



Ideas and session plans for care home staff to encourage care home residents to be more active

This booklet explains how to deliver physically active games during Covid restrictions



What is the purpose of this booklet?

This booklet will support you to deliver engaging activities which will help your residents maintain or improve their independence by moving more. This should make them less likely to have falls or for those with less mobility it should make it easier to do general life tasks.

We've tested these activities and we know they can be fun and engaging. At our trial care homes we targeted residents who had dementia. Aside from the movement benefits it was amazing to see people's enthusiasm increase. Residents became interested in the activities as soon as they began playing and they also used them as talking points. We heard plenty of life stories which were all in keeping with the game. For some of the residents this was the most they had spoken with purpose in quite some time. Taking part in something active and enjoyable helps reduce anxiety and stress.

So why does being active protect us all?

Every system in our body which helps us to be independent get worse as we get older if we don't intervene. These are things like muscles, bones and balance.

Muscle strength and power can stop us falling and help us to regain our balance if we do go to fall. It also helps us with things like getting up off chairs and getting off the toilet. If you and your residents regularly take part in these activities your muscles should become a little bigger and stronger.

The bones in our body are living things, they regrow and can get stronger. This happens most when we move vigorously and with a bit of resistance. Just by standing up from a chair helps.

To get benefits of being active all of us including people living in care homes should aim to be active for at least 2.5 hours each week. For people who haven't been active for a while build up to this gradually. The activities don't need to last for hours, just a little bit regularly.

When covid restrictions are removed there will be a follow up booklet released which will contain more games including a new topic showing parachute activities.

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Why games can help your residents to have better balance, be stronger and be more sociable

Most of the movements within these games are common with exercise programmes prescribed by Dudley's physios for preventing falls. The games encourage many body movements. This is very important as residents spend the majority of their time seated.

The games involve:

Arm movements and stretches—through throwing and catching.

Side leans—when rolling a ball or throwing under arm.

Finger dexterity and grip strength—gripping and squeezing beanbags. Catching beach balls.

Trunk rotations—playing throwing and kicking games encourage the correct movements.

Posture—Participants play the games sitting tall with their feet on the floor.

Dynamic leg movements—through kicking and sit to stand.

Seated trunk flexion – can happen if residents pick their ball up.

What exercises do the games include?

Movements practice all forms of coordination and the ability to generate force appropriately.

The games with balls develop a participants agility through working on their reactions, rotations, starting and stopping a movement as well as changing direction. All of this whilst been able to remain balanced on a chair.

Top tips for these games

- Encourage good posture during games—Participants should sit tall with both feet on the floor.
- Participants should also use their non-dominant hand and leg in these activities.
- Avoid playing music during the games, this can give sensory overload and become overwhelming.
- People with sight loss—Beachballs can be filled with rice to make them audible. To highlight a target continually tap it to allow participant to locate it using sound.
Reduce background noises if people with sight loss are taking part.
- Activities can be made easier or harder by adjusting the space, task, equipment or people within the activity. Examples are explained with each game.
- Beachballs are used as they will not cause damage if they hit someone.
- Games don't have to be competitive, they can just be played as experiences. Knowledge of the residents personalities will help you to decide.
- Look out for any signs of distress, record the possible cause of this during evaluation.
- Evaluate games delivered. This will help you understand what is popular with each resident and also what doesn't work with certain residents. This will shape your future plans. This doesn't have to be lengthy or formal.
- Share your evaluations with other staff. This will allow them to support you. Again just let the other staff know how your participants got on.

Encouraging conversations through activity

The games in this booklets can be used to reminisce common memories. Many participants will have played, watched or had a family member who have played a traditional sport. Participants with encouragement can discuss popular memories attached to a sport. It could be they used to watch a certain football team and they would like to talk about it.

Chair Football Games Setup

Equipment 1 beach balls, 2 pop goals. 4 beanbags (2 of one colour, 2 of a different colour), sturdy chairs with sides for residents to sit on.

Before starting. The area needs to be setup and a couple of things checked:

- Chairs should be sturdy with sides and not broken.
- Make sure the floor space is clear of anything which isn't going to be part of the game. It's not just the residents we need to protect, carers don't want to trip over either.
- The seating can be set out in any shape as long as the people taking part are all on the outside facing inwards. Watching the football games video will give you a good example. Remember to set residents seats far enough apart to meet your Covid requirements.
- Check the things you are going to use aren't broken. None of the kit provided should cause a problem if it's damaged but things like beanbags can get split and spill their beans. They can just be refilled and sewn back up.
- Anything in the range of balls which could be knocked over damaged should be moved out the way. This will include things like drinks. It's a good idea to tell the residents why you are doing this and where they are being placed.
- Move people not involved out of striking range. The balls shouldn't hurt them but it could be a bit annoying. Again, it's probably a good idea to explain why.
- Balls and unlikely to be handled by participants, but you can disinfect the balls before playing.
- Make sure there aren't any breakables behind the goals.

Covid prevention actions for equipment .To be completed before and after games

Equipment	Before use	Usage	After use
Beanbags	Quarantine for 72 hours, or assign to one resident only	Highlighting which goal to score in	Quarantine for 72 hours, or assign to one resident only
Beach Balls	Disinfect	Kicking games – kicking between residents or into goals	Disinfect
Skittle Set	Disinfect	To be used on the floor as targets.	Disinfect
Pop up goals	Sanitise hands before setting up	To be used on the floor as targets without goal-keeper	Sanitise hands before setting up
Cones	Disinfect	To act as a goal keeper if shooting becomes too easy	Disinfect

Remember to wash or sanitise hands before and after activity.

Chair Football Warm Up

Why do we do a warm up

The reason we do a warm up is to gradually raise our heart rate and get our muscles ready for activity.

About the Game

This warm up is going to be something known as dynamic. This is just a posh way of saying moving and stretching at the same time.

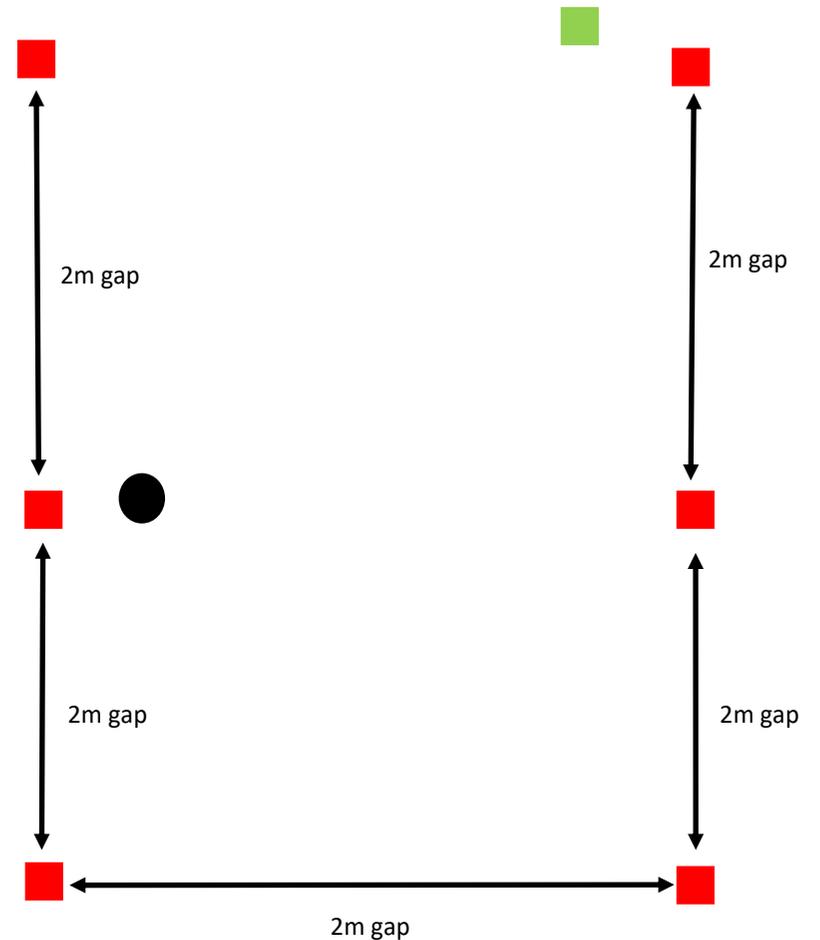
Equipment 3 beach balls

Setup: Right is a plan view of the activity. A small group of residents sit socially distanced on sturdy chairs facing each other. Place one ball on the floor next to a resident.

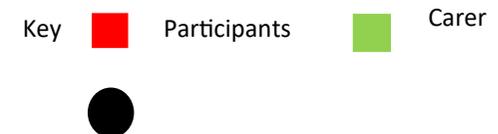
Delivery—Warm up game total time 5 minutes

- Start by gently passing the ball between participants.
- Ask residents to stop the ball with their feet before they pass it.
- Try to encourage them to kick with either foot.
- Once they seem able to do this. We are going to get the participants to gently pass the ball around the group by pushing the ball with their foot to the person sat next to them.
- Encourage the residents to tell their friend when they are passing the ball to them. We want people playing talking during games.
- Get residents talking by asking questions such as do you support a football team, have you or family members ever played football, what position did you play, who did you play for or talk about the current professional teams.
- Once the ball has gone around the circle four or five times change direction and repeat.
- Now encourage the participants to pass to anyone involved within the game.
- When residents receive the ball see if they can tap both feet on top of the ball before they pass it.
- After a couple of minutes increase the speed people tap the ball with their feet before they pass it.

Plan view of game



Carers to return loose balls to the residents playing



Chair Football Shooting

About the Game

Residents try to kick the beachball into the goal. Participants must remain seated throughout.

Equipment 1 beachball, 1 pop goal, 1 cone.

Setup: Right is a plan view of the activity. A small group of residents sit socially distanced on sturdy chairs facing inwards. Place the goal where there is nothing behind it which can be damaged if hit by the ball.

Delivery — game time 10minutes

Encourage participants to sit and kick the ball into the goal. Participants can stop the ball first or kick it straight away. Carers involved in the game return the loose ball back to the residents involved using their feet..

Once participants are engaged, encourage them to pass the ball then shoot. They can even call the residents name when they are passing.

Adaptions to make it accessible/more challenging for participants

Space/Equipment:

- Harder— Move the goal further away or turn the goal at a slight angle away from the participants who are best. Alternatively put a cone in the goal to act as a goalkeeper.
- Easier— move the goal closer to the residents or turn the goal at a slight angle towards the participants who are best.
- More accessible—Add rice to the ball, this helps participants to locate it. This is great for people with sight loss.

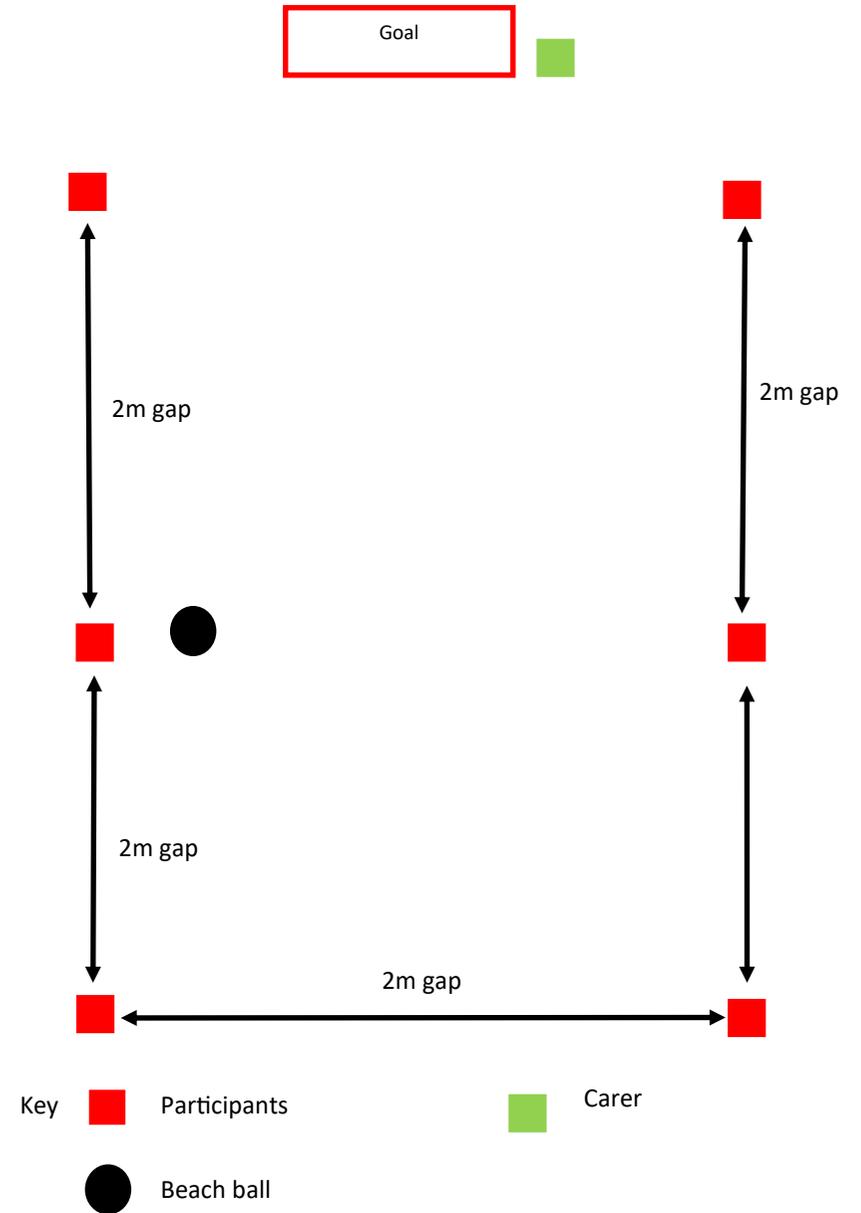
Task:

- If some participants are not getting many kicks of the ball add a second football to increase the chances of it coming to them.

People:

- Encourage residents to talk about football matches they have seen or want to see and the teams they support.

Plan view of game



Chair Football Match

About the Game: This replicates a football match. There are two goals. People on one side of the room are trying to score one goal. The other side tries to score in the other.

Equipment: 2 beachball, 2 pop goals, 4 beanbags (2 of one colour, 2 of a different colour), 2 cones.

Setup: Right is a plan view of the activity. A small group of residents sit socially distanced on sturdy chairs facing inwards. Place the goals at either end ensuring nothing behind it which can be damaged if hit by the ball.

Delivery — game time 10-15 minutes: One side of the room passes and shoots towards one goal the other side of the room kicks to the other goal. Where residents are scoring can be marked by placing a beanbag by one team then putting a beanbag of the same colour in the goal you want them to score in. Carers involved in the game return the loose ball back to the residents involved using their feet.. Residents remain seated. Encourage residents to celebrate when they score goals.

Adaptions to make it accessible/more challenging for participants

Space/Equipment:

- Harder— Put a cone in the goal the best team is scoring in to act as a goal-keeper.
- Easier— add an extra ball to the game.
- More accessible—Add rice to the ball, this helps participants to locate it. This is great for people with sight loss.

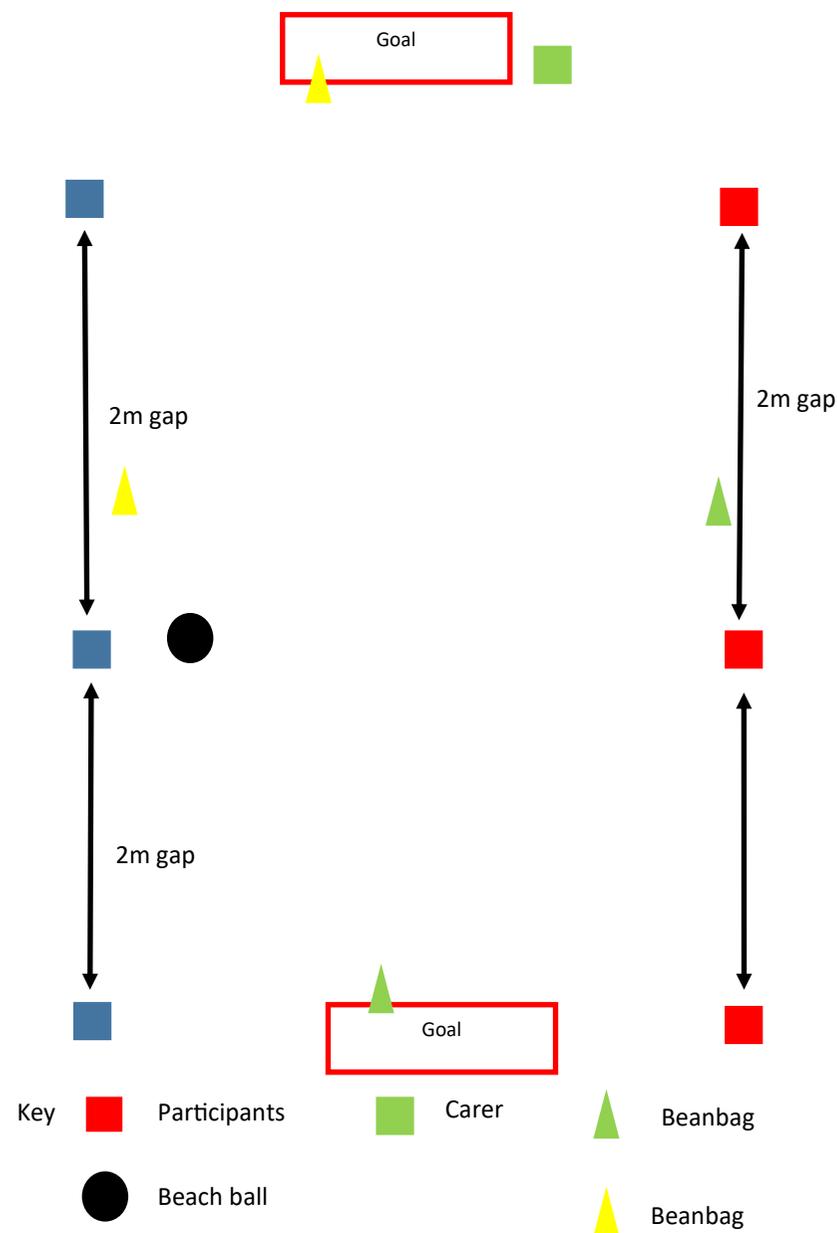
Task:

- If some participants are not getting many kicks of the ball add a second football to increase the chances of it coming to them.

People:

- Encourage residents to talk about football matches they have seen or want to see and the teams they support.

Plan view of game



Chair Football Cool Down

Why do we do a cool down

A cool down helps to gradually lower our heart rate back down towards resting. About the Game. It will be a relaxed passing game

Equipment 1 beachball

Setup: Right is a plan view of the activity. A small group of residents sit socially distanced on sturdy chairs facing each other. Place one ball on the floor next to a resident. Remove the goals.

Delivery—cool down game total time 5 minutes

Encourage the players to pass the ball between themselves very slowly.

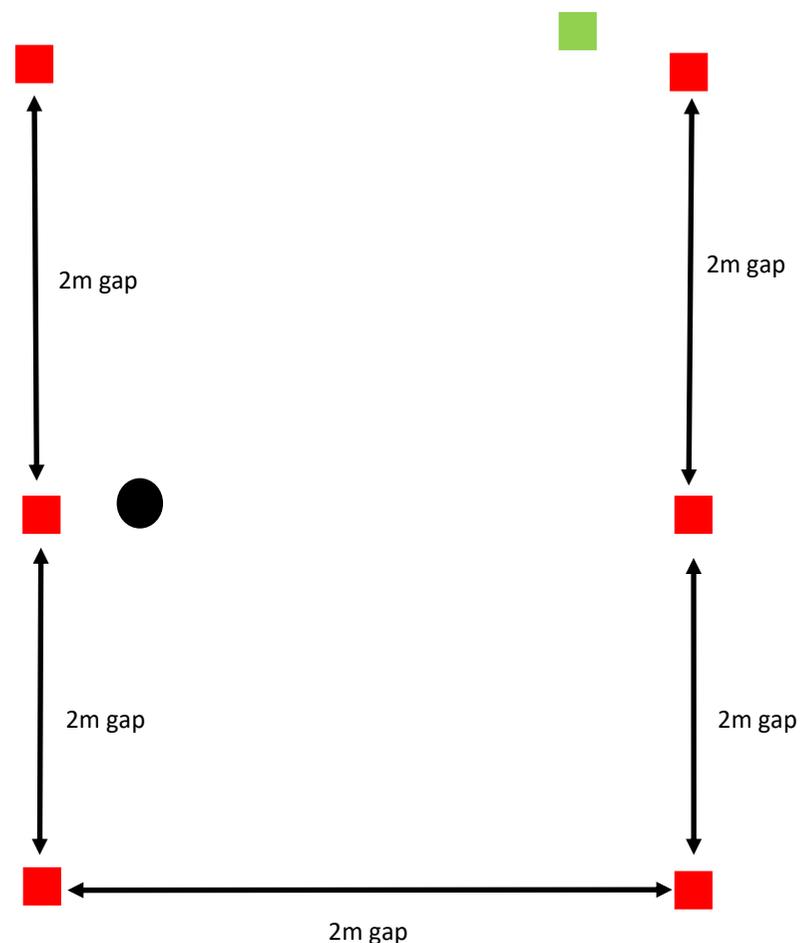
Get them to have a few delicate and gentle touches of the ball before they pass it. This could include tapping the ball between their feet and or placing one foot on top of the ball then the other.

Remember to encourage residents to use both feet.

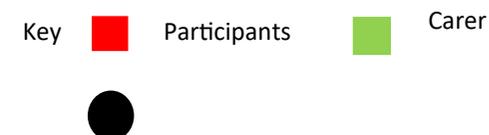
After the activity

After doing new activity it's natural for muscles to be sore. This isn't anything to worry about, it's just muscles getting conditioned to new exercise. It can last up to a day or two. If anyone does feel pain during exercise, it's best for them to stop and rest.

Plan view of game



Carers to return loose balls to the residents playing



One to one chair football

About the Game

This is a very basic game which can be played in a residents room on a one to one basis. The resident and a carer can pass the beachball between themselves.

Resident should remain seated throughout.

Equipment 1 beach ball, 1 sturdy chair with sides.

Setup: Right is a plan view of the activity. Resident sits a couple of metres away from where the carer is standing. Both face each other. Move anything which could be hit by the ball.

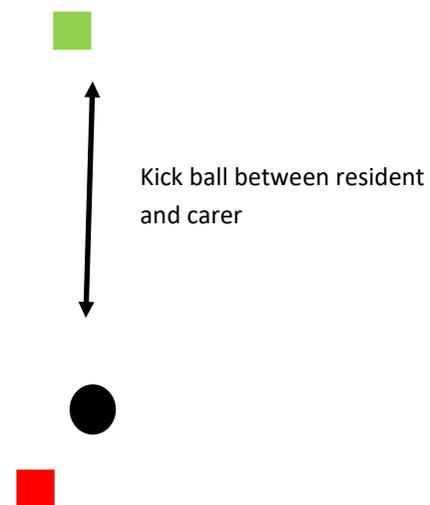
Delivery

- Pass the ball between carer and resident. Encourage resident to kick with right and left foot.
- Now encourage the resident to stop the ball, tap the ball between both their feet and then pass the ball to carer.
- Finally ask the resident to stop the ball, touch both feet on top of the ball then pass it to the carer.

Adaptions to make it accessible

- If the resident is struggling to see the ball add rice to it but pushing rice through the valve. This makes the ball rattle and helps participants to locate it.

Plan view of game



Key ■ Resident

■ Carer

● Beach ball

Managing the risk —Chair Football

Activity / area of risk	Risk Identified	Actions to mitigate risk / control measures	Notes / comments
Preparing the playing area			
Falling from chairs	Chairs unstable, missing sides or broken	<ol style="list-style-type: none"> 1. Chairs should have solid wide bases 2. Chairs need sides to prevent people falling off 3. Chairs should not be broken, check their structure 	Don't position chairs too close to the walls. Flailing arms can hit walls
Dehydration during activity	Residents cognition and physical capability will be reduced if they haven't been hydrated before activity	Encourage residents to steadily drink in the couple of hours before activity	Drinking before activity can help to manage core body temperature and the heart doesn't have to work quite as hard
Dehydration after activity	Residents cognition and physical capability will be reduced if they don't remain hydrated.	Encourage residents to steadily drink after activity	Rehydrating soon after activity will muscles to recover more quickly
Breakable objects in the room	Objects broken from the ball hitting them	<ol style="list-style-type: none"> 1. Move easily knocked over objects, such as ornaments, drinks and picture frames 2. Use the beachball as this is lightweight 	If you are moving someone's belongings explain why and tell them where you are putting them
Balls hitting others not involved	People alarmed from a ball hitting them or people hurt from the ball hitting them	Set game up so kicking is away from other residents. If this is not possible move people away from the area the ball	If relocating people explain why they are being moved
Injury from arms or legs banging objects	Objects such as tables and lamps in range of arms. Participants close enough to walls to bump them	Move tables and other objects away from participants. Ensure participants won't hit walls or windows with their arms or legs	Participants could react and use their hands

Chair Football Evaluation

Evaluating these activities can help you to plan and improve your next sessions. You can record particular things which were popular with an individual or conversations which happened which made a resident happy. These game can be opportunities to find out more about the residents lives.

What went well and for who?

What changes in people after activity have you noticed, such as more keen to drink?

What could be improved?

Who engaged well and during what?

Was there any part of the activity where someone did not engage and do you know why?

Did anything in the activity cause distress? If yes who for and do you know why?

What changes will I make next time I deliver this game?

Chair Skittles Games Setup

These games are variations of skittles or any target game. Everyone within the home will have taken part in a similar game at some point in their lives. This familiarity can help to make people feel comfortable and confident in the activity. They are also really simple to make easier or more challenging for everyone involved. These games can also be done on a one to one basis so could be used in someone’s room. The games can be played seated and participants use balls to knock over objects.

Equipment 5 beachballs, skittles set, cones set and beanbags set, sturdy chairs with sides for residents to sit on.



Before starting. The area needs to be setup and a couple of things checked:

- Chairs should be sturdy with sides and not broken.
- Make sure the floor space is clear of anything which isn’t going to be part of the game. It’s not just the residents we need to protect, carers don’t want to trip over either.
- The seating can be set out in any shape as long as the people taking part are all on the outside facing inwards. Watching the skittles games video will give you a good example. Remember to set residents seats far enough apart to meet your Covid requirements.

- Check the things you are going to use aren’t broken. None of the kit provided should cause a problem if it’s damaged but things like beanbags can get split and spill their beans. They can just be refilled and sewn back up.
- Anything in the range of balls which could be knocked over damaged should be moved out the way. This will include things like drinks. It’s a good idea to tell the residents why you are doing this and where they are being placed.
- Move people not involved out of striking range. The balls shouldn’t travel far or hurt them but it could be a bit annoying. Again, it’s probably a good idea to explain why.
- Whilst you are still under Covid restrictions disinfect the balls before playing and use a marker pen to write participant names on balls. One specific ball per participant.
- Each participant has a carer to return the ball to them whilst under Covid restrictions.
- Make sure there aren’t any breakables close by, the balls might bounce out the throwing area.

Equipment	Before use	Usage	After use
Beanbags	Quarantine for 72 hours, or assign to one resident only	Highlighting which goal to score in	Quarantine for 72 hours, or assign to one resident only
Beach Balls	Disinfect. Each ball to be assigned to an individual resident. Write the participant name on the ball to identify it	Used for throwing rolling or kicking at skittles	Disinfect and clean name off
Skittle Set	Disinfect	To be used on the floor as targets	Disinfect
Cones	Disinfect	If skittles become too each to knock over replace with cones	Disinfect

Remember to wash or sanitise hands before and after activity.

Chair Skittles Warm Up

About the Game

Our warm up is going to be dynamic. So that's just another way of saying moving and stretching at the same time. We are going to start by bowling or throwing at a steady, relaxed intensity. We will start off slowly then increase in speed. The reason we do a warm up is to gradually raise our heart rate and get our muscles ready for activity.

Equipment 5 beachballs, skittles set, cones set and beanbags set.

Setup Right is a plan view of the activity. Participants inwards, each participant holds their named ball.

Delivery

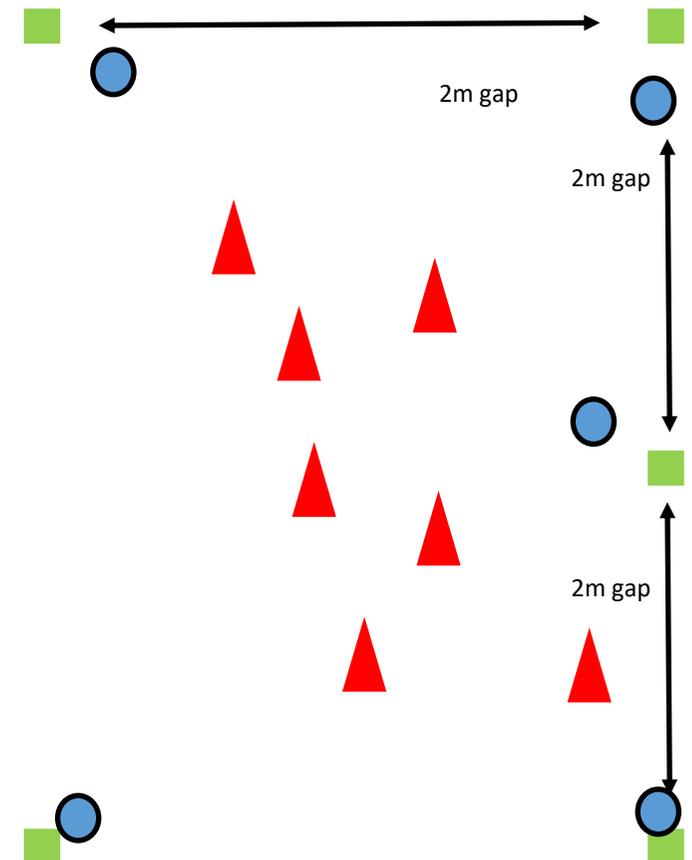
Ask residents to under arm bowl the beachball at the skittles with the aim of knocking them over. Remind bowlers to also use their non dominant hand. When the skittles get knocked over anyone supporting the activity picks them up and returns the balls. After a couple of minutes spread the skittles out. This will make the game a little bit more challenging.

Play for 5 minutes.

Adaptions to make it accessible

If playing with someone with sight loss you can tap the floor to direct them where to aim.

Plan view of game



Key

 Participant

 Beachball

 Skittles

Chair Skittles Main Game

About the Game

The aim of the game is for each resident to knock as many skittles over as possible.

Equipment 5 beachballs, skittles set, cones set and beanbags set.

Setup Right is a plan view of the activity. Participants inwards, each participant holds their named ball.

Delivery —Play for 10—15 minutes.

Ask participants to try knocking over the skittles by throwing the ball in the style of a netball push pass. To do this hold the ball in both hands by your chest, fingers pointing towards each other, then push the ball towards the target. After every throw return the residents ball. They are trying to knock over as many skittles as possible.

Reset the skittles once all have been knocked over.

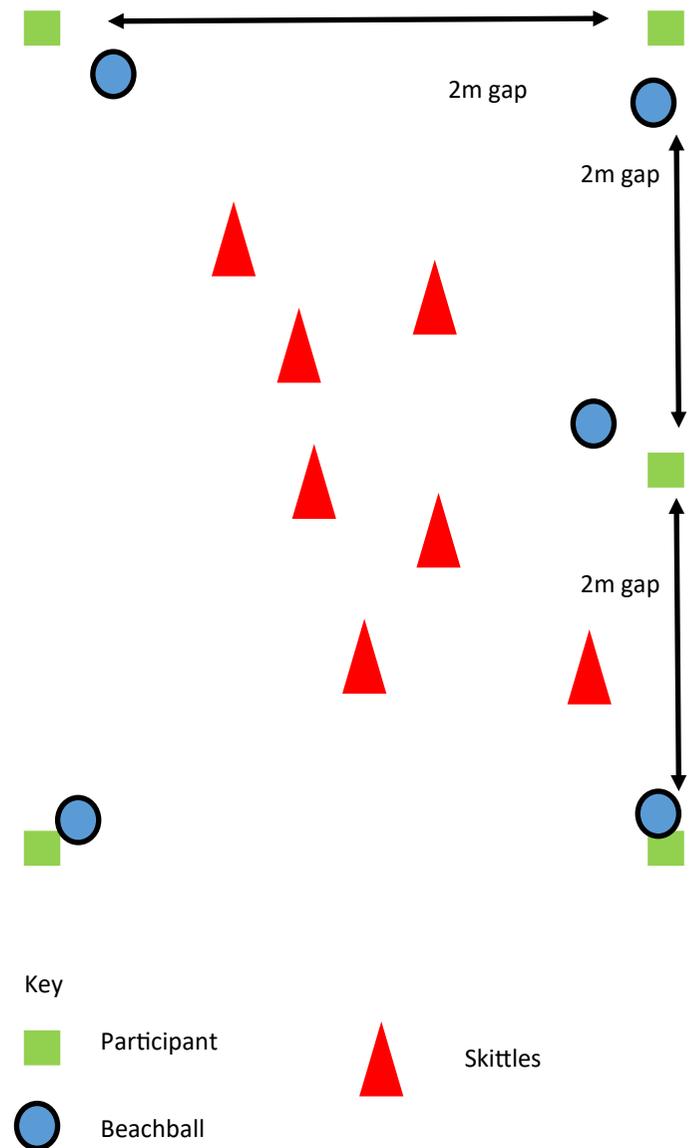
If you are playing the game with people who are able to stand independently the game can also be used as a sit to stand exercise. For each shot the player will stand up from their seat, throw using the push pass and sit down. The sitting back down should be done controlled and slowly. Give the player their ball after they get up so they have their hands free whilst trying to stand. Encourage the player to throw the ball in a non aggressive way, so they don't over balance.

If all of these skittles games are becoming a little bit easy, there are a few things we can do to increase the challenge.

We can reduce the size of the object we are throwing. With the equipment we have available we would change the beachballs for beanbags. Alternatively we could change skittles for cones, they are harder to knock over.

Now all involved have had plenty of chance to practise. You can set the group a challenge. Ask them how many skittles they think they can knock over in two minutes. Once they have tried this, this is their baseline score. For the next attempts see if they can beat the baseline score.

Plan view of game



Chair Skittles Cool Down

About the Game

The aim of the game is to slowly lower the players heat rates by doing a game with slower movements.

Equipment 5 beachballs, 1 beanbag per participant.

Setup Right is a plan view of the activity. Participants inwards, each participant holds their named ball.

Delivery —Play for 5 minutes.

Ask participants to throw their ball in the air and try to catch it.

Once comfortable can participants throw, clap then catch the ball.

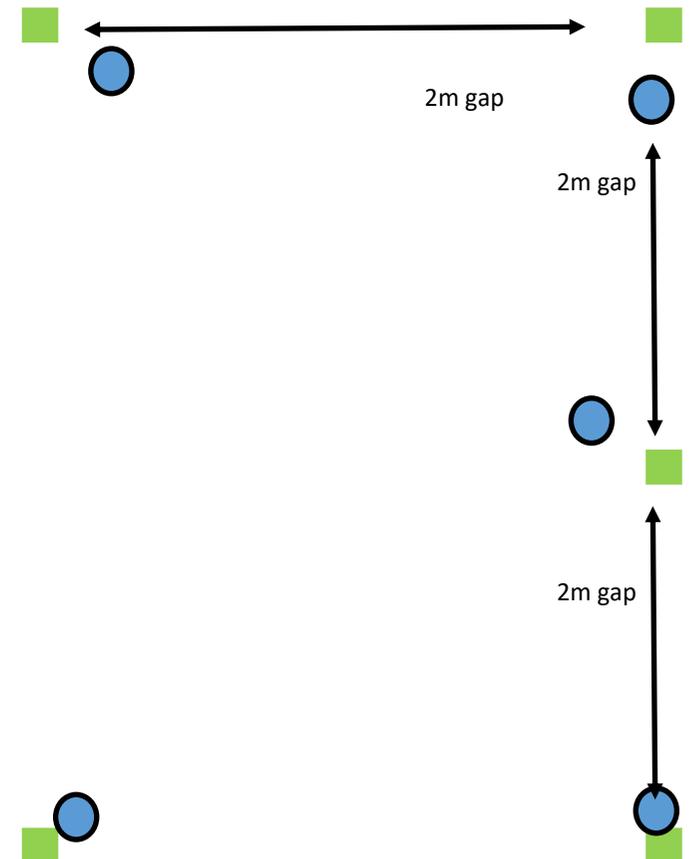
Change the ball for a beanbag. Can the participants throw them in the air and then catch them. For residents who find this easy, get them to throw the beanbag with their right hand and catch it in their right hand. Then throw with left hand and catch with left hand.

Finish off by squeezing the beanbag this will help to build grip strength.

After the activity

After doing new activity it's natural for muscles to be sore. This isn't anything to worry about, it's just muscles getting conditioned to new exercise. It can last up to a day or two. If anyone does feel pain during exercise, it's best for them to stop and rest.

Plan view of game



Key

 Participant

 Beachball

Managing the risk —Chair Skittles Games

Activity / area of risk	Risk Identified	Actions to mitigate risk / control measures	Notes / comments
Preparing the playing area			
Failing from chairs	Chairs unstable, missing sides or broken	<ol style="list-style-type: none"> 1. Chairs should have solid wide bases 2. Chairs need sides to prevent people falling off 3. Chairs should not be broken, check their structure 	Don't position chairs too close to the walls. Flailing arms can hit walls
Dehydration during activity	Residents cognition and physical capability will be reduced if they haven't been hydrated before activity	Encourage residents to steadily drink in the couple of hours before activity	Drinking before activity can help to manage core body temperature and the heart doesn't have to work quite as hard
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Breakable objects in the room	Objects broken from the ball hitting them	<ol style="list-style-type: none"> 1. Move easily knocked over objects, such as ornaments, drinks and picture frames 2. Use the beachball as this is lightweight 	If you are moving someone's belongings explain why and tell them where you are putting them
Balls hitting others not involved	People alarmed from a ball hitting them or people hurt from the ball hitting them	Set game up so throwing is away from other residents. If this is not possible move people away from the area the ball	If relocating people explain why they are being moved
Injury from arms or legs banging objects	Objects such as tables and lamps in range of arms. Participants close enough to walls to bump them	Move tables and other objects away from participants. Ensure participants won't hit walls or windows with their arms or legs	Participants could react and use their hands

Chair Skittles Evaluation

Evaluating these activities can help you to plan and improve your next sessions. You can record particular things which were popular with an individual or conversations which happened which made a resident happy. These game can be opportunities to find out more about the residents lives.

What went well and for who?

What changes in people after activity have you noticed, such as more keen to drink?

What could be improved?

Who engaged well and during what?

Was there any part of the activity where someone did not engage and do you know why?

Did anything in the activity cause distress? If yes who for and do you know why?

What changes will I make next time I deliver this game?

Noughts and Crosses Setup

Equipment 18 beanbags (9 of one colour, 9 of a different colour), 9 pieces of plain paper the colour should contrast with the floor, sturdy chairs with sides for residents to sit on.

Before starting. The area needs to be setup and a couple of things checked:

- Chairs should be sturdy with sides and not broken.
- Make sure the floor space is clear of anything which isn't going to be part of the game. It's not just the residents we need to protect, carers don't want to trip over either.
- The seating can be set out in any shape as long as the people taking part are all on the outside facing inwards. Watching the noughts and crosses games video will give you a good example. Remember to set residents seats far enough apart to meet your Covid requirements.
- Check the things you are going to use aren't broken. None of the kit provided should cause a problem if it's damaged but things like beanbags can get split and spill their beans. They can just be refilled and sewn back up.
- Anything in the range of moving arms which could be knocked over damaged should be moved out the way. This will include things like drinks. It's a good idea to tell the residents why you are doing this and where they are being placed.
- Whilst you are still under Covid restrictions mark the beanbag with a sticker or pen to identify it for an individual. Each participant should have their own beanbags for the game.
- Each participant has a carer to return the beanbag to them whilst under Covid restrictions.

Covid prevention actions for equipment .To be completed before and after games

Equipment	Before use	Usage	After use
Beanbags	Quarantine for 72 hours, or assign to one resident only	For throwing at the target	Quarantine for 72 hours, or assign to one resident only
Sheets of paper	Quarantine for 72 hours	Laid out by carer. To be used on the floor as targets.	Quarantine for 72 hours

Remember to wash or sanitise hands before and after activity.

Noughts and Crosses Game. Team game or 1 to 1 bedroom game.

About the Game

This game is a throwing version of noughts and crosses. We are using coloured beanbags instead of drawing a nought or cross. The aim is to get three beanbags of the same colour in a row. It's a 2 player game and could even be done in a residents room.

Equipment All the beanbags of 2 colours, 9 pieces of plain paper the colour should contrast with the floor, sturdy chairs with sides for residents to sit on.

Setup :Place 9 pieces of paper on the floor in a 3 by 3 grid. Two teams/people sit at opposite sides of the grid. Players will be throwing so ensure their arms won't catch anything. Players initially stay seated with their bottom pushed back into their seat. Give team/player one all the beanbags of one colour team/player two has a different colour. Check the players can see the difference between the colours. Put little marks on the beanbags as each resident should have their own beanbags for the game whilst Covid measures are still in place.

Delivery — game time 10-15minutes Player or team 1 throws and aims to land their beanbag on one of the pieces of paper. If the beanbag does not land on the piece of paper it does not count. Players or teams take it in turns, the winner is the person with 3 of their beanbags in a row. When someone has won or all the paper is taken return the beanbags to the participants. Whilst Covid restrictions are in place in your home one carer should return the beanbags to one participant. Play a first game as a practise for residents to learn the game.

Now for the first main game between every throw encourage each player to grip and squeeze their beanbag in either hand. If done frequently this will help to build grip strength.

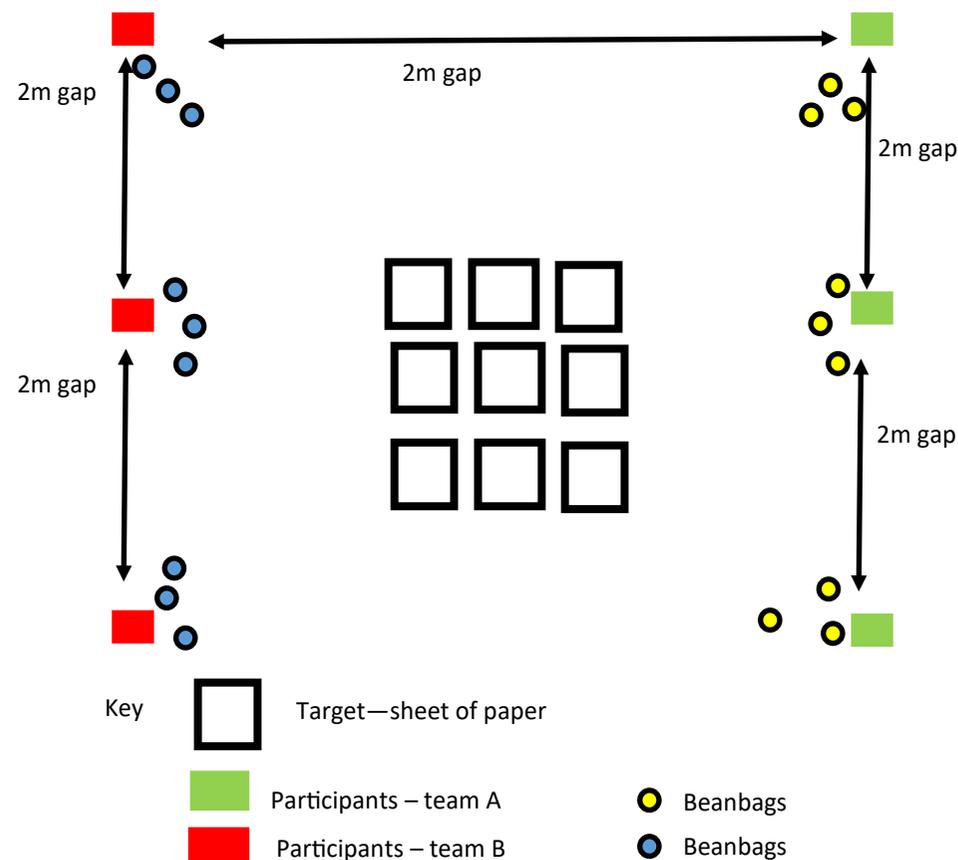
From the second game ask participants to take throws with alternate hands. Still remind them to grip and squeeze the beanbag.

If you are playing the game with people who are able to stand independently the game can also be used as a sit to stand exercise. For each shot the player will stand up from their seat, throw and sit down. The sitting back down should be done controlled and slowly. Give the player their beanbag after they stand so they have their hands free whilst trying to stand. Alternatively, they could put a beanbag in their pocket then stand.

Inclusivity If playing with someone with sight loss you can tap the floor to direct them where to aim.

The game will help to build grip strength, maintain or increase the range of movement in arms and shoulders and improve seated balance. Eventually you might notice people will slouch less in their seats. If you do the standing version it will increase leg strength. Importantly the game also challenges cognition.

Plan view of activity



Noughts and Crosses Cool Down. Team game or 1 to 1 bedroom game.

About the Game The aim of the game is to slowly lower the players heat rates by doing a version game with slower less powerful movements.

Equipment All the beanbags of 2 colours, 1 piece of plain paper per resident the colour should contrast with the floor, sturdy chairs with sides for residents to sit on.

Setup Place 1 piece of paper on the floor in front of each participant, make sure it is about 2 foot steps away from them. People sit in a circle or square facing inwards. Players will be throwing so ensure their arms won't catch anything. Players stay seated with their bottom pushed back into their seat. Give each player all of the beanbags they were using during the game. These can be identified by the little marks on the beanbags you added. Each resident should have their own beanbags for the game whilst Covid measures are still in place.

Delivery—cool down game total time 5 minutes

Each player throws their beanbags underarm at the piece of paper directly in front of them. They are aiming to land as many beanbags on the sheet of paper as possible. Players should use alternate hands for throws. Between throws players should grip and squeeze the beanbags with their hands. The game is played seated.

Key points to remember

- Both hands should do the same amount of work. So that's the same number of throws and squeezes with left hand and right
- Players stay seated with their bottom pushed back into their seat
- Throws should not be powerful

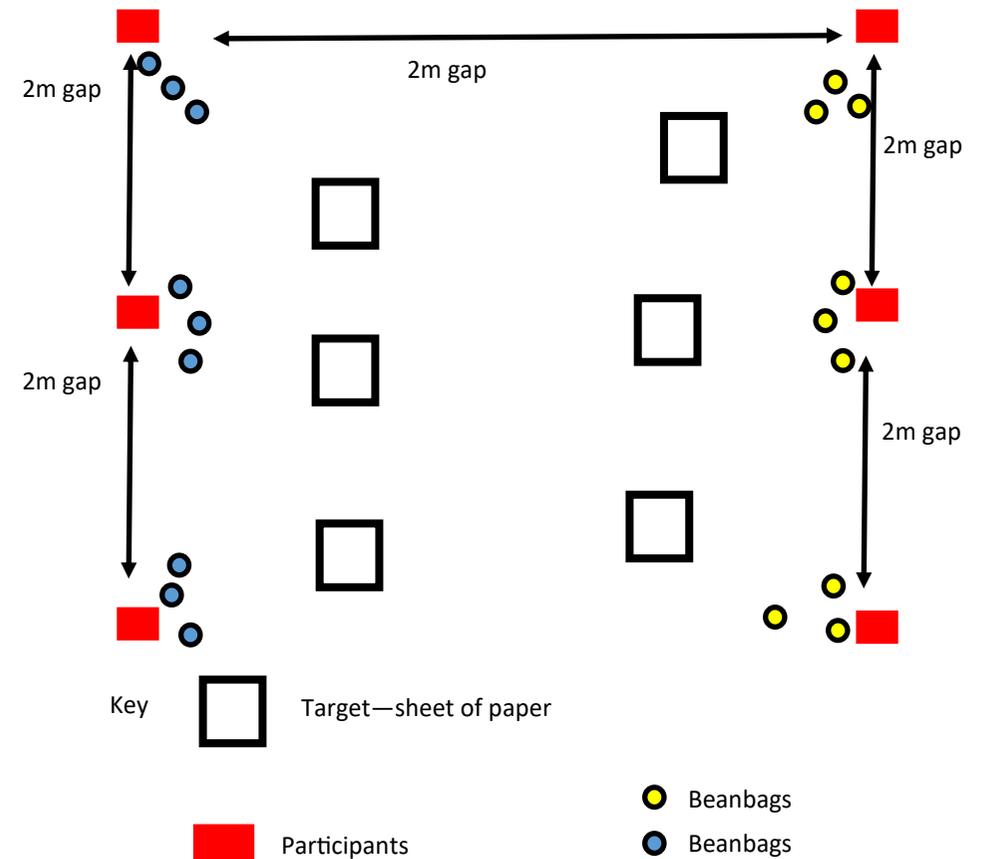
After the activity

After doing new activity it's natural for muscles to be sore. This isn't anything to worry about, it's just muscles getting conditioned to new exercise. It can last up to a day or two. If anyone does feel pain during exercise, it's best for them to stop and rest.

Inclusivity

If playing with someone with sight loss you can tap the floor to direct them where to aim.

Plan view of activity



Managing the risk —Noughts and Crosses Games

Activity / area of risk	Risk Identified	Actions to mitigate risk / control measures	Notes / comments
Preparing the playing area			
Failing from chairs	Chairs unstable, missing sides or broken	<ol style="list-style-type: none"> 1. Chairs should have solid wide bases 2. Chairs need sides to prevent people falling off 3. Chairs should not be broken, check their structure 	Don't position chairs too close to the walls. Flailing arms can hit walls
Dehydration during activity	Residents cognition and physical capability will be reduced if they haven't been hydrated before activity	Encourage residents to steadily drink in the couple of hours before activity	Drinking before activity can help to manage core body temperature and the heart doesn't have to work quite as hard
Dehydration after activity	Residents cognition and physical capability will be reduced if they don't remain hydrated	Encourage residents to steadily drink after activity	Rehydrating soon after activity will muscles to recover more quickly
Breakable objects in the room	Objects broken from arms catching them when throwing	Move easily knocked over objects, such as ornaments, and drinks. Especially if on tables next to players	If you are moving someone's belongings explain why and tell them where you are putting them
Injury from arms or legs banging objects	Objects such as tables and lamps in range of arms. Participants close enough to walls to bump them	Move tables and other objects away from participants. Ensure participants won't hit walls or windows with their arms or legs	Participants could react and use their hands

Noughts and Crosses Evaluation

Evaluating these activities can help you to plan and improve your next sessions. You can record particular things which were popular with an individual or conversations which happened which made a resident happy. These game can be opportunities to find out more about the residents lives.

What went well and for who?

What changes in people after activity have you noticed, such as more keen to drink?

What could be improved?

Who engaged well and during what?

Was there any part of the activity where someone did not engage and do you know why?

Did anything in the activity cause distress? If yes who for and do you know why?

What changes will I make next time I deliver this game?

Activity Pack Contents

- Parachute (not to be used during covid restrictions)
- 9 sheets of A4 paper
- 36 bean bags or socks (18 of one colour, 18 of another colour)
- 5 beach balls
- 4 cones
- 2 fabric pop up goals
- 5 beach balls
- 9 Skittles
- 2 bowling balls

Note: ensure the colour of the equipment used contrasts with the floor.

When covid restrictions are removed there will be a follow up booklet released which will contain more games including a new topic showing parachute activities.

