

Creative Wellbeing Activity Toolkit

Creative activities for people living with
dementia, their families and carers.

These activities are also suitable for
intergenerational projects.



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These activities are simple and do not require specialist materials or equipment.

The ideas are only a starting point, you can develop them in any way you want.

Enjoy the process of creating.

Don't worry about getting it right...you can't get it wrong.

Do the activities on your own or with someone else. Making and creating can be a really enjoyable way to spend time with other people.

We are often more alert in the mornings, so it can be good time to do an activity.

Gather all the materials you will need before you start your creative project.

What you will need:

Paper

Pencil

Pen

Paint

Felt pens

PVA glue

Paint brush

Glue stick

Plain Flour

Table salt

Air-drying clay

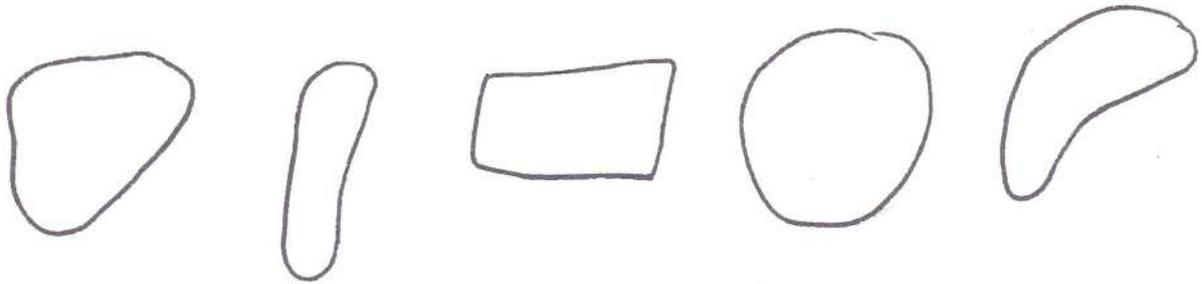
Collage materials e.g magazines/newspapers/wrapping paper/old greetings cards/coloured papers and tissue.

Have fun and Enjoy

Drawing

Draw 5 random shapes on a piece of paper.

See what you can add to the shape to change it into something else.



You could give yourself a theme:

Draw 5 different faces – add details like hair do's, glasses, earrings and facial hair.

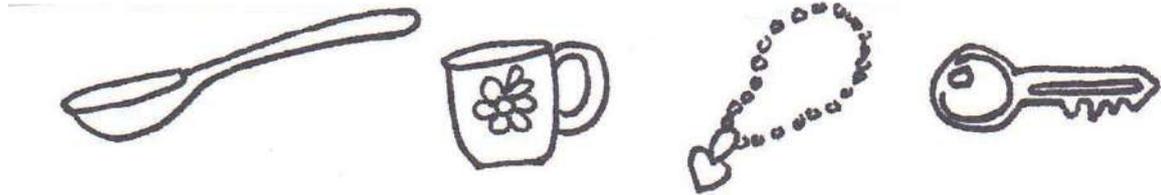
Draw 5 different foods

Draw 5 different animals.

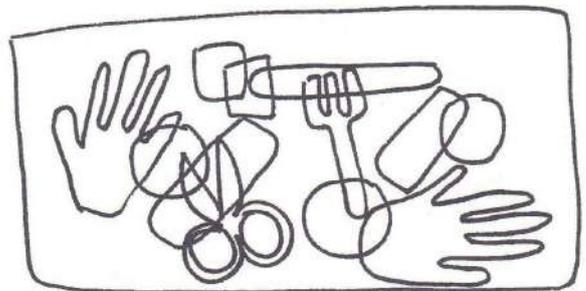
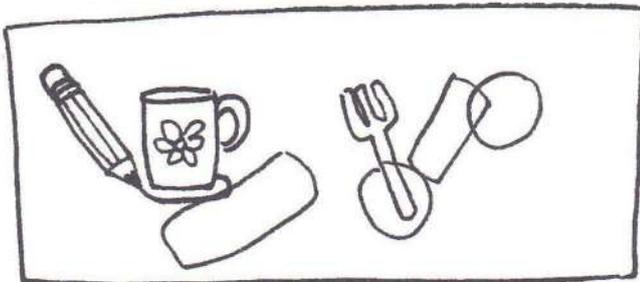
Trace and Colour

Collect everyday objects.

Draw around each object, one at a time.



Draw the shapes on top of each other.



Colour in or paint the different patterns created, when the shapes cross over each other.

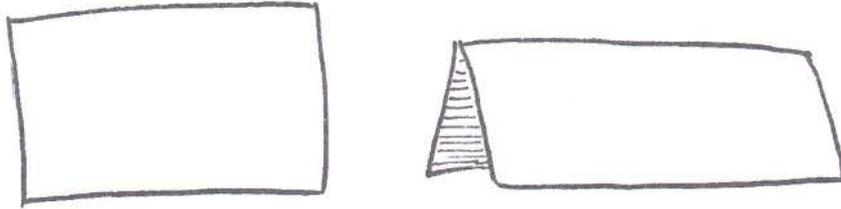
You could use a different colour for each shape.



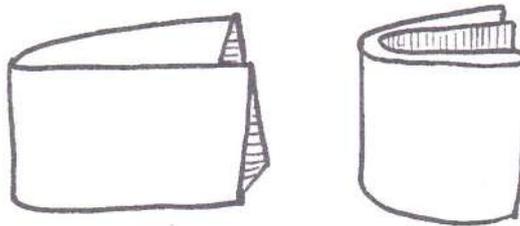
Doodling

Idea 1

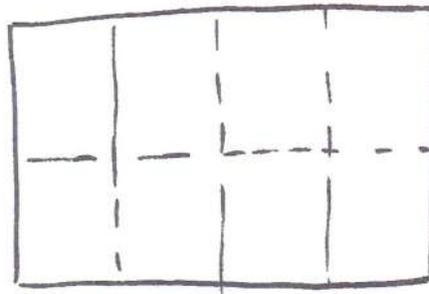
Take a piece of A4 paper and fold it length ways.



Now fold the paper in half, and then in half again.



When you flatten the paper out, you should have 8 squares.



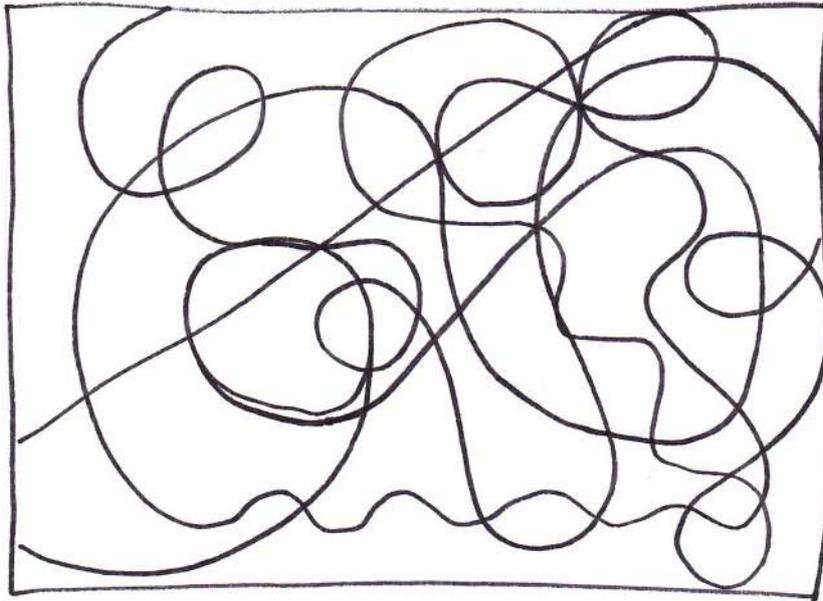
Draw a different pattern in each square.



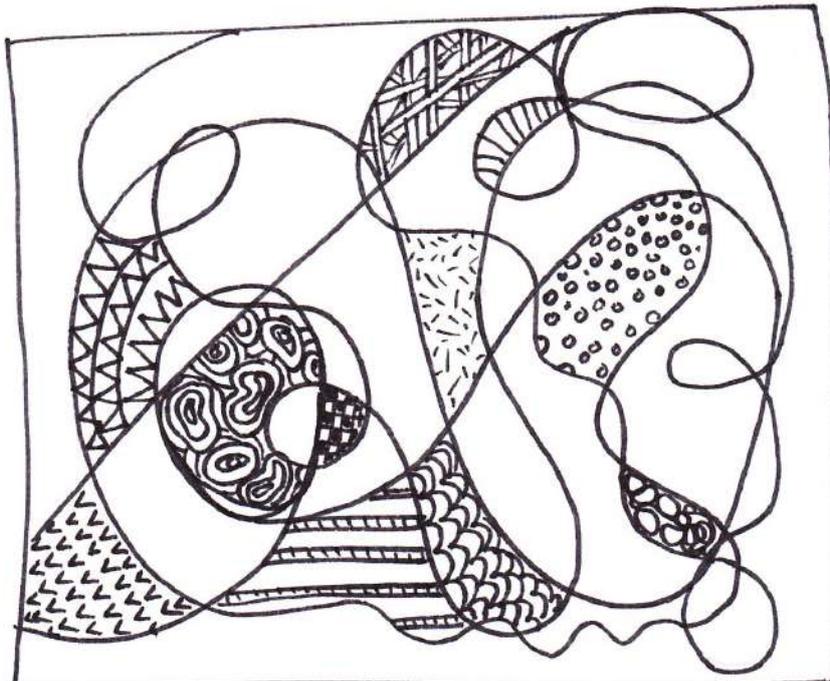
Doodling

Idea 2

Draw a squiggly line on your paper.



Fill the shapes created with different patterns.

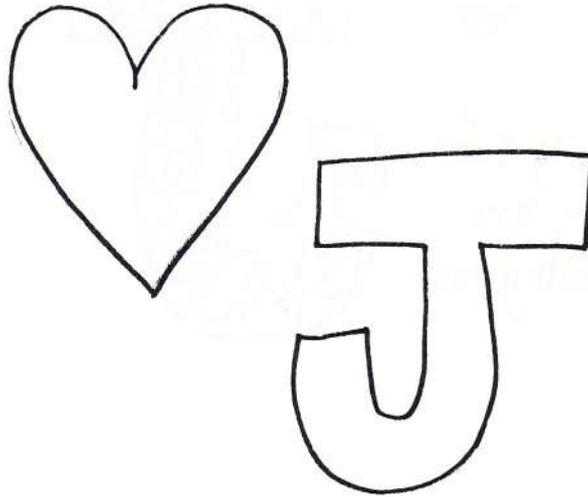


You could use pencils, pens or paint to create your patterns.

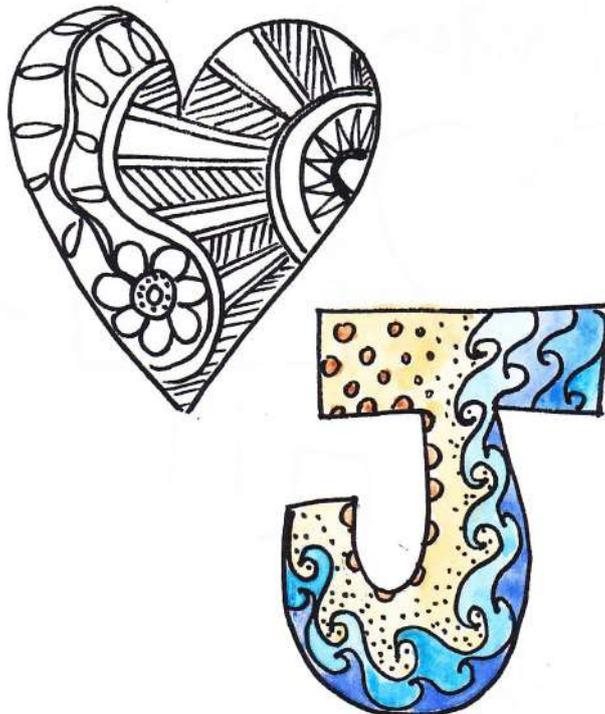
Doodling

Idea 3

Draw a shape or the first letter of your name in block writing.



Fill the shape or letter with patterns.

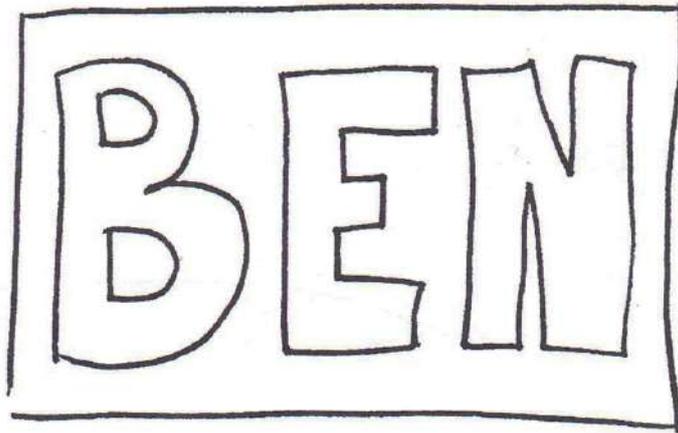


You could use pencils, pens or paint to create your patterns.

Doodling

Idea 4

Draw a word in block letters in the centre of your page.



Leave the space within the letters blank and surround the word with patterns.



You could use pencils, pens or paint to create your patterns.

Collage

Create a collage by arranging and sticking different materials onto a surface.

The paper can be torn or cut using scissors.

You can use pva glue and a brush or a glue stick to stick everything down.

Collect materials and pictures you like.

You could use magazines, newspapers, wrapping paper, old greetings cards, coloured papers and tissue.



Collage



Collage ideas:

Your collage could have a theme e.g Summer, breakfast, dogs, under the ocean etc

Create a personal greetings card for someone.

Use collage to make some seasonal decorations.

Your collage can be silly...put animal heads on human bodies and the other way around.

Choose colours and shapes you like to create an abstract picture.

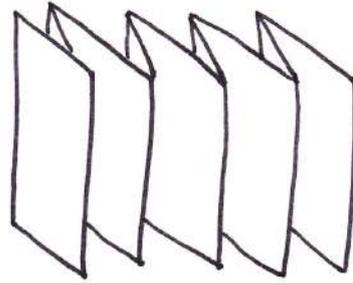
3D cardboard shapes from craft shops can be decorated with coloured tissues.

Use marker pens or paint to add patterns and details once the glue is dry.

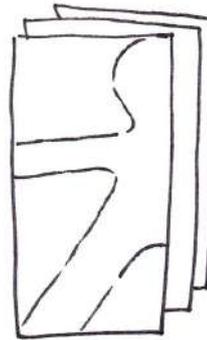
Paper Craft

Paper dolls are great fun to make.

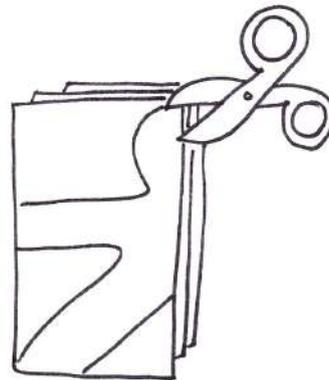
Take a piece of paper and fold it evenly into a concertina.



Draw half a person on the top flap. Make sure the arms reach the side of the paper.



Cut along the line.



Open out your dolls and start decorating them.



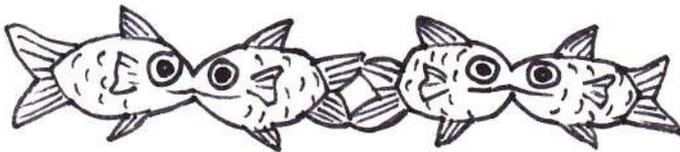
The decoration could be pencil, paint, collage or a mixture of all three.

Paper Craft

Ideas



The dolls can be small or large depending on the size and length of your paper.
They could be a different species i:e cats or fish.



They could be decorated to a theme i:e national costumes, party clothes, going to work, fancy dress etc

You could have a chain of dolls or single ones to decorate.

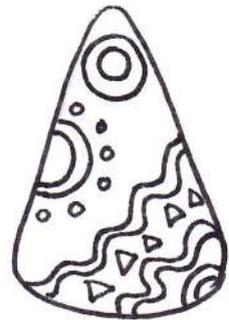
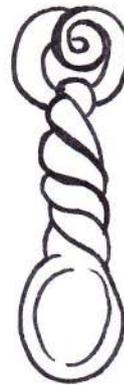
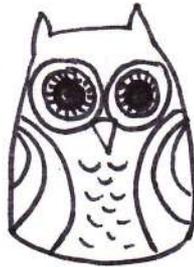
Instead of people you could cut a roof shape and make a chain of homes or shops.

The decoration could be pencil, paint, collage or a mixture of all three.

A background could be created for the dolls or building to be stuck to.

Salt Dough

Create 3D objects and decorations using this simple dough.



Equipment:

Mixing bowl

Wooden spoon

Chopping board or plastic place mat to work on.

Recipe:

125g plain flour

125g table salt

75ml warm water

Mix the salt and flour together.

Now add food colouring or flavours (lavender, vanilla) if you want to.

Add the warm water – mixing together at the same time.

When combined, turn out onto a lightly floured surface.

Knead for 5 to 10 minutes until smooth and elastic.

The dough is now ready to be made into little sculptures or decorations.

The dough will keep in an air tight container for a couple of weeks.

The dough will harden if left to air dry or it can be baked for an hour at 150C or gas mark 2.

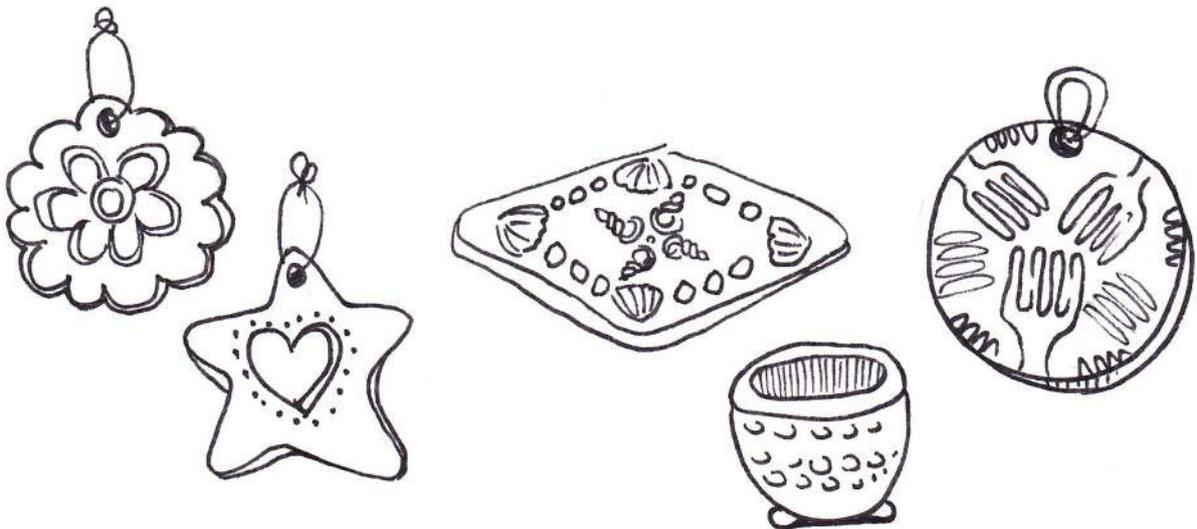
Salt Dough

ideas.

Use pastry cutters to create ornaments. Remember to put a hole in the shape before it dries, so you can thread a string through it.

Press small beads, buttons, shells into the clay to make a mosaic.

Press objects into the clay to get some interesting textures e.g leaves or old keys.



For any of these activities you could also use air-drying clay available from anywhere they sell craft materials.

This toolkit was made possible with funding from the Denbighshire Welsh Church Acts Fund, Dementia Aware Community Led Grant Programme 2019/20, Denbighshire County Council and Arts Council of Wales. The toolkit was created by Jude Wood on behalf of Community Arts, Denbighshire Leisure Ltd in partnership with Denbighshire Libraries and the Life Story Network CIC.

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