



The Creativity Toolkit for Friends and Family Carers



Introduction

I am delighted to introduce this special resource. The Creativity Toolkit for Friends and Family Carers has been created based on consultation with family carers, NAPA members and Advisors and is designed to support activity and engagement wherever you are.

Creativity is essential to wellbeing; we define creativity as activities and approaches that engage our imagination, enable individual expression and enhance wellbeing and can include the visual and performing arts, drawing, painting, crafts, creative writing, poetry, music, dancing and photography, as well as creative approaches to other meaningful activities. This toolkit includes creative ideas and approaches to activities that you might like to try with the person you support. You have the best possible starting point already and that is that you know the person you support well. So, you are best placed to engage them with love, value and respect.

If you would like to discuss any of the ideas in this toolkit or have a chat about activity and engagement, please contact NAPA's FREE Activity Support Service.

Email or call the Support Line **HERE**



You will find more FREE resources for friends and family carers **HERE**

If you have found this information helpful and would like to make a small donation, you can do so **HERE**

Donations help us to provide resources at no or low cost.

Hilary Woodhead

NAPA Executive Director



Spontaneous or daily living activities can include a wide range of experiences and can be described as 'the things that happen as part of daily life'. The value and purpose of these types of activities are often overlooked. However, they are extremely beneficial and can help to ensure that your relative or friend is engaged and stimulated throughout the day rather than just the hour or so they may spend helping in the garden.

Daily living activities – these should perhaps be more accurately referred to as the activity (not activities) of daily living as they can include the things we do every day such as getting up, bathing, brushing hair, dressing etc.

Each of these is an opportunity for engagement with your relative or friend.



Lifestyle choices – this means how your relative or friend chooses to spend their day. For example, some individuals may choose to watch soap operas in the afternoon, knit or listen to the radio, whilst others might enjoy puzzles, ice skating or classical music. We are all different and choose to do different things throughout our day and in our spare time. These activities may be done alone or in company. This might also include being involved with daily tasks and jobs within their home, such as laying the table, dusting or tidying up. Helping with simple jobs can give a good sense of purpose and self-esteem, rather than just always being on the receiving end of care.

Weekly activities might include going to a club for like-minded people. Clubs are a good way for bringing individuals who have a shared interest together to take part in activities with a similar focus. You need not use the term 'club' if you feel this may prompt negative emotions in your relative or friend. You could use whatever term you like or give each group a funny name such as 'the green fingers' for the local gardening club or 'the kneedles' for a knit and natter group.

Occasional/special events

Special events such as going to a wedding, a birthday party or a celebration of a national event such as St Patrick's Day. These are often larger 'one off' events that can also include a 'build up' of activities used in preparation for them e.g. a shopping trip to buy a hat!



Music can be very powerful in how it affects our mood, feelings and memories. Listening to music for enjoyment is important for many people at any stage of life.

Creating music and sounds can also be a good form of self-expression. It may also help your relative or friend to vent any frustration they might be feeling. Another benefit of music is that it can help to encourage or facilitate movement and maintain mobility.

Daily

Listening to music:

- Radio, CDs
- Spotify, Amazon music, create a playlist

Be careful to choose music/songs which are relevant to your relative or friend's generation and cultural background. However, be prepared to challenge your own assumptions of what they might like.

Practical things to make this happen

General

- Check the hearing of your relative/friend so the volume is appropriate
- Is the equipment giving good sound quality? Poor quality sound will be harder to hear and may become annoying
- Can the equipment be adjusted by your relative/friend? Is it accessible and easy to use (large buttons and simple to operate?)
- Is there a remote control so it can be adjusted without getting up, or or can you make sure the equipment is in reach?
- Are spare batteries available for the remote control?
- As mentioned above, think carefully about the choice of music and volume

We all need to do things that keep us occupied and stimulated. The aim of participating in activities is to improve quality of life and provide enjoyment. When a person living with dementia is engaged in activity, they can become more alert and interested in what is going on around them. This can also encourage interaction with others. Engaging a person in activities can help maintain their skills and provide a sense of achievement.

The person centred approach to providing activity and engagement is as important as providing person centred care. Therefore, an activity plan should be created with each resident and reviewed regularly to be sure you are aware of changing levels of ability and need.

A person centred approach recognises individuality and works in a way that enables individuals to make choices and supports social relationships. Working in a person centred manner means valuing the individual and providing opportunities for stimulation through meaningful activities. It is empowering the person to make their own choices and decisions and including them in all aspects of their life.



The person centred approach means looking at the whole person, rather than focusing on the disability and designing activities around their life history, their beliefs and values, their likes and dislikes and their current abilities. The person centred approach to providing activities will ensure that the activities provided are meaningful to the individuals taking part in them. It's widely known that the provision of meaningful activity in a social care setting has many positive impacts on the health and wellbeing of people who need care and support. From keeping active to overcoming loneliness, improving wellbeing, and even reducing the rate of falls.

Radio

- Pre-programme the person's favourite radio channels. Make a note of what channels relate to which pre-programmed numbers so that your relative/friend or anyone helping them can select the right one
- Provide information about what is on the radio, such as a newspaper or TV and radio guide, which will enable variety and a more informed choice
- Programmes such as 'Desert Island Discs' are nice programmes to listen to together. Or there may be other programmes that can be sung along to
- Podcasts of radio programmes can also be downloaded which can make the listening time more convenient or allow repeat listening
- There is now a huge amount and variety of music available on the internet which can be downloaded and played through a personal listening device. This can significantly increase the variety of music you have access to at a relatively low cost. Many personal listening devices are quite small and fiddly to operate so may not be appropriate for everyone, but good quality speakers can be bought relatively cheaply.



Background music can have many benefits but using it can also bring potential problems. Think about why you are playing the music – what do you hope to achieve from it and watch for signs of how your relative/friend is reacting to it.

Benefits	Potential problems
Can add to the ambience / atmosphere of a room or setting	The volume needs to be correct so it can be heard but is not too loud
Can provide a theme or help to orientate Individuals	It may be distracting or unsettling for those who find it hard to concentrate
Can have an impact on the person's mood such as relaxing or uplifting	It may make it harder for your relative/friend to hear you speaking

It should go without saying that music at home should be something that you can enjoy together!



Listening to Music

Weekly

Listening to music

Listening to 'live' music can be very engaging for many people and generate an exciting atmosphere. This needn't be just limited to an evening at a concert or the theatre; perhaps you can encourage your relative to sing to or with you, or maybe you have your own hidden talents.

Linking music to other activities

The type of music listened to can also be selected to tie in with other events during the day, such as films or musicals that might be being shown that week, either at local cinemas or on the television.

Music Appreciation

Comparing pieces of music can be an engaging activity. Discussing how listening to different music can make you feel or comparing the same piece played by different performers is a worthwhile activity.

Creating music

Playing instruments

Instruments for fun music can be bought relatively cheaply.

These can include:

- Tambourines
- Xylophones
- Drums
- Triangles
- Shakers

Choir

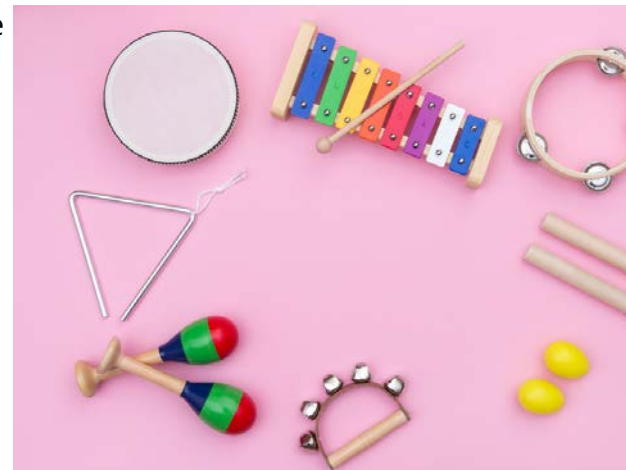
You may be able to go along to a local community choir. Music and songbooks can be bought in larger print for easier reading. Being part of a choir can bring about strong feelings of belonging and solidarity. Think about how to involve your relative/friend - they may not engage immediately but over time might become more confident.

Making instruments to play

There are lots of ways to make your own musical instruments that could be played together to form your own 'home-made' orchestra.

Using things such as dried rice, lentils or peas in plastic bottles or tubes can create easy and effective instruments.

There are some more ideas below which may be more suitable for those who struggle to hold or grip anything heavy.





Finger Cymbals

You will need:

- Metal jar lids
- Elastic (1.5 -2cm wide)
- Materials to decorate such as ribbon, glue, paint, fabric, bells
- Hammer and nails



What you do:

Prepare the cymbals by making a hole in the centre of each lid with the hammer and nail (or suitable alternative). Cut a 10cm length of elastic, make a loop and push both ends through the hole in the lid and knot to secure so the loop is on the top side of the lid. Repeat with the other jar lid. The cymbals can now be decorated with various craft materials such as ribbon, fabric, paint, sequins etc. Attaching small bells on threads or ribbon will increase the noise made. Slip the elastic over the thumb and finger then play.



Hand Bells

This makes an easy to use and lightweight instrument.

You will need:

- Cardboard tube from kitchen paper towel or similar cardboard tube
- Wool or heavy cotton thread
- Upholstery needle
- Small bells
- Paint and other craft materials to decorate the tube



What you do:

- Decorate the tube with paint or collage and allow to dry completely
- Thread the upholstery needle with the wool
- About 2cm from one end of the tube, carefully push the needle right through the tube and out the other side, directly opposite where it went in
- Leave a tail of approximately 8cm of wool where the needle went in
- Thread 4 bells onto the needle and thread
- Remove the needle. Take the wool tail you left and also the end you strung the bells onto and tie them into a tight knot, pulling tightly so the bells are snug against the cardboard tube. Space out the bells and add another row or two of bells below the first row.

Musical quizzes at Home

There are lots of easy ideas for musical quizzes. You could also invite others to join in such as other family members, friends or neighbours.



Name that Tune

This must be one of the best-known quizzes and is easy to replicate. This is one instance where modern technology can help you to replicate any popular music-based game. Or you could even do it 'live' with someone playing the piano (if you have one) or another instrument. The idea of the quiz is to play small sections of the music and then guess what it is. It is important to remember it is just fun and non-competitive. You may need to give clues as well.

Song quiz

In this quiz, you can give your relative/friend the first line of a song and ask them to guess the title. You could also ask them to guess who sang it and ask them to sing as much as they know of it or have the words ready printed to sing along to (be aware if your relative/friend finds reading difficult, as they may feel embarrassed).

First Line	Title of song
In Dublin's fair city	Cockles and Mussels
Come, come, come and make eyes at me	Down at the Old Bull and Bush
Hark when the night is falling	Scotland the Brave
And did those feet in ancient times	Jerusalem
Picture yourself in a boat on a river	Lucy in the Sky with Diamonds, The Beatles
Oh we ain't got a barrel of money	Side by Side
You can dance, you can jive, having the time of your life	Dancing Queen, Abba
Wise men say only fools rush in	Can't Help Falling in Love, Elvis Presley
Yeah! Baby when you see me coming. Yeah!	Bachena Ae Haseeno (Hindi song)
O whither away my bonnie May	Loch Lomond

Those with complex care needs



If your relative/friend requires a high level of care or are cared for in bed, they may still enjoy music.

Ask:

- Do they have the equipment needed to listen to music in their room?
- Can other relatives and friends join them in their room to listen to music or watch musical films when they are visiting?
- Can you sit and talk to them about their favourite music and take pictures, books or props to show them?





Gardening can cover a wide variety of activities, stimulate many of the senses and be extremely therapeutic.

Was your relative/friend an expert gardener?

Was gardening a big part of their lives?

Maybe they never had the time or inclination but seem interested now?

Maybe they just enjoy being in the garden?

Seeing or feeling close to nature on a regular basis often has a calming effect and generally improves mood.

Why not try the following:

Daily	Getting out into the garden Watching the birds and wildlife Bringing the garden indoors
Weekly	Growing seeds Potting Bird feeding
Monthly	Gardening club Flower arranging Talks from the local gardening club or garden centre
Occasions/special events	RSPB Big Garden Birdwatch Sunflower growing competition

Getting out into the Garden

If your relative/friend is lucky enough to have a nice garden, then use it to its full potential and try to see this as an extension of the person's home.



Here are some easy ways to do this on a daily basis:

Encourage your relative/friend to walk around in the garden. The garden will obviously need to be a safe place - are there any trip hazards?

Just the feeling of fresh air on your face and in your lungs can be very uplifting; encourage your relative/friend to use the garden as much as they like.

Things to do in the garden could include:

Raking or sweeping up leaves

Raking over soil

Watering the garden (think about how heavy the watering can maybe – use a smaller one or a hose)

Weeding and deadheading

Tidying pots

Picking fruit, vegetables or flowers

Sorting through seeds or empty plant pots

These practical-based 'jobs' can help to provide a sense of purpose and achievement and allow your relative/friend to feel that they are contributing.

- Raised beds can lessen the need to bend over
- Smaller beds on sturdy legs or window boxes can allow someone in a wheelchair to get close up
- There are many adapted tools available such as lightweight tools with easy-grip handles

Try to avoid steps and uneven surfaces or install handrails, if they cannot be avoided.

Walk around the garden with your relative/friend and discuss what you can see. Ask why they like it. Smell and touch flowers and plants, listen to bird songs and see if you can identify them.

Ask your relative/friend to pick out something they especially like and chat about why they like it. Collect appealing items such as fallen bark, interesting leaves or pine cones to take back.

Your relative/friend may get a lot of satisfaction out of helping with garden-related tasks and there is also the added benefits of fresh air and exercise. Relating back to familiar activities from earlier in their life can be a very good way of 'connecting' with relatives, especially if the person is living with dementia.

Birds and wildlife

Birds and wildlife can really add variety to a garden scene and be a great source of interest.

Regular feeding of the birds should encourage a good population in your garden.

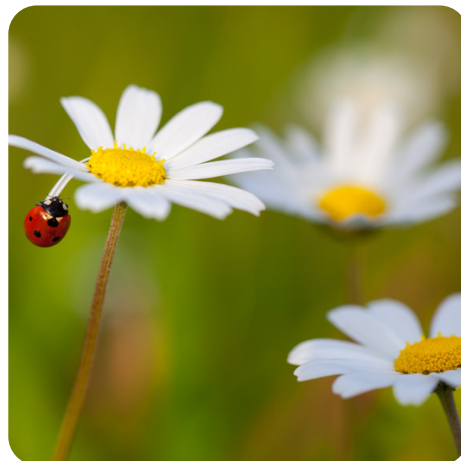
Look on the Royal Society for the Protection of Birds' (RSPB) website for tips on what to and what not to feed them and when.

Create a daily activity of feeding the birds and then sitting and watching them through the window or outside, if the weather is fine.



Take the garden indoors

- For those who may not wish, or be able, to go into the garden, you could take the garden to them
- Take scented leaves, such as herbs back inside for smelling
- Take flowers in for them to arrange, draw or paint
- Take a variety of leaves and see if your relative/friend can identify them
- These could then be used for leaf printing, or pressed into dried leaves and used to decorate cards



Bird Feeder

You will need:

- Large apple
- Heart-shaped cookie cutter
- String
- Birdseed
- Peanut butter

What you do:

Cut the apple in half – from the top.

Using the cookie cutter, press into the apple half. You may need to use a spoon to get the remaining apple out.

In a bowl, mix the birdseed with the peanut butter and finely chop the remaining apple.

Once mixed, using a spoon, put the mixture into the apple core.

Press mixture firmly into the hole so it doesn't fall out when you hang it up.



Orange Bird Feeder

You will need:

- An orange
- 4 pieces of string – 24in in length
- Birdseed

What you do:

- With a sharp knife, cut the orange in half – scoop out the flesh. Pierce 4 small holes on opposite sides, about 1/2" from the top edge of each half.
- Thread one piece of twine through a hole, and out the opposite end. Repeat with the second piece of twine in the remaining holes (you'll have an "X").
- Fill the orange half with the birdseed.





Bringing elements of the garden into your relative/friend's homes can add a good sense of wellbeing.

Ideas include:

- Window boxes where the plants are changed to reflect the seasons
- Wind chimes or birdfeeders (see instructions on how to make one) hanging on or near the window can provide interest and stimulation
- Growing seeds in their room - herbs could be used as they grow quickly and have a strong smell
- Moving plants around so that people have different ones to look at
- Gently crush a scented leaf, such as a herb, under their nose so they can smell it or take in scented flowers from the garden
- Take in different textures of leaves and petals for them to touch
- Help your relative to arrange flowers or deadhead their own flowers using a tray/table on their bed or knee
- Make sure your relative has access to a television and radio when they wish to listen to gardening programmes





Look at gardening books or magazines, listen to radio programmes such as 'Gardeners' Question Time' or watch some of the gardening or country life programmes on television.

Growing seeds

The first stage could be deciding what to grow, where and when - your relative could get involved in the planning and decision making. Then buy the seeds - you might go on a trip to the garden centre. Plants could be started off in seed trays indoors then potted and planted out when ready. The overall activity could culminate in eating the homegrown produce which will hopefully provide a great sense of satisfaction and achievement.

Potting for all

Potting plants is an easy activity that can be tailored to your relative's needs and abilities. If your relative is more adept, then they could pot seedlings or do arrangements for hanging baskets. Potting larger items such as bulbs may be more suitable - this could be done indoors using dry compost which can be easily swept or vacuumed up. The items created could be used as gifts or grown on windowsills.

Allotments

If your relative has a large garden, then perhaps you could consider making an area into an allotment. Your relative/friend might watch you work the allotment or get involved!

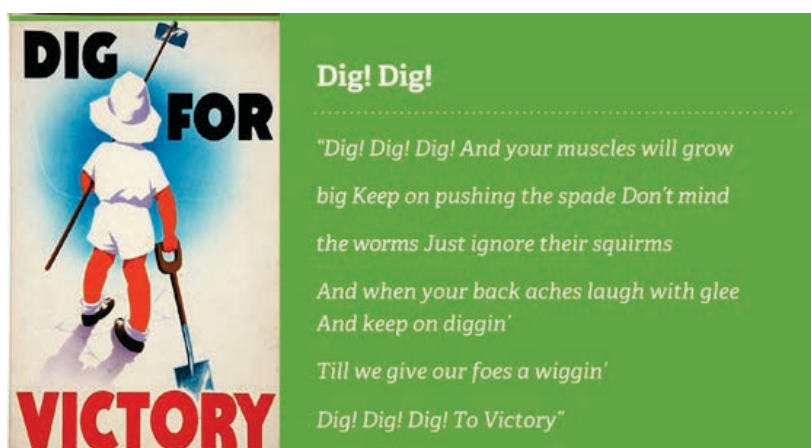


Consider writing out a gardening calendar of activities that maps out the gardening year, for example, months for planting bulbs, pruning roses, sowing seeds or feeding the lawn. Once a month, you could dedicate a morning to planning, discussing or carrying out the due task. This can also help to orientate your relative/friend if they seem uncertain of the season.

If your relative/friend is unable to take part in actual gardening tasks, you could talk about how they have done things in the past.

Gardening tools and methods – try to get hold of old gardening equipment (this can often be picked up quite cheaply from car boot sales or second-hand shops). Discuss the tools and methods your relative/friend used in the past. You could ask them for their top gardening tips and write these up into a factsheet or book to share with other family members or friends. Compare these to modern methods and tools and see how the technology around gardening has progressed. You could look in gardening magazines or catalogues for new products or look at relevant websites.

'Dig for Victory' – your relative/friend may have strong memories of wartime or learning about wartime at school and the 'Dig for Victory' campaign which encouraged people to grow their own vegetables and included characters such as 'Dr. Carrot' and 'Potato Pete'. Here is a typical rhyme used to encourage people during the campaign:



Flowers of the Month

As well as birth stones for each calendar month, there are also flowers assigned to each month of the year. A monthly gardening-related activity could be to grow, look at and chat about the flower of the month together. When it is someone's birthday, chat about the birth flowers. Did they already know about their birth flower? Is the supposed meaning of their flower true for them?



Month	Flower	Meaning
January	Carnation	Whimsical/fanciful
February	Violet	Faithfulness
March	Daffodil	Respect/regard
April	Sweet Pea	Thinking of you
May	Lily of the Valley	Humbleness/humility
June	Rose	Love/romance
July	Larkspur	Passionate attachment
August	Gladiolus	Splendid beauty
September	Aster	Daintiness/elegance
October	Calendula	Grief/jealousy
November	Chrysanthemum	Optimism/cheerfulness
December	Narcissus	Extreme self-confidence

Talks from a local gardening club or garden centre

- Perhaps you and your relative/friend could join a local group and attend a talk or demonstration. The local clubs may also run shows or competitions which you and your relative could go to or even enter.

Take part in the RSPB Big Garden Birdwatch

Each year, the Royal Society for the Protection of Birds (RSPB) holds its Big Garden Birdwatch - Why not take part? It involves watching and recording the number of birds you see in the garden within an hour. There is a counting sheet that can be downloaded from the website and then you can send in your results. The RSPB then collates and issues the results from all the one hour surveys and can see which bird populations are increasing or decreasing. You could develop this into an activity of spotting and identifying birds. You could use bird identification books, DVDs and listen to birdsongs as well. Your relative could talk about their favourite birds and explain why they like them. This question makes a good discussion topic:



'If you were a bird, what kind would you be and why?'

Sunflower growing targets

You could set a fun growing target, such as growing the tallest sunflowers or the biggest marrow. Sunflowers are good to use as they grow quickly and look very impressive.

Your relative/friend could plant a seed in a pot and label it with their name, water and look after it and then compare its growth with yours.

The plants could be measured weekly and plotted on a graph or use sunflower-shaped symbols to move up a scale on the wall inside so you can both see your progress!





Arts and crafts can be interpreted in many different ways and allow a wide range of opportunities.

Arts and crafts projects can be structured with a defined outcome but there are also many examples of 'open ended' or 'non-outcome based' arts and crafts activities that are more suitable for those who live with dementia.

Your relative/friend might enjoy making invitations, place cards, table decorations, napkin rings, flags or bunting for a forthcoming event. This can help to provide a purpose and focus for the activity.

Your relative may gain a great sense of satisfaction from creating something which can really help to increase their self-esteem.

The item they have made can then be displayed or given as a gift to other family members or friends.

This can be extremely rewarding and create a memento for the rest of the family or a friend.

Daily	Knitting Painting or drawing Tool boxes Rummage boxes
Weekly	Creating pictures Collage Art quizzes



Your relative/friend may have enjoyed art and craft related hobbies in the past such as knitting, sewing, painting, pottery or photography. There is no reason why they should have to give up these hobbies but the format may need to be changed to reflect their current abilities. Be aware of the potential for frustration when your relative/friend is trying to maintain a hobby or interest and is unable to do it as well as they used to.

Knitting

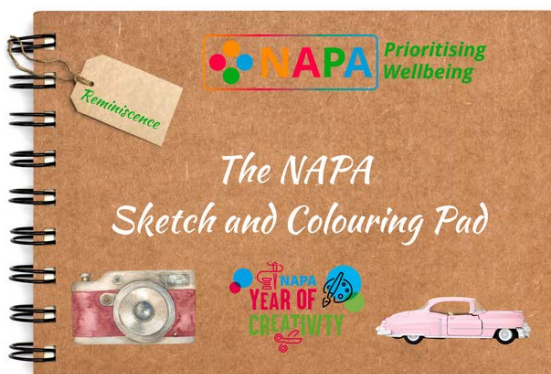
Reading patterns or managing some elements of knitting can be a challenge but with careful thought, it can still be an enjoyable pastime.

Knitting squares to make into a blanket is a less complex task. The blanket could then be given to a local charity. If your relative/friend is not able to knit now, they might enjoy winding or sorting wool or just looking at patterns. Ensure the resources are in place if your relative does want to knit, such as larger-sized needles, plenty of different coloured wool, a few simple patterns and somewhere comfortable to sit.

Painting or drawing

Many people enjoy painting or drawing. Simple things such as having a nice pad of paper with some sharpened drawing pencils in an accessible place may stimulate your relative/friend to draw or just doodle.

Adult colouring books may also be useful to encourage people to start colouring and drawing. NAPA has hundreds of adult colouring books - just email us and we will send you them to print out. Email - communications@napa-activities.co.uk
Here are two that you can download by clicking on the images below



DIY

Your relative/friend may have enjoyed woodwork and may be happy doing or feel calmed by something simple such as sanding a piece of wood or painting something wooden such as a bird box, fence or shed.

Rummage boxes

A rummage box of sewing equipment such as buttons, reels of thread, tape measures etc, can be a good way to stimulate memories and conversation. A similar idea could be set up using old tools, these can usually be picked up quite cheaply from second-hand shops. These could be discussed and compared to their modern-day equivalent to see how they have changed over time.

Compiling a personalised rummage box for your relative/friend, containing items that may hold meaning for them, can enable conversation and connection, particularly for those cared for in bed.



Creating pictures

Drawing and painting could take many forms such as still life, abstract or based on a memory or event and can use different materials such as watercolours or acrylics, pencils or charcoal.

Your relative/friend may enjoy taking photographs as an alternative.

For still life, why not draw or paint various items from around the home? These could include a view from a window, some flowers from the garden, or an arrangement of objects.



It is really important to remember that the finished art work belongs to the person who created it. Your relative should always be consulted before it is displayed.

Using Technology

Many Apps have been developed for creating art work. Some software programmes can be used on larger screens like wall mounted TV's that offer exciting and different ways to create artworks.



'Failure free' abstract painting with no defined outcome is inclusive. This can be done in many ways such as: Printing using sponges, potatoes or any other suitable object.

- Splodge painting – by placing splodges of paint on a sheet of paper then folding it in half and pressing smooth.
- When unfolded, the resulting picture gives a multicoloured symmetrical pattern which generally looks very impressive. String can be used in a similar technique. Soak various thicknesses and kinds of string or thread in paint. Place them on one side of a sheet of paper. Fold the paper in half and press down. Then pull the string out from between the folded paper and you are left with an unusual pattern which could be turned into a card or framed as a picture.

Thumbprints

This is a great and very simple idea that can be especially useful for those with limited concentration. It involves making thumbprints on pieces of paper using coloured ink pads and then transforming them into something else by drawing additional bits. For example, a thumbprint could be transformed into a fish by adding a tail, fins and bubbles from its mouth.

Or into a spider by adding 8 legs and a web. The possibilities are endless and only require a bit of imagination. This technique can be used for making pictures, cards, gift tags, name places, badges etc.



Collage

Collage is a very interactive and versatile form of art. It can include anything that is capable of being stuck to a piece of paper - the more varied and bigger the better! This activity can really encourage people to use their imagination and can give a wonderful end result.

Seasonal collage – this could be used to help orientate your relative/friend to the time of year and could be displayed on the wall for the duration of that season.

Items that could be used on a collage include:

- Items from the garden such as leaves, seeds, twigs etc
- Food items such as dried pasta shapes, lentils or split peas
- Sand to make a beach-themed collage with tin foil or crumpled up cellophane for the sea
- Pictures from magazines



Picture library

To make your relative/friend's home feel creative and inspiring you could set up a 'picture library'. The pictures in the library could then be 'taken out' and looked at. The pictures could be moved around your relative's home. The library could contain pictures that have been purchased but should also include their own creations, if they wish. Another source of pictures is large themed calendars; these are often sold off cheaply in spring/summer.



Themed Arts and Crafts

Have a look out for special days, holidays or events such as Chinese New Year, Wimbledon Week, Easter etc, Each of these events generally provides lots of opportunities to create themed arts and crafts activities. Here are some examples:

Example Month	Possible Event	Arts and craft ideas
March	Spring	To help orientate to the seasons, a larger spring collage could be made. Sew or knit spring chicks or lambs to sell or give as gifts. Make a bird table to go in the garden, if your relative has one. Draw or paint spring flowers such as daffodils.
April	Easter (depending on when it falls)	Make an 'Easter tree' which is a large twig decorated with hanging chicks, eggs etc. Decorate hardboiled or blown eggs. Make and/or decorate Easter baskets to give as gifts. Create an Easter egg hunt for visiting children.
July		Take relatives on virtual holidays if they can't go on a real one. This could be to one specific place or a world tour visiting many different countries. Look at art from different countries in books or on DVDs. Try art and craft techniques from other countries.
August	Summer Fete	Visit local summer fetes or galas; make craft items to sell or to donate for raffle prizes. Your relative can use their own skills such as knitting, drawing, painting or woodwork to create items. Your relative may prefer to do simpler tasks such as sticking decorations on greetings cards or making simple bookmarks using thumb prints, sponge or potato printing, or material and ribbons.
December	Christmas	There are lots of standard Christmas crafts such as making cards, tree decorations and paper chains.

Pom Pom Chicks

These pompom chicks make a great Easter craft. Making pompoms is so simple and fun, giving great results in no time and requires only very basic skills.

Our little chick is made from stitching two bouncy pompoms together with a few bits and bobs glued on to give him a bit of a face. We've used orange paper and some sequins we had knocking around – you can use anything really.

Buttons, beads, stickers – you name it!

You will need:

- Yellow wool or yarn
- Black and white sequins, beads or buttons
- Orange paper
- Glue
- Card
- Scissors

What you do:

- Make two pompoms. Make one smaller than the other, so that you have one for the body and one for the head.
- Once you've made your two yellow pompoms, attach one to the other with a little glue. Allow to dry.
- Stick two white sequins, with two black sequins on top of them, onto the face to look like eyes.
- Cut two feet shapes and a beak out of the orange paper and glue into place.



This is a FREE resource in celebration of NAPA's 25th Anniversary.
If you would like to donate to our appeal, you can do so [HERE](#) or by
scanning the QR code.

