

# ACTIVITIES

*Finding ways to do new things, stretch ourselves and grow is challenging at the best of times, and especially hard at the moment, but it is essential now, and easier with support.*

*Here are some suggested activities that may be helpful*

*They can be done separately, or together from a safe distance, and can be shared. Some of you may be busier than ever, so will need to pass this on. But for some, this will spark ideas for ways to stay safe.*

- **Ask for ideas**  
*What skills and knowledge do others have that they can share? Helping others develop and learn is good for self-esteem, and can make us feel useful at a time when we feel powerless*
- **Video box**  
*Is there a way that staff and residents could make a short video and share it with others? Give people guidance about how to do it well, on a phone or a pc, whatever is available to them, and share (perhaps have a moderator!)*
- **General quizzes**  
*These can be downloaded from online sites and members of staff are well versed in sourcing these for Bank holidays etc.*
- **Specialist quizzes**  
*These could be based on EE knowledge with input from RCP, pop quiz and again available online.*
- **Puzzles/word searches**  
*These can be purchased or again sourced on line*
- **Art Work**  
*From colouring in type activity to a limited painting activity or even a competition with small prizes*
- **Poster competition**  
*Using the EE standards as a template and designing each of the 10 standards but without giving it a label name from EE*
- **A form of EE bingo**  
*which could be broadcast on Way-out TV, residents are given a small EE standard booklet and items relating to EE are drawn out of a box for players to try and guess/workout where the item of evidence best fits*
- **Poetry competition**  
*A theme is set and players compose there sonnet, rhyme etc*
- **or a rap instead**
- **Ask Residents**  
*for their ideas. In particular, ask what relevant skills and knowledge they have that they can share*
- **Rekindle old hobbies**  
*Doing something you like and are good at can be especially helpful at the moment. Picking up an old hobby or activity can make you feel more in control in these crazy times. Sharing that with others can help you connect, and help others develop*