



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



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.

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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.

Parachute Games

Why parachute games?

A parachute is intriguing to people, it is very colourful and has appealing textures. Using the parachute adds a sensory element to the games. Alternative sensory stimulus is known to improve engagement with people who have dementia. Blending the chair based exercise and parachute games can help you to include more people who have dementia in your exercise classes.

What exercises do the parachutes include?

These parachute games share some movements from chair based exercise plans. These games are played at different intensity levels ensuring participants are exercising using aerobic and anaerobic cycles. Grip strength and finger dexterity is maintained or improved through the gripping of the parachute and handles especially whilst it is moving and whilst tension is applied.

Movements practiced include

- Bilateral coordination—Organising both arms to lift and lower the parachute.
- Unilateral coordination—Moving one arm up and down to move the parachute.
- Contralateral coordination – Trying to pat a ball back on to the parachute
- Generating force— producing the appropriate amount of force to lift and pull the parachute.

Exercises involved:

- Trunk rotation/side turns
- Arm raises
- Marching

Intensity Levels

The parachute can provoke vigorous activity therefore it is important for us to be able to start and finish activities at a slower pace.

All participants should be encouraged to hold the parachute with both hands. This ensures participants are exercising both sides of their bodies.

Communication

The topic for each game works as an icebreaker introduction to engage people in discussion and allow participants to have some autonomy around the activities they are taking part in.

Top Tips for Parachute 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.
- People with sight loss—Beach balls 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.
- Smells can be added to the parachute to compliment topics or just to stimulate more sensory interest. Smells known to be popular could be included.
- Activities can be made easier or harder by changing the size of balls and the amount of balls or beanbags used.

[Click here to watch a video of the games.](#)

Managing the risk —Parachute Games

Activity / area of risk	Risk Identified	Actions to mitigate risk / control measures	Notes / comments
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
Participants being yanked around by the parachute	Frail people could be pulled about by the parachute if 1. there is an overly enthusiastic player and the have their hands in the handles.	Encourage frailer participants to hold the outer seam of the parachute not the handles.	
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 banging them against walls etc

Parachute Weather

About the game

The parachute can be used to simulate weather conditions. Detailed below.

- Pulling the parachute tightly can simulate calm weather.
- Gently waving the parachute simulates light wind/rain.
- Shaking it vigorously with short movements up and down mimics heavy rain (this makes a loud noise like rain).
- Lifting the parachute a short distance and pulling down quickly makes a noise like thunder.
- Lift the parachute high a pull down low, this creates strong winds.

Setup Seat all participants on chairs in a circle. All participants to hold the outside of the parachute (if possible use both hands). If there are more participants than handles just hold the outside of the parachute.

Communication Before the activity, chat about the weather .

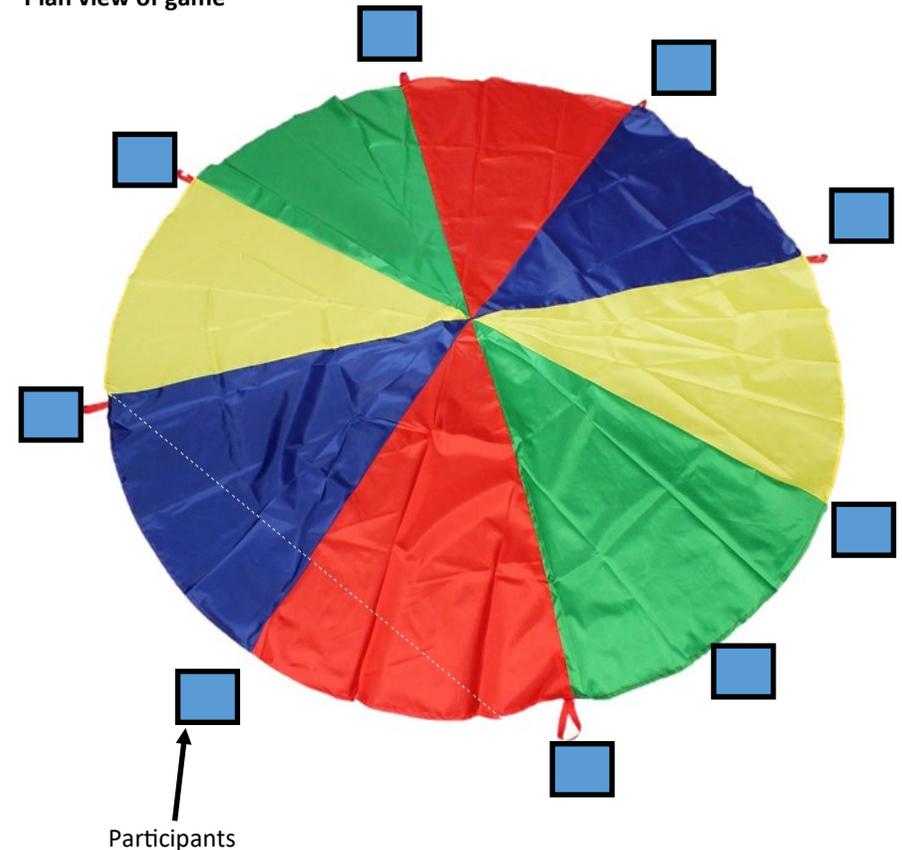
Ask participants has anyone heard the weather forecast? Discuss what's the weather usually like in England, when have we had different weather and what was it like? Use these responses to shape the game.

Game Delivery

1. Say we are starting with calm summer weather. The air is nice and still. Encourage all participants to pull the parachute tightly.
2. Say moving to autumn what happens with the weather? When there is a wind and rain response encourage participants to gently wave the parachute. Encourage participants to gently tap their feet
3. Moving on to winter, get participants to describe winter weather. Use their descriptions to encourage them to lift the parachute high and low to create heavy winds, ask if they can feel the wind. Then follow this with heavy rain— lifting the parachute up and down for short distances. Ask them if it sounds like rain? Whilst doing this also ask participants to do a seated fast walk.

4. Spring. Ask do we get sunshine in spring? Pull the parachute tightly to create calm weather. Ask what else to we get in April? The eventual answer will be showers. Encourage the participants to lift the parachute a short distance and pulling down quickly to make noises like rain and thunder. Continue with the seated walk but do this more slowly and but lift feet slightly higher.
5. Finish with light wind and then calm weather.

Plan view of game



Equipment required

- Parachute

Parachute Weather 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?

Parachute Washing Machine

About the game

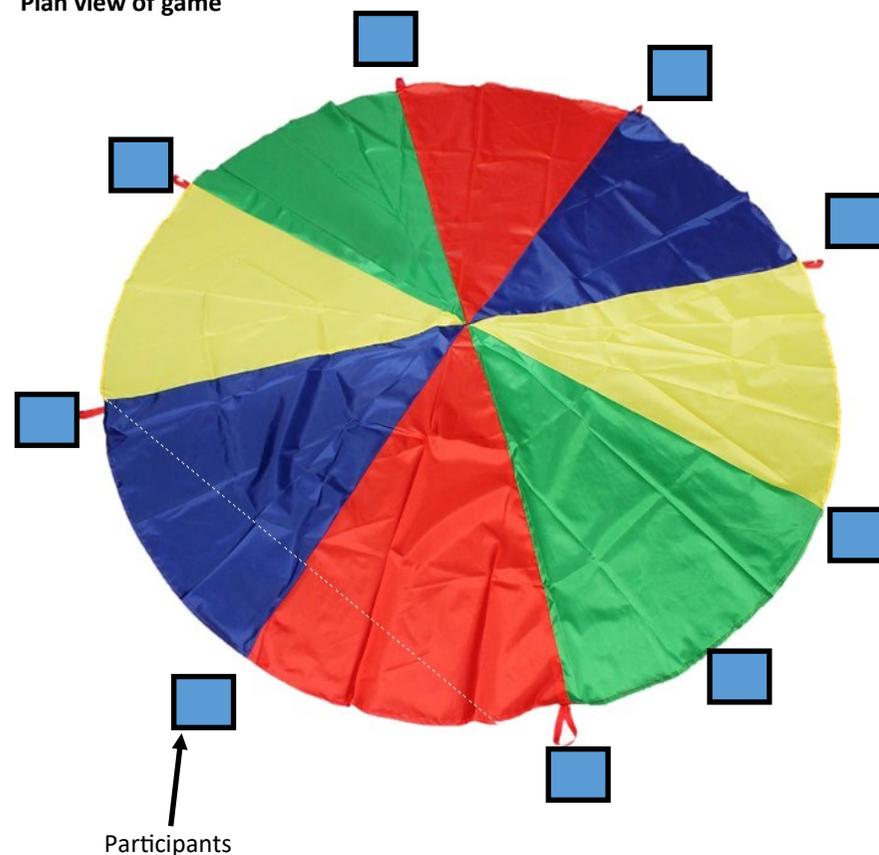
Sit participants on chairs in a circle around the parachute. This will emulate a washing machine.

Create a discussion based around the parachute needing a wash. This can include how it looks and smells. Smells act as a sensory stimulus to get involved. When participants are holding the parachute encourage them to sniff it tell them it smells like it needs a wash. Encourage participant to point out any stains which need to be removed. This creates participant engagement. Finally our games will focus on the participants washing the parachute.

Game Delivery

1. Participants to pull the parachute tight to see if they can get the creases out. Ask can everyone have a sniff of the parachute. Does it need a good clean? Acknowledge their responses.
2. Gently wave the parachute to see if this helps. Participants to sniff the parachute again. Ask what could we put it in to clean it? Encourage washing machine as a response.
3. Washing machine - Ask what movements a washing machine does? Encourage the answer to be spin. Participants whilst seated to pass their parachute handles round in a clockwise direction. Next move in an anticlockwise direction.
4. Now say "the washing machine has finished." Get the parachute out of the machine. For this everyone pulls it tight.
5. Give it a good shake to help it dry. Ask the participants would a good shake be enough to dry it? Now suggest the tumble dryer.
6. This is spinning again. Participants to pass their parachute handles round in a clockwise direction. Next move in an anticlockwise direction.
7. Now out the tumble dryer slowly shake it then pull really tight to get the creases out.

Plan view of game



Equipment required

- Parachute

Parachute Washing Machine 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?

Parachute Making the Bed—Short Game

About the game

This game is based on the processes of making a bed. It includes, smells, noise, feel and visual stimulus. It should create conversation and possibly some joking.

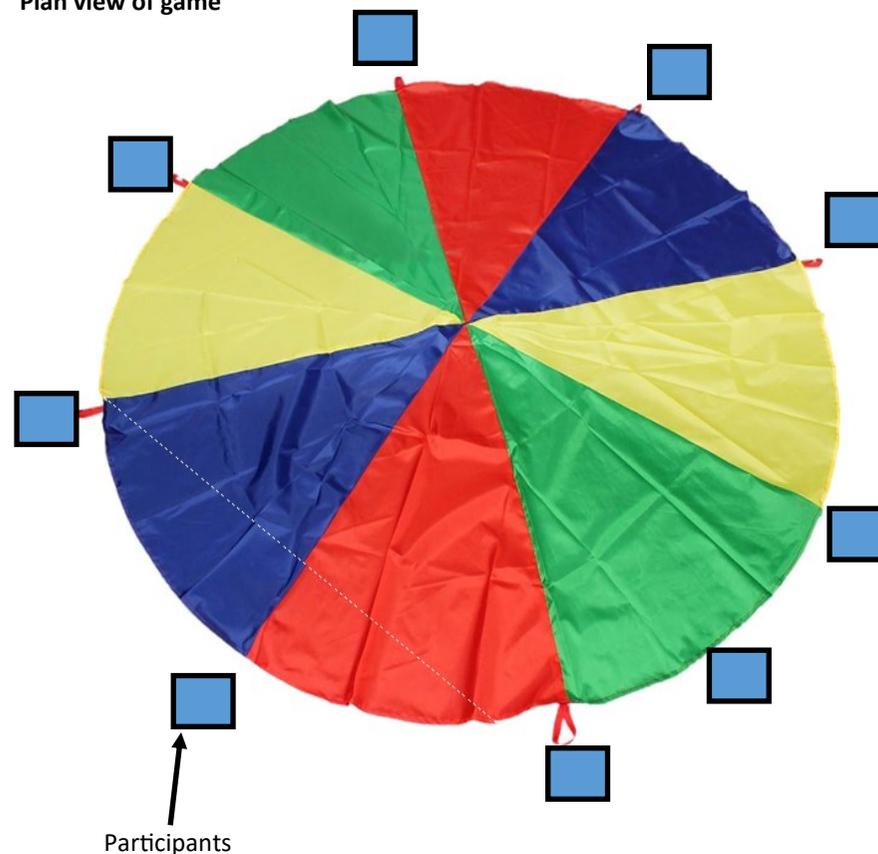
Sit participants on chairs in a circle around the parachute. This will emulate a making a bed.

Game Delivery

Explain to all the parachute is our duvet or bed sheet. Activity coordinator never makes their bed, they keep getting told they need to make it. Can all the group help to make the bed?

1. Participants to pull the parachute tight to see if they can get the creases out. Ask can everyone have a sniff of the parachute. Ask “does it need airing?”
2. Ask everyone how they can air the parachute. After the responses encourage them to try gently waving it. After waving sniff it. Ask “does it need more airing?”
3. All participants to wave the parachute more vigorously. Gradually slow the waving down. Also encourage a seated march on the spot.
4. Pause, then gently and slowly wave the parachute.
5. Say it smells a bit better now, can we all make it look tidy by pulling it really tight.

Plan view of game



Equipment required:

- Parachute

Parachute Making the Bed 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?

Parachute Beach Games

About the Game

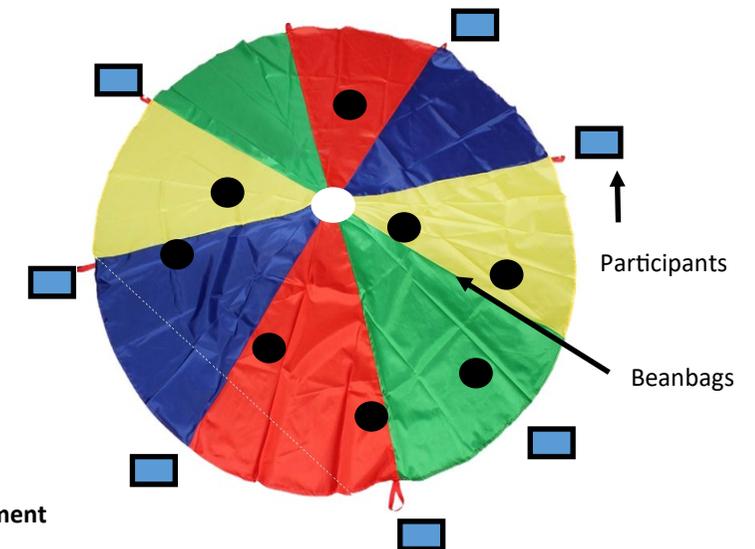
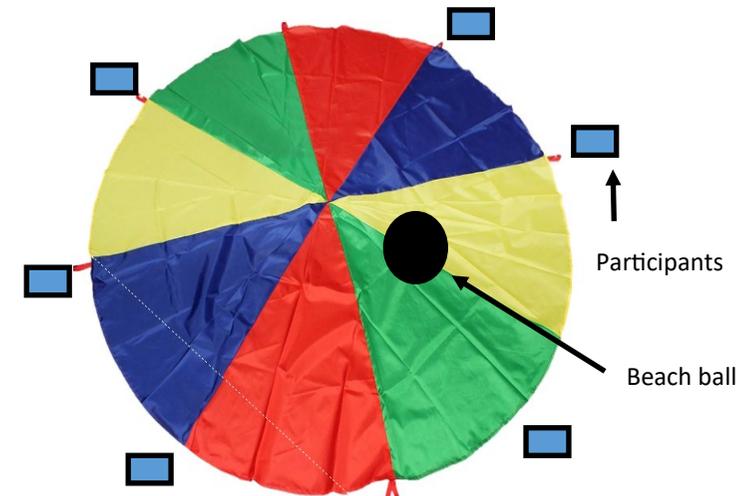
The Parachute Beach Game use discussions to rekindle people’s memories of seaside trips and what they would have done there. The discussions will lead into games based on shaking sand off a beach towel and some common amusement activities. It also uses a beach ball as a prop.

Game Delivery

Begin by chatting about our favourite seaside destinations. Try and guide discussions to focus on British destinations. Talk about what we might sit on when we are on a beach. Guide participants to the answer beach towel or beach matt.

1. Ask “after sitting on the beach do we usually get sand on our towel/matt?” Answer will be yes. Ask “how can we get it off?” Encourage participants to shake the parachute. Gradually getting faster.
2. Encourage the participants to wave the parachute higher with bigger movements. Making the ups higher and the downs lower. Gradually reduce the height and depth and slow down, eventually coming to a stop.
3. Discuss games which are played on the beach. Suggest we are going to try a beach ball game.
4. Place a beach ball on to the parachute. Participants instructed to wave the parachute but try and prevent the ball from falling on to the floor. They might need to hit the ball back on with their hands or even their heads.
5. If participants are competently completing the task add in a second beach ball.
6. Remove the beach ball and talk about arcades on the seafront. Ask “has anyone tried pinball.” The next game involves getting objects down the hole in the middle of the parachute. Finish with this game as it is slower paced.
7. With participants holding the parachute still, place beanbags randomly on it.
8. Participants work together to slide the beanbags down the hole in the middle of the

Plan view of game



Equipment

- Parachute
- 2 Beach balls
- Beanbags

Parachute Beach Games 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?

Sport Based Games

Why sports based games?

Sports based games 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.

What exercises do the sports games include?

Many movements are common with chair based exercise plans. The games encourage many leg movements. This is very important as residents spend the majority of their time seated.

The games involve:

- Arm movements—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 relay games include this during a ball pass.
- Posture—Participants are reminded to sit tall with their feet on the floor.
- Dynamic leg movements—through kicking.

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 Sports 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.
- People with sight loss—Beach balls 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.
- Beach balls 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.
- Share your evaluations with other staff. This will allow them to support you.

Click below to watch some of the games

[Chair Football](#)

[Chair Skittles](#)

[Noughts and Crosses](#)

Managing the risk — Sports Games

Activity / area of risk	Risk Identified	Actions to mitigate risk / control measures	Notes / comments
Falling from chairs	Chairs unstable, missing sides or broken	<ol style="list-style-type: none"> Chairs should have solid wide bases Chairs need sides to prevent people falling off 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"> Move easily knocked over objects, such as ornaments, drinks and picture frames 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

About the Game

Each team tries to kick the beach ball into their opponents goal. Participants must remain seated throughout.

Equipment 2 beach balls, 2 small pop goals or 4 cones.

Setup: Right is a plan view of the activity. The sides of the room are opposing teams. Place a goal at their end of the hall, use either a small pop up goal or cones.

Mark goals with different colours to help participants know where they are scoring.

Delivery

Encourage participants to kick the ball to try and prevent the ball entering their own goal and also score in the opponents goal.

Half way through the game, swap the ends participants are scoring in. this gives everyone the opportunity to score a goal (only do this if it will not cause confusion).

Adaptions to make it accessible/more challenging for participants

Space/Equipment:

- Harder— Make the goal smaller.
- Easier— Increase the size of the goal.
- More accessible—Add rice to the ball, this helps participants to locate it.

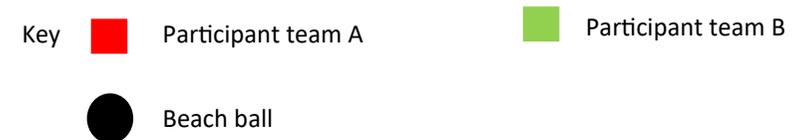
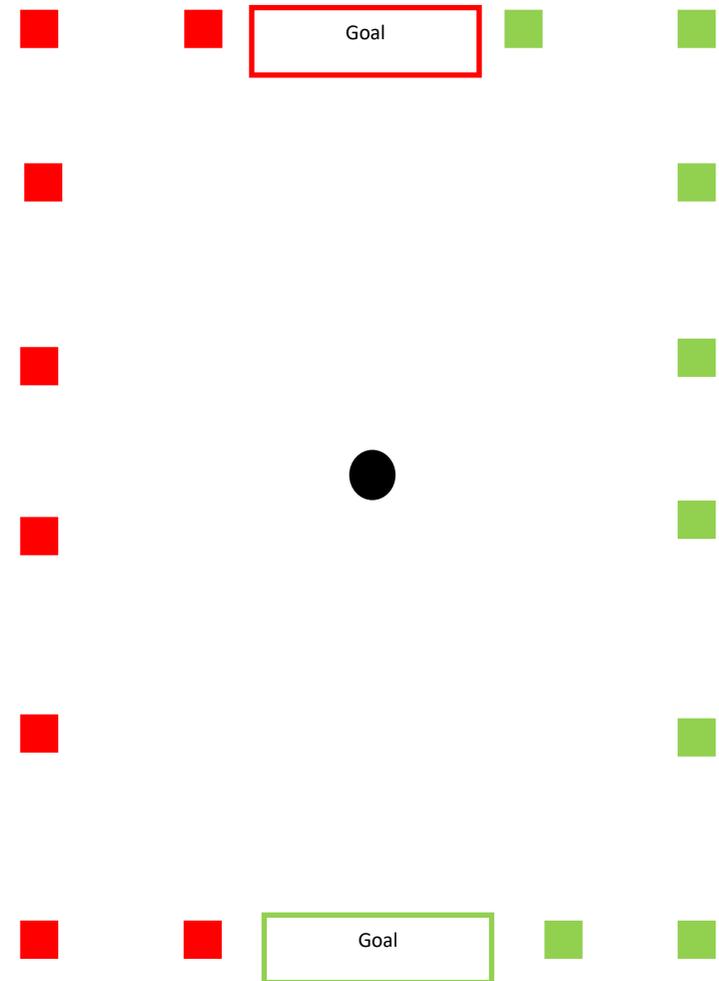
Task:

- 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:

- Balance teams to ensure an evenly matched competition.

Plan view of game



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 Netball Shooting

About the Game

There are no teams all participants work together to score. Floor markers are placed in the centre of the room. These are the baskets, to score a point participants throw the ball towards a marker if it directly bounces on a marker they get a score. Participants must remain seated throughout. Participants can pass the ball to someone closer to the basket/marker if they wish.

Equipment 2 beach balls, 2 floor markers.

Setup Right is a plan view of the activity.

Delivery

Participants throw the ball amongst themselves if they are close enough to one of the markers they can throw the ball at it. If the ball bounces directly on the marker everyone gets a score. Participants must remain seated throughout. Person coordinating the activity will need to return loose balls to the participants.

Keep moving the position of the floor markers to give everyone an opportunity to score.

Adaptions to make it accessible/more challenging for participants

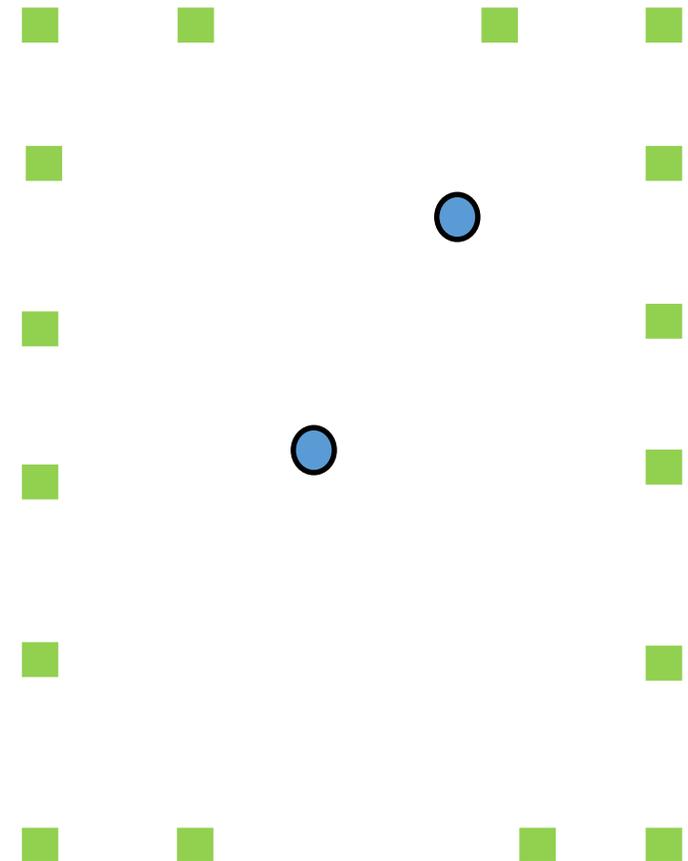
Space/Equipment:

- Harder— Make the target smaller.
- Easier— Increase the size of the target.
- More accessible—Add rice to the ball, this helps participants to locate it.

Task:

- If some participants are not getting many opportunities increase the number of beach balls.
- Easier—Allow a point to be scored from a indirect hit.

Plan view of game



Key

 Participant

 Floor marker mimicking net

Chair Netball Shooting 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?

Relay Game

About the Game The relay game is an opportunity for residents to work together. It may require them communicating with each other. This game can be made competitive or non-competitive. This should be decided based on participant knowledge.

Delivery: Each team begins with a beach ball at the opposite end to the floor marker. The aim is for teams to race each other to pass the ball along their line to the other end where the end person throws the ball onto the marker.

After a couple of relays, move the floor markers to the opposite end of the team. This changes the direction of the trunk rotation.

Setup: Right is a plan view of the activity. Two teams are placed either side of the room. Floor marker at the end of each team.

Exercises involved:

- Trunk rotation/side turns
- Arm raises

Movements practiced

- Contralateral coordination – throwing the ball on the target
- Bilateral coordination—receiving and passing the ball
- Generating force—sending the ball

Adaptions to make it accessible/more challenging for participants:

Space/Equipment:

- Harder— Add more air into the beach ball.
- Easier— Reduce the volume of air in the beach ball.

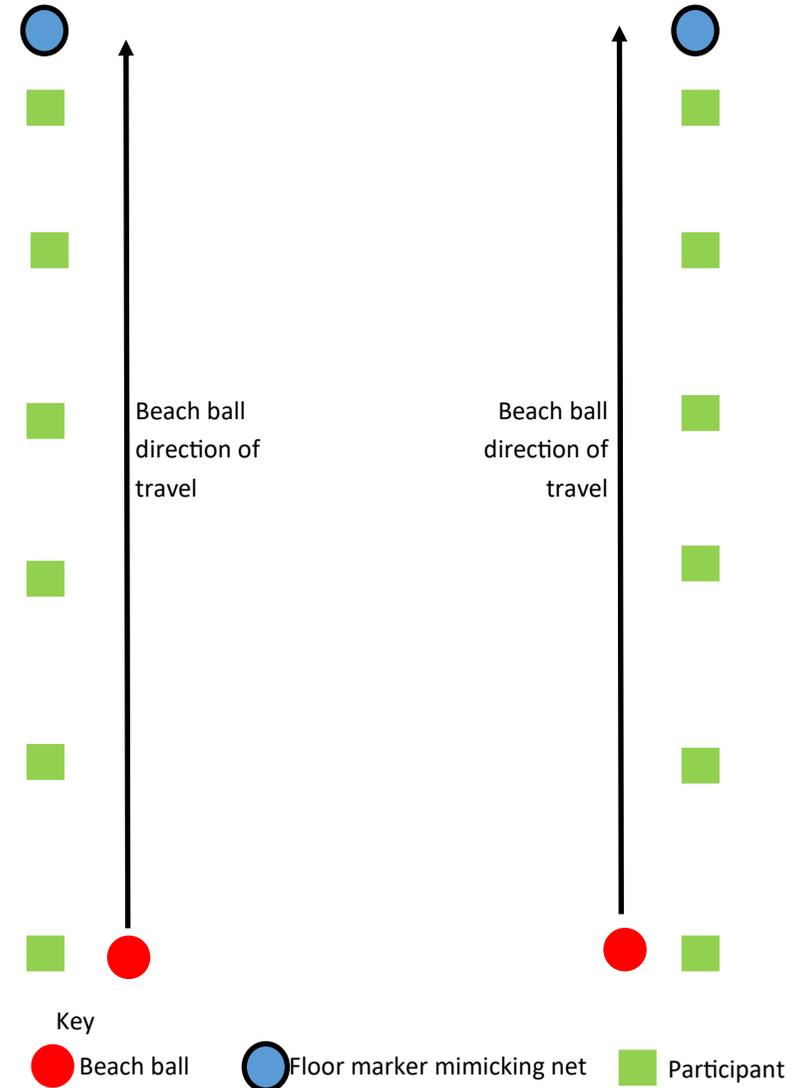
Task:

- Harder—Each participant can throw the ball in the air and catch it before they pass it on.
- Easier—Participants can place the ball on the lap of the next person in line.

People:

- Balance teams to ensure an evenly matched competition.

Plan view of game



Equipment required: 2 beach balls, 2 floor markers.

Relay Game 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?

Kicking Target Game

About the Game

Participants are encouraged to kick a beach ball to move another beach ball off the parachute.

Delivery

- Participants are sat on chairs around the outside of the parachute. They aim to get the marked ball off the parachute by kicking the rest of the beach balls at it.
- The game coordinator returns all the balls to the participants throughout the game.
- Once the marked ball is knocked off reset the game and start again.
- Encourage participants to kick using both feet. This exercises both legs.

Equipment : Parachute, 5 beach balls.

Setup: See right. Lie parachute down in the centre of the group. Use a marker pen to draw pictures on the ball to identify it.

Adaptions to make it accessible/more challenging for participants:

Space/Equipment:

- Harder— Use a smaller marked ball for the target.
- Easier— Give the kickers more balls.

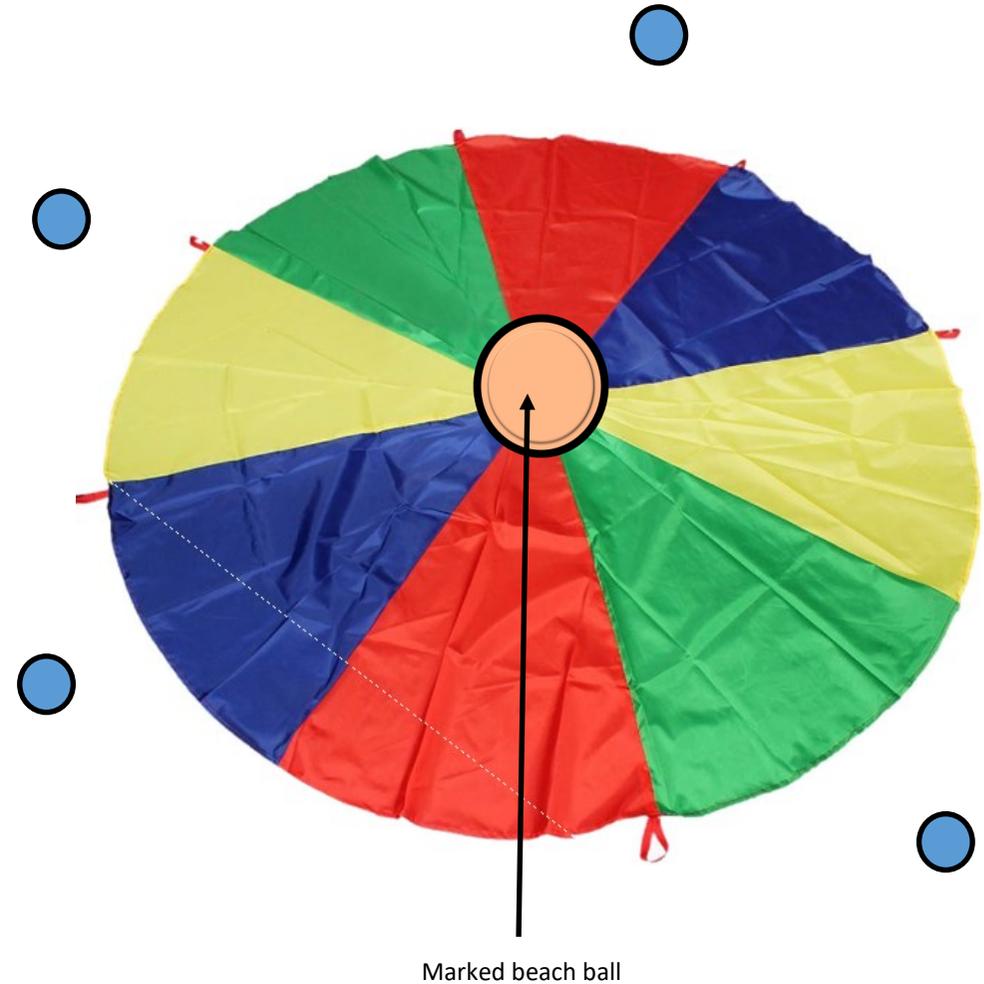
Task:

- For people with no movement in their legs they could throw the ball. Ensure the ball is fed to them.

People:

- If some participants are not getting many opportunities position them opposite a competent player.

Plan view of game



Kicking Throwing Game

About the Game

Participants are encouraged to throw an object on to a particular coloured area of the parachute.

Delivery

- Participants are sat on chairs around the outside of the parachute.
- The game coordinator calls out a colour. They can also hold up a matching piece of coloured card to act as a visual cue.
- Participants attempt to throw an object on to the named coloured area of the parachute.
- Encourage participants to try using a different hand and also both hands. This balances the exercise and practices different coordination.

Equipment : Parachute, 5 beach balls.

Setup: See right. Lie parachute down in the centre of the group. Sit participants around the outside. Participants to be given some balls, bean bags, screwed up newspaper and balls of socks.

Adaptions to make it accessible/more challenging for participants:

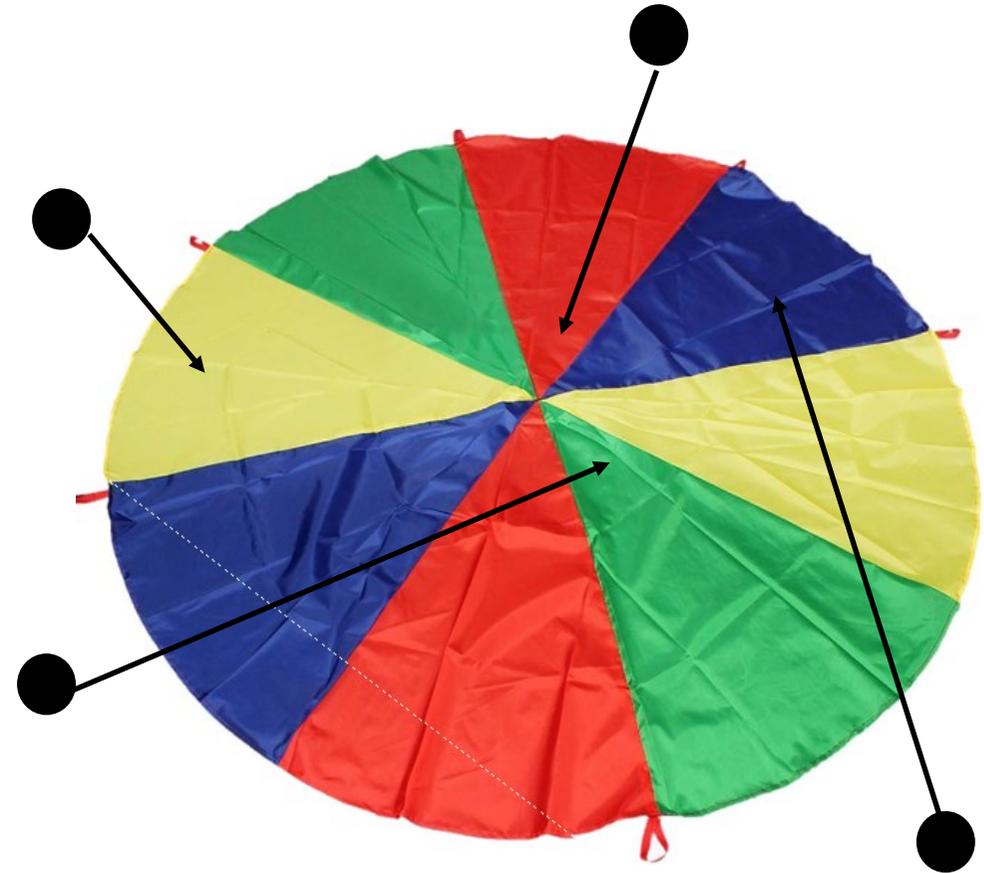
Space/Equipment:

- Harder— Throw objects which roll.
- Easier— Throw softer objects.

Task:

- For people who can't see colours they could try and land their object on another object.

Plan view of game



Participants throwing on to nominated colours.

Kicking Target Game 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?

Arcade Style Target Shooting

About the Game

Participants try to knock over skittles with the beanbags. This is an individual game there are no teams.

Delivery

Seat participants around the outside of the room. Share the beanbags evenly amongst them. Skittles or empty plastic bottles are placed in the middle of the participants. Encourage participants to grip and squeeze the beanbags then ask them to throw and try to knock over the skittles. Challenge participants to throw with their left and their right hands. Once all beanbags have been thrown return them to the participants. They continue throwing until all skittles are knocked over.

Communication

Before playing the game chat to participants about amusement arcades. Ask if any of them have ever played the coconut shy. Explain our game is a little bit like a coconut shy. The skittles are the coconuts and we are trying to knock them over with our beanbags.

Adaptions to make it accessible/more challenging for participants

Space/Equipment:

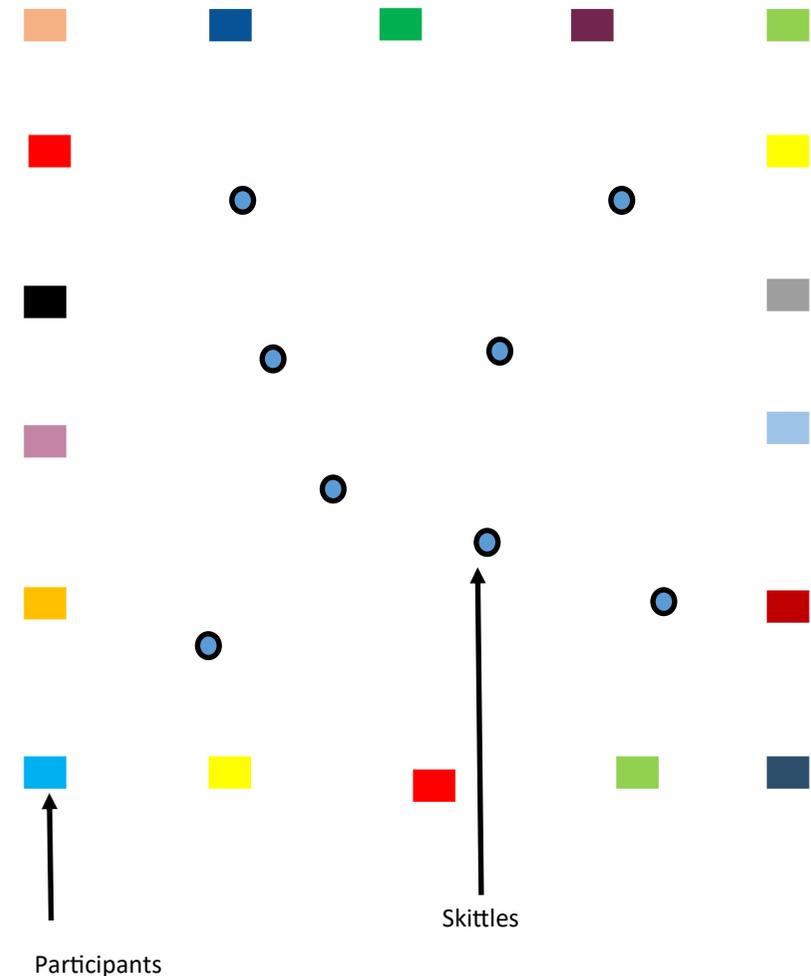
- Harder— If using plastic bottles fill them with a third of water.
- Easier— Move skittles/bottles closer to participants.

Throw beach balls.

Task:

- Harder— Use different throwing techniques.
- Easier— Kick beach balls

Plan view of game



Setup: Place skittles in the middle of the group. Each participant has at least 3 beanbags.

Equipment : 5 beach balls, 8 skittles, 36 beanbags.

Alternative equipment: Empty plastic bottles can be used instead of skittles.

Balls of socks can be used as a replacement for beanbags.

Arcade Style Target Shooting 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.

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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?

Strategy Target Game

About the Game

Participants aim to make a line of 3 or 4 (dependent on group ability) beanbags of the same colour using a grid made from paper targets. Players will do this by trying to throw the beanbags on to the paper targets.

If you don't have beanbags balls of socks can be used. Black for one team and white for the other is best.

Delivery

This game is similar to Connect 4 however it is physically active. Ideally teams will take it in turn to take a throw. The first beanbag to land on to a piece of paper has that place any others landing on that target get removed and given back. The game ends when a team makes 3/4 beanbags in a row.

Turn taking may be difficult or time consuming. If this is a challenge participants can throw their beanbags when the feel is appropriate.

Adaptions to make it accessible/more challenging for participants

Space/Equipment:

- Harder— Smaller target. use smaller pieces of paper or fold paper.
- Easier—Larger pieces of paper.

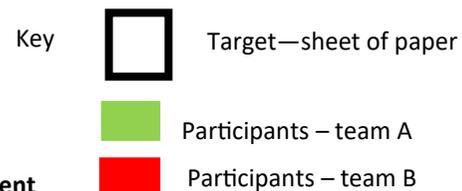
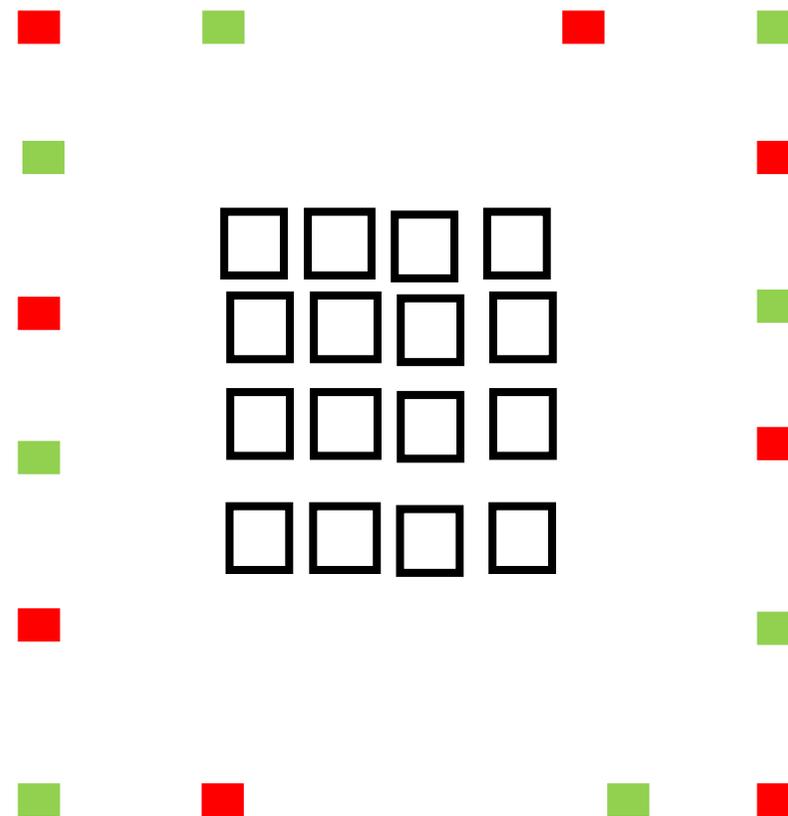
Task:

- Easier—Change the game to connect 3.
- Harder—Participants to use their non-dominant hand.
- Easier—Only allow allowing horizontal and vertical winning rows.
- Harder—Allow diagonal winning rows.

People:

- Mix the abilities on the teams if one team continues to win.

Plan view of activity



Equipment

12 sheets of paper, 36 beanbags or socks (18 one colour 18 a different colour).

Setup

Place all sheets of paper in the middle of the room. The paper is laid out in a 4 by 4 grid. Split the group into 2 teams. Each team has 18 beanbags all of the same colour.

Strategy Target 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.

