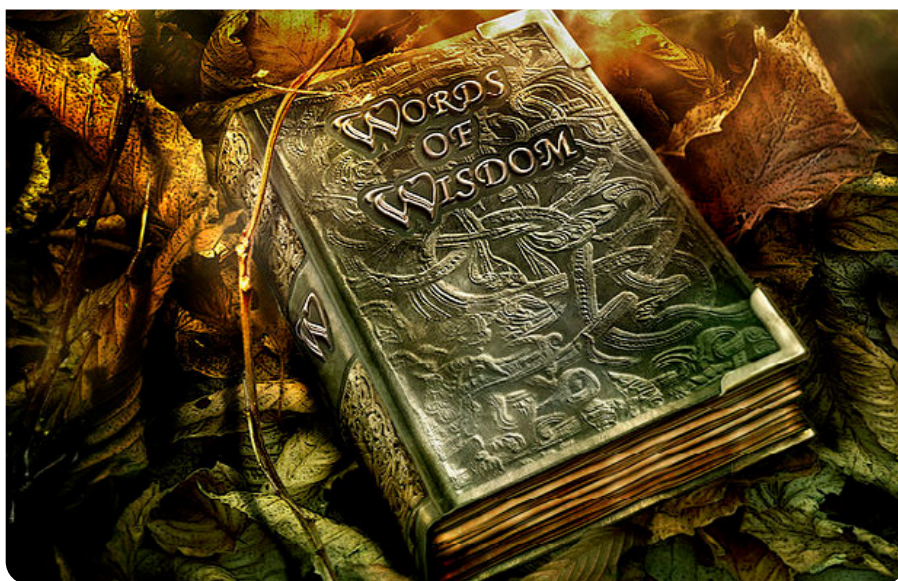
This week your image is a written message. Could you share a piece of advice or a saying that you think is funny or helpful?

You will need:

- + Postcard size card
- + Art supplies
- + Pen
- + Stamp

What you do:

- + Hold a discussion and look up phrases etc, maybe use a laptop or tablet.
- + For example: "NEVER GIVE UP" – Be like Percy Verence: (Perseverence).
- + Write out clearly in simple letters your Words of Wisdom phrase or saying. Ideally this should be a few words or a sentence. You could put the saying or phrase in a speech bubble.
- + Suggested text to write on the back of your post card.



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September 2nd – World Coconut Day

Coconut Clay

The smell of the coconut, the sight of them piled high in the fair and the frustration of splitting them open with tender care so you do not spill the milk. We all have a memory of a coconut!



Why not try and have some fun creating your own coconut display using clay?

You will need:

- + Air drying clay
- + Clay modelling tools including rolling pin
- + Newspaper
- + Brown paint
- + White paint
- + Real coconuts

What you do:

- + Share round the real coconuts and hold a discussion about the texture, memories and visual appearance of the features.

- + Placing the coconut in reach of the individual, give everyone a good size lump of the air-drying clay and tools.
- + Roll the clay into a large ball shape. This does not have to be perfect – it is a coconut remember!
- + Ask the individual would they like a whole coconut or an open coconut.
- + If they would prefer a whole coconut, use a fork like clay tool to shred the out the ball. This should look like the husk of the coconut once we paint it.
- + If they would like an open coconut, cut the ball in half. This does not need to be perfect. Coconuts do not cut open smoothly. Then, as you did with the whole coconut, shred the outside to look like husk. Scoop out the middle of the halves to look like the inside of the coconut. You could cut one open to show.

- + Once the clay has dried, you can then paint your coconuts!

Top tip:

You could make a whole coconut, cut the very top off, scoop out the inside and use it as a coconut bowl once it's decorated!



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September 3rd – National Welsh Rarebit Day

Welsh Folk and Traditional Songs

Wales is often referred to as the Land of Song; the country has long been famous for male choirs.



Folk songs are often accompanied by the harp, which is sometimes considered to be the national instrument of Wales.

While it can be a challenge to sing Welsh songs if you're not a Welsh speaking individual, the music is often very therapeutic just to listen to.

Why not enjoy a lovely slice of traditional Welsh Rarebit while enjoying these famous Welsh songs and finding out a little bit of history?

Hen Wlad Fy Nhadau ***(Land of My Fathers)***

The song was created in 1856 by two Welshmen. Evan James (1809-1878) wrote the lyrics and his son, James James (1832-1902) composed the tune.

The song is powerful and moving, especially when sung by a large group of people. It's wonderful to hear and to sing. Singers and poets, brave warriors, the country of Wales and the Welsh language are all celebrated in the song. The anthem has become a rallying song at international football and rugby games. **Click here** to listen.

Rhyfelgyrch Gwŷr Harlech ***(Men of Harlech)***

Harlech is a seaside town in North Wales. "Men of Harlech" is both a song and a military march. It describes a siege of Harlech Castle. The most popular idea is that the song refers to the longest siege in British history, which lasted from 1461 to 1468 during the time of the War of the Roses. During the siege, the castle occupants prevented an attack by potential invaders. In most versions of the song, Welshmen are the heroes in the castle who will "never yield". **Click here** to listen.

Dafydd Y Garreg Wen ***(David of the White Rock)***

David or Dafydd Owen was a real harpist of the eighteenth century. Legend says that as David lay on his deathbed, he asked for his harp to be brought to him. He then composed the tune played below and asked for it to be played at his funeral. In the lyrics, David bids a sad farewell to his wife and life. **Click here** to listen.

Myfanwy

"Myfanwy" is a love song. The lyrics describe the singer's love for a woman named Myfanwy and his sadness that she no longer returns his affection. The music was written by Joseph Parry and published in 1875. The lyrics were written by Richard Davis, a poet, singer and conductor. **Click here** to listen.



Calon Lân

In the 1890s, Daniel James (Gwilym Iwan Jones) wrote one of the most famous Welsh songs and it is recognised all over the world. It has since become the most watched Welsh language video on YouTube with millions of hits. You will often hear the song sung at big sporting events and family parties. It's not the Welsh national anthem but just as patriotic. **Click here** to listen.

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September 4th – World Beard Day

Felt a Beard

The origin of the beard can be traced as far back as cave paintings; prehistoric man appears both bearded and shaved. The beard has been both a fashion statement and a symbol of power over the centuries. It has also become the topic for a growing number of competitions, too!

Why not have some fun discussing beards and holding your own Funny Beard Competition, using felted beards?

You will need:

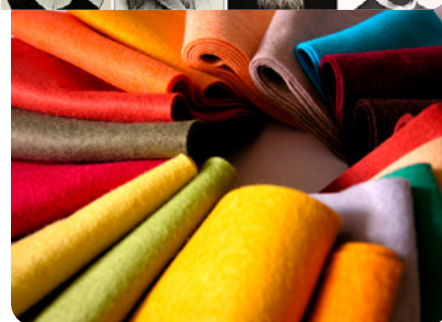
- + The beard colour of your choice
- + Two pieces of felt, size 11x8.5 inches
- + Elastic
- + Straight pins
- + Sharp scissors
- + Needle and thread
- + Plain paper and pencil for your pattern

What you do:

- + Draw the beard you would like, making sure you have drawn around your own mouth size. To do this, press the paper up to your lips and make a rough shape with your pencil.
- + Pin the beard pattern to the piece of felt. Using sharp scissors, cut along the outer edge of the beard. Repeat this with the remaining piece of fabric.



- + Cut 2, 8inch pieces of elastic and pin both ends to the inside of one piece of fabric. Then, using thread and needle, securely tack the elastic in place so that the elastic forms a loop large enough to slide around your ears. Make sure you try the beard on to see if it will fit comfortably.
- + Once the elastics are in place, pin the 2nd piece of felt to the 1st and, using thread and needle, sew the 2 pieces together.
- + Give the beard a good brush and there you go!



Top Tip:

To make it more inclusive: adapt these instructions and use just one sheet of fabric without all the sewing.

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September 5th – International Day of Charity

Jigsaw Hearts Decorations

We all have odd jigsaw pieces in boxes, why not put them to some creative use? Have fun making these simple but beautiful Jigsaw hearts and share them with a Charity you support or work with – maybe NAPA!

You will need:

- + Scissors
- + Cardboard
- + Glue
- + Puzzle
- + Ribbon

What you do:

- + Start by cutting out a thin heart shape from some thick cardboard. It needs to be wide enough to have the strength to stand up on its own, but thin enough that one of your puzzle pieces will cover it.
- + Glue the puzzle pieces to the heart. Try to hide as much of the cardboard as possible. Once you've finished, go back to the start and layer more jigsaw pieces over the top, so that you completely hide the cardboard heart.
- + To give the heart stability, glue some puzzle pieces on the back, too. Leave to dry, then glue a piece of ribbon to the top and display.

Top Tip:

You can pick up an old puzzle for next to nothing at a charity shop – missing pieces don't matter, after all.



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September 6th – National Read a Book Day

Pressed Flowers and Leaves Bookmarks

We all enjoy reading or looking at books; sometimes we can lose where we are up to. Why not get creative with a walk in the garden, collect some flowers and turn them into a stunning bookmark so you never lose the page again?



You will need:

- + Various leaves and flowers
- + Card
- + Scissors
- + Glue
- + Laminator and laminating pouches
- + Single hole punch
- + Yarn, string or raffia ribbon

What you do:

- + To make this bookmark, you need some pressed leaves and flowers.
- + Take a nature walk or head into your own garden and pick some small flowers and leaves.

- + Press your flowers and leaves by placing them inside the pages of a thick book for 3–4 days.
- + Once your flowers and leaves are pressed and dry, carefully remove them from the book.
- + Cut some card the size that you would like your bookmark to be (6 inches x 2 inches is a good size).
- + Use your pressed flowers and leaves to make a design on your card. Once you are happy with the design, you should lightly attach the flowers and leaves to your bookmark before you permanently cover them up.
- + Next you need to cover the bookmarks with laminating pouches to protect them during use.

- + Once you have laminated your bookmark, trim off the excess plastic.
- + Use a small single hole punch to punch holes around the border of bookmark.
- + Then thread some string through the holes.

Think

This activity has so many stages in which everyone can get involved. For example going out to collect the leaves. You could take someone in a wheelchair for a walk around the grounds; An individual may enjoy seeing the garden or just feeling the fresh air on their face.

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September 7th – Brazilian Independence Day

Virtual Tours from around the world

Virtual Tours – Sit back, relax in a comfortable chair and explore some of the most famous iconic places around the world with these special virtual tours online.

The Independence Day of Brazil is also known as Sete de Setembro. Around 30,000 people attend the event each year. The city comes to life with military parades and celebrations. Have any of the individuals you support lived in or visited Brazil? Why not use this opportunity to create a virtual visit along with some traditional foods?



Visit the iconic Christ the Redeemer



The Niterói Contemporary Art Museum



The world famous Copacabana Beach *Click here* to listen to the famous song

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September 8th – International Literacy Day

Creative Writing

We can use photos to create conversations which create a story

Use this photo of an artist painting as inspiration.

Here are some suggested questions to prompt your conversation:

- + What year do you think this could have been taken?
- + Where in the country or world do you think it is?
- + What day and time is it?
- + Can you tell me what names we should give to the individuals?
- + Are they friends, relatives, or partners?
- + What is he painting?
- + What are they talking about?

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!



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September 9th – Emergency Services Day

Easy Paper Hyacinth Flowers

Flowers always bring joy, hope and say thank you. For Emergency Service Day this year, why not gift your own personal flowers with this easy craft idea? You will be showing the same care and compassion in making these beautiful flowers, as our emergency services do on a daily basis.

You will need:

- + Glue
- + Stiff paper or thin card- to create three flowers, we used a total of four pieces of paper
- + Vase – small glass jar

What you do:

- + Start by picking out which colour flowers you want and the colour you would like for the stems. I chose purple, pink and white (typical hyacinth colours).
- + Next start putting the stems together. Cut 1 inch thick strips of green paper or card (long side). Roll each strip into a tube, glueing into place.
- + Set aside to dry. You may need to use clothes pegs to hold the tubes together until the glue dries.
- + Now you can start creating the flowers. Cut your pieces of paper or card into four strips (short side). Take each strip and fold in half (long side).
- + Cut slices starting from the folded edge, leaving about 1 cm of space on the other end. The width of the slices should vary, with thinner slices at the top of the flower, and gradually thicker slices for the rest of the flower.



Think

Think outside the box. You could engage with someone using these flowers. The petals are tactile and they would be nice for someone to have near their bed/chair so that they can enjoy looking at them.

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September 10th – National Hot Dog Day

Pop Art Hot Dog

Why not create your own 'pop art' Hot Dog, have some fun using different materials and textures – building a unique Hot Dog 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 Hot Dogs. 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 Hot Dog 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 Hot Dogs 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 Hot Dogs, have they eaten a Hot Dog? 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 Hot Dog and glue down the materials.
- + Once finished why not have a real Hot Dog for dinner!



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September 11th – Arts in Care Homes Resource

Postcard Challenge

Join us in sending creative postcards this month for Arts in Care Homes. You will find four different types of postcards. The individual you support, could send these to friends, loved ones or people in the community.

View from my Window / The Outside World

It can be easy to feel isolated and bored if you stay indoors for very long. For this week's challenge, draw an image of what is outside your window. If you really do not like your view, draw an imaginary image or copy a picture of a place where you'd like to be.

Developing care homes pen pal partnerships and creative writing activities.

You will need:

- + Postcard size card
- + Art supplies
- + Pen
- + Stamp

What you do:

- + Look outside your window and draw what you see. Allow yourself time to really look at your surroundings and take in all the details, colours and shapes.
- + Maybe sketch your view first in pencil or ink and then add colour later. Alternatively, find a nice picture to copy or draw from your imagination.



+ Suggested Text:

Dear...

When I look out of my window, this picture on the front of this postcard is what I see. The weather is... And I can hear the sounds ofOr I wish I was in... Because...Or this is my dream place because...Best wishes ...

Drawing

If you're in the mood to try drawing have a look at Rob Biddulph's simple tips on My Life TV.



[Click here for more information.](#)

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September 12th – National Grandparents' Day

Make your own puzzle

What better way to celebrate National Grandparents' Day, than making your own puzzle?

These fab puzzles can use any image that the individual may have in common with a grandchild, step grandchild, niece, nephew or close friend's child or memories of our own grandparents. This simple craft can be made in person or online.



You will need:

- + Pictures, photographs for reminiscence – use different pictures, more detail – less detail
- + Lolly sticks or cardboard to back the photo or picture
- + Glue – PVA or a glue stick
- + Scissors

What you do:

- + Cut the picture into strips – they can be cut into any width. Just adapt for residents with different abilities.
- + Stick the strips on cardboard to strengthen and make it easier to hold.
- + You could laminate them if you want to make them a bit more durable.
- + Happy Puzzling!

Think:

This can be adapted to any ability and would be great for reminiscence. Use the picture as a conversation starter.

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)



September 13th – Roald Dahl Day

The “Twigs” Photo Frame

Roald Dahl's books have sold more than 250 million copies worldwide. He has written the most popular childhood books we can remember. As a twist on one of his most popular books “The Twits,” why not have a try at making a twig photo frame? Then, find a famous quote from the book and hang it in a nice display.

You will need:

- + Wooden craft frame
- + Pruning shears
- + Brown acrylic paint
- + Foam brush
- + Hot glue gun and hot glue stick (or white craft glue)
- + 40–50 small twigs (1/16 to 1/4 inch in diameter)
- + Decorative faux moss and flowers

What you do:

- + Remove the frame from its glass and backing.
- + Paint one coat of brown acrylic paint on the frame with the foam brush. Allow it to dry for 1 hour.
- + While the paint is drying, trim the twigs with pruning shears about 1/4 inch longer than the length and width of the frame.
- + Separate the trimmed twigs into two piles, one for width and one for length. Heat your glue gun.
- + When the paint is dry, take a few of the larger twigs and set them on the length and width of the frame. Look for the spots where they touch the frame, and apply a small dab of hot glue to secure.



- + Add twigs, little by little, overlapping them at the corners. Secure the twigs with a small dab of hot glue wherever they touch; sometimes it will be the actual frame, and other times it will be to another stick. Add the twigs evenly to the four sides as you work.
- + As the frame develops, you will need to tuck smaller twigs under larger ones. Again, use just enough glue to secure. The smaller twigs don't need to be glued if they fit snugly. When you can't find an opening for another twig, the frame is done.

- + To embellish, use decorative moss and silk flowers. Secure them to the frame with hot glue.

Tip:

Don't be afraid to use twigs from the garden. Real twigs give the frame a more natural look than the treated twigs you find at the craft shop. Collect dead twigs instead of green ones, which will shrink upon drying. Look for insects and signs of decay before bringing them in. Rinse and dry them before using.

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September 14th – National Colouring Day

Try writing a colour poem

Using colour charts, (available from paint shops) ask people to select a colour. Then, for a change of scenery and some fresh air, accompany them on a walk or wheel around the garden, looking out for objects in similar colours. Alternatively, you can stay seated and ask individuals to think of what the colour they have chosen from the paint chart suggests to them. Make a list of responses to colour. You could edit this or think about putting comments into themes or verses.

Read Aloud material

Suggestion – when doing a Read Aloud session, it is a good idea to find a biography of the poet/author to read to the group. Talk a little bit about their background and life in the group as this is often a popular activity and a good way of involving different people who like the history side of things.

'Colour' by Christina Rossetti

What is pink? a rose is pink
By the fountain's brink.
What is red? a poppy's red
In its barley bed.
What is blue? the sky is blue.
Where the clouds float thro'.
What is white? a swan is white
Sailing in the light.
What is yellow? pears are yellow,
Rich and ripe and mellow.
What is green? the grass is green,
With small flowers between.
What is violet? clouds are violet
In the summer twilight.
What is orange? why, an orange,
Just an orange!



Suggestion for 'Colour' poems activity:

- + Why not try writing a poem that could be created by using the senses and colour together, after a visit to the garden?
- + You could use names of colours from paint colour charts as a starting point.
- + Or think of a colour before you go outside and have that in mind when you write the poem about a specific colour. Put everyone's verses together to create one big Colour poem.
- + Think about incorporating the senses.

Poem

Watch Jessica on My Life TV as she reads one of Spike Milligan's funniest poems.



[Click here](#) for more information.

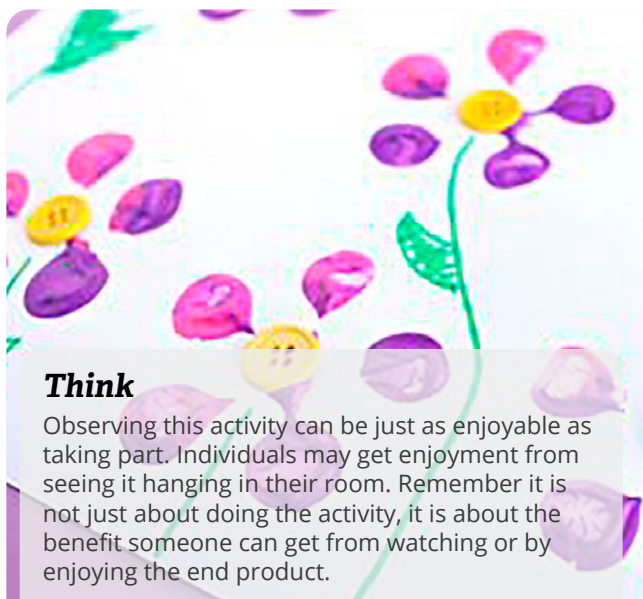
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September 15th – International Dot Day

Bottle Prints

Have some fun, get dotting for International Dot Day and make these fantastic dot flowers using recycled bottles. This idea amazes everyone who takes part – how can a simple bottle create such wonderful piece of visual art?



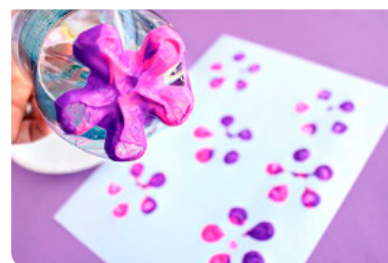
Think

Observing this activity can be just as enjoyable as taking part. Individuals may get enjoyment from seeing it hanging in their room. Remember it is not just about doing the activity, it is about the benefit someone can get from watching or by enjoying the end product.

Button Flowers

You will need:

- + Paint
- + Water bottle
- + Yellow buttons
- + Green marker
- + Glue



What you do:

- + Start by putting two colours of paint on a plate and dip the bottom of a water bottle in it.
- + Stamp it on a piece of paper to create the flowers and glue a yellow button in the middle.
- + Take a green marker pen or paint and add the stems and leaves.

Hyacinth Printing

You will need:

- + Light blue card
- + Green card
- + Purple paint
- + Empty water bottle
- + Small paper plate
- + Scissors
- + Glue

What you do:

- + Cut out skinny green stems and glue them on to your light blue card.
- + Pour some purple paint on to your small paper plate. Dip your water bottle lid into the paint and then print it on to your blue card, around your green flower stems. Continue dipping the water bottle lid into the paint and back on to your paper until you have made your pretty hyacinth flowers.



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September 16th – Mexican Independence Day

Mexican Mirrors

This fiesta-friendly holiday celebrates Mexico's declaration of independence from Spain in 1810. The day is an opportunity for big and bright celebrations across Mexico and around the world.



Why not hold your own Mexican celebration and make these fiesta-friendly paper mirrors while enjoying some Mexican music, food and drink.

You will need:

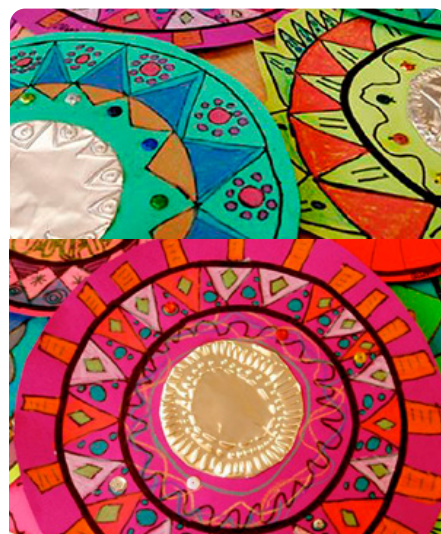
- + Card or construction paper
- + 12" X 12" round template (you could use a dining plate)
- + Paint or sharpies markers
- + Good quality thick tin foil for the mirror
- + Stylus or pencil to make the patters on the foil

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, we used 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. 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 stylus or a pencil. Make sure you have a newspaper under the foil to pop the designs outward on the foil.
- + Glue down the mirror with tacky glue, then add sequins.

Tip:

Display together or separately.



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September 17th – International Country Music Day

Alexa-based Activities

An Alexa can help you provide opportunities for activity and engagement which relates to an individuals background and interests.

Talk to the person you support and find out about them:

For International Country Music Day, ask Alexa to play a selection of Country songs. Ask Alexa to give you some interesting facts on Country singers and the history behind the music.

Do people have a favourite Country singer? Once you play a selection of Country songs you will be surprised how most of us know a country song or two!

There are many activities you can do with an Alexa, all by speaking to it.

Each time you want to ask a question, say "Alexa" to get it to listen.

- + Exercise to music – Start the day with some gentle exercise. For example: To launch the programme, say "Alexa, start the 7-minute

workout" or "Alexa, start Engage workout". Alexa will talk you through the steps.

- + Meditate to music – Take a moment to relax. For example, to launch the programme, say, "Alexa, activate the Peaceful Meditation skill". Alexa will ask you to select how long you want the session to last. These range from 3 minutes to 15 minutes.
- + Alexa Song Quiz – This is fun. To launch the game, say, "Alexa, Start Song Quiz". You can choose the decade you feel is best suited, 60's – present day pop music.
- + Play peoples favourite songs. All you need to do is ask Alexa to play the song of your choice. Ask for the singer and song title if you know it. Example, "Alexa, play The Beatles, Yellow Submarine".



- + Ask Alexa to play popular songs from the 50's for example. It will play a selection of songs. If you wish to move on to the next song, just say, "Alexa, next song."
- + Jokes – Alexa will tell a joke to lighten the mood. Just say, "Alexa, tell me a joke".
- + Fun facts – Alexa will tell you facts about famous people, places and objects!

You can have lots of fun learning what Alexa can do!

Alexa-based Activity – Armchair Dancing

You will need:

- + An Amazon Echo "Alexa" for Music! YouTube is a good place to look, you may find a video giving you some tips!
- + You could do many different types of dancing, Scottish, Irish or ballroom
- + Don't be afraid to get up and have a go!

What you do:

- + Make sure you have plenty of space in your chosen room; dining rooms tend to work well
- + Arrange the chairs around the outside of the room to ensure there is plenty of space
- + Music is such a great way to get people moving, even if it is just a foot! Remember it is fine if an individual doesn't want to move, they may just enjoy the music and watching you!



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September 18th – London Fashion Week 17th - 21st

Design A London Fashion Week T-Shirt

We would like you to celebrate London Fashion Week by creating your own fashion house and designing a T-Shirt. The Designer T-Shirt can reflect any era or style!

We can make your design come to life.

Planning your design:

- + Will you use bright colours, shapes, or patterns or sparkle?
- + Will you include an image or logo to represent your care setting?

Send us your designs and we will pick one lucky winner. The winning entry will be professionally printed and 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.

You will need:

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

What you do:

Here are some suggested questions to prompt discussion:

- + If so, what did people wear?
- + Did you wear vibrant and bold patterns or pastels?
- + Then, using the template, if you were commissioned to design NAPA's official London Fashion Week T-shirt, what would it look like?
- + What iconic fashion styles do you remember?
- + Do you have a particular piece of clothing you could never part with?



Please note: NAPA will use the drawing/design you send to print onto the T-Shirt. This needs to be considered when designing your T-Shirt.

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

**Closing date for entry
30th September 2021.**



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September 19th – National Indoor Plant week

Simple Foliage Wreathes

This activity idea is a lovely way to bring the outdoors in. You can create these beautiful foliage wreaths using anything from your garden, including herbs!

You will need:

- + An embroidery hoop (or 2)
- + Foliage
- + Secateurs to trim foliage
- + Green florist tape
- + Fishing line
- + Yarn to hang

What you do:

- + First thing you'll need to do is lay out the foliage so you can see each piece and its length. Lay it out in the shape you plan to create. If you are doing exactly as pictured, try and find similar size pieces for the left and right side. You may need to trim branches down a little to fit better as you go.
- + Start with your bottom branch, this should be the largest one. Wrap the base of the branch with a strip of florist tape keeping it nice and tight. Cut another piece of tape and wrap the piece of foliage onto the hoop, positioning it to the left or right of the centre.
- + Repeat step one with other branches, hiding the tape behind the layers. As you build up, if pieces are hanging off awkwardly or you're struggling with hiding the tape, crack out the fishing line and weave it around the branch a few times before wrapping and weaving around the hoop.
- + Using your yarn, tie it around the top of your hoop/s, knotting at the top. Hang it somewhere special for all to see and admire. Depending on the foliage, your wreath could last weeks or even months!



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September 20th – National Pepperoni Pizza Day

Make your Own Pizza Cushion!

Why not get creative and make your own Pizza Cushion? This fun session will involve fabric painting, cutting, sewing and creativity to make something almost good enough to eat!

You will need:

- + Large dinner plate
- + Pen
- + Measuring tape
- + 40cm arctic polar fleece, 148cm width
- + Felt A4 sheets – red, green, brown, beige
- + Scissors – paper & fabric
- + Needle and thread
- + Hot glue gun
- + Dressmakers pins
- + Hobby fill
- + Fabric paints

- + Hand stitch (or glue) together the short ends of the side panel piece. The panel is now ring shaped. Hand stitch along the long side panel edges. Pull the thread ends, gathering the side panel to match the circle circumference.
- + Pin the circle pieces to the side panel, ensuring the decorated pizza circle is facing 'in'. Make sure the top piece is facing inward. Hand stitch the edges together, leaving 12cm hole open.
- + Turn back through, and stuff the cushion with hobby fill. Hand stitch the 12cm hole closed.



What you do:

- + Trace around a large dinner plate onto polar fleece or fabric, if you are painting the design and not sewing.
- + Cut out two polar fleece or fabric circles.
- + Rule and cut the side panel rectangular piece: 8cm width x 'circle circumference + 40cm'.
- + Cut out the pieces (mushroom, pepperoni, pepper, tomato paste that looks like a splodge) or if you are choosing to paint, then paint these onto the fabric in steps. i.e. let the red tomato paste paint dry before adding the next item.
- + Glue felt pieces onto one fleece circle, beginning with the large red 'tomato paste' felt piece.



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September 21st – International Peace Day

Peace 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
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U	P	I	N	E	D	H	P	I	L	N	O
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O	Y	E	K	A	N	S	D	B	K	G	E
D	D	L	C	I	S	U	M	R	Y	F	S

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September 22nd – Arts in Care Homes Resource

Postcard Challenge

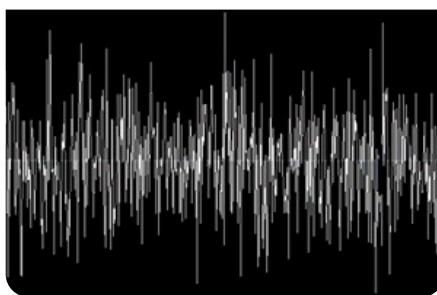
Join us in sending creative postcards this month for Arts in Care Homes, you will find four different types of postcards. The individual you support, could send these to friends, loved ones or people in the community.



Sounds all around.

This week we're going to listen to sounds that are all around us; what can you hear? You could go and sit in a café or a park. Can you hear nature or people? Do you hear music or machinery operating?

We often forget the use of our other senses; close your eyes for two minutes and listen to the world around you.



You will need:

- + Postcard size card
- + Art supplies
- + Pen
- + Stamp

What you do:

- + Write on the front all the sound words you can hear; you could even decorate the front with images.
- + You could use a song that might relate to the sounds or a piece of music that reminded you of the day.

+ Suggested text:

*Dear...Here is the sound I could
...I have chosen this because...I
think using our senses is important
because...Best wishes...*

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September 23rd – Arts in Care Homes Resource

Postcard Challenge

Join us in sending creative postcards this month for Arts in Care Homes. You will find four different types of Postcards. The individual you support, could send these to friends, loved ones or people in the community.

Nature Collage.

Spending time in the natural world can really help to lift one's spirits. If you are able to, go out for a walk or sit in a park or garden. Look around you, listen to the sounds; what can you smell and touch?

If you have a camera, take some photos. Or you could think about something in the natural world that makes you feel happy.

You will need:

- + Postcard size card
- + Art supplies
- + Pen
- + Stamp

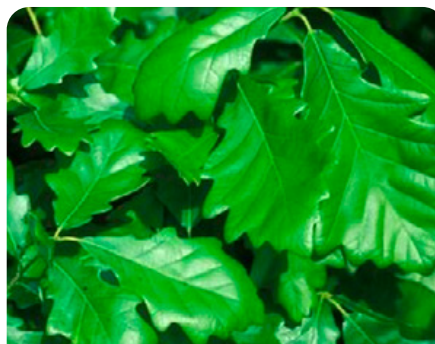
What you do:

- + Make a nature collage using different nature related images. You could tear pictures out of magazines for this, trim and arrange nicely and then stick securely onto a postcard to make into a nature collage. If you have taken photos, print your favourite ones out and use for your nature collage.
- + If you prefer, you could just use one nature image. This could be an image of flowers, birds or animals, a volcano, a waterfall



+ Suggested text:

*Dear...Here is a picture of ...
I have chosen the image(s) because...
I think nature is important because...
Best wishes...*



Guess the well-known painting

If you fancy guessing the name of a well-known painting have a go at this, more available on My Life TV, the dementia friendly channel.



[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](#) [#NAPAActivitiesCalendar](#)



September 25th – Comic Book Day

Become your own Superhero

We have all been surrounded by some of the most powerful superheroes and characters like The Amazing Spider-Man, Iron Man, and J'onn J'onzz (later known as the Martian Manhunter), Wonder Woman and Black Panther.



This is a good creative activity, as well as an opportunity to reminisce or start your own Comic Club!

Let's make our own comic or become our own superhero.

You will need:

- + Old comic books for inspiration
- + Lots of paper
- + Pens
- + Colour pens
- + Pencils
- + Rulers

What you do:

- + All things begin with an idea; your comic book should include a main character and 3 others to start off with.
- + Do not worry if your idea isn't fully realised yet – Go with it! You never know where it will take you.
- + When it's time to write your script, there are three main points to keep in mind:
 1. Understand your main character's goals/challenges.
 2. Create a believable setting.
 3. Include a beginning, a middle and an end.
- + Plan your lay out – draw the reader in! Let them know something interesting is about to happen, but do not reveal what that is until they turn the page.
- + Draw the comic. Keep it simple – no need to go into too much detail. Choose your colour as most comics use bold bright colours with black pen for out lines.
- + Words and fonts – use fonts that fit the comic. You could have one box without a drawing that says 'BOOM!'
- + Front cover and name. This is your comic, enjoy all the endless possibilities of your creation.
- + Once finished, why not hold a Comic Tea Morning or Evening and share your finished work for people to read?

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September 26th – Arts in Care Homes Resource

Postcard Challenge

Join us in sending creative postcards this month for Arts in Care Homes. You will find four different types of postcards. The individual you support, could send these to friends, loved ones or people in the community.

俳句 haiku

Haiku

This week we are going to try writing a haiku poem. A haiku is traditionally a Japanese poem consisting of three short lines that do not rhyme. The origins of haiku poems can be traced back as far as the 9th Century.

Haiku poems have only three lines, totalling 17 syllables.

Punctuation and capitalisation are up to the poet and need not follow the rigid rules used in structuring sentences. Have a go at writing a poem. It could be about anything how much you are missing your friends, being at home all the time, summer etc.



You will need:

- + Postcard size card
- + Art supplies
- + Pen
- + Stamp

What you do:

- + Very clearly and as neatly as you can, write out your haiku. You can decorate the card and add colour.
- + The first line is 5 syllables.
- + The second line is 7 syllables.
- + The third line is 5 syllables, like the first.

+ Suggested text:

Dear...I am sending you a haiku poem I have written. I hope you like it!

Haiku poems are from Japan, would you like to try writing one? Haiku poems needs to have three lines with a total of 17 syllables.

Maybe we can read our haikus to each other one day!

Best wishes...

More info about haiku and some examples [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](#)



September 27th – Harvest Festival

Corn Dolls

The art of making corn dolls is an ancient craft that has survived for centuries. It was believed that the spirit living in the harvest field would die as soon as the last wheat was cut and would be reborn in the woven doll.



Why not have some fun making this traditional craft and see if you can make a corn doll for your harvest?

You will need:

- + 4-6 dried corn husks
- + Spray bottle with water
- + String or twine of some sort
- + Scissors
- + Embellishments of your choice

What you do:

- + Spray the corn husks with water and massage it in a bit to make them pliable so they do not tear or rip while you are working with them.
- + Stack them so the small edges are together at the top and tie them with string.
- + After you tie the bundle at the top, find somewhere close to the middle and fold them over the knot. Then you tie a string around that to make the head.
- + To make the arms, spray down a few more corn husks and set them opposite on top of each other and roll them together. Then, tie string at each end, creating a ruffled effect where the hands would be.
- + Find the middle of your husks again and put your arms in the middle and up towards the head.
- + Tie a string around what is their waist. Now your skirt starts just below the arms.
- + You can decorate them any way you want.

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September 28th – National Neighbour Day

Be Creative with Pebbles and Golf Balls

Let us show our neighbours we appreciate them!



Create small tokens of appreciation using golf balls or pebbles, decorate them and leave for people to find in your local community. A great way to connect and start a conversation with your neighbours!

You will need:

- + Some old golf balls
- + Smooth pebbles
- + Sandpaper to prepare the balls and pebbles
- + Primer paint for the final paint to adhere correctly on the surface

- + For the chicks – Yellow paint (for the body) and some white, black and red paints for the eyes & beaks
- + For the ladybirds – Red paint for the body and black paint for the face and spots
- + Some varnish to protect the balls and pebbles

What you do:

- + Give each ball and pebbles a rub down with the sandpaper.
- + Give each ball and pebbles a coat with the primer.
- + Give the ball and pebbles a coat of the main colour, wait for it to dry before adding any other colour.

- + Once completely decorated and dry, give each ball and pebbles a coat of varnish (make sure you are in a well-ventilated room while varnishing).

Think:

How cute are these, they would make nice decoration for an inside garden, perhaps in someone's room, or on a windowsill.



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September 29th – National Coffee Day

Plate and Cups Decorating

Why not get create personalising your own plates and cups.



You will need:

- + Ceramic plates and cups / or plastic
- + Glass/ plastic marker pens
- + Paint
- + Bits to decorate – tissue paper, magazine cuttings
- + PVA glue

What you do:

- + Encourage your individuals choose how they would like to decorate their plate and cups, painting, or decorating.
- + Set everything up on a table.
- + Encourage individuals to be creative, assist only when needed.

Think:

Some people will not want or be able to take part in the making but they will benefit from seeing them hang in their window.

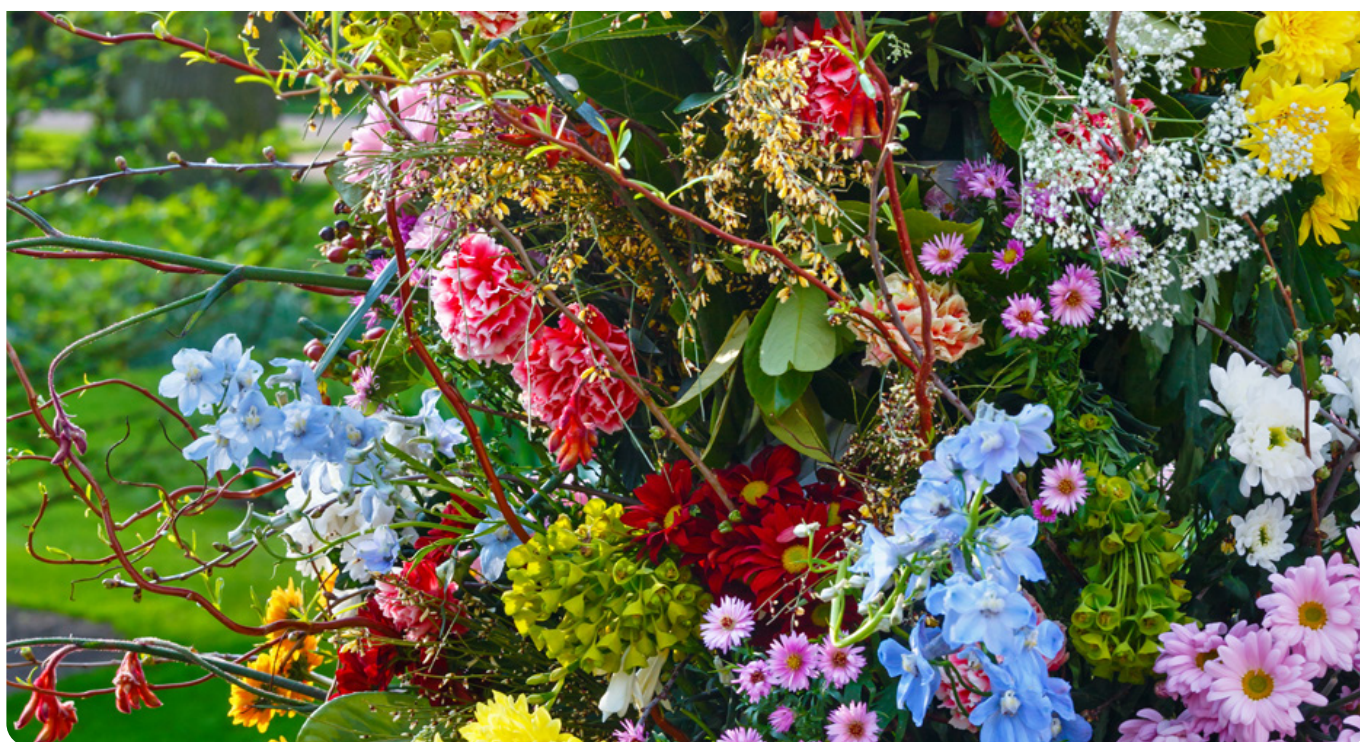
We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAAActivitiesCalendar](https://twitter.com/NAPAAActivitiesCalendar)



September 30th – World Maritime Day

Float a Flower Boat

Why not create something different but visually beautiful for World Maritime Day with a flower boat? Have fun creating the floating flower boat and discuss the colours and smells as you arrange the vibrant flowers.



You will need:

- + Small fresh flowers
- + Paper plate
- + Waterproof markers
- + Round balloon
- + Pencil
- + Glue



What you do:

- + Draw colourful flowers with waterproof markers on a paper plate. Poke a hole in the centre of the plate with a pencil.
- + Poke the open end of a round balloon through the hole in the plate. Blow up the balloon (from the back of the plate) until it is full. Knot the balloon.
- + If desired, you can also glue small fresh flowers or wildflowers onto the balloon or plate.
- + Make a few different balloon boats and send them off to “sea” as a beautiful, flowery thank you to the men and women who gave their lives to preserve freedom.
- + Use eco-friendly balloons and discard carefully afterwards.

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Free Resources

We are delighted to share other organisations resources and links for you to discover more creative ideas. Here are just a few.



The Baring Foundation – Quick simple activities for older people

+ Download the resource [here](#)



Paintings in Hospitals, Creative Care Homes A-Z Guide

+ Download the resource [here](#)



Creative Paths, Creative Communities resource pack

+ Download the resource [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](https://www.instagram.com/napalivinglife) [#NAPAAActivitiesCalendar](https://twitter.com/NAPAAActivitiesCalendar)