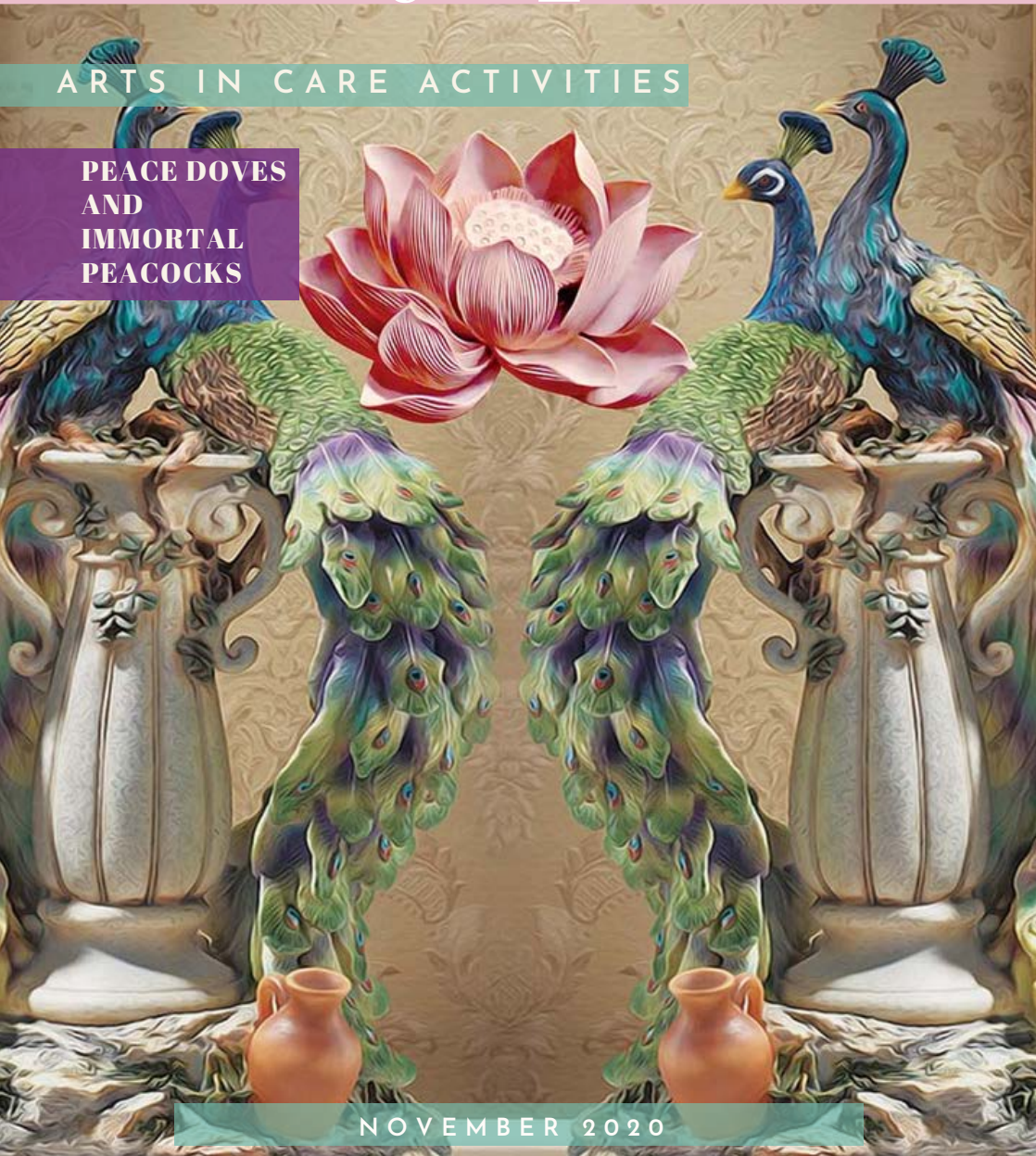
Creativity . Art . Reminiscence . Wellbeing

Activity Spark

Issue 2

ARTS IN CARE ACTIVITIES

PEACE DOVES AND IMMORTAL PEACOCKS



NOVEMBER 2020

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How to Use

This resource is at its most beneficial if you are able to access its online content during your activity session.

All the activities in this pack are the same types of activities that we have delivered to residents in care homes over the past seven years, there is something in this pack for everybody. You are the expert on what your individual residents enjoy, so give the pack a good read through to identify which activities will benefit which residents. This is a creative inspiration pack, please adapt the activities to suit your residents and environment. There is no right or wrong way to enjoy and participate in creative activities and discussion. Please use the risk assessments to deliver the activity safely.

At the back of the back there are activity recording documents, these will help you to record the benefits of your activities and will provide you with valid evidence for your records and the Care Quality Commission. There is also a poster for your planning and notice boards to build interest and anticipation for the activities in your care home.

This is a interactive electronic PDF document, links can be accessed on your phone, tablet or computer. If you are viewing this as a printed version all the links are at the back of the document.



Your feedback is important to us so please let us have your positive and constructive feedback, if you have any photos to share for our membership pages and Facebook please send to info@creativepaths.org.uk

FREE to our Subscribers!

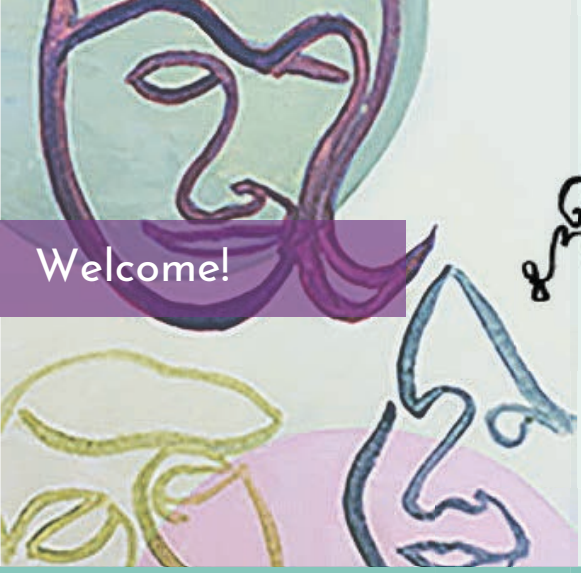
Book your Activity Spark



- **P** Activity that benefits the individual physically
- **I** Activity that has a cognitive or intellectual benefit
- **E** Activity that benefits the individual emotionally
- **S** Activity that benefits the individual socially

Our creative activities have some PIES outcomes added already, to help you think about what it is about the activity that is providing a positive change for your participant.

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Welcome!

PEACE DOVES AND IMMORTAL PEACOCKS

For this month's resource pack we have been inspired by animals and beasts. Animals are often depicted in art and have influenced art, design, and decoration over the centuries. Artists sometimes use animals to symbolise concepts and emotions, for example, Peacocks have been used to represent pride and Doves represent Peace. Animal art has influenced what we wear, what we have in our homes, and how we perceive ourselves. From the very first cave art, animals have been our creative and artistic muse!

Our featured artist this month is Picasso, he had a fascination with animals which he often expressed in his artwork. As it is Reminiscence Sunday this month we have chosen his famous ' Peace Dove' paintings to inspire us to both create and remember.



Creative PATHS

We Spark Wellbeing!

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INSPIRED BY: PICASSO

Pablo Picasso was one of the most influential and prolific artists of the 20th Century. Over his career Picasso made over 147,000 pieces of outwork! His first accomplished art work was created at 9 and he continued painting up until his death at 91.



Pablo Picasso - 1912

Picasso's Peace Painting - Doves of Peace

In 1949 Pablo Picasso made the dove a modern symbol of peace when it was selected as the emblem for the World Peace Congress. The original design was a lithograph print, shown in the stamp card. He would later reduce the bird into a more simplified shape by creating line drawings in a series of dove paintings that he painted over his career. The dove he painted in the original lithograph was a gift from his friend and fellow artist Matisse.



Russia 1981 - Stamp - Pablo Picasso (Artist)
100th Birth Anniversary



Picasso's Dove of Peace line drawing



Guernica



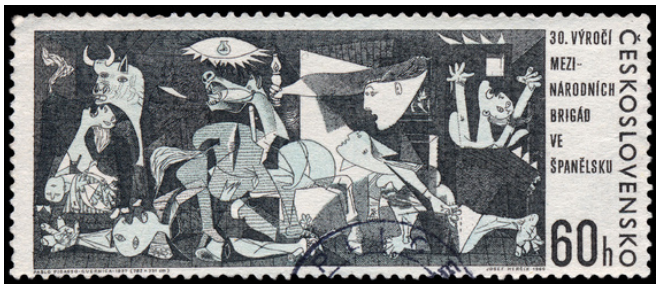
Watch Picasso Paint



Picasso Pinterest

Picasso's War Painting - Guernica

On 26 April 1937, at the height of the Spanish Civil War, the Basque city of Gernika was bombed by the German and Italian armies. It was this event that led to Picasso's most powerful. disturbing and celebrated artworks - Guernica. This imposing and emotive painting stands at 3.5 meters (11 ft) tall and 7.8 meters (25.6 ft) wide.



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TAKE A LINE FOR A WALK

take a line for a walk



CONTINUOUS LINE DRAWING

This is a great exercise if you are new to drawing and not very confident, as it allows you to free yourself from trying to recreate a picture perfect image. The idea is that whatever you draw you do so using only one line!

Top tips for your residents!

- Ask them not to look at the paper when drawing, and to look only at what they are drawing so their pencil follows their gaze.
- Once they have put the pencil onto the paper encourage them not lift to it back up until they have finished the picture.
- Offer a simple object to draw at first such as a mug or a vase with out flowers.
- When they have a had a few goes give them a choice of photographs or objects to draw.
- If your residents are feeling confident, suggest they have a go at drawing each other.

Materials:

- White paper to practice
- Colour card or paper
- Felt tip or biro
- Simple objects to draw
- Pictures to copy such as flowers, animals or faces.







Benefits of the 'Take a Line for a Walk' Activity

P This activity has physical benefits as it requires hand to eye coordination.

I This activity provides cognitive benefits as it encourages concentration and focus.

E This activity has achievable outcomes that provide an emotional benefit.

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PEACE DOVES

A simple activity for remembrance that can either be delivered in a small group or one to one.

"They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them"

Extract from 'For the Fallen' - Robert Laurence Binyon



Materials:

- White Doves from template
- Tags from template
- Felt tips
- Red tissue or red/red painted paper
- Red balloons
- String or ribbon

1. Using the tissue or red paper, scrunch and attach with stick glue to the dove, use a black felt to add the black centre.
2. Add a messages of peace and pride to the doves using a tags or small piece of card.
3. A message of peace can be a wish for the future. A message of pride can be the name and/or story of a person who has served in the forces.
4. Doves can be stuck onto displays or attached to red balloons.
5. If you have any helium left over from a party, then you can set your doves free!



Example of tissue poppy garland

Benefits of the Peace Doves Activity

P This activity has the physical benefit of increasing dexterity through manipulating materials.

E This activity has emotional benefits as it provides activity that celebrates remembrance.

S This activity has social benefits as it provides an opportunity to work towards a group display.

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TEMPLATE – Decorating



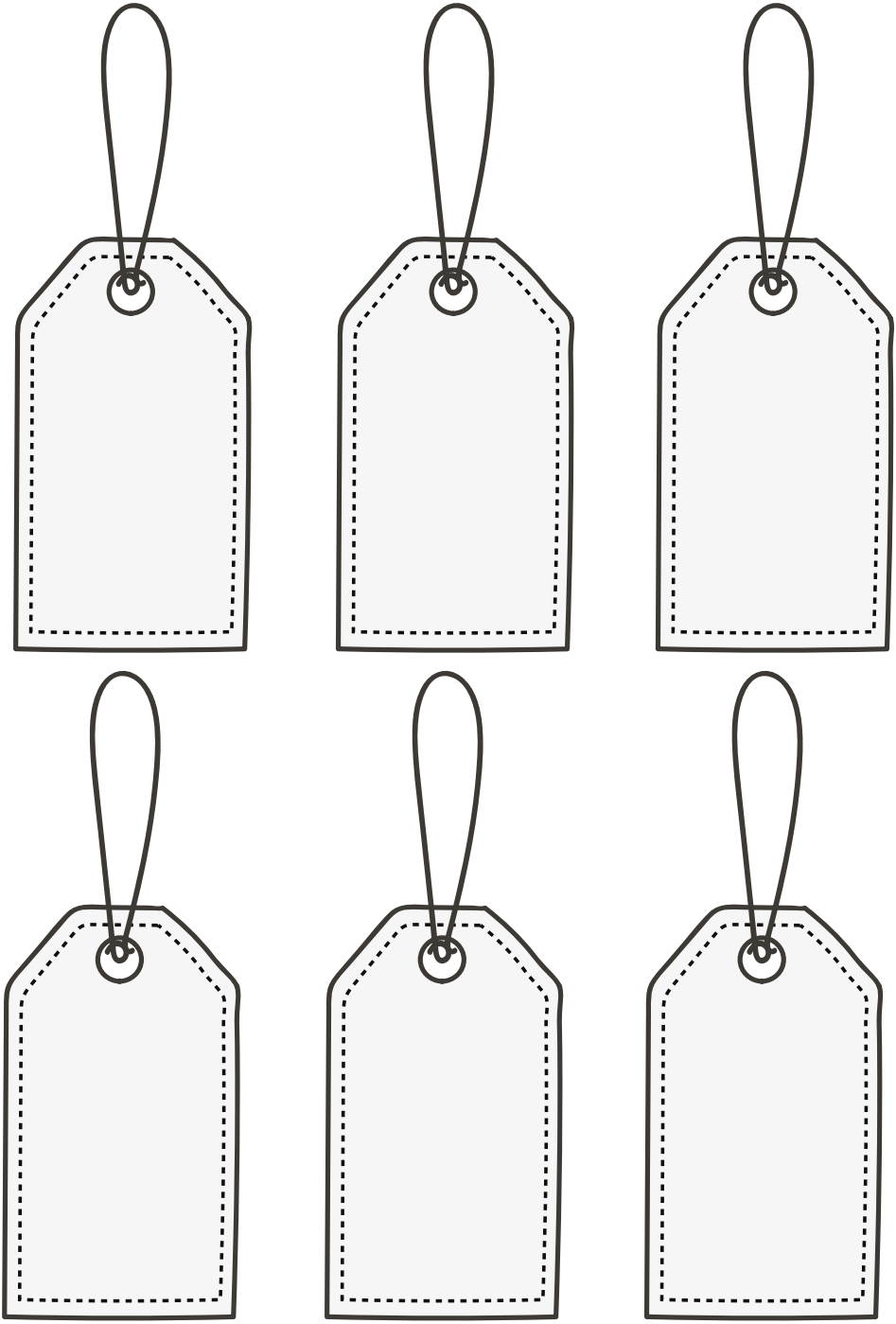
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TEMPLATE – Colouring



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TEMPLATE



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IMMORTAL PEACOCKS

"Youth has no age." – Pablo Picasso





Materials:

- Peacock mask template
- Feather template
- Felt tips
- Sticky tape
- String or ribbon
- Sticky gems or other embellishments to decorate
- Pictures of peacocks as inspiration

Finished Mask

Benefits of the Immortal Peacocks Activity

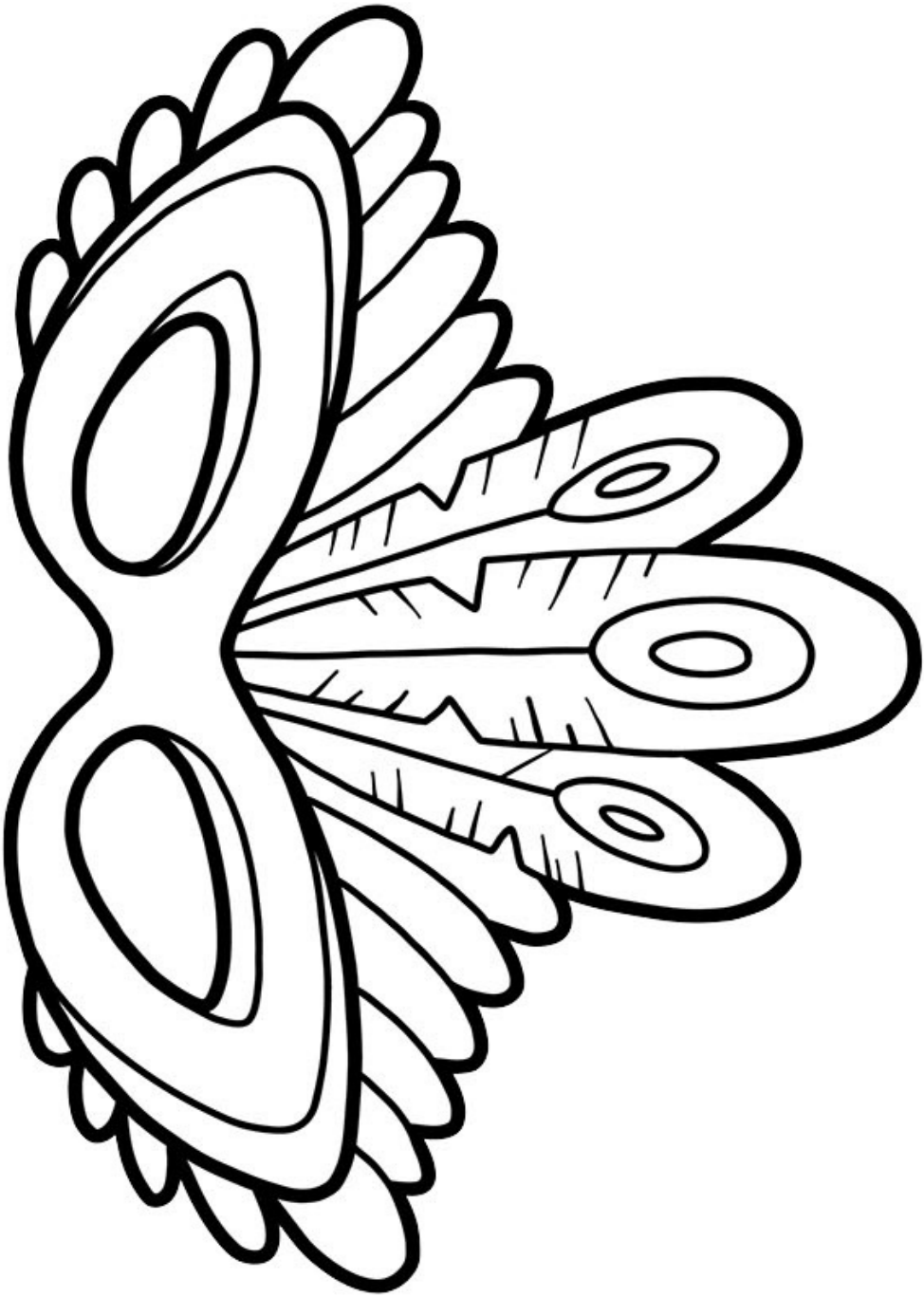
P This activity has physical benefits as it encourages the manipulation of materials.

E This activity provides a stimulating experience to be prevent boredom.

S This activity has social benefits as it provides opportunity for group fun and amusement in the wearing of the masks.

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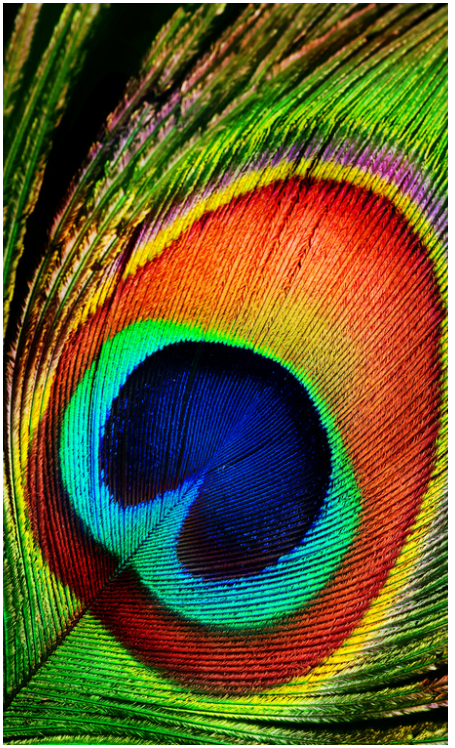
TEMPLATE 1

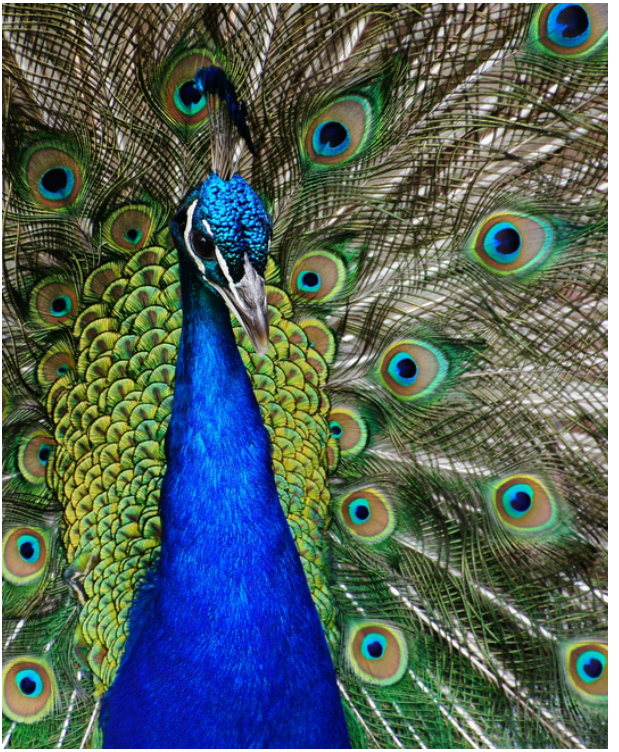


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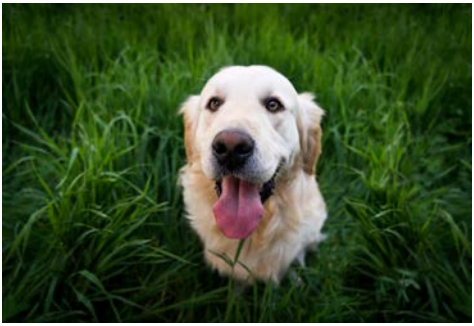


ANIMAL SYMBOLISM

Discussion: What qualities do we associate with the following animals and why? There are no right or wrong answers.

















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ANIMAL SYMBOLISM




Tate Gallery Resource


Animals in Art


Animal Symbolism

Different cultures have different beliefs relating to the power and significance of animals and animal imagery.

In Chinese culture, some animals are seen as sacred, many are given human qualities and characteristics and they are often represented in Chinese artwork, statues and architecture. For example the tiger represents bravery and competence and the dragon represents good luck strength and health.

Some cultures believe that the imagery of an animal represents more that just a feeling or emotion, and that they can represent a person's spirit guides. For example Native American's believe that totems or spirit animals come to guide us when we need them. Some tribes believe we have nine different animals that will guide us throughout different stages of our lives.

Whether we are spiritual in our beliefs or not, most people enjoy the company of animals either by looking at them in pictures or videos or being with them. As they give us great feelings of comfort, love and aesthetic enjoyment. Creative Activity:







Some cultures believe that we are drawn to particular animals throughout our lives, and that these animals will present themselves in our dreams, our thoughts and creativity.

- Ask your residents to pick an animal from the discussion sheet or choose another animal if they have one that they are drawn to.
- Discuss with them what it is about the animal they like, for example is it because the animal is cute or attractive to look at, or is there something about their nature that is appealing.
- Ask if there are any animals that they do not like, and why?

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NOW AND THEN

LOOKING 'DANDY' ?
MEN'S VANITY AND FASHION

THEN

When we look at the history of fashion we often forget the clothes worn by the working class. Men's fashion in the late 1900's and early to mid 20th century was very much the privilege of the rich. Working class men struggled to clothe themselves and maintain cleanliness. They wore handmade work wear that was usually second hand or if they were fortunate there was a uniform or livery provided by their employer. A man's clothing represented his standing in society. The working class were kept in their place and told by the ruling classes not to dress beyond their status in life. If they did try to improve their appearance through clothing and grooming they were mocked for being idle and vane.



Lord Byron - Engraving - 1837



100-years-of-mens-fashion



Working Class Clothing



Replica Mining Hat



Flat Caps and Braces

- Did you or anyone you know wear a flat cap and braces?
- How did you or the men in your family shave?
- What was your most memorable item of clothing?
- At what age do you remember buying your first suit or formal wear, what was the occasion?
- Do you think it is important for a man or a woman to spend time on their appearance?
- How much did you change your appearance to be fashionable?

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NOW

Men's fashion today is very varied, in the past most men's day wear was influence by the work they did, today that is less so, particularly for people that work in the service industries. Today many employers have less formal attitudes to work wear and employees are allowed to express themselves through what they wear, as long as it is decent and safe! Fashion for men has become a means of self expression as well a means to attract demonstrate status and attract a partner.

What did you wear for work?



Nowadays fashion for men is influenced by social media, celebrities and sports people, rather than its function. The growing populism of tattoos, particularly large tattoos has grown over the past couple of decades. As well as other body art such as piercings and body modifications such as plastic surgery for men.

Do you have any tattoos, if so what and where?

Beards are very much back in fashion for men, particularly younger men. Men that have beards, tattoos and are quite trendy are called 'Hipsters'

Have you ever grown a beard? If you are a woman do you like men's beards?

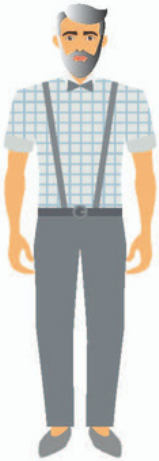
If you were a young person today what do you think you would look like, what would your hair, clothes and fashion look be?



Tea break Activity And Questions

- Cut out the male and female time line characters into cards then ask your residents if they can line the cards up in the correct time line order.
- Ask your residents to choose their favourite outfits.
- Do they prefer modern fashion or more traditional?
- Did they ever wear similar outfits themselves?
- Has Men's fashion changed as much as female fashion, if not why not?
- What was/is their most outrageous fashion statement?










THE EVOLUTION OF MEN'S FASHION TIMELINE











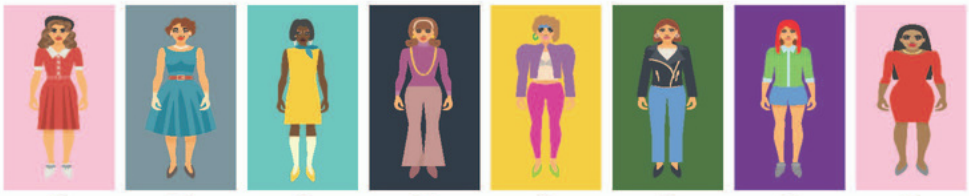








THE EVOLUTION OF WOMEN'S FASHION TIMELINE



BACK IN TIME

100 Years!

This month we are going back in time to explore important events and celebrations that happened 100 years to November 1920

The Cenotaph

On November 11th 1920 architect Edwin Lutyens Cenotaph was unveiled as a national and Commonwealth monument and memorial to the war dead. Edwin Lutyens later on became celebrated for his country house architectural style. On the second Sunday of each November, The Queen leads the whole nation in remembering those who have died in world wars and other conflicts in a two minute silence on the eleventh hour of the eleventh month.





The Work of Edwin Lutyens



America's First Superhero!

Released in November 1920 the film the Mark of Zorro was a silent movie starring Douglas Fairbanks, it was seen as a landmark action/adventure film and its influence is still seen in movies today. Zorro is name checked as an influence on the character of Bruce Wayne from DC's Batman comics and films and Zorro was Hollywood's first masked hero!..



The Mark of Zorro 1920
Full Film

Women's Rights to Vote USA!

The 19th amendment was ratified in November 1920 a law ensuring that no American citizen could be denied the right to vote because of their sex. In Britain we were a little behind the Americans only allowing women over the age of 30 to vote and most men! It wasn't until 1928 that the vote was extended to all women and men over the age of 21.



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A LITTLE BIT OF WHIMSY



A LITTLE BIT OF WHIMSY



Nessie Hoax Footage

The Mysterious Beasts of Britain!

Sightings of the so called monster in the Loch have been claimed since 565 AD, more recently in October 2020 the captain of a Loch cruise ship picked up a a moving 30ft shape on his sonar, claiming it to be clear evidence of the monsters existence!
What do you think?

Other beasts of Britain that provide a bit of a boost to local tourism are the Beast of Bodmin and our own Big Foot!

The term for the study of animals that are rumoured to exist is Cryptozoology! Many people dedicate their live to proofing the existence of these implausible creatures, There have also been many fake photographs and films claiming to show evidence of these mysterious beasts.

Old Fake News

Fake news in the USA isn't a new phenomenon, they have been tricking each other for centuries. In 1869, George Hull fooled the nation with his 10 foot fake mummy of giant that he created and buried in Cardiff, New York. It was an elaborate plan that made him wealthy and famous, however overtime its authenticity was increasingly questioned. In 1870 with evidence mounting against him Hull confessed his ruse to the press!



The Cardiff Giant

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Join us for our

Creative PATHS

Activity Spark!

November's Activities

	DATE
TAKE A LINE FOR A WALK	
ANIMALS IN ART	
PEACE DOVES	
PEACOCK MASKS	
LOOKING 'DANDY'?	
BACK IN TIME	
A LITTLE BIT OF WHIMSY	

Animals and beasts are often depicted in art and have influenced art, design and decoration over the centuries. In art, animals have represented concepts such as peace, and feelings and emotions such as pride. Animal art has influenced what we wear, what we have in our homes and how we perceive ourselves. From the very first cave art, animals have been our creative and artistic muse!

Creativity . Art . Reminiscence . Wellbeing







'PIES' KEY

P Activity that benefits the individual physically

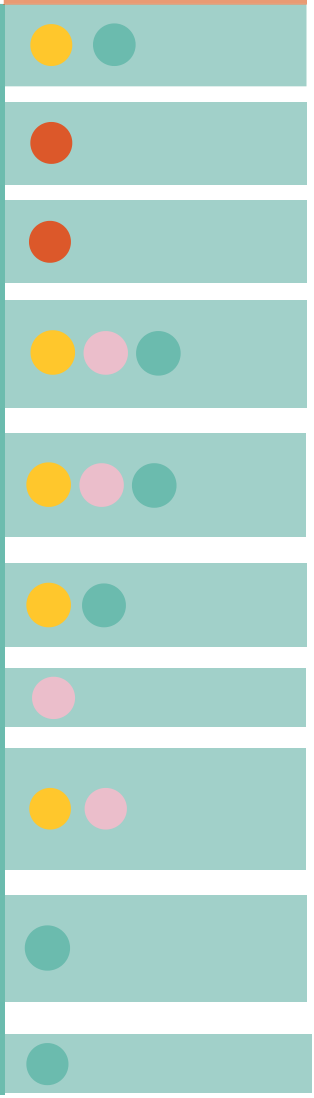
I Activity that has a cognitive or intellectual benefit

E Activity that benefits the individual emotionally

S Activity that benefits the individual socially

Using the PIES key to plan activities ensures that you have a holistic approach to your activity planning. It also helps you to think about better ways to deliver your activities to make sure that all of your participants are able to benefit from at least one of the outcomes

1. To feel at home (integrate in a new setting)
2. Increase in the use of hands (increased dexterity)
3. Increase in movement (increased mobility)
4. Talking in a group (communication, confidence and connectivity)
5. Talking one to one (communication, confidence and connectivity)
6. Writing about the past (sharing and valuing experience)
7. Focusing on a task (increased concentration)
8. Remaining in a group (settling in a group, not pacing or wandering)
9. Feeling relaxed and calmer (not worrying or feeling anxious)
10. Being listened to (feeling heard)



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Activity SPARK Workshop Record

Date	
Time	
Activity Coordinator	
Title and Brief Description of activity:	

Names of participants (full names where possible):	Skills demonstrated – PIES (Physical, Intellectual, Emotional, Social)			
	P	I	E	S

Comments and quotes from participants:

Activity Coordinator comments – What went well, what could be better next time.

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Risk Assessment – Activities

Activity description.

What are the hazards?	Who might be harmed and how?	What are you already doing?	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done – Tick when done
Ingestion or inhalation small objects/ poisoning.	Residents - minor to severe injury or death caused by choking, cutting, obstruction from small objects and other materials.	Supervising use of items, ensuring that residents who explore items orally are not given access to objects that could cause harm if swallowed or inhaled. Ensure all materials are non toxic.	Individual risk assessment.	Activity Coordinator	Before each session	
Sharp edges	Residents/Activity Staff/Other staff– minor to severe injury or death from sharps such as scissors, needles, other cutting equipment	Only use safety scissors and assess and supervise their use with your residents. Count and limit the amount of scissors in a session, so you know that they are stored away safely at the end of the activity.	Individual risk assessment.	Activity Coordinator	Before each session	
Allergic or chemical reaction to materials	Residents/Activity Staff/Other staff– minor to severe injury or death from allergic or chemical reaction to a material used in an activity such as paint, glue, essential oils, food items.	Supervision and making sure that all glues, paints, pens and other art and craft materials are solvent free and do not contain any ingredients that are an allergy or chemical threat if inhaled, ingested or absorbed through the skin.	Individual risk assessment. Check if any residents have any allergies or intolerances.	Activity Coordinator	Before each session	
Slips and trips	Residents/Activity Staff/Other staff – minor to severe injury or death caused by slips, trips and falls caused by objects, materials and other hazards in the environment.	Supervising and managing the activity space to ensure the floor is hazard free and clean, there is plenty of space for movement and that residents are supervised if at risk of falls.	Individual risk assessment to identify residents with a higher risk of falls.	Activity Coordinator	Before each session	
Behaviour that poses a safeguarding risk	Residents/Activity Staff/- minor to severe injury or death from hitting, grabbing, hair pulling, pushing, biting, or other aggression or unwanted interaction.	Ensure that residents that have a history of behaviour that is a risk to others are well supervised. Consider seating arrangements if particular residents do not get along with each other.	Individual risk assessment. Identifying and understanding triggers and antecedents for individuals that can display risky behaviours.	Activity Coordinator	Before each session	
Emotional distress	Residents – minor emotional upset that is uncomfortable or upsetting such as fear, frustration and sadness caused by discussions in reminiscence.	Activity coordinator to be aware of how subjects can be interpreted and to phrase questions appropriately while being aware of sensitive issues. Providing space and time for residents to express sadness, fear and loss.	Individual risk assessment. Identifying if any residents have any triggers in their personal history such as loss or trauma.	Activity Coordinator	Before each session	

I can confirm that the activity and the materials for the activity are suitable for the participating residents, and that any risks identified have been mimalised.

Position:

Signature:

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COVID 19 & Infection Control considerations:

- Minamalise your group numbers in line with your home's policies and any additional government advice shielding advice for individual residents.
- Ensure that all equipment used is thoroughly wiped down before and after use if shared, if you can provide individual items such as safety scissors, glue and brushes for each resident this would be the safest method of infection control.
- Use disposable table coverings if possible, if not ones use ones that can be washed or thoroughly sanistised between activities.

Subscribe NOW!

Our Activity Spark subscription service provides you with the tools, resources and inspiration to embed high quality artistic and creative activities into your care home's activity programme that will meet your resident's creative needs. Our resource packs are designed for ease of use with older residents living in care with ill health and disability associated with aging such as Dementia, Stroke and Parkinson's disease and they contain accessible activities that are engaging, stimulating and fun.

Each month you will gain access to:

- Monthly Activity Spark Resource Download
- Activity Spark Zoom worth £20 a month
- Activity Spark Membership Portal
- 25% off our basic online One to One Activity Consultations.
- 10% off our Zoom Creative and Reminiscence workshops for your residents.

Subscribe online at www.creativepaths.org.uk

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URL LINKS FOR NOVEMBER SPARK - Printed Version

Page 1 - Introduction

Activity Spark Booking Link – www.creativepaths.org.uk

Page 3 - Inspired by Picasso

Rethinking Guernica

https://guernica.museoreinasofia.es/en

Watch Picasso Paint

https://www.youtube.com/watch?v=ow7eEWh37iU

Picasso Pinterest Board

https://www.pinterest.co.uk/ancyclark/picasso/

Page 14 -Animal Symbolism

Animal Symbolism

https://www.tate.org.uk/art/teaching-resource/animals-art

Animals In Art

https://www.artyfactory.com/art_appreciation/animals_in_art/animals_in_art.htm

Pinterest Board

https://www.pinterest.co.uk/mtolhoek/animal-symbolism/

Page 16 - Now and Then - Looking Dandy

100 Years Men's Fashion

https://www.ties.com/blog/100-years-of-mens-fashion

Working Class Clothing

https://vintagedancer.com/1900s/1910s-mens-working-class-clothing/

Page 20 - Back in Time

The work of Edwin Lutyens

https://www.countrylife.co.uk/architecture/sir-edwin-lutyens-britains-greatest-architect-195179

The Mark of Zorro (Full film)

https://www.youtube.com/watch?v=wbQZZRf3Fsc

Page 22 - A Little Bit of Whimsy

Nessie Hoax Footage

https://video.nationalgeographic.com/video/00000144-0a3a-d3cb-a96c-7b3fe4780000

The Cardiff Giant

https://www.history.com/news/the-cardiff-giant-fools-the-nation-145-years-ago