Creative With Nature

Accessible arts, games, and reminiscence activities for social care.



Developed by Community Integrated Care and Age Exchange, with the RSPB

Introduction

Nature is amazing! It is beautiful – filled with vibrant colour and life. It boosts our wellbeing. It is at the heart of many of our happiest memories.

This unique activity pack has been specially designed by Community Integrated Care and Age Exchange to enable people who draw on social care to enjoy many special moments, inspired by nature. With the support of the RSPB, this resource offers a range of innovative and person-centred activity ideas that have been purposely created for social care.

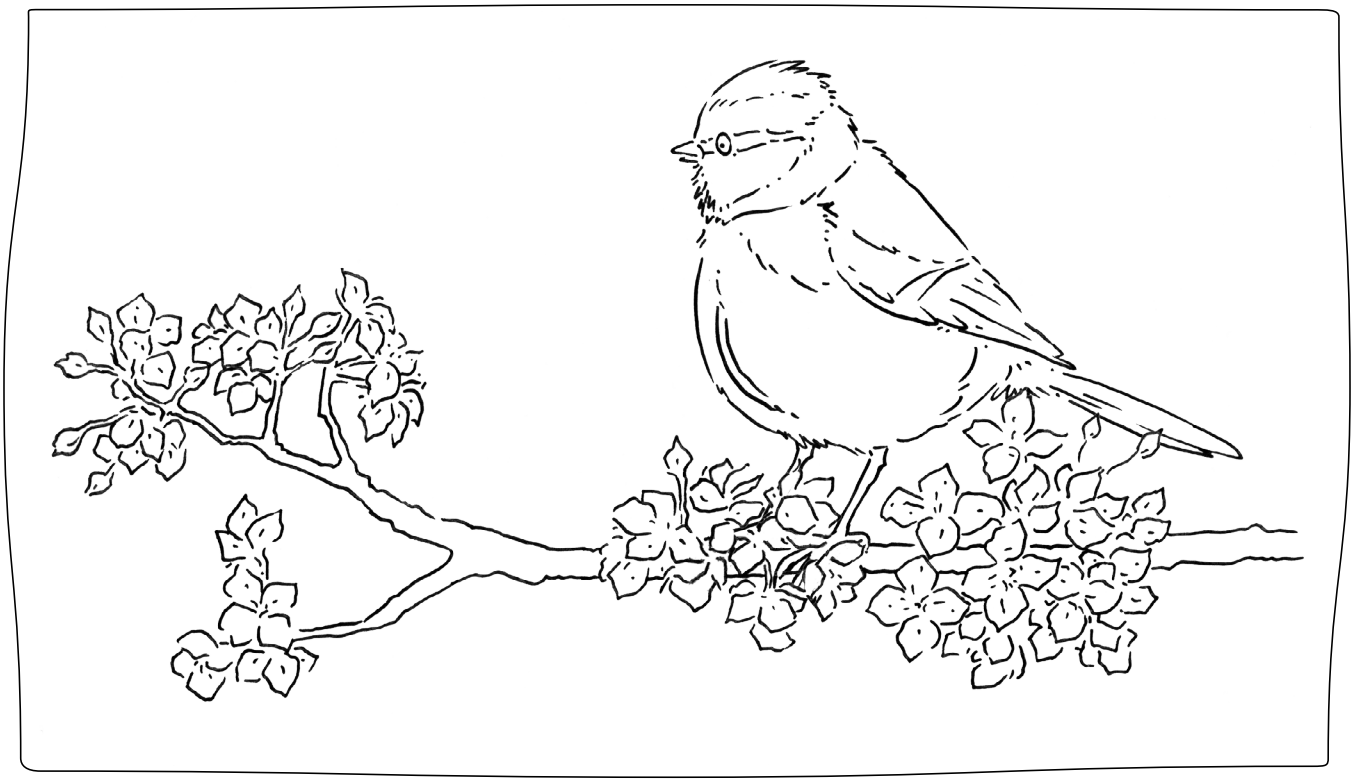
This pack contains nine special experiences, conceived by Age Exchange – a leading charity for arts, creativity and social connection in care, and proud member of the Community Integrated Care family. Through arts, music, crafting and reminiscence, the people you support can create stunning new works and enjoy special experiences – at home or in their community.

Each of these activities have been developed with people supported by Age Exchange. They have positively impacted people who live with dementia – enabling them to connect with treasured memories and enjoy happy times with their loved ones. However, we believe that they can benefit people from a range of other backgrounds – as a diverse, creative, and adaptable set of ideas that will make an impact in many social care settings.

We hope that you have fun and enjoy making new memories together, inspired by nature.

1. Bird And Blossom

This activity uses colouring to stimulate conversations and memories of nature and the changing seasons.



Bring colour to the bird.

- Look at the picture of a bird on the branch. Do you know what it is? Colour in the picture.
- Do you recognise the type of tree with blossom? It's all over the UK in spring time. Usually pink, and sometimes white, they're very popular in Japan.

The answers are below!

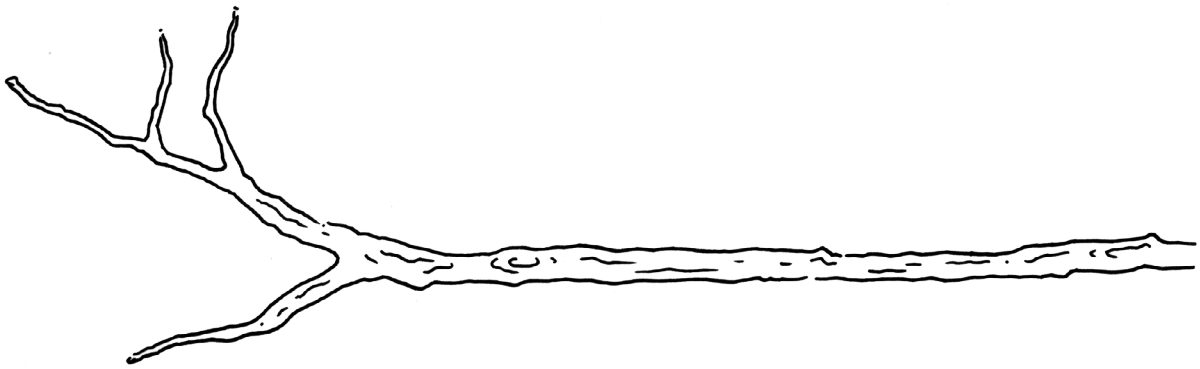
Draw your own bird.

- On the second picture of a bare branch. Choose a bird or flower from your memory or imagination and draw it onto the branch.
- You can add blossoms or leaves.

Answers: Bluetit, Flowering cherry / Cherry blossom tree

1. Bird And Blossom





2. Creative Clouds

Create your own beautiful sky scene, using recycled materials!

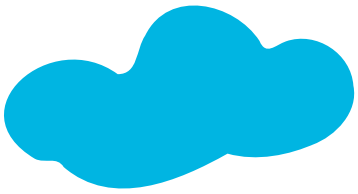
1) Paint or collage your background.

Create a deep blue sky and add the green grass of your landscape. Use your imagination - perhaps you can add trees, plants, or water?

Look out!

Before you start, go outside or look out of your window. Take a look at the sky. No matter what the weather, our skylines are always interesting. Can you see any shapes in the clouds? What colours can you see?

2) Add your clouds. You can do this by:



- Taking a sponge and cutting it into a cloud shape.
- Using scrunched-up kitchen roll or by recycling a small rag that you might have going spare.

Each of these items will create a different texture.



3) Get dipping!

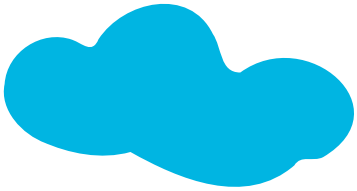
Dip your sponge, rag or kitchen roll into the paint and make cloud patterns in the sky!

4) Get creative!

You can make this extra special by cutting out photographs and gluing them onto your scene.

Want to make a wildlife scene? You'll often find great wildlife photos inside magazines and newspapers.

Want something personal? Print photos of your friends, family, pets, or other things that are special to you!





You will need...

- Piece of kitchen roll/rag or use the sponge
- A3 card, folded
- White paint in a small container to create the clouds
- Sponge, kitchen roll or a rag
- Paint and/or felt-tip pens to create background
- Magazines or old newspapers if you are inspired to add other things
- Paintbrush
- Container (for water)
- Scissors



3. Weather Songs

This activity is about singing the first line of a well-known song and seeing if the person you support can sing the next line.

The person leading should hold the activity sheet and sing the line that is on the left side of the page. This is a prompt to see if the other person joins in and is able to sing the second line from memory.

If they don't remember it, then sing both lines for them, and show them the words on the sheet. Then go back and sing the whole thing together.

If the person knows more of the song, then sing the whole thing. Keep going until you can't remember anymore. If you're not sure of the tune then just read the words out loud and see if that rings any bells with the other person, if not move on to the next one.

These are the 8 songs that are on the activity sheet

Raining in my heart	Buddy Holly	1960
You are my sunshine	Bing Crosby	1941
Singing in the rain	Gene Kelly	1952
Somewhere over the rainbow	Judy Garland	1939
Bring me sunshine	Morecambe and Wise	1969
Raindrops are falling on my head	Sacha Distel	1970
On the sunny side of the street	Tommy Dorsey	1945
Just walking in the rain	Johnny Ray	1956

3. Weather Songs

PERSON 1	PERSON 2
1 The sun is out, the sky is blue, there's not a cloud, to spoil the view	…but it's raining. Raining in my heart
2 You are my sunshine, my only sunshine	…you make me happy when skies are grey
3 I'm singin' in the rain Just singin' in the rain	What a glorious feeling I'm happy again
4 Somewhere, over the rainbow, way up high	…there's a land that I heard of once in a lullaby

3. Weather Songs

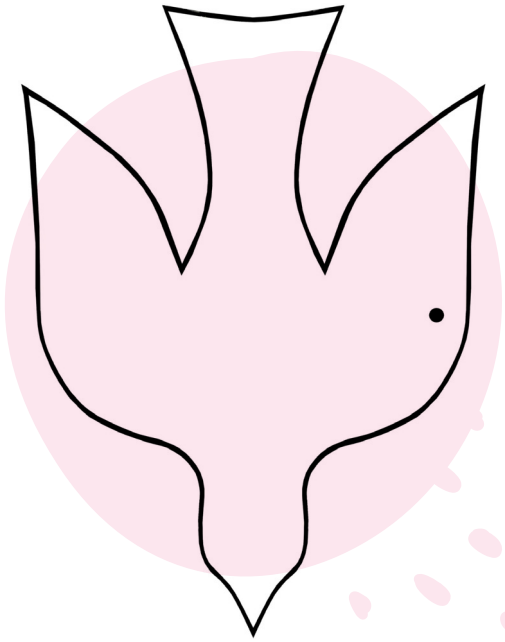
PERSON 1	PERSON 2
5 Bring me sunshine in your smile	…bring me laughter all the while
6 Raindrops are falling on my head	…Just like the guy whose feet are too big for his bed
7 Just walking in the rain. Getting soaking wet	…Just like the guy whose feet are too big for his bed
8 Grab your coat and get your hat. Leave your worries on the doorstep	...Just direct your feet To the sunny side of the street

4. Take Flight!

Make a beautiful bird!

You will need...

- A print out of our bird template
- Old materials or coloured feathers to decorate your bird
- String
- Felt-tipped pens
- Glue
- Scissors
- Something to hold your bird up – like a pencil or stick



Cut out your bird from the template.

Decorate it! Bring some colour to it. Feel free to be creative. People we support have had lots of fun, adding feathers and old material to their birds, to really give them a unique look.

Share memories.

What are your favourite memories of birds?

Get ready for flight! Make a small hole where we've added the dot. Thread some string through it.



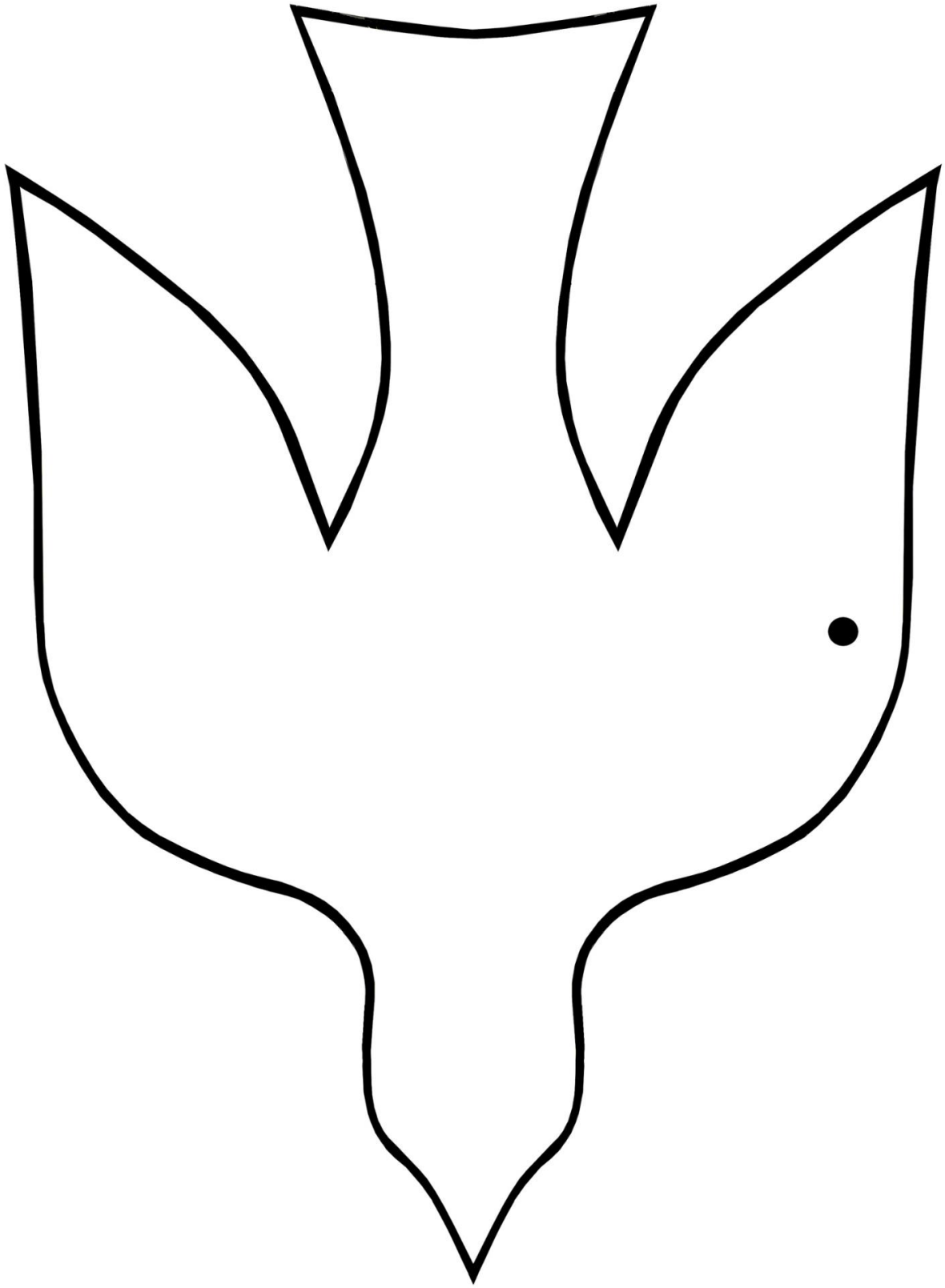
Fly away! Have fun watching the bird fly. You can do this by tying the thread to a stick, pencil, knitting needle or even your finger.

Cast shadows. Fly the bird past any lamps or lights that you have and see the lovely shadow it casts.





4. Take Flight!



5. Words For Birds

Get the bird you made on a stick and put it somewhere you can see it.

Let's send this bird on an adventure. We're going to set it free through the window of our imagination and off into the sky.

Grab a pen and use the prompts on the activity sheet to fill in the gaps and write a story about your bird.

Gather your materials together

- Your bird on a stick
- Pen or a pencil





5. Words For Birds

Use nature, imagination and memories to create a bird-themed poem!

Once there was a bird called [1]

It was a beautiful bird with [2]

feathers that were the colour of [3].

On this particular day [4]

had left a window open so [5]

saw the chance to fly to freedom.

Up and over [6]

they flew until the lights of [7]

were just a distant memory.

1. Give your bird a name
2. The main colour of its feathers
3. Something that is the same colour as the feathers
4. Your name or the name of the person you are with
5. The name of the bird again
6. The name of the street you live on
7. The name of the town/area you live in

5. Words For Birds

The bird soared higher and higher,

loving the feeling of 8 _____

Hours passed and as the sun began to set the

little bird started to feel tired and so they flew

back to earth and landed on a 9 _____.

As the bird looked around they saw a sign

that said 'Welcome to 10 _____.

The bird had never heard of this place before

but felt right at home here and decided to

explore the area.

As they flew they could see 11 _____

12 _____ and 13 _____.

"Yes", thought the bird, "I am going to like it here.

I think I will stay a while."

8. If you could fly describe a feeling you would you like about it?

9. Describe an object that the bird has landed on,

10. A place you have been to on holiday

11, 12, 13. Write three things you have seen when you were on holiday at this place.

If you want to, you can continue the story of your bird's holiday adventure, on another sheet of paper.

6. She Sells Sea Shells



Have you ever come across this well-known 'tongue-twister'?

She sells sea-shells on the sea-shore.
The shells she sells are sea-shells, I'm sure.
For if she sells sea-shells on the sea-shore
Then I'm sure she sells sea-shore shells.

It was originally a song, with words by Terry Sullivan (who penned a number of catchy ballads for British music halls) and music by Harry Gifford, written in 1908.

It is thought that it was inspired by Mary Anning (1799-1847), a Victorian fossil collector and palaeontologist. She collected her fossils from the Jurassic marine fossil beds in the cliffs at Lyme Regis in Dorset.

Have a go at practising the tongue twister and see how fast you can say it without making a mistake!





Lots of people enjoy collecting shells from the seaside. Many artists use them to inspire paintings and drawings.

Take a look at all with images of shells that you can use to draw from. If you have any shells or fossils of your own, you can use these to inspire your drawing too.

Gather your materials together

- paints, oil pastels, felt tips or coloured pencils
- pieces of paper

6. She Sells Sea Shells







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7. Bumblebees and Butterflies

Make a buzz. Create colourful bees and butterflies for your home!



In this activity, you can make your own bumblebees and butterflies. Have fun creating your own patterns for these beautiful creatures.

Did you know?

Bumblebees and butterflies are a beautiful aspect of the British countryside, our city parks, and our gardens. They are very important for our nature.

Sadly, both are now in decline. Nature conservationists are working hard to reverse this trend.

Share memories.

How many butterflies can you name?

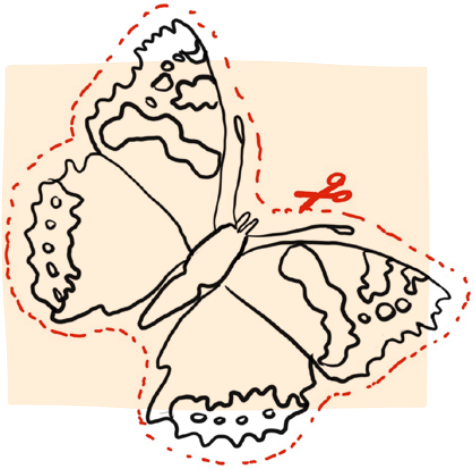
Where have you seen butterflies or bumblebees?



Gather your materials together

- Bumblebee and butterfly template
- Short lengths of thread
- Coloured pencils and paints

7. Bumblebees and Butterflies



Colour and decorate the butterflies and bees however you wish with pencils or paints, then cut them out. If it's too difficult to cut the fiddly bits, just cut around the main shape, leaving a bit of space, like in the diagram.

Once cut, you can fold the wings in interesting ways, to make them into 3D objects.

To hang them up, make a small hole in the head or wing with a biro or pencil point, and thread through a piece of thread.



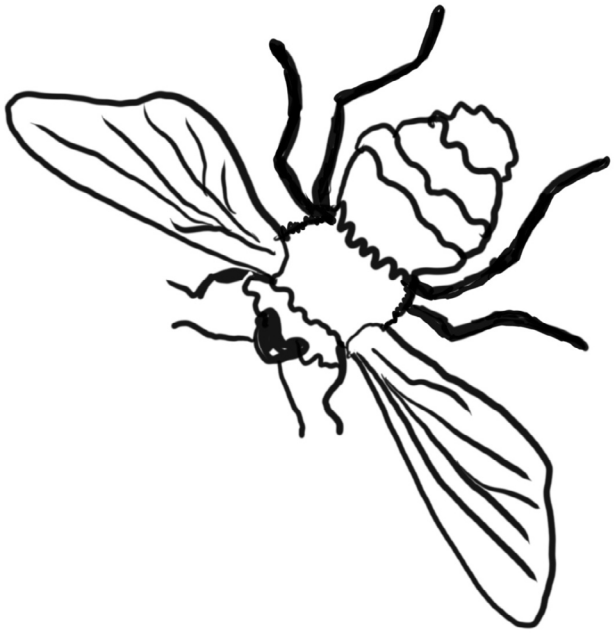
Bring nature to your garden!

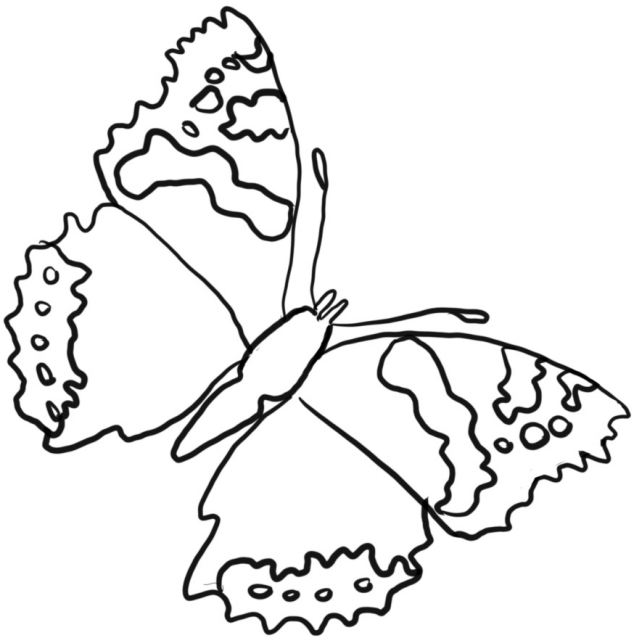
Find out how to create a stunning low-cost sensory garden that butterflies and bumblebees will love.

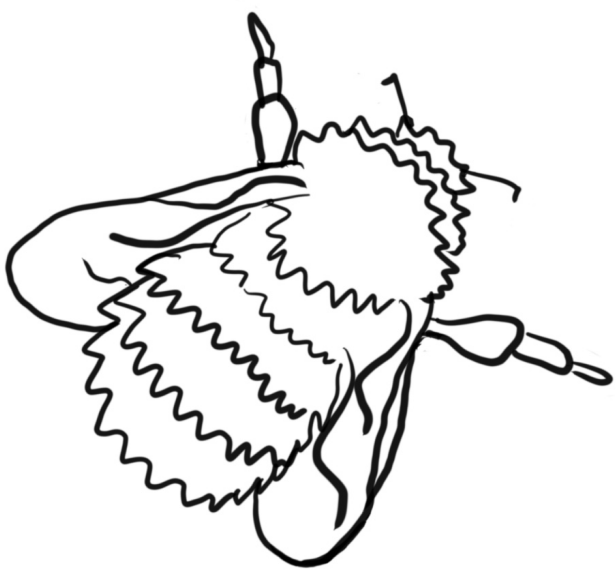
Visit: www.CommunityIntegratedCare.co.uk/Nature

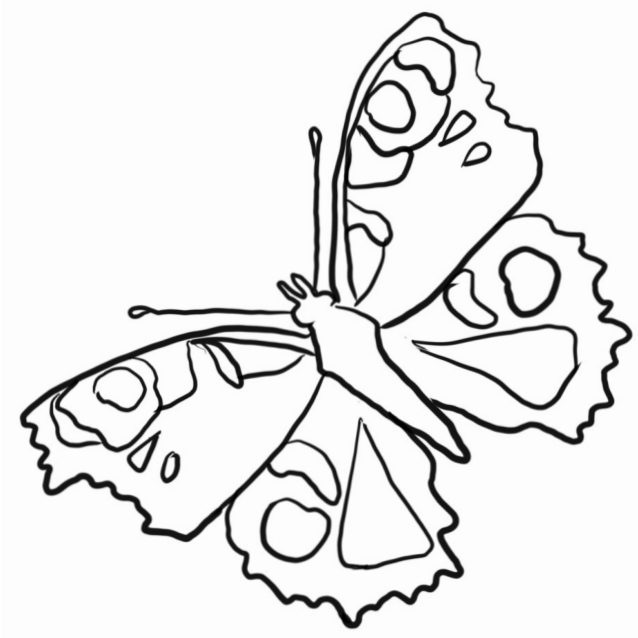


7. Bumblebees and Butterflies









8. A Collage Of Nature

Use natural materials and your imagination to create a stunning scene!

Step 1: Have Fun Foraging!

On a walk, gather some natural materials (leaves, stones, grasses - whatever you can find). Choose things that are clean, safe and won't disturb wildlife such as: twigs, fallen leaves and rocks.





Step 2: Get Imaginative

Look at the items that you have collected. What do they make you think of? Do they already look like something? Are they a certain shape? Do they have parts missing, that make them look interesting?

Step 3: Personality Parts

Combine your items together to create your own nature artwork. You can make lovely abstract arrangements or perhaps something more creative, like an animal or insect!

This is lots of fun. You can arrange your collage on the pavement, in the garden or at home.





Step 4: Make It A Masterpiece!

You can really bring your artwork to life by placing it on paper. We suggest using a nice bright coloured paper that contrasts with your artwork. It really makes your design pop!

Step 5: Final Framing

Created something special? Why not frame it! It's a great way to remember a fun day out.



You will need:

- Natural materials like stones, leaves, grass.

Optional:

- A brightly coloured piece of paper
- A picture frame

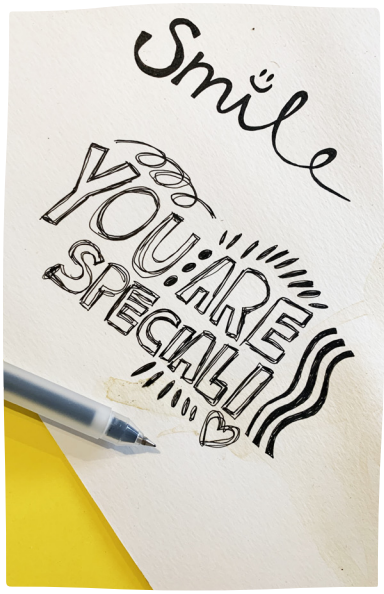
9. Positivity Pebbles

Create inspiring artworks – to keep for yourself or share!

Step 1: Get Ready!

Find a nice large pebble or stone with a smooth surface as your background.





Step 2: Make A Message

Take some time to think about a positive message that you want to share. What do you want to say? Who are you making it for? Practice drawing this on paper, if you wish.

Step 3: It's Time To Draw

Use paint or marker pens to transfer your design onto your pebble.

If you want your message to stand out, why not try writing it in bold colours.





Step 4: Share the Inspiration!

If you've made the pebble for yourself, put it somewhere that you'll see it often. The encouraging words will inspire you! Or perhaps give it to your friends or family. These make lovely presents.

One super idea is to place your positivity pebble in a public place to be discovered by a stranger. You might really help them to feel happier with your warm words.

Gather your materials

- Pebbles or smooth stones
- Pieces of paper
- Paints
- Coloured pencils

Created by Community Integrated Care and Age Exchange with the RSPB

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For more nature inspired support resources, visit:
www.CommunityIntegratedCare.co.uk/Nature

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