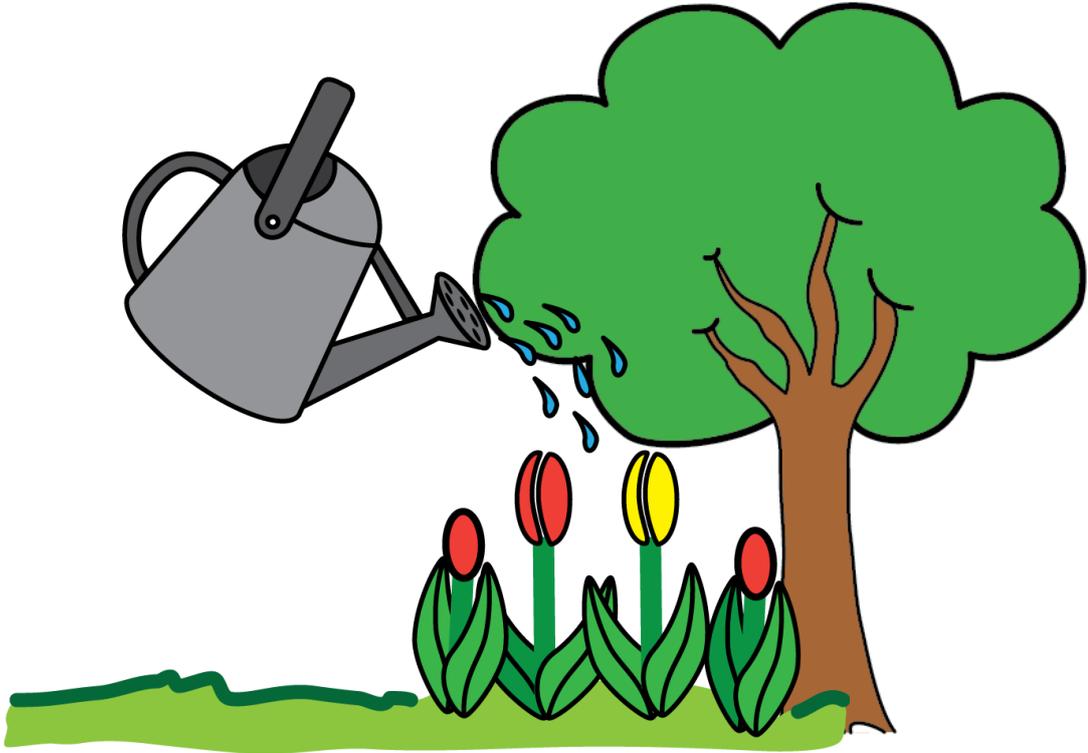


Activity Ideas



Outside Garden Activity:-

Nature activities in your garden are fun to make and fun to record in a nature diary

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.

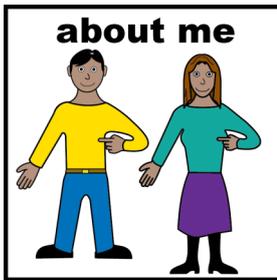
Don't force an activity on an individual, they may be unsure what the task is or the expectations.

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



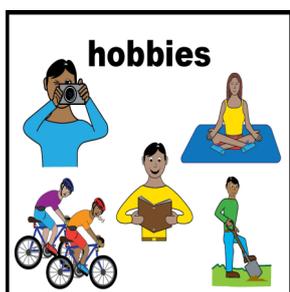
Meaningful occupation is very individual, its about the things that are important to you as an individual— **your quality of life**



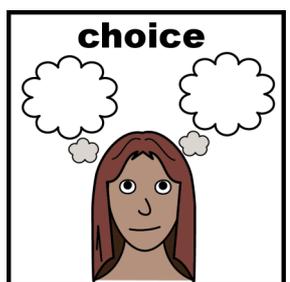
Think about the things that make you happy, this will help you to identify meaningful activities



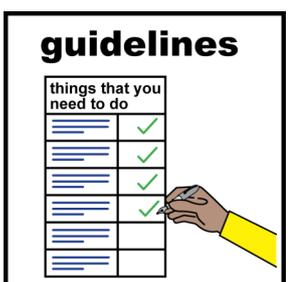
We all have jobs and roles to do in the day, especially if we live in supported living, but these may need to be scheduled through out the week— not all at once



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

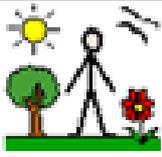


Use the activity ideas in this pack to provide choice, you can repeat the activity in the day or offer on another day

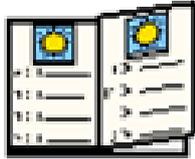


REMEMBER—these activities are general guidelines and suggestions not designed for an individual, use with your own knowledge of the individual and your risk assessments—supervision may be needed

Garden Nature Diary

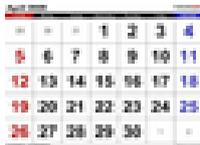


It is important to get fresh air everyday.

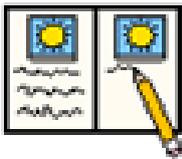


Start a Nature Diary using a notebook or pieces of paper together.

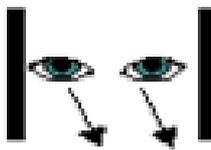
A Nature Diary is a place for you to write down all the things you see, hear, smell and do in your garden.



Start a new page for each day you spend time in the garden.



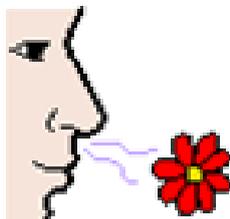
Write the date at the top of each page to help you organise your diary.



Walk in garden what can you see ?



Listen carefully, what can you hear?



What can you smell in the garden ?



Draw pictures in your Nature Diary

Garden Insect House

You will need:



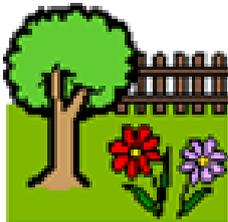
Sticks



Leaves



Small plant pot



Find a sheltered place in your garden to build an insect home.

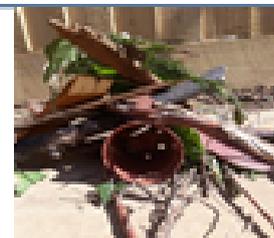


Lay sticks on the ground to make the base of your insect house.



Lay a small plant pot on its side on top of the sticks.

If you don't have a plant pot use a stone



Lay lots of other sticks and leaves over the plant pot carefully.

This will shelter and camouflage the house.



Check your Insect House everyday write down what you see in your Nature Diary.

Nature Mobile

Materials

- Collection of natural materials
- Try seed pods, shells, nuts etc
- String
- Longer Stick

Method

- Cut several lengths of string and
- Tie the pine cones and feathers on along the string.
- You could try making longer and shorter pieces and tie different numbers of cones on to get a different look.
- We found that the feathers swished nicely in a breeze.



Sensory Nature Trail in the Garden

Woodland Trust
Nature
detectives



What can you feel?

Help little hands learn through touch.

Furry
catkins

Crunchy
twigs

Spongy
moss

Bumpy
pine cone

Tickly
feather

Smooth
stones

Touchy
feely

Rough
bark

Nature Scavenger Hunt in the Garden

Nature Scavenger Hunt



Sounds in the Garden

0-2

Woodland Trust
Nature
detectives

Sounds of spring

Head outside and listen for busy birds and buzzing bees.

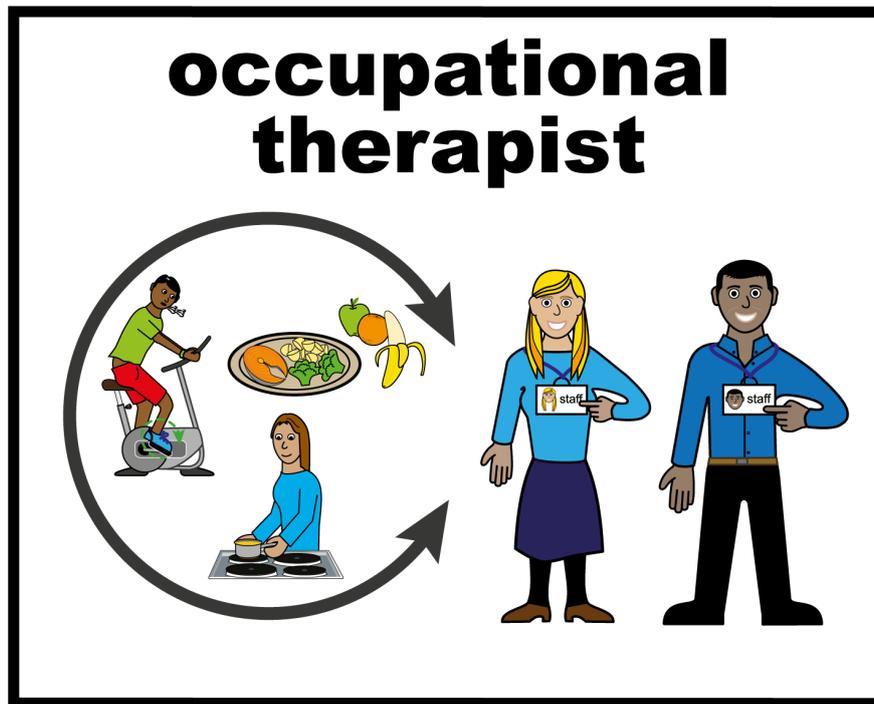
Spring is a noisy time – the woods are alive with the sounds of nature!
How many of these can you hear?



Sounds of spring



Grown-ups: Buzz and quack with your little one. It's a fun way for them to practice making different sounds and helps improve speech development.



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