

FIND US AT

LAHWN

lahwn@leeds.ac.uk
email: lahwn@leeds.ac.uk

Facebook @lahwnpage
Twitter @leedsahwn
Instagram @leedsahwn

YORKSHIRE DANCE

Yorkshire Dance
3 St Peter's Buildings
St Peter's Square, Leeds LS9 8AH
0113 243 9867

Facebook @yorkshiredance
Instagram @yorkshiredancepictures

LEEDS PLAYHOUSE

Playhouse Square,
Quarry Hill, Leeds LS2 7UP
leedsplayhouse.org.uk
0113 213 7700

Facebook @leedsplayhouse

Front cover photography by Malcolm Johnson. Leeds Theatre Trust
Limited Charity No. 255460 VAT No. 545 489017 Company No.
926862 England & Wales. Registered address: Playhouse Square,
Quarry Hill, Leeds, LS2 7UP



YORKSHIRE
DANCE

UNIVERSITY OF LEEDS
Cultural Institute



CREATIVE AGEING TREASURY OF LEEDS

A CREATIVE 'RECIPE' BOOK FULL OF ACTIVITIES
TO DO BY AND WITH OLDER PEOPLE

15 step-by-step activities contributed by artists and organisations
from Leeds and West Yorkshire

0113 213 7700 | leedsplayhouse.org.uk | @leedsplayhouse

CREATIVE AGEING TREASURY OF LEEDS



Photography by **Anthony Robling**

Botanical Printed Clay Craft Ornaments - Sandy Holden	3 – 4
Press Print - Gemma Wood of Being Now Here	5 – 6
Positive Flower Garland - Zoe Scott FitzGibbon of Opera North	7
What do you see? Write your poetry - Sharena Lee Satti	8
Power Capes - Art Doctors	9 – 10
Poetry and Movement - Minoti Parikh	11 – 12
Eggbox Treasure Hunt - Cassy Oliphant	13 – 14
Garden Dance - Ascendance	15 – 16
The Pose-A-Thon - Dance On - Yorkshire Dance	17 – 18
The Creative Space - Leeds Playhouse	19 – 20
Make 3D Paper Birds - Sally Storr	21 – 22
Stained Glass Inspired Art - Musarat Raza	23 – 24
Outdoor Creative Walk - Balbir Singh Dance Company	25 – 26
A Song About Today - Manuka	27 – 28
Origami Story Sharing - Kerri Butterworth	29 – 30

FOREWORD

Leeds is striving to be the best city to grow old in, and part of that is having access to creativity at all stages of life. As a city, we are the home of a thriving community of older people, who have been exploring ways to be creative for decades, whether that is at home, in care or in their community.

We have seen first-hand how access to different forms of creativity can be transformative for people and their communities. Inspired by the **National Creative Ageing Treasury** by **Small Things** and **The Baring Foundation**, Leeds' **Creative Ageing Forum** was set up during the pandemic, with key organisations, practitioners and older people contributing to the Creative Ageing agenda. **Leeds Arts Health and Wellbeing Network**, **Leeds Playhouse** and **Yorkshire Dance**, supported by **The Performance Ensemble**, developed the idea of creating a treasury of activities by Leeds-based practitioners and organisations, to act as a practical

guide in using creative approaches for anybody who supports older people. This first edition has resulted in a collection of arts activities provided by artists and organisations who deliver outstanding work for, by and with older people. Because of the rich tapestry of offers across the city we recognise that this first edition isn't an all-encompassing guide and there are many more organisations, artists, carers, individuals, and older people who have creative ideas who are not listed in this first edition. We hope that this treasury gives you and the people around you a spark of inspiration to try something new, and a glimpse into the **Creative Ageing** world of Leeds. We endeavour that this will be the first edition of many more treasuries to come.

Machteld De Ruyck

Older People's
Programme Manager
Leeds Playhouse
engagement@leedsplayhouse.org.uk

🕒 2 X 2 HOURS
SESSIONS

😊 FUN,
CALMING,
MULTI-SENSORY

1-1 or groups of up
to 20 people.
Dementia Friendly.



BOTANICAL PRINTED CLAY CRAFT ORNAMENTS

THIS TWO-SESSION MULTI-SENSORY
ACTIVITY INCLUDES CLAY WORK,
PLANT RECOGNITION, FAVOURITE
PLANTS, COLOURS, SMELLS, AND
MEMORIES.

THIS PROCESS IS VERY
REWARDING AND CAN CREATE
PIECES THAT CAN BE ENJOYED
AS GIFTS OR TO CREATE
A COLLABORATIVE DISPLAY.

SESSION 1: CREATING THE CLAY PIECES

1. Gathering leaves and flowers

Before the session or with your
participants, take a short walk around
woodland, common land or a garden
and look out for suitable flowers and
leaves (medium to small sizes). Any
leaf or flower will make a print, but the
best ones are more robust with a lot of
texture and veins. Keep in a cool dry
place until you are ready to use them.

YOU WILL NEED:

1kg airdry clay
(roughly 20 small pieces)

Toothpick/BBQ skewer

Two pieces of 30cm x 30cm
greaseproof baking paper

A rolling pin or glass jam jar

Fresh leaves and flowers

Acrylic paints in a variety
of colours

Small containers of PVA glue

Small paint brushes to decorate
and varnish your artwork

String or twine to hang your clay
artwork (optional)

2. Preparing the station(s)

Take one piece of greaseproof paper
and fix it down to the table with a piece
of tape at each of the corners. Then,
take a piece of clay from the slab and
roll it into a sphere the size of a golf
ball.

TIP: Once confident, try bigger clay
pieces and arrange more flowers and
leaves to create a garden scene.

3. Rolling the clay

Use a rolling pin or jam jar to roll the
clay out to about 3mm. Participants
can choose to cut your rolled-out clay
into a shape using a cookie cutter or wait
until you have made your impression
to cut the clay. Experiment with both
techniques.

4. Making the impression

Select a flower or leaf and place it on
the flattened clay. Now take your rolling
pin or jam jar and gently roll over the
flower or leaf a couple of times until it
is slightly embedded in the clay. You
have now made an impression.
Experiment with lots of different
flowers and leaves.

5. Removing the flower or leaf

Taking care not to touch the areas
surrounding the impression, use a
toothpick or BBQ skewer to help you
remove your flower or leaf. If you
haven't already cut out your shape,
then take a cookie cutter and press
down through the clay to make a clean
shape.

Smooth out any rough edges with a
little water on the fingertips. Be careful
not to use too much water as this will
make your clay fragile and prone to
cracking as it dries.

7. (Optional) Make a hole

If you want to hang your clay piece
you can make a small hole at the top
of the shape using a toothpick or a
BBQ skewer.

8. Leave it to dry

Carefully transfer your clay to
the second piece of baking paper and
leave it there to dry. This could take
24 to 48 hours depending on how
warm and dry the room is. Do not be
tempted to speed the drying process
by leaving it in a sunny window or hot
room as this could cause your clay to
crack and warp.

SESSION 2: DECORATING AND ADDING COLOUR

Paint

Using cheap basic acrylic paints, paint
the piece and leave to dry. Your
participants may choose to colour
the whole piece, or just the botanical
impression they have made.

Varnish

Add a coat of varnish to protect your
piece. Use three parts PVA glue to
one part water to make your varnish
and cover the whole piece. If you
made a hole to hang your botanical
clay piece you can add a piece of
string or yarn once the varnish has
dried.

This activity was submitted
by **Sandy Holden**

Partners: **Pyramid of Arts**

😊 **ABSORBING,
CREATIVE,
TACTILE.**

Suitable for a
variety of groups.



PRESS PRINTING

**AN ABSORBING, MINDFUL WAY
TO CREATE FUN PRINT DESIGNS.
DESIGNS CAN REFLECT A WIDER
THEME OVER A SESSION, OR CAN
BE PERSONAL TO THE PARTICIPANT.**



YOU WILL NEED:

Press print sheets

Ink rollers

Biro pens

Wet wipes

Plastic sheets

Plain fabric (optional)

1. Introduce what printing is

Ask participants what they would like to include in their print. Could it be a fingerprint? A written message? A series of shapes that mean something to them? Remind them that a simple drawing works best.

2. Designing and drawing onto press-print

Ask your participants to take a press print sheet and lightly draw their design onto the surface with a biro. This design could incorporate swirls, stars, patterns, drawings and words. Remember if you use words in your design, you need to draw them backwards.

3. Creating a groove

Now ask participants to gently press into the lines by drawing over them, creating a clear and deep groove in the press print sheet without making a hole through it. If you lift it to the light, you should be able to clearly see the design through the back of the sheet.

4. Get printing

Participants take a plastic sheet and squeeze out a 50p-sized blob of ink. Take a roller and evenly coat the surface in ink. Roll ink onto the press print surface, turn over the press print and press onto the paper or fabric.

5. Extension - mono printing

Another way to print! Try rolling the ink all over your plastic surface. Then place a sheet of paper directly onto of the ink, and without leaning on the paper, draw with a biro or other tool onto the paper. Lift the paper off the ink to see the print.



6. Concluding

Ask participants to reflect on how the print technique worked for them. Did it go to plan? Were there problems they needed to work through? With print, you never really know what you're going to get, but this is resilience building.

This activity was submitted
by **Gemma Wood of Being Now Here**

Partners: **University of Leeds**
online classes

🕒 30 MINUTES

😊 GENTLE,
CRAFTS,
POSITIVITY

Groups of any size



Photography by David Lindsay

POSITIVE FLOWER GARLAND

**THIS SIMPLE CRAFT ACTIVITY
ENCOURAGES POSITIVE THINKING
AND REMINISCENCE AND CREATES A
DISPLAY PIECE THAT PARTICIPANTS
CAN FEEL PROUD OF.**

YOU WILL NEED:

Paper

Scissors

String

Pencils/pens

1. Begin by cutting flowers from paper.

Participants who are able can cut out their own flowers, or the facilitator can prepare some. If anyone is particularly able, you can look up how to make more advanced 3D paper flowers on

the internet and have a go at them. We like to use the discarded sheet music for this activity, but you can use any paper you like.

2. Once the flowers are made, invite participants to think about a happy memory associated with celebrations.

Encourage them to share their memory, including who was there, what happened, and how it made them feel.

3. After everyone has shared, participants can write their memory, or a positive wish for a loved one, on their paper flower - or on as many flowers as they have made.

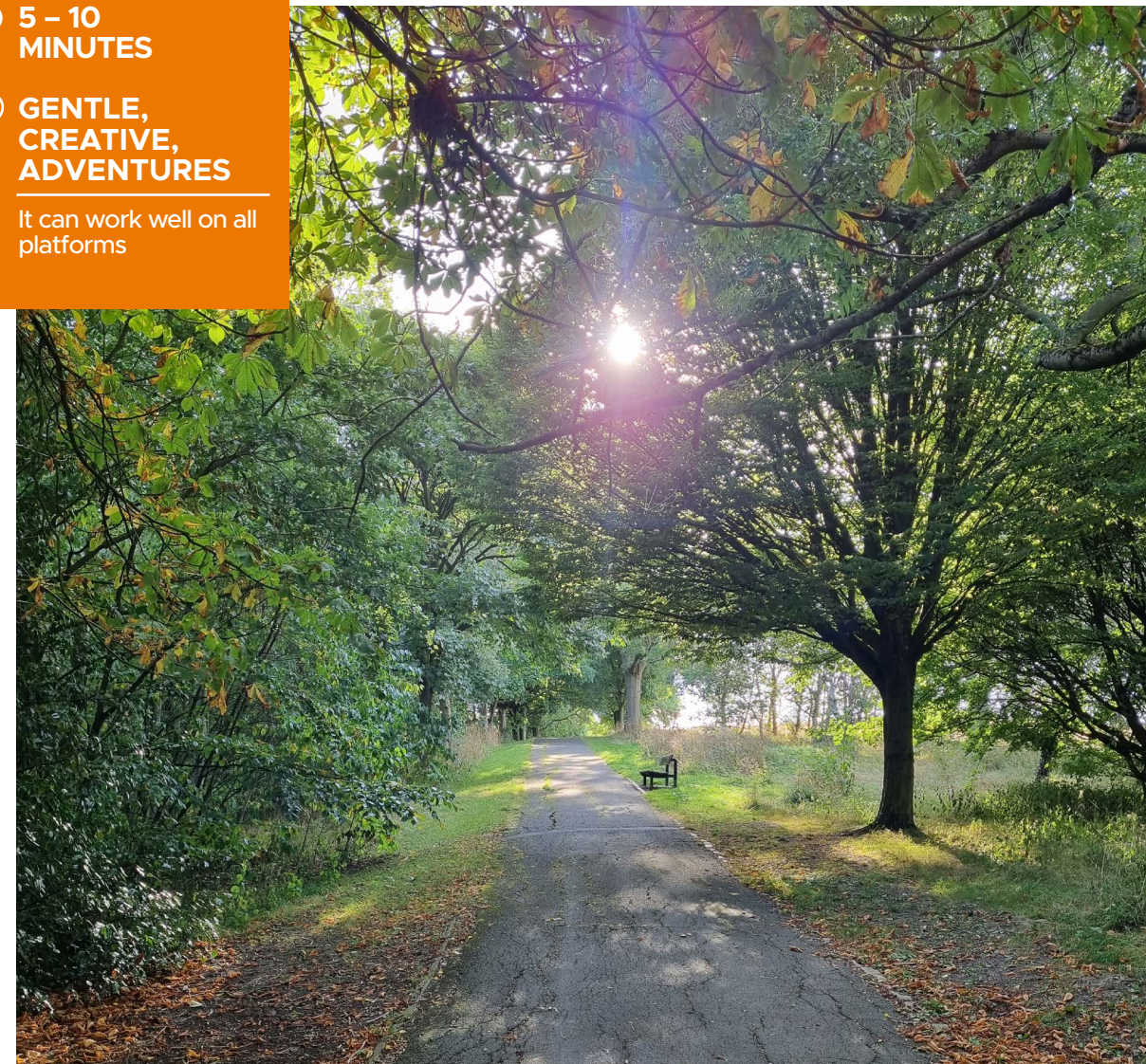
4. Attach the flowers onto your string and find a place to hang your new flower garland for all to see! Every time participants see their flower garland they can reflect on all the positive memories it holds.

This activity was submitted by **Zoe Scott FitzGibbon** from **Opera North**

🕒 5 – 10
MINUTES

😊 GENTLE,
CREATIVE,
ADVENTURES

It can work well on all
platforms



Photography by Sharena Lee Satti

WHAT DO YOU SEE? WRITE YOUR POETRY

**A SIMPLE BUT EFFECTIVE WRITING
EXERCISE. LOOK AT THE IMAGE
AND WRITE ALL THAT COMES TO
MIND.**

YOU WILL NEED:

Pen

Paper

1. Look at the image. Think about your senses, emotions, and feelings.

2. Write all that comes to mind.

Write what your heart guides you to for 5 minutes.

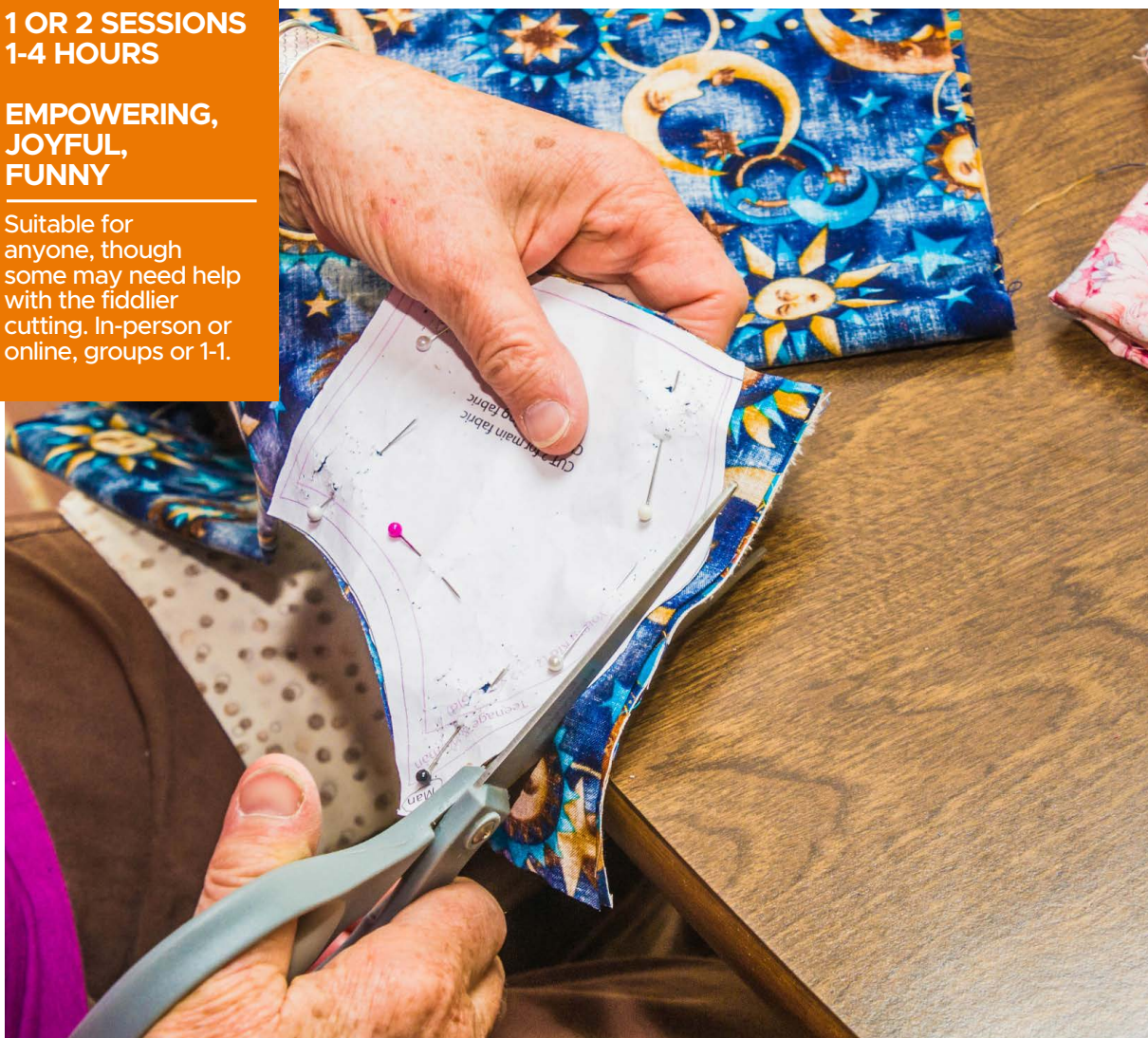
3. Now read and share what you wrote.

This activity was submitted
by **Sharena Lee Satti**

🕒 1 OR 2 SESSIONS
1-4 HOURS

😊 EMPOWERING,
JOYFUL,
FUNNY

Suitable for anyone, though some may need help with the fiddlier cutting. In-person or online, groups or 1-1.



POWER CAPES

MAKE A CAPE AND ADD YOUR OWN POWER SLOGAN. FEEL POWERFUL AND STRONG WHEN YOU WEAR IT!

YOU WILL NEED:

Fabric for capes (and letters if applicable)

Pens/pencils

Scissors sharp enough for cutting fabric

Sticky back plastic/vinyl

Pegs and/or ribbon

1. Cut your material

Cut a piece of material (colourful shiny satin or similar works really well) big enough to be a cape for you. It can be as long or short as you like but needs to be wide enough to fix together at the front.

2. Think about what your power slogan will be

What are you good at? What do you want to communicate to other people? What do you want to tell yourself when you're feeling down?

3. Decorate your cape

For quicker cape decoration, use sticky back plastic to cut out the letters for your power slogan. Remember to draw them on the plastic side so that they come out the right way around. If you have more time, you can cut your letters from fabric and sew or glue them onto your cape.

4. Use a peg to fix your cape together at the front

If you have more time, sew on some ribbon to tie it together.

5. Feel your power!



Photography by **Art Doctors**

This activity was submitted by **Art Doctors**

Partners: **Leeds Art Gallery Community Groups** and **Leeds Markets** for our **Who's Afraid of Contemporary Art** project and residency in 2018/19.

'We chose this activity because out of everything we do, we think it's the one that might surprise and delight older people the most'.

🕒 5-10 MINUTES

😊 MINDFUL,
MOVING,
AND JOYFUL

It is Dementia Friendly
and works via video
chat or face-to-face.
You could do this
sitting on a chair, on a
yoga mat, or standing.



I am as resilient as earth



I am as fluid as water



I am as powerful as fire



I bring joy to others



POETRY AND MOVEMENT

THIS IS A SHORT POEM- AND
MOVEMENT-BASED ACTIVITY THAT IS
INSPIRED BY THE CLASSICAL INDIAN
DANCE FORM BHARATNATYAM.
THE IDEA OF THIS ACTIVITY IS TO
HELP YOU FEEL MINDFUL ABOUT
WHO YOU ARE AND THE JOY AND
HAPPINESS YOU BRING TO OTHERS,
BE PRESENT, AND LEARN SOME NEW
MOVEMENTS.

NO EQUIPMENT NECESSARY

1. Get comfortable

Get into a comfortable position with
our backs straight and shoulders
relaxed.

2. Read out the poem a couple of times – loudly if possible

I am as resilient as earth
I am as fluid as water
I am as powerful as fire
I bring joy to others

3. Learn the movements

Each line of this poem corresponds
to a movement pictured above.
Before each line, start with the
'I am' movement. Take your right
hand away from your body and
then bring your hand back to your
heart. Then do the movement you
can see in the picture.

4. Put it all together

Recite the poem while carrying out
the movements. Be mindful of the
words and bring yourself to the
present.

This activity was submitted
by **Minoti Parikh**

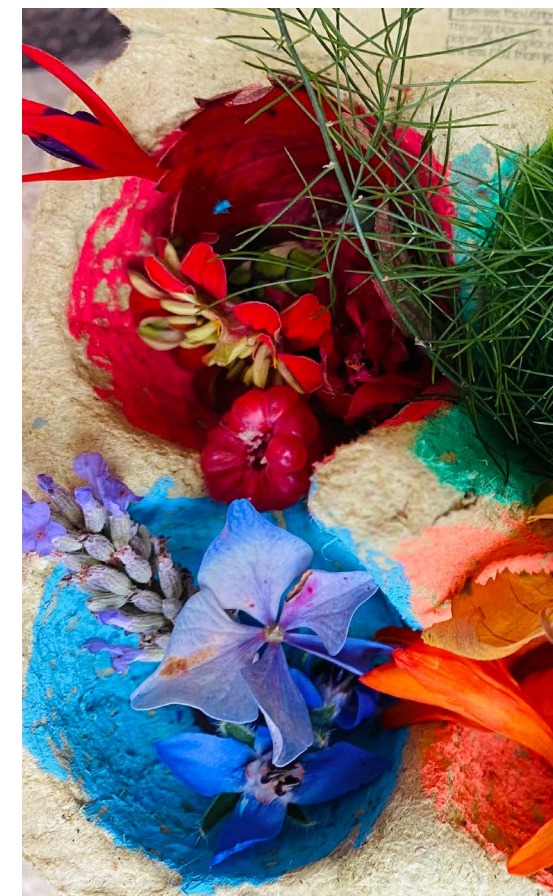
Partners: **BME Dementia group,**
LGBTQ+ elderly group, Network
neighbourhood community groups,
Carers Leeds

This short activity is a great example
of saying positive things to yourself
to bring more joy to everyday life
while learning a different art form.
You can do this activity to your
favourite music, and you can also
use this activity as a way of building
friendships too by doing the activity
as a group.

🕒 25 MINUTES –
SEVERAL HOURS

😊 EXPLORATIVE,
COLOURFUL,
SENSORY

Suitable for all.



EGGBOX TREASURE HUNT

A SIMPLE ACTIVITY TO FIND AND
ENJOY COLOURS - EITHER IN
NATURE OR IN YOUR HOME. FUN
TO DO WITH GRANDCHILDREN.
DEMENTIA FRIENDLY AND CAN
EASILY BE ADAPTED TO SUIT
INDIVIDUAL CREATIVE NEEDS.

YOU WILL NEED:

An eggbox

Felt tips or paints - anything
that can make small dots
of colour

1. Dot colours in the base of the egg compartments

You could use paint or felt tips,
or even circles of colour cut from
a magazine. Use your favourite colours
or colours from nature.

2. Do your colour treasure hunt.

Take the egg box out into your
garden, or a local park. Have a go
at looking for the colours you chose in
nature, and when you find them put them
in the appropriate egg compartment. For
example, if you find a purple crocus,
and if you have a purple colour section,
pop it inside. Take time to smell and
feel what you find, though be mindful
of poisonous berries and other harmful
plants. If in doubt, stick to things you
know and trust.

TIP: If it's tricky to get out and about,
do the colour treasure hunt in your
house – for example, red earrings could
go in the red section, a white receipt in
the white section.

3. Make a mosaic

Use those found objects to make a mini
temporary mosaic. Play with the colours
and composition and take a photo.

This activity was submitted
by **Cassy Oliphant**

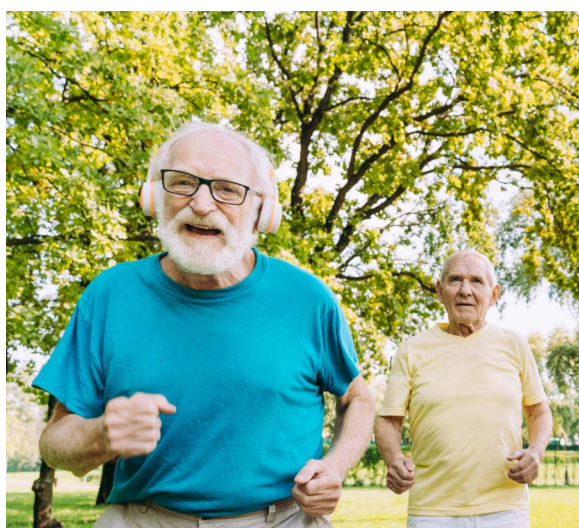
Partners: **Pyramid of Arts, Leeds 2023,
Basis.**

This is a fun activity to do with
grandchildren, or even with friends
who like exploring their environments.
It's great in spring but is also a fun
challenge later in the year.

🕒 20 MINUTES

😊 COLOURFUL,
CALMING,
IMAGINATIVE

Dementia Friendly.
Works face-to-face
and via video chat.
Can be done seated
or standing.



GARDEN DANCE

GARDEN DANCE SPARKS THE IMAGINATION AND USES SIMPLE ACTIONS TO CREATE A DANCE THAT AIDS MOBILITY AND WORKS THE BRAIN. IT CAN BE CARRIED OUT IN A GARDEN OR IN A HOME. IT IS A FUN WAY TO TRIGGER MEMORIES, CONNECT THE MIND TO THE BODY, AND WAKE UP THE SENSES.



NO EQUIPMENT NECESSARY

You could use props found in a garden such as an umbrella, gardening gloves, and flowers.

1. Setting the scene

Set the group up in a circular formation. Talk to the group about real gardens they have visited or would like to visit, or invent an imaginary garden together. What do they enjoy doing in gardens? For an imaginary garden, decide what part of the world you are in. Is it hot or cold? Is the garden overgrown? What kind of garden do you like the most? It could be anywhere in the world.

2. Warming up

Act out some of the moves you might do in the garden as a fun warm-up. Try stretching out gently by miming putting on gloves, looking out at the garden, pointing, trimming hedges, cutting, sweeping, mowing, and planting and sprinkling soil.

TIP: Find an inspiring piece of music to play. Classical music works well.

3. Choose two garden actions of things that you love doing in the garden

Ask participants to repeat these actions and do them bigger each time. Can they do them faster, then slower? Examples might include putting on your welly boots, gardening gloves, digging the ground, planting seeds, picking flowers, watering, cutting, mowing the lawn, growing, wilting, rain tapping feet/hands, or even miming sunshine.

4. Pass the move

Show your moves to the group and ask everyone to copy.

5. Try to remember each person's moves and repeat all the moves in order

6. Mirroring dance

Garden moves can be done in pairs or small groups to aid visual and physical memory.

This activity was submitted by **Ascendance**

Partners: **Parkinson's UK Leeds branch, Care Delivery Service - Wellbeing Wednesdays**

This is a fun activity to do with grandchildren, or even with friends who like exploring their environments. It's great in spring but is also a fun challenge later in the year.

🕒 15 - 20 MINUTES

😊 **ENERGISING, UPLIFTING, SILLY**

Large groups,
Dementia Friendly
Context: day centres,
care homes, social
events.



Photography by David Lindsay

THE POSE-A-THON

THIS EXERCISE IS AN ABSOLUTE CLASSIC! A FANTASTIC WAY TO LIFT THE MOOD, BUILDING CONFIDENCE AND CREATIVE EXPRESSION THROUGH A SEQUENCE OF FUN, ACCESSIBLE AND EMPOWERING POSTURES.

1. Setting up

Ensure that the group has warmed up with some gentle movement before beginning this exercise. Remind them that they can take part either seated, standing or a mix of the two – however feels good for their body today. If seated, a sturdy chair without arms is best and do make sure that participants have plenty of space to wave their limbs around safely. For those standing, there is also the option to keep a chair in front to hold onto should they require a balance aid. Have water nearby and remind the group to stay hydrated. Most of all, have fun!

2. Get inspired

Begin by offering some examples to the group to get the creative juices flowing. Think power poses, bodybuilders, burlesque, voguing, sugarplum fairies, martial arts, sporting heroes or disco-fingers. You might try Usain Bolt's celebration pose, Wonder Woman's infamous power pose, or clench your fists like a bodybuilder, striking a pose to show off your muscles.

If you require further inspiration, just search the words 'power pose' on the web and print off some images to show to the group. Practice the postures with gusto and a smile, focusing particularly on positions which encourage participants to stretch and take up space. Make sure they're breathing slowly and deeply, and encourage silly sounds!

3. Choose your poses and tunes

Once the group has loosened up and has ample inspiration, you can begin the Pose-A-Thon. Choose an

achievable number of poses to complete during the track – we suggest 100 for more mobile, independent groups or around 50 for a group living with more advanced mobility issues and/or dementia. We enjoy the tried and tested track Let's Dance by David Bowie, but feel free to use any enjoyable track with a beat.

4. Start your Pose-A-Thon!

Begin slowly with a practice round, holding each pose for a count of 8 and encouraging participants to find their full range of movement in the posture. If the group is comfortable, you can speed this up to holding each pose for a count of 4, or even 2 (if you are going for 100 poses). There is the option to either keep repeating the same postures or continue around the circle again to add new ones. You can repeat poses, add new ones, or even freestyle. Finally, press play on the grand finale, aiming for the agreed number of postures.

This dance is then yours to keep and can be repeated whenever the mood takes you!

TIP: This activity can work well as a 'pass the move' style sequence, in which each participant offers one 'pose' to the circle until a collaboratively created Pose-A-Thon is formed. Try this with different musical choices to inspire a diverse repertoire of poses. Explore themes such as sport, ballet or catwalk.

This activity was submitted
by **Dance On - Yorkshire Dance**

🕒 60 MINUTES

😊 CALM,
CREATIVE,
FOCUSED

Dementia Friendly, up
to 12 people.



Photography by Anthony Robling

THE CREATIVE SPACE

CREATE A THEMED SPACE WHICH
WILL INSPIRE PARTICIPANTS
TO SHARE IN CREATIVITY.

YOU WILL NEED:

Pens and paper

Inspiration props

Song lyrics

Musical (percussion) instruments

1. Decide on a theme

If you have not met the group before, think of a theme that relates to the time of year or a special event. For this exercise, we will pick the theme 'yellow'.

2. Collect your 'inspiration props'

Collect different items which represent the theme. Multi-sensory items are advisable. Think about colourful fabrics, yellow fruit, flowers, pictures of yellow landscapes, songs about yellow. Set up these items around the room.

3. Welcome participants into the creative space

Welcoming people warmly and calmly is essential. Give them time to take the space and all the inspiration props in. You might want to set the space together, inviting people to position the different props around the room.

4. Invite people to sit in the central point of the room and do some gentle breathing and postural exercises

For example, sitting straight on a chair, feet parallel on the ground, breathing in for 4, holding for 4 and out for 4. Follow this up with some simple vocal warm-ups. For example, try and make your voice travel from blue to yellow.

5. Pass different inspiration props around the group

Taking the time to chat to individual participants about what the props remind them of, and what they feel about the colour yellow.

6. Write a group sensory poem. What does yellow feel/smell/taste/look/sound like?

Leave plenty of time for storytelling and conversations.

7. Read the poem back to the group

8. Think about music surrounding the colour yellow

Offer people song lyrics and simple percussion instruments to sing/play along with. There is no

right or wrong. If you can't play an instrument, you can use backing tracks found online. When playing music inspired by the theme yellow, invite people to dance or move. People could use fabrics or other props to add to their movements.

9. Work together to create a song from the sensory poem

This could be done with a guitar or piano, or simply with the poem being read out and adding a simple rhythm and simple percussion instruments to the song. If a song is written together with the group, play the song in the background when people come together and paint.

If you have time, add other artistic elements like painting with yellow paints, inspired by different yellow pictures.

10. Share and celebrate the artwork that has been created in the session

It is important that everyone is given the opportunity to feedback on the session and that their contributions to the poem and song writing process are celebrated. Ask the group to reflect on the session and if there is another meeting and think about a theme for next time.

This activity was submitted
by Leeds Playhouse

🕒 1.5 HOURS

😊 CREATIVE,
IMAGINATIVE,
OBSERVATIONAL

This activity is suitable for 1-1 and groups, and is Dementia Friendly with support. It can also be done over video chat.



MAKE 3D PAPER BIRDS

THIS IS A LOVELY CREATIVE ACTIVITY THAT CAN BE CARRIED OUT AT HOME OR IN A COMMUNITY OR CARE SETTING. IT ALLOWS FOR INDIVIDUAL CREATIVITY AND A FLOCK OF THESE COULD BE MADE AND HUNG UP TO GIVE A WONDERFUL DISPLAY OF GARDEN BIRDS. INSPIRED BY ARTIST MARK HEARLD.

YOU WILL NEED:

A4 paper

Pencil

Scissors

Colouring pencils/pastels/pens
or coloured paper/tissue paper

Glue stick

Single- or double-sided tape

Ribbon or string

1. Create your bird

Place a plain A4 sheet of paper so it is in portrait position on a table in front of you. Fold in half from bottom to top with the fold at the bottom. Draw an outline of a flying bird ensuring the bottom of the bird sits on the paper fold. Cut around the bird, leaving the bottom fold intact - it should still be joined with the fold at the bottom so you would have two birds if you opened it up. Fold

down one wing to where it joins the top of the body, flip on to reverse and fold down the other wing, so both wings are folded down.

2. Decorate the bird

Use any medium of choice to decorate, such as colouring pencils, pastels, felt pens, paint, coloured paper, or tissue paper. Add colour to your garden bird and create depth and texture by adding patterns. Make sure you add colour and pattern to both sides of the wings.

3. Open up the paper bird and add glue to the inside – making sure you avoid the wings

You could use single or double-sided tape if you have no glue.

4. Add your ribbon or string

Attach your ribbon to the top centre of one glued side. Pop a dab of glue on other side of ribbon. Fold back together and press firmly to stick down leaving the wings outstretched either side so your bird looks like it is flying!

This activity was submitted by **Sally Storr**

Partners: **Heydays at Leeds Playhouse, Skippko**

This is a great activity for observing and discussing our native birds that may visit our gardens, parks, and outdoor spaces.

🕒 1 HOUR

😊 RELAXING,
THERAPEUTIC,
CREATIVE



STEP 1



STEP 2

STAINED GLASS INSPIRED ART

CREATE A BEAUTIFUL PIECE OF ART INSPIRED BY STAINED GLASS. YOU WILL BE USING BASIC ART MATERIALS TO CAPTURE THE LIGHT AND SPARKLES WHEN YOUR ARTWORK IS HELD AGAINST THE WINDOW.

YOU WILL NEED:

Black marker (to work on acetate)

Acetate sheet

Coloured tape

Tissue paper

Scissors

Glue stick

Glitter

Window mount (optional)



STEP 3



STEP 4

1. Choose something to draw

It can be your favourite flower, a piece of fruit, or someone you like or are inspired by.

2. Draw a line drawing on the clear plastic sheet (acetate) with a black marker

You may want to do this abstract, or you may wish to make it detailed, the choice is yours.

3. Collage your line drawing by placing coloured cellophane over your clear plastic sheet

Remember you can be as creative as you like. Perhaps you want to overlap the colours to create different shades. You may want to create a mosaic effect by making little shapes

out of the coloured cellophane or you may have other sparkly materials you wish to add to your collage.

4. Once you are happy with the layout stick this down with the glue stick

You can always work back into your design with a marker to add further detail.

5. Finally, if you wish you can frame your finished piece by using a window mount and then hold it against the window to see your picture light

This activity was submitted by **Art Link West Yorkshire - Musarat Raza**

🕒 15 MINUTES
– 2 HOURS

😊 CREATIVE,
RELAXING
AND FUN

Small or large
groups.



Photography by Malcolm Johnson

OUTDOOR CREATIVE WALK

A WALK FOR ALL THE SENSES,
LOOKING AT AN OUTDOOR SPACE
IN A MORE CREATIVE WAY.

NO EQUIPMENT NECESSARY

You could use items such as
wool, string, felt tips and card, a
BlueTooth speaker and any other
easy-to-carry “props” may help.

1. Plan your walk

Your walk should contain several different stopping points. Each stopping point will have different creative qualities, such as interesting sounds, light, or natural features. Each will help participants notice their environment and themselves in a different and more creative way.

2. Welcome people into the space where the walk begins

Use gentle movement and breathing techniques to allow for the letting go of thoughts and the busy world outside. Introduce the idea of taking your feet for a walk and begin to move towards the first stopping point.

3. Explore each stopping point creatively

Through sound: If a location lends itself to significant sounds, these can be noticed and talked about, played by a musician, sketched by participants, or responded to through movement.

Through light and shadow: Participants can use their fingers as a framing device, looking at the variety and depth of shadows around them, and have time to sketch them in black and white using card and chunky pens which can be easily held outdoors.

Through the landscape: If there is a landscape feature that links to a traditional story, the story may be told through movement.

Through maps: Try making tree maps, sound maps or colour maps of the area along the walk or

beforehand to enhance the experience of what is noticed and experienced.

Try a colour hunt: Gather of coloured objects from nature (such as leaves, twigs, feathers, fallen petals, and pebbles) and create a group collage, colour wheel or pattern.

Walk your fingers: Fingers can be taken for a walk along the horizon line, or along lines in nature such as the asymmetry of a tree. This can lead to other considerations and activities about symmetry and asymmetry through movement and object finding or drawing on the ground.

Think about your shoes: Conversations between the shoes that are being taken for a walk can be imagined or said out loud.

Re-create your experiences: Re-creations of the main events on a walk can be acted out by participants at the end of the experience.

This activity was submitted
by **Balbir Singh Dance Company**

Partners: **Thackray Medical Museum
Tranquillity Walks, On the Trail of
Tranquillity Exhibition, Gledhow
Valley Friends Story-Telling Walks**

People with long-term health conditions and/or mobility issues can be supported by finding suitable outdoor or indoor spaces for these events and ensuring the timing of the walk is sustainable for the needs of the participants. Walk lengths can be adapted so that they are Dementia Friendly, and music to support people with dementia can be included.

🕒 45 MINUTES
– 2 HOURS

😊 CREATIVE,
IMAGINATIVE,
OBSERVATIONAL

Alone or groups up
to 10, in person or
online.



Photography by David Lindsay



Manuka, photography by Tim Dunk

A SONG ABOUT TODAY

REMEMBER A MOMENT IN YOUR
DAY AND WRITE A SONG ABOUT IT.

NO EQUIPMENT IS NECESSARY

1. Recollect the comings and goings of the day

What did you see, smell, hear, touch
and taste? Who did you meet? Is
there anything that stands out that
you can remember?

For individuals who might struggle
with recall due to complications with
short-term memory, don't limit the
topic to just the day - ask what they
are thinking of at that moment in
time.

2. Think about that moment and write it down

3. Describe how that moment or experience happened and how it made you feel

For older memories, take a walk down
memory lane and try and repaint the
moment for everyone to experience.
Explain as many sensory things as you
can remember, and recall how they
made you feel.

4. Structure this memory into two or four lines and write them down to help with recall

5. Once you are happy with what you have written clap your hands and create a steady beat

1, 2, 3, 4 | 1, 2, 3, 4

Practice this until you have created a
steady pace.

6. Now, try to recite the lines or singing a tune that feels most natural to you over the top of your clapping 4-beat rhythm

7. Repeat this until you feel comfortable reciting or singing the lines whilst clapping to a 4-beat rhythm

This activity was submitted
by **Manuka**

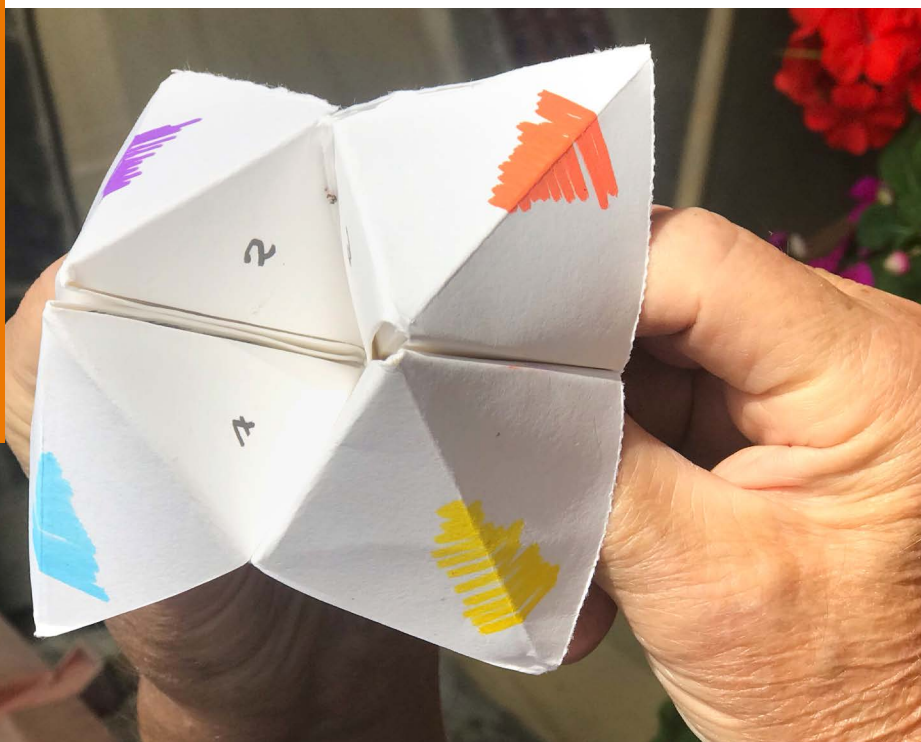
Partners: **Touchstone, Leeds
Playhouse, Leep1, People in Action**

This is a great tool to encourage
individuals to tap into their creativity
and to also inspire self-confidence.

🕒 30 – 60 MINUTES

😊 FUN, STORY, NOSTALGIC

2 or more participants, in groups or 1-1, online or in person. This activity works well as an icebreaker.



ORIGAMI STORY SHARING

THIS IS A GAME OF SHARING STORIES USING AN ORIGAMI 'FORTUNE TELLER', WHERE INSTEAD OF FORTUNES INSIDE, THERE ARE QUESTIONS TO PROMPT SHARING STORIES AND MEMORIES. THIS COULD BE USED AT HOME OR IN A CARE SETTING AND IS A LOVELY WAY TO SPARK CONVERSATIONS AND SHARE STORIES/ MEMORIES TOGETHER.

tease thumb and index fingers into the outside squares pushing up to the middle to form a point. You should now have a working 'story sharer'.

2. Paint your story sharer.

Paint or draw each outer square with a different colour. On the other side of the squares are small triangles. Write numbers 1-8 in each small triangle. Open out the small triangle and on the inside write a question prompt underneath each number. Examples could be: Tell me about a favourite holiday. What's the best gift you ever received?

3. Play the game.

To play the game, the participants pick a colour, and then you open and close the origami for each letter of the colour. So red is 'R-E-D / 3'.

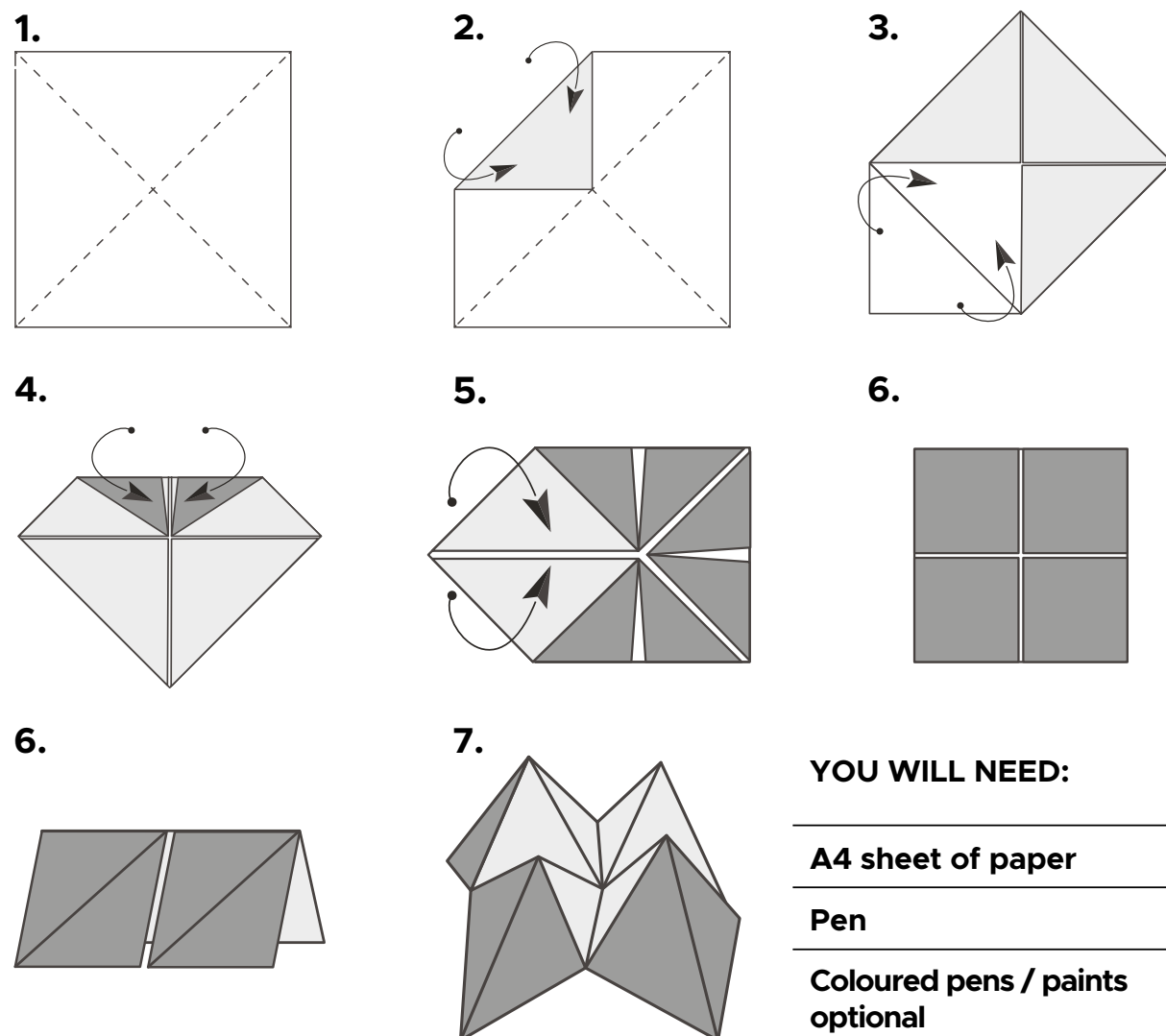
Participants choose a number, and you do the same again; count out opening and closing the origami. Then participants pick a third and final number which is when it is opened, and the question, and story, are shared. Take it in turns to be the storyteller and the origami user.

1. Make your 'story sharer'

Take an A4 sheet of paper and have it laid in portrait. Take the top left corner and bring it all the way down so the top of the page aligns with the right-hand side of the paper and crease the fold. You should now have a large triangle with a rectangle at the bottom.

Crease the line where the triangle joins the rectangle and tear off the paper rectangle. You should now be left with a large triangle. Fold this in half, and then open it back up. You should now have a square piece of paper with a diagonal cross going through it.

Take each corner and fold it into the middle of the cross. Turn the paper over and repeat on the other side (this should look like a smaller square with a cross running through it). Fold the piece in half and half again (squares on the outside, triangles on the inside). Gently



YOU WILL NEED:

A4 sheet of paper

Pen

Coloured pens / paints optional

This activity was submitted by **Kerri Butterworth**

Partners: **Paperwork** - a collaboration with **Rosemary Spencer**

There may be some help needed if people have issues with mobility in their hands, but elements of it are inclusive to all.