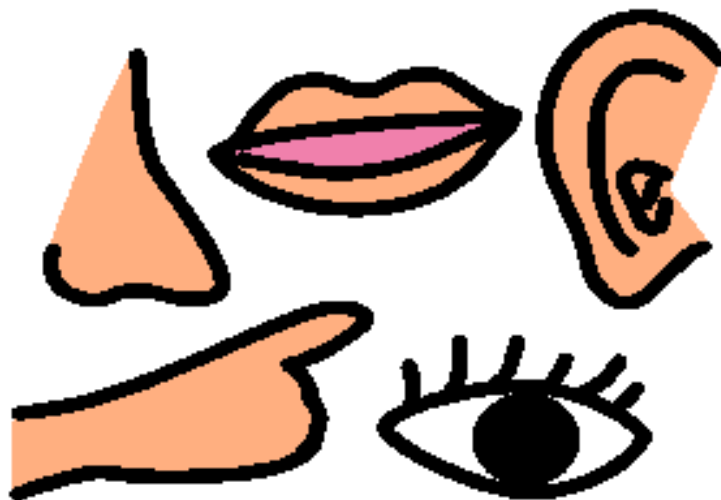


Activity Ideas



Sensory Craft Activity Ideas

Advice and Guidance

Activities listed in the folder are to be used at interval throughout the day; if we are meaningfully occupied doing activities that we enjoy this will support our positive behavior support plan.

The overall aim of Positive Behaviour Support (PBS) is to improve the quality of a person's life and that of the people around them. To reduce the likelihood of behaviours that challenge occurring by creating physical and social environments that are supportive and capable of meeting people's needs

The activities can range from 5-20 minutes, and the same activity can be used several times in the day.

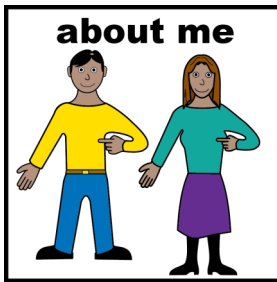
Don't force an activity on an individual, they may be unsure what the task is or the expectations.

Try modeling the activity you are offering, doing it whilst the person watches and then encouraging participation.

The individual doesn't have to be involved in the whole task as it may be too long, but any involvement can be meaningful, putting the last slice of bread on the sandwich is still activity participation

Remember to have fun 😊

'wipe clean'; disinfect any items, before and after use



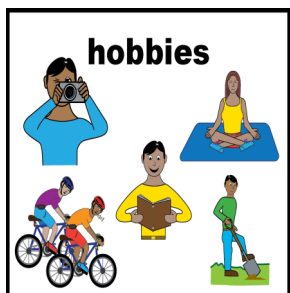
Meaningful occupation is very individual, its about the things that are important to you as an individual— **your quality of life**



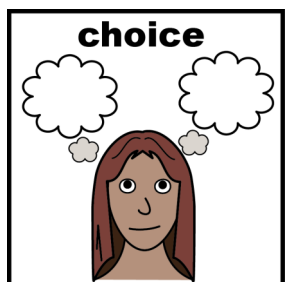
Think about the things that make you happy, this will help you to identify meaningful activities



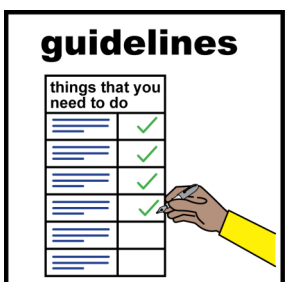
We all have jobs and roles to do in the day, especially if we live in supported living, but these may need to be scheduled through out the week— not all at once



Our hobbies are the fun things we look forward to doing, we may want to try new activities, we may need to try it several times as it may be different



Use the activity ideas in this pack to provide choice, you can repeat the activity in the day or offer on another day



REMEMBER—these activities are general guidelines and suggestions not designed for an individual, use with your own knowledge of the individual and your risk assessments—supervision may be needed

Sensory Arts and Craft

Arts and Crafts activities allow anyone and everyone, regardless of age or disability, the opportunity for self expression, creativity and having FUN. Research suggests that Arts and Craft based activities can be used therapeutically in a number of ways. These can include:

- Development of fine motor skills
- Positive distraction technique from negative thoughts or challenging behavior
- Can help to reduce stress
- Allows an opportunity for self expression/creativity
- Offers a sense of accomplishment
- Can be used as a sensory activity

Encourage people to do as much as they can on their own, or using hand-over-hand support if required.

Useful Resources:

www.hobbcraft.co.uk

www.allfreecrafts.com/

<http://fun.familyeducation.com>

www.kinderart.com/special/



Sensory Arts and Craft Ideas

Tactile Painting

Materials: Food coloring, Shaving Cream, Large Ziplock Bag (sealable freezer bag)

- Mix together approximately ½ cup of shaving foam and a few drops of food coloring.
 - Place in bag; remove all air from the bag and seal.
 - Work the foam around the bag until it fills the bag.
 - Make lines, shapes or letters by moving a finger or hand along the outside of the bag
-

Ice Painting

Materials: Card ,Poster Paint, Ice cubes (or ice cubes made with lolly sticks to make ice “paint” brushes)

- Put a small amount of paint on the card
- Allow the person to hold the ice cube/ice paint brush
- Moving the ice cube over the paint and spreading it out on the card

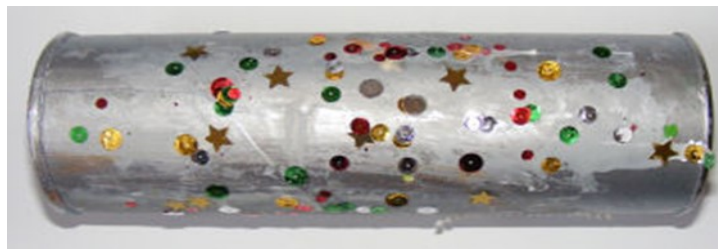
Use objects under supervision to ensure safety for the people you are working with.

Sensory Arts and Craft Ideas

Musical rain maker

Materials:

- Pringles Tube, Glue, Lentils, rice or pasta (or all 3)
- Allow the person you are supporting to run their hands through the rice, pasta & lentils
- Add a combination of rice, pasta and lentils to the tube until it is around $\frac{1}{4}$ full.
- Glue the lid on securely. Allow the glue time to dry.
- Encourage the person to tip the tube from side to side to hear the mixture moving (hand over hand support).
- Alternatively, the person may prefer just to listen to the rainmaker. Hold it up close to the person then further away, tip it slowly then quickly to create different sounds.



- **Extra activity:** decorate the rain maker
- Put on some music. Shake the rainmaker in time to the beat and sing along to the tune!

Use objects under supervision to ensure safety for the people you are working with.

Sensory Arts and Craft Ideas

Salt Dough

Materials: Food coloring, salt (2 table spoons), plain flour (8 table spoons), warm water (2 table spoons), vegetable oil (1 table spoon), bowl, wooden spoon

- Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
- Pour the coloured water into the flour mix and bring together with a spoon.
- Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough.
- Have fun making different shapes!



Use objects under supervision to ensure safety for the people you are working with.

Tissue Paper Shapes

Resources

White paper or card

Tissue Paper and Glue

Scissors (for activity prep only)

Prep

Cut different shapes out of paper /card

Try a fish, stars, flowers, shapes

Cover the shape in glue

Activity

Rip tissue paper into pieces

Scrunch up and stick onto the shape



Newspaper Art

Resources

Newspaper

Paint and Paint brush

Glue and white paper or card

Activity

Cover white paper or card with glue

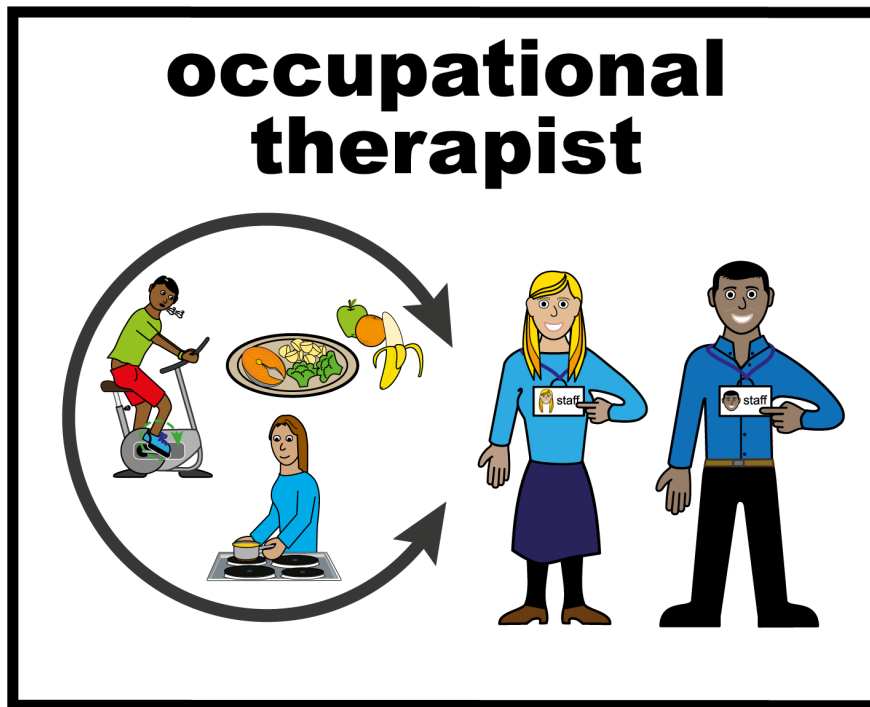
Rip newspaper into pieces and place onto the card

Add colour by painting on top of the newspaper



ACTIVITY LOG please list below the activities tried from the pack and the reaction, both like and dislike, such as facial expressions, engagement, verbal communication

Date	Activity	Comments



This activity pack was created by the Learning Disability Occupational Therapy team for more information please call **(01604) 657700** or visit the website at hwww.nhft.nhs.uk/



This folder was made on:- 26th March 2020