

Gwasanaethau Iechyd Meddwl ac Anableddau Dysgu
Mental Health and Learning Disability Services

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Hi, I hope you are all keeping healthy and enjoying the sunshine. Although I may not see you face to face for a while, I am still working so please feel free to contact me if you need anything.

During these difficult times, you are likely spending more time at home in the hope of reducing the risks of catching Covid-19, our suggestion is to keep occupied.

Hopefully these suggestions and ideas will give you a starting point and it will be great to share ideas and activities that have worked well to spread good practice.

Don't under estimate that continuing to do the usual active support and simply doing boring household jobs will help to pass time.

Connecting with each other doing "stuff" can help us all take our minds off the uncertain events which we don't have much control of.

Please see <https://www.rcot.co.uk/staying-well-when-social-distancing>

This online document covers how to promote emotional and physical wellbeing during social distancing.

1. **Establish a daily routine.** Routines provide structure and purpose.
2. **Balance your weekly routine** so you have a good mix of work (activities that have to be done), rest and leisure.
3. **Think about the regular activities that are most important to you.** What are the important elements to these? Can you adapt them to carry out in the home? For example, instead of a class, following an online strength and balance routine.
4. **Set daily goals** to provide purpose and a sense of achievement. This might include working through that list of the things you keep meaning to do but never get round to?



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5. **Identify the triggers that make you feel low** and look for ways to reduce or manage them.
 6. **Talk with family, friends and neighbours** to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance?
 7. **Take care of yourself.** Eat and drink healthily with plenty of fruit, vegetables and water to support your immune function and energy levels. For more information see the BDA website.
 8. **Avoid staying still for too long.** Exercise and regular movement will maintain fitness and strength. If you are working from home, take breaks and eat away from your "desk."
 9. **Have a good sleep routine.** If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises.
 10. **Keep in touch.** Arrange to speak to someone most days on the phone, through social media or over the garden fence. *Could SU's volunteer for Age UK and silver line to offer telephone contact to older people who are self isolating?*

Activity ideas

Here are some examples and useful links, Enjoy!



Physical activities

- Ball games (balloons, batons and scarves, carpet bowls, darts, hoop-la, skittles)
- Exercise – seated and standing – Joe Wicks- has a range of videos online for all abilities -
https://www.youtube.com/results?search_query=joe+wicks+seated+workout
- Tai Chi – You Tube
- <https://www.nhs.uk/live-well/> There are loads of 5 min up to 30 min work out and virtual classes such as belly dancing and strengthen and flexibility training.
- Dancing- find your favourite song <https://www.youtube.com/user/justdancegame> or just play your favourite song and dance around the room.
- Encouraging mobility throughout the home environment
- Encouraging people to prepare and serve themselves drinks and snacks
- Offering opportunities to go outside in garden going for a walk whilst keeping over 1 metre distance
- Housework, domestic chores. Have a spring clean or have a sort out, rearrange your room.
- Gentle group stretching
- Sit in a circle, one person to do a physical movement, and the next person to repeat that movement and add their own and so forth. E.g. tapping head/belly, clapping hands



Relaxing activities

- Variety of techniques (hand massage, relaxation routines)
- Listening to music <https://www.innerhealthstudio.com/>
- Yoga- <https://www.youtube.com/watch?v=9kxx7CdZhEw>
<https://www.youtube.com/watch?v=BrgMxCwXfMc>
- Journaling – Keep a weekly diary of your time at home- include what you have done, feelings, hopes and dreams etc.
- Painting nails
- Having hair done / make up applied

- Long bubble baths
- Deep breathing/ meditation <https://www.headspace.com/>
- Mindfulness colouring



Cognitive activities

- Word games (crosswords, hangman, word chains, wordsearches <https://www.free-word-search.com/>)
- Quizzes
- Card games- Snap, Pairs
- Simple games such as “I’m going to the beach and I’m taking with me...”
- Picture matching – sorting activities
- Debates or newspaper discussions - where you use an article to start a discussion (avoid Covid-19 related stories)
- Memory games /remembering an activity sequence such as dressing or tea-making
- Puzzles (puzzles made from a favourite picture/subject)
- Writing a newsletter or review of places or activities you have attended previously
- Tennant’ meeting
- Treasure hunt – find list of items the more funny /random the better
- Computers – internet, games
- Board games- Noughts and crosses, Guess Who, Battleships, etc
- Memory game to get people moving gently when they don’t want to exercise is “remember my route and copy me” . So the person walks from place to place i.e. TV to fridge to curtains to garden gate to sofa to bathroom. Or the list can be written on a card
- Bingo
- Water and pepper experiment- learn about the importance of hand washing- Tom Fletcher (McFly) <https://www.youtube.com/watch?v=WVxMKpLLRoM>



Communication

- Story making
- Reminiscing (talking about nice memories/events)
- Sending cards, notes and letters to other houses, friends and family
- Reading and writing- why not write a book review.
- Emails, Skype, social networks and phone calls to stay connected.

- Hiding an item somewhere in the house and others asking questions to guess where it is (hot & cold)
- Doing rounds of 'what is your favourite meal ' what is your favourite tv programme' etc to generate conversation
- Charades / Give us a clue
- Roll a dice conversation - <https://www.pinterest.co.uk/pin/635077984926564501/>
- Gratitude game - <https://teachbesideme.com/gratitude-game-pick-sticks/> this can be done with slips of paper that has been coloured in
- Pass a picture around and develop a story: Where is it? Who is in the picture? Why are they there? What are they saying? What will they do next? Tell the story and get the residents to select and adopt a role.
- Chinese whispers – pass a word or phrase around the group
- Conversation game – “would you rather” eg “would you rather hair for teeth or teeth instead of hair. There are lots of fun, silly or themed printable options on Pinterest
- Audio books
- Connecting via social media to share new skills learnt
- Clap for key workers- Thursdays 8pm- join your street and clap/ bang pans make a noise to show your support. Make sure to wave to your neighbours.



Creative activities

- Look on Pinterest for ideas for craft project
- Draw, paint or colour- whatever you fancy, don't forget to put a rainbow in the window.
- Simple and bold examples - https://www.gluedtomycraftsblog.com/2016/07/thumbprint-https://dandelion-kid-craft-wfree-printable.html#a5y_p=5569861
- Painting rocks <https://www.pinterest.co.uk/pin/315111305176086292/> and <https://www.pinterest.co.uk/pin/299841287687306161/>
- Gratitude stones <https://www.firefliesandmudpies.com/gratitude-stones/>
- Paper activities – decoupage, collage (using magazine cuttings or old greetings cards), making cards, quilling.
- Candle making
- Needlecrafts – cross-stitch, patchwork
- Pottery – use air-drying clay if you have no access to a kiln.
- Papier mâché – use to model objects that can be painted and varnished.
- Salt dough modelling.
- Drama activities
- Mosaics

- Mime. Miming and guessing actions; for example, peeling potatoes, ironing, opening a present.
- Story-making using props when telling a story.
- Role play
- Create and act through simple roles and situations; for example, a job or domestic event
- Small scale decoration projects



Music activities

- Reminiscence, theme-based quizzes
- Games to music
- Making or playing music
- Singing to your favourite songs
- Karaoke using you tube for the lyrics
- Making up a house song / rap. This could be filmed and sent to other houses. Don't forget to include us at the CTLD.



Nature based activities

- Clearing up the garden
- Gardening activities
- Potting plants, bulbs and seeds
- Bottle gardens and windowsill projects; for example, mustard and cress novelties.
- Watering the plants
- Bird watching – online apps to help you identify birds
<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/>
- Virtual tours- San Diego Zoo, California live cams <https://zoo.sandiegozoo.org/live-cams>
- Live feeds- Monterey Bay Aquarium
<https://www.montereybayaquarium.org/animals/live-cams>
- Earth Cam <https://www.earthcam.com/>
- Flower arranging – this can be with silk flowers too
- Drying petals for potpourri or lavender bags
- Potato/leaf printing
- Sensory stimulation through the smell, look, feel and taste of plants, fruit and vegetables grown and harvested
- Cooking with potted herbs or each grow like cress



Sleep

- Good sleep hygiene - <https://www.sleepfoundation.org/articles/sleep-hygiene>
<https://www.headspace.com/>
- develop effective bedtime routines



Please keep in touch, we would love you to send us your ideas and pictures of you completing your favourite activities.