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**STAYING HOME, STAYING SAFE, KEEPING HAPPY**

# ACTIVITY PACK

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## OUTDOOR ACTIVITIES

### NATURE ACTIVITIES



- Check out the RSBP website for fun nature based activity ideas: <https://www.rspb.org.uk/fun-and-learning>
- **See instructions attached below** for 3 easy homemade bird feeders!

### BIRD WATCHING FROM HOME



- Visit the RSPB online shop for bird food and a window bird feeder so you can watch birds close up, even from indoors!  
<https://shopping.rspb.org.uk/window-feeders/gothic-arch-window-feeder-with-bird-food>
- Order a poster online of garden birds and spot the birds. Take photos and print them using an app like: <https://freesnaps.co.uk> (just pay for postage). Make a collage of the photos, or make frames to put them in.

### GARDENING



- For ideas about adapting gardening for different abilities visit: <https://www.carryongardening.org.uk>
- Try redesigning the garden with a collage plan of what you want to do.
- Order seeds and plants online. If you don't have much room then plant veg in containers e.g. carrots, salad leaves, spinach, spring onions, radishes, strawberries, tomatoes, courgettes etc.

## OTHER OUTDOOR ACTIVITIES



- Hold a 'posh' or a 'mad hatters' garden party. Make some bunting or pompoms to decorate the garden.
- Garden games (skittles/ball games/assault course with prizes etc.)
- Make your daily walk more interactive and stimulating by setting challenges such as:
  - Who can be first to spot a yellow/pick a colour car?
  - How many dogs/ butterflies/cats can you see on your walk?
  - Make a list of things that you have to try and spot or collect, such as, a stick, stone, feather, leaf, daisy etc.
  - Take some paper and crayons or pencils with you, then take rubbings from different tree trunks. See how many different trees you can take rubbings from and how different they all, look. When you get home make a collage of the rubbings.
  - Pick some wild flowers (not Bluebells) and different leaves. When you get home place the flowers and leaves between the pages of a heavy book and weight this down with more books. Leave for a few days, then gently remove and use the pressed flowers to make cards or lovely pictures.
- Easter egg hunt/Scavenger Hunt.

## INDOOR ACTIVITIES

### KITCHEN ACTIVITIES



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- Try some new fun recipes. There are many to choose from online such as on: <https://letsgetcooking.org.uk/>  
 And in this free easy read cookbook: <https://www.bromleymencap.org.uk/wp-content/uploads/2011/02/Easy-read-recipes-version-May-2017-emailable.pdf>
- Get everyone involved and have a Great British Bake Off competition! You could even set up an indoor pop up café using the things you baked!

### ONLINE TOURS



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- Take a virtual tour online. Below are some examples:  
  
Buckingham Palace  
<https://www.royal.uk/virtual-tours-buckingham-palace>  
  
National Gallery  
<https://www.nationalgallery.org.uk/visiting/virtual-tours>  
  
Edinburgh Zoo  
<https://www.edinburghzoo.org.uk/webcams/panda-cam/#pandacam>  
  
Sandiego Zoo  
<https://animals.sandiegozoo.org/live-cams>

### GROUP ACTIVITIES

- Have a karaoke party. Play your favourite CDs and sing along, find karaoke videos on YouTube or all learn lyrics together and sing together. You could even make up some actions.



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- Try setting up your own indoor Pub where you can enjoy an evening of snacks, drinks and maybe even a quiz.
- **See instructions attached below** for 'Lockdown Mocktails with Pub Quiz'
- Set up an at home cinema with make your own popcorn.
- Have an indoor Easter egg /Scavenger hunt.
- **See instructions attached below** for 'Objects of Reference Bingo'
- Make some Easter or Spring/Summer time themed decorations for the front room or dining room.
- Have themed dinner nights - dress up as characters from favourite films.
- Make and decorate your own daily visual schedules to plan at home activities.
- Try scrapbooking - each person decorates their own and writes down each day their own diary of what they did or want to do.
- Try some upcycling crafts:
  - See if you can find an old piece of furniture, table, chair, an old wooden box, anything that could be rubbed down and painted/stencilled etc.
- Make your own Multi-sensory stories:
  - 'Bag Books' is an organisation publishing multi-

	<p>sensory stories for people with profound learning disabilities. Check out their website: <a href="http://www.bagbooks.org">www.bagbooks.org</a></p> <ul style="list-style-type: none"> <li>- You can sign up to access some story lines, allowing you to create your own bag books.</li> <li>- A demonstration of a story being told is available at: <a href="http://youtu.be/wqCXhy-ttgl">http://youtu.be/wqCXhy-ttgl</a></li> <li>- Or look here for other great ideas for making your own multi-sensory stories: <a href="http://pamis.org.uk/site/uploads/multi-sensory-storymaking.pdf">http://pamis.org.uk/site/uploads/multi-sensory-storymaking.pdf</a></li> </ul> <ul style="list-style-type: none"> <li>• <b>See instructions attached below</b> for how to make rag bunting or pompoms.</li> </ul>
<p style="text-align: center;"><b>MORE ACTIVITIES</b></p> <div style="text-align: center;">  <p>12</p> </div>	<ul style="list-style-type: none"> <li>• Purchase online magazines for individuals with interests to be received via the post weekly - cars/gardening/cooking</li> <li>• Take photos at home, in the garden or on a neighbourhood walk. You can then print these off using an app such as: <a href="https://freesnaps.co.uk">https://freesnaps.co.uk</a> (just pay for postage).</li> <li>• <b>See instructions attached below</b> for instructions to make salt dough ornaments.</li> <li>• <b>See instructions attached below</b> for another fun craft activity: making rolled paper beads.</li> <li>• Try the Zentangle method of drawing:       <ul style="list-style-type: none"> <li>- This is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It is a creative, mindful activity. See website for more information: <a href="https://zentangle.com/">https://zentangle.com/</a></li> </ul> </li> </ul>

**FOR MORE IDEAS HAVE A LOOK AT:**

<http://dothinkshare.com/create-to-connect/>

<http://pamis.org.uk/services/virtual-activity-programme/>

<https://www.bakerross.co.uk/arts-and-crafts>

[www.pinterest.co.uk](http://www.pinterest.co.uk)

Activity Ideas Book:

<https://www.amazon.co.uk/Activities-Adults-Learning-Disabilities-Meeting/dp/1843109751>

## 3 EASY HOMEMADE BIRD FEEDERS

### 1. CARDBOARD ROLL BIRD FEEDER



A simple cardboard tube feeder is easy to make and a quick tasty treat for birds. Photo: Emma Pocklington

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#### You'll need:

- A cardboard tube (a kitchen roll is perfect)
- Two long sticks or skewers

- Some lard or suet
- Birdseed
- A piece of string

First, make four holes in one end of your cardboard tube, these must be large enough for your sticks or skewers, but not so large that the sticks slide out. Make sure the holes opposite each other line up so that you can thread your stick through. Next, make two small holes opposite each other in the other end of your tube. Use a knife to cover your roll in lard or suet, vegetarian varieties are good too. Roll the tube in bird seed so that the seed sticks to the lard. Finally, carefully thread the sticks through to make a cross shape, and attached a piece of string to the two top holes. Then you're ready to hang your feeder outside!

## 2. ORANGE BIRD FEEDER



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The beauty of this feeder is that you can fill it with scraps as well as shop-bought seed. Photo: iStock

### You'll need:

- A large orange
- String
- Assorted nuts and seeds

This one is really simple, simply cut a large orange in half and scoop out the insides. Then, thread two pieces of string through the orange so that it hangs upright. Fill the orange with whatever bird food you fancy. You could stick with birdseed or try peanuts, mealworms, suet, dried fruit or even leftovers such as cheese or cake.

### 3. HOMEMADE FAT CAKE



Homemade fat cakes allow for endless tasty variations. Photo: Andy Hay (rspb-images.com)

#### You'll need:

- Suet or lard
- Assorted nuts and seeds
- An old yoghurt pot

Melt the suet or lard in a bowl (you can use vegetarian lard if you wish) and mix in seeds, nuts, oatmeal, dried fruit, cheese or cake. Meanwhile, make a small hole in the base of a yoghurt pot and run a string through. When you tip the mixture into the yoghurt pot, be sure to run the tail of the string through the centre of the mixture so that it will be firmly fixed in the middle when set. Leave in the fridge until set. When the cake is set you can pop it out of the yoghurt pot and hang it in your garden. Alternatively, simply turn the pot out onto your bird table, or leave it out for birds in another container, such as a cup or empty coconut shell.

**REMEMBER:** Don't use cooking fat in bird feeders as the meat juices present are not good for birds' feathers. Also avoid margarines, vegetable oils, milk, desiccated coconut and any mouldy food. If using peanuts, salted or dry roasted peanuts should not be used. Peanuts can be high in a natural toxin, which can kill birds, so buy from a reputable dealer to guarantee freedom from aflatoxin. You can find more guidance on what to give birds here, and buy bird seed mixes, including peanuts, from the RSPB Shop.

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## LOCKDOWN MOCKTAILS WITH PUB QUIZ



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It's important to set the scene appropriately in order to maximise the sensory / visual experience:

- Background music appropriate to the setting.
- Set up a pop up bar (2xtables covered with tablecloths) One table as a work station and one with the drink ingredients plus plastic cocktail glasses /cocktail making kit / decorations.2-3 people are the 'bar tenders'
- Around 3 -4 different mocktails on offer - there are plenty of recipes online e.g. Watermelon Punch (homemade lemonade served in hollowed out watermelon), Mint Mojito, Raspberry Crush. The BBC Good Food website has some great recipes. These can be printed and laminated so they don't get wet and can be used again.
- Crushed ice.
- Bartenders make up each mocktail with the person ordering it to make it an interactive activity (chopping up the fruit, crushing ice, adding ingredients to shaker, adding soda, decorating etc.)
- Each mocktail is served in a novelty plastic cocktail glass with a parasol / novelty straw / pieces of fruit etc.
- Individual bags of crisps or other nibbles can be served if wanted.

*\* Some parts of the mocktails might need to be prepared the day before - which provides another activity.*

## OBJECTS OF REFERENCE BINGO

### What you will need:

- Use Google Images to print out some pictures of household items e.g. a tin of beans, a hairbrush, pen, book, toothbrush, glasses, towel etc. See example below. If possible laminate the cards or place in a plastic wallet.

### How to play:

The game is the same as 'classic' bingo but using objects.

- In groups, pairs or individually collect objects from around the house and fill xxx amount of cards.
- Place the actual object on to the card.
- Most important message: Make it fun and upbeat!
- This also encourages clients (if their mobility allows) to get up and active.

## PICTURES FOR OBJECTS OF REFERENCE BINGO

	
	
	
	

## MAKING POM POMS

### Step 1: Supplies

- Wool of choice
- Cardboard (E.g. cardboard from a cereal box)
- Scissors - the less bulky they are, the easier time you will have getting them under the yarn and cutting
- Pencil
- Circle objects to trace (E.g. bottom of a glass and a cotton reel)



### Step 2: Pom Pom Wrapper

First you need to cut out the cardboard for something to wrap your wool around. A popular shape for this is a donut, but this can be inconvenient since you will have to cut the wool off your ball of wool to do this, so try a cut donut.

1. Start by tracing your large circle with the smaller circle inside (Don't make the inside circle too big or too small if you can help it. Too small and you won't be able to wrap the yarn in there, too big, and the pom pom might have too much extra space when you go to tie it.)
2. You want to make one cut through the donut and cut out the center of the circle.
3. Fold up the ends of your cardboard as shown in the photo above.

The folds may annoy you and you can cut them off entirely if you want, but they can be handy for holding the yarn on while you wind it, and also you can fold them down when you go to cut the yarn which keeps the pieces from falling off.

### Step 3: Wrap Wool

1. Put your pieces together so the flaps face out on both sides.
2. Now wrap. Just keep going and try to keep it as even as you can. If you have big bulges, you are going to have longer pieces that will just have to be trimmed later, but it isn't too big of a deal. It is hard to wrap the yarn near the ends, so it might be easier to stay more towards the middle.

### Step 4: Cut and Trim Pom Pom

1. Go along the edge of the cardboard and just start cutting.
2. After all of the wool has been cut, take another piece of wool and wrap it around your pom pom going between the pieces of cards board.
3. Tie it up! Tie two knots on one side, then wrap the wool around to the opposite side and tie two more knots. You won't see them so you probably can't knot it too much. You can leave a long thread of wool and use this to hang the pom pom from.
4. Trim off the excess yarn and try to make it as circular as you can.

Tip: Try making pom pom bunting to decorate a room or garden by threading onto a long piece of thick wool. See images below. You could tie on bits of materials and ribbon in between the pom poms for variety.

## RAG BUNTING

- You could try making some rag bunting with any old bits of material, unwanted clothes that can be cut up, ribbons, old ties and scarves etc.
- These can be cut or torn into strips then simply tied onto a piece of string and hung.
- See images and website below for inspiration.



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<https://homemadelovely.com/scrap-fabric-rag-bunting-trash-to-treasure/>

## SALT DOUGH

### Ingredients:

- 1 cup salt
- 2 cups all purpose flour
- 1 cup luke warm water

### Method:

1. In a large bowl mix salt and flour
2. Gradually stir in water. Mix well until it forms a doughy consistency.
3. Form a ball of dough with your hands and kneed it for five minutes.
4. Salt dough can be air dried or bake in oven at 100c
5. Flat creations bake for 45-60 minutes or 2-3 hours for thicker creations

### Ideas:

- Add food colouring and glitter to salt dough.
- Paint with acrylic paints and seal with varnish.
- Press objects and make shapes.
- Make a hole before baking and create hanging ornaments.

## ROLLED PAPER BEADS

### Materials Needed:

- String
- A4 coloured paper or pages cut out of old magazines
- Glue stick or double sided sticky tape
- Ruler
- Pencil
- Scissors
- Knitting needle or bamboo skewer



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### What to do:

1. Draw lines along the length of the paper, using pencil and ruler. They can be parallel or at angles to one another (so they taper at one end).
2. Cut out the strips.
3. Roll out the strips tightly around a knitting needle or sc sewer and then stick the end of the paper down with glue.
4. Make lots of these 'beads' then thread them on to a length of string to make a necklace, or on a cord of elastic to make a stretchy bracelet.

***Handy hint!*** Stick a length of double sided sticky tape along one of the shorter edges of a sheet of paper. Once the strips have been cut, roll the bead from the untaped end.

## PHOTO REFERENCES

1. <https://www.rspb.org.uk/>
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3. [www.dreamstime.com/royalty-free-stock-photography-popcorn-background-image](http://www.dreamstime.com/royalty-free-stock-photography-popcorn-background-image)
4. <https://www.woolandthegang.com/blog/2014/12/how-to-make-a-pom-pom-garland>
5. [www.list.co.uk/place/803-edinburgh-zoo](http://www.list.co.uk/place/803-edinburgh-zoo)
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