aic
agency for integrated care



Hand in Hand

Activity Guide

Foreword

Many seniors are able to live and age well at home and in the community with the support of Community Care services. Engaging these seniors with meaningful activities and creating fun experiences to keep them cognitively, socially and physically active is one of the priorities of our Community Care partners.

To support this, AIC developed this “Hand In Hand Activity Guide” - a resource containing 30 fun activities specially designed for seniors receiving Community Care services. Activity facilitators can explore a range of Cognitive, Sensory, Art, Daily Living, Nature Appreciation activities and games, to offer varied and interesting experiences to seniors. Furthermore, the Guide provides useful tips on making activities meaningful for clients and running groups effectively. It also guides facilitators in carrying out different types of activities with clients, and suggests possible modifications to suit their needs.

This guide would not have been possible without the support of our partners. I would like to thank Adventist Nursing & Rehabilitation Centre, All Saints Home, AWWA Rehab & Day Care Centre and St Luke’s ElderCare for your contribution in the development of this resource.

I hope this collection of activities will better enable you in creating a fun and enjoyable care experience!

Best Regards,



Dr Jason Cheah
Chief Executive Officer, Agency for Integrated Care

Acknowledgements

Our heartfelt gratitude to the following Community Care organisations for their contributions to this Guide:

- Adventist Nursing & Rehabilitation Centre
- All Saints Home
- AWWA Rehab & Day Care Centre
- St Luke's ElderCare



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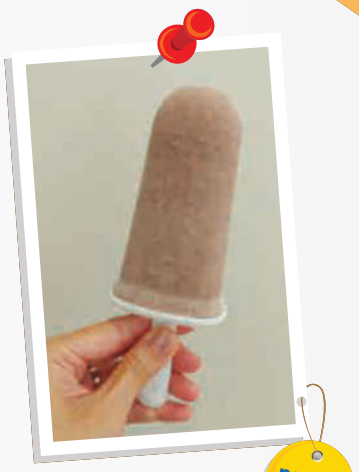
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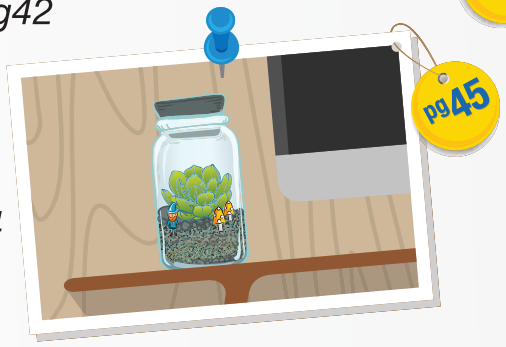
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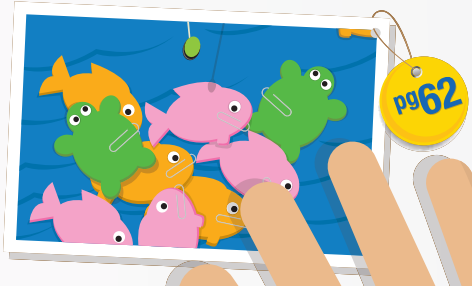


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Planning Meaningful Group Activities

Understanding your client's background and interests is key to organising meaningful activities for them. Use the following questions to guide your planning:

Planning the Activity

1. What are the interests of clients attending the session and is the topic/activity relatable, purposeful and something they would want to do?
2. Is the facilitator conversant in the language of majority of the clients? If not, note down useful words and phrases in the preferred language to help guide the activity.
3. What type of activity should it be? Should it be relaxing or is there a need for a challenge? Set achievable aims and be mindful to ensure the activity is age-appropriate and never childish.
4. What items will need to be included in order to make clients more comfortable and/or to accomplish the activity (e.g., a client who is hard of hearing will need to sit closer to the facilitator; if paint is used, apron/gloves may be required)?
5. Document the activity and refer to this plan to guide the activity.

Setting up the Space

1. Is the space conducive (e.g., lighting, temperature) and free of unwanted distractions?
2. Are there any space constraints that might make it hard for the activity to be seen, heard, etc.? What are the possible solutions?
3. Does the space provide access to necessary items for the activity (e.g., a sink to get water) or will it need to be brought in?
4. Prepare name tags for everyone (including the facilitator/s) in big, bold letters, especially if they are unfamiliar with each other.
5. Does the space have a display area to show the results of the activity?



Cultivating Good Group Dynamics

1. Together with the group, decide on "ground rules" for the activity sessions (e.g., how they will engage with each other and the activity). Write these down and go through them at subsequent sessions so that clients remember how they will engage with each other. These can also be displayed as a helpful reminder.
2. Have you been mindful of clients who may not get along with each other and considered their seating arrangements?
3. What activities can be included to improve social interactions (e.g., for an art activity, consider having a shared paint palette instead of individual paint sets to foster communication)?
4. What can be done to help clients feel more comfortable with each other and the facilitator? What might cultivate joy and laughter?
5. Are there clients in the group who may naturally be more talkative and responsive and can they be paired with quieter clients to engage them?

Facilitation Skills

1. Have you prepared a script and plan so that your instructions are clear and easy to follow (i.e., that you are not providing too many instructions at a time)?
2. Do you have a fixed activity structure that you can introduce to clients so that they know what to expect (for repeated group activities)?
3. Do you have a translation of simple terms/words of encouragement that can be used to help clients understand what is required and be assured, if a translator is not available?
4. In what ways are you planning to affirm and encourage clients? Be mindful never to act in ways that may seem like you are scolding/belittling/laughing at the client.
5. What else can be done so that the activity may be better understood by someone who doesn't speak the facilitator's language? Would a mock-up or demonstration help?
6. What can be provided to enable clients to complete the activity as independently as possible? Are there items that can be used for clients with dexterity issues? What would help them remain engaged in the activity?
7. In what ways have you built in choice, social interaction and decision making in your activity?
8. How will you be collating information that may be useful to a client's care if it comes up during the activity? Who will you pass it on to for follow up?

Group Information Sheet

The "Group Information Sheet" (found on page 10) may be helpful in assisting you to gather some useful information about your clients. You may also like to seek the help of a fellow staff member who may be more familiar with them for such information.



Useful Pointers for Activity Facilitation



Preparation

1. Fully understand the activity you are about to facilitate and try it out beforehand so that you are familiar with the areas that clients might have some difficulties in. This is also an opportunity to think about solutions to these issues. Consult a fellow staff member if necessary for additional points of view.
2. Prepare an activity plan and practise your instructions as well as any translations you might have. For new facilitators, practising with a colleague might be useful to gather feedback.
3. Know who the clients attending will be, their abilities and if there are special items that may be required for them. A seating plan of clients and facilitators may be useful in ensuring that clients are properly attended to.
4. Set up the space fully so that it is ready when clients arrive. You may also consider inviting clients to help set up the activity with you, if they are able to.
5. Consider the timing of the activity in relation to the other activities for the day, as clients may be tired if the activities are held back to back.

Starting the Activity

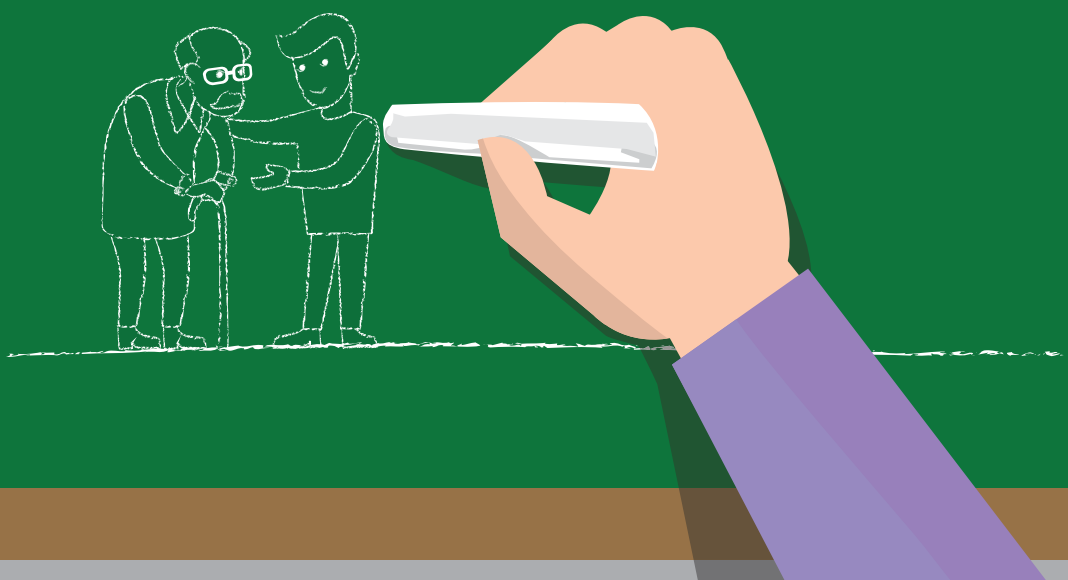
1. Greet clients individually by name. Ask if they have a preferred name and use it throughout the sessions. Name tags may be required if clients or facilitators are not yet familiar with each other.
2. Provide simple and clear instructions and then move around to check that clients know what is expected (co-facilitators can also assist with this). Explain what the benefits of the activity will be. Demonstrate the activity and do it together with clients if necessary.
3. Have clients include their names on their creations so as to foster ownership (subject to your organisation's PDPA policy).
4. Remember to enable clients to do the activity and do not be tempted to do it for them.
5. Be consistently positive, enthusiastic and sincere in your interaction with clients.

During the Activity

1. Walk around to ensure that clients understand the activity and address any queries.
2. Be mindful to attend to all clients equally.
3. Use this opportunity to facilitate/increase social interactions among clients and to find out more about them (e.g., the reason for their choices, etc.). Note down any responses that will be useful to their care.
4. Encourage clients and motivate them to continue completing the activity.
5. Respect the process and do not just focus on the end product. Instead, motivate clients to improve their creation.
6. Be flexible and open to feedback on new ways of doing things.
7. Provide adequate rest breaks during the activity, if required.

End of the Activity

1. Ask clients to share about their creations (e.g., art pieces), where applicable.
2. Summarise the activity and its benefits, and give an update on what will be done the next time.
3. Ask clients if they enjoyed the activity and would like to do it again, as well as to provide any suggestions they might have for future activities.
4. Thank clients individually and end off the session with words of encouragement.
5. Where possible and applicable, display their creations with their names shown prominently.
6. Review the activity and areas which could be improved, and update the activity plan.
7. File the plan in a central place so that other colleagues may be able to use it in the future.



Group Information Sheet

The “Group Information Sheet” is used to better understand the background and abilities of clients. Gathering the information prior to the planning of activities can help inform facilitators on activities that they can embark on which will be relevant and of interest to clients. It also helps the facilitator understand areas that may be sensitive for clients.

Information that can be collected include:



- Client’s name
- Age
- Gender
- Race
- Languages spoken
- Marital status
- Family status/number of children
- Religion
- Address/area they grew up in
- Favourite childhood memories
- Previous occupation
- Groups, communities or societies that they were a part of before
- Specific care requirements (e.g., sensory, cognitive)
- Mental health status (e.g., dementia, depression)
- Physical limitations (e.g., left neglect, visual impairment)
- Dietary limitations (e.g., blended diet, low sugar diet, food allergies)
- Group dynamics (e.g., issues with other clients in the activity group)
- Sensitive topics (e.g, traumatic events, loss of loved ones)

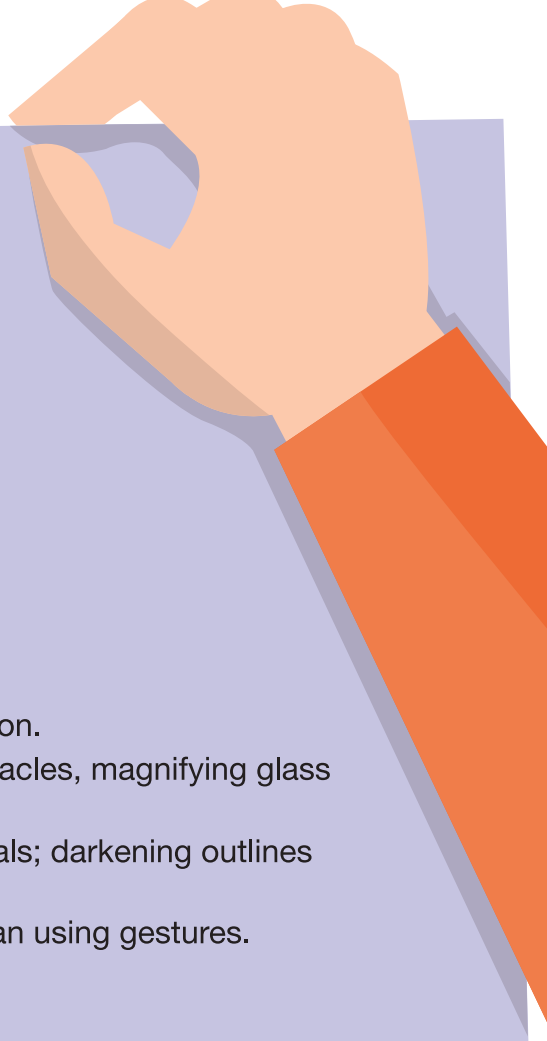
Do also include other areas of information which you might feel will be useful for your activity.

Group Information Sheet - Template

No	Client's name	Age	Gender	Race	Languages spoken	Marital status	Family status/ number of children	Religion	Address/area they grew up in	Favourite childhood memories	Previous occupation	Groups, communities or societies that they were a part of before	Specific care requirements (e.g., sensory, cognitive)	Mental health status (e.g., dementia, depression)	Physical limitations (e.g., left neglect, visual impairment)	Dietary limitations (e.g., blended diet, low sugar diet, food allergies)	Group dynamics (e.g., issues with other clients in the activity group)	Sensitive topics (e.g, traumatic events, loss of loved ones)
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2																		
3																		
4																		
5																		
6																		
7																		
8																		
9																		
10																		

Special Considerations

Here are some tips you can employ to better engage clients with these difficulties:



Visual Impairment

- Approach clients from the front, and sit within their field of vision.
- Explore if it may be necessary to bring in visual aids like spectacles, magnifying glass or brighter light.
- Use contrasting colours to help clients differentiate the materials; darkening outlines may also be useful.
- Describe through verbal instruction what is required, rather than using gestures.
- Physically help clients, if needed.

Hearing Impairment

- Sit close to clients in a quiet place, and on the side where they will hear best.
- Check if hearing aids are available and if they are comfortable wearing it.
- Face clients when talking to them and speak slowly and clearly.
- Wait for clients to reply before proceeding further.
- Use gestures or writing to convey what is required.

Physical Impairment

- Use adapted tools/equipment and ensure supplies are within reach.
- Pair clients up so that they can complement each other and complete the activity (e.g., one turns the paper while the other cuts).
- Break down the activity so that it becomes more achievable.
- Physically help clients, if needed.
- Be at eye level when communicating with clients so that they do not have to constantly look up.

Cognitive Impairment

- Organise smaller group activities so more attention can be spent on each client.
- Break the activity up into smaller steps and demonstrate it, rather than simply talking through it.
- Focus on long-term memories rather than short-term/recent ones.
- Give clear and simple instructions and continually prompt and encourage clients.
- Provide time for clients to respond.
- Offer choices through visual aids (e.g., while holding two items, ask them which they would prefer).
- Use templates and cues to assist clients.
- Decrease the number of items to choose from if this causes distress/confusion.

Newspaper Reading



Materials

- Local newspapers or magazine articles (can be of different languages to suit clients)

Steps

1. Use news stories or magazine articles that match clients' interests.
2. Use information from different articles to formulate 10 questions (keep a record of the answers).
3. Show the questions to the group and give them time to find the answers.
4. When the given time is up, reveal where each answer can be found in the articles.
5. Reward the client who manages to find the correct answers in the fastest time.

Modification tips

Help

- Project the article on a screen and enlarge the text for easy reading.
- Read out the article to the group to aid clients who have reading difficulties.
- To make the search easier, use one article or one section of the newspaper only.

Challenge

- Vary the difficulty of the questions:

  Easy – How many people were injured in the fire?

  What is the weather forecast for Tuesday?

  Difficult – What reasons were given by the police for the delay in rescuing the flood victims?

Option

- Keep and laminate non-time sensitive articles for future use.
- Orientate the clients to the date, day, month, and year of each article.
- Have a discussion about the articles and topics of interest with the group after the activity.

Supermarket Shopping

Materials

- Selection of common grocery items – e.g., a can of beans, a small packet of coffee, a jar of kaya, a loaf of bread, a tray of eggs, a packet of toilet rolls.
- Small prizes for clients – e.g., combs, toiletries, biscuits, coffee (if suitable).



Steps

1. Prepare the room with a large cardboard sign that says "Supermarket". Clients can make this sign in a separate craft session beforehand.
2. Place the grocery items on a table. Invite clients to gather and sit around the table.
3. Ask them to make realistic guesses about the prices of the items, one by one. Take the opportunity to engage them in reminiscing about the prices of groceries in the past.
4. Give prizes to those that guess closest to the correct price.
5. Play a shopping game and ask clients to calculate how much it costs to "buy" a few grocery items.
6. Give prizes to those who provide the correct answer in a given time.

Modification tips

Help

- Use whole numbers to make the calculations simpler.
- Match grocery items to labelled pictures and prices for the guessing game.

Challenge

- Try addition, subtraction, multiplication or a combination for the shopping game.

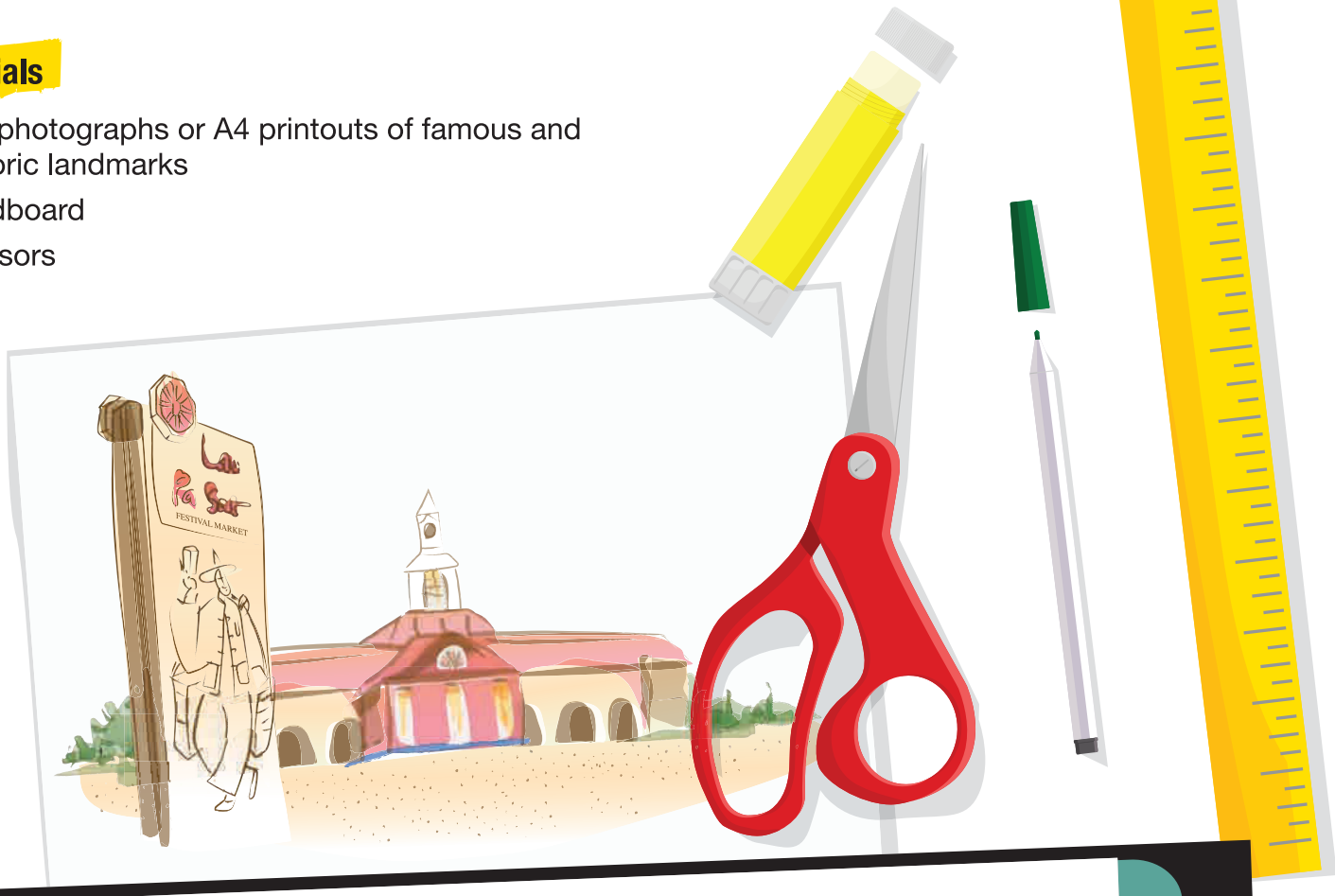
Option

- Use shopping vouchers, specimen money or real money for "shopping".
- Let clients role-play (as the customer, cashier or sales person), interact with each other and re-enact a typical scene at the supermarket.

For Memories' Sake

Materials

- Old photographs or A4 printouts of famous and historic landmarks
- Cardboard
- Scissors



Modification tips

Help

- Provide a sample of a pre-made puzzle for clients' easy reference.

Challenge

- Mix the pieces from different pictures to make it more challenging.
- Distribute the pieces among different clients and encourage them to interact to exchange pieces with each other.
- To further encourage clients, pair them up for a team competition.

Option

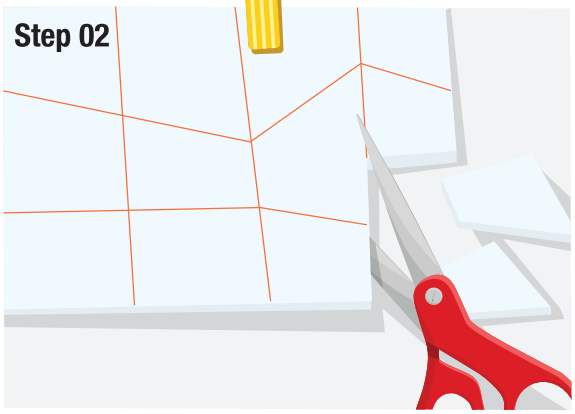
- Have clients colour the pictures before making the puzzle.
- Vary the size and number of jigsaw pieces; smaller and odd-shaped pieces will be more challenging.
- Prepare the puzzle on a styrofoam board so facilitators can easily cut it into pieces using a penknife.

Step 01



Laminate or stick pictures on a cardboard (for repeated use).

Step 02



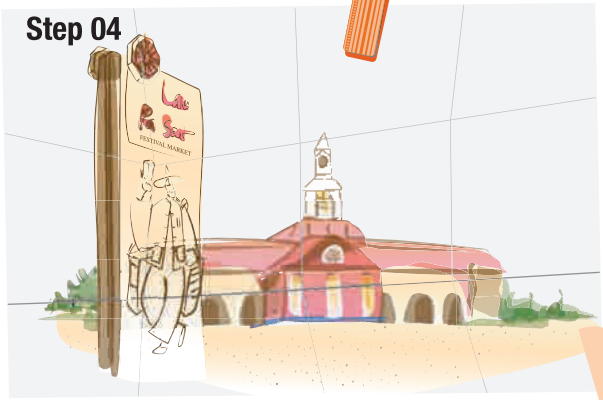
Cut the pictures into jigsaw pieces (about an inch wide) using scissors.

Step 03



Jumble up the pieces and have clients assemble the pictures.

Step 04

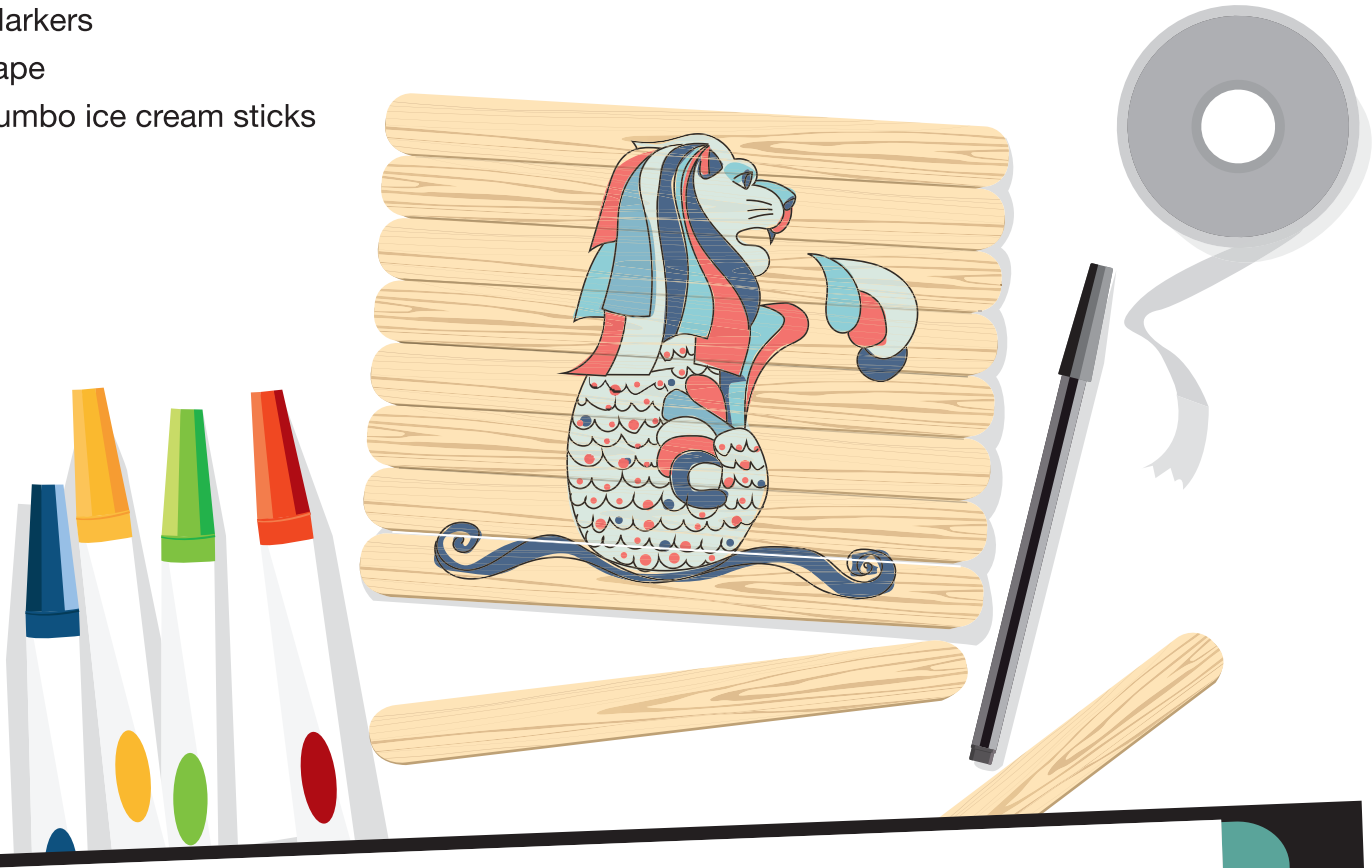


At the end of the activity, encourage clients to talk about the landmarks in the pictures and events from the past.

Ice Cream Stick Puzzle

Materials

- Markers
- Tape
- Jumbo ice cream sticks



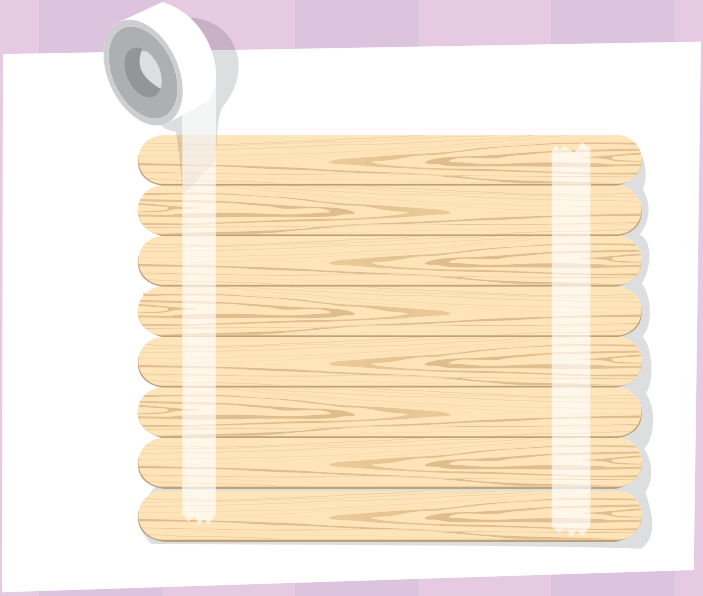
Modification tips

Challenge

- Make this a group activity by having clients draw and colour their own pictures, and exchange puzzles for assembly.

Option

- Glue the ice cream sticks together to make a lovely coaster or wall display.



Step 01 Lay eight ice cream sticks flat and tape them together lightly.



Step 02 Turn the sticks over so that the tape is on the back. Draw or copy a simple picture using a black marker.



Step 03 Colour the picture.



Step 04 Remove the tape from the back of the sticks and jumble them up to make a simple puzzle.

Step 05 After the activity, tie the sticks up in their sets for repeated use.



Easy Felt Envelope

Materials

- Rectangular piece of felt
- Buttons or beads
- Yarn
- Fabric glue
- Scissors



Modification tips

Help

- Glue on a button or bead for the closure if clients have difficulty stringing the button.

Challenge

- Sew the button and the sides of the envelope.

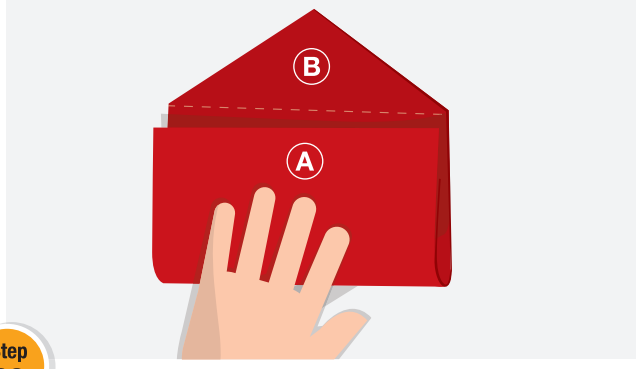
Option

- Use larger felt pieces to make bigger envelopes for cards and letters – 9cm x 40cm would be enough for a red packet, while 23cm x 40cm would make a B5 envelope.
- Use card paper or construction paper instead of felt to create the envelope.



Step 01

Fold the rectangle into half so that (A) and (B) are on opposite ends. Cut out a triangle from one end of the rectangle (B) to form the envelope flap.



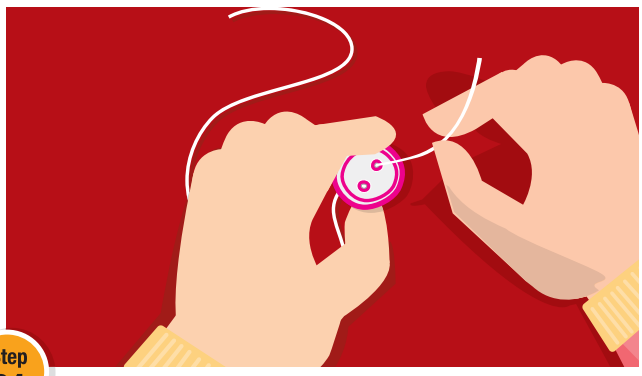
Step 02

Open up the rectangle. Place the pointed tip (B) at the top and fold up the bottom end (A) to make the envelope.



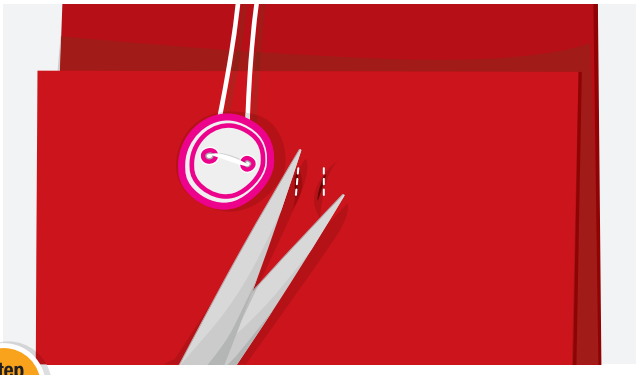
Step 03

Put glue along the two sides of the envelope and fold over to secure it.



Step 04

Thread a piece of yarn through a button. Start from the back of the button, and go back through the front.



Step 05

Pull both ends of the yarn so that they are equal in length. Cut two slits at the area where the button should be placed.



Step 06

Thread the two ends of the yarn through the slits and secure the button by tying several knots.



Step 07

Cut a slit in the opposite direction on the flap.



Step 08

Take the button through the closure. Decorate the envelope with beads or felt shapes as desired.

Newspaper Collage

Materials

- Pencil
- Newspaper
- Scissors
- Craft glue
- Paintbrush
- Thick drawing paper or cardboard







Modification tips

Help

- Break down the activity by assigning different steps to different clients (e.g., one of them copy the picture, one can tear or cut the newspapers, one can apply glue, one can paste the pieces).
- Simplify the activity further by providing picture templates or torn newspaper pieces. Cut out a picture that the client likes and surround that with newspaper pieces.

Option

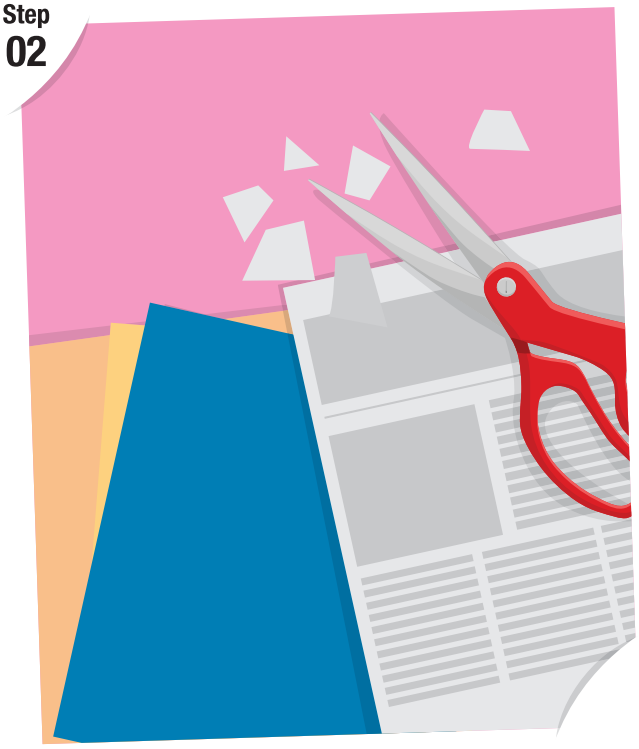
- Substitute newspaper with magazine paper or shopping brochures for a colourful collage. Find pages that match the colours being used and tear or cut them into smaller pieces.
- Use a variety of recyclable materials (e.g., scrap fabric) to create different textures. Roll, fold or crush the materials into various shapes for a 3D effect.

Step
01



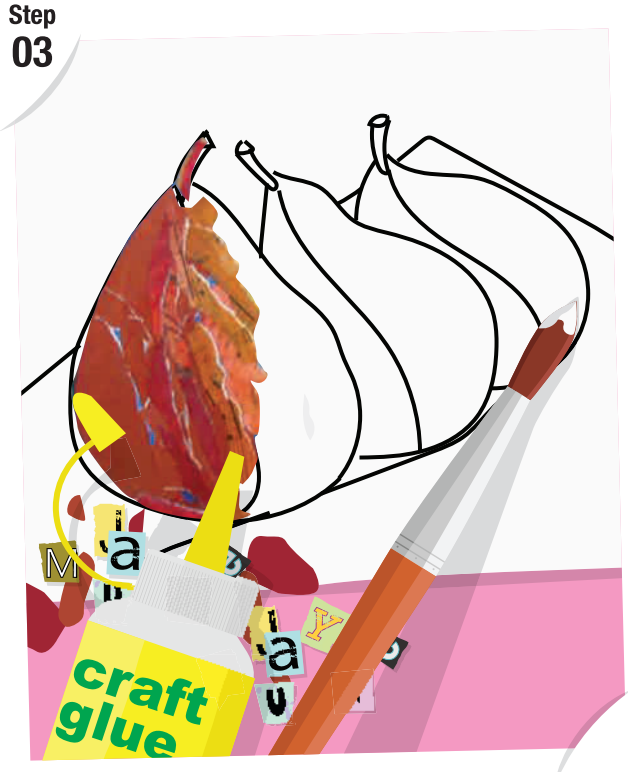
Use a simple picture that the clients like (e.g., a picture of an animal or of nature) and copy its outline onto paper or cardboard using a pencil.

Step
02



Tear or cut the newspapers into small pieces using scissors. Use different sections (text or pictures) to add variety to the collage.

Step
03



Spread glue onto the paper or cardboard using a paintbrush and stick on the newspaper pieces as desired.

Step
04



After the final piece has been placed, spread one last layer of glue over all the pieces. Leave it to dry before displaying.

Cardboard Roll Gift Box

Materials

- Toilet rolls
- Paint
- Cotton buds
- Ribbon
- Paintbrush
- Palette or disposable bowls for paints



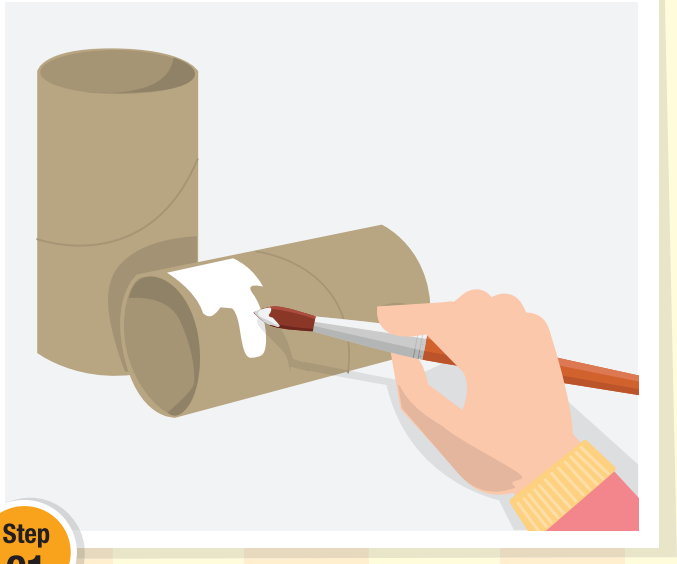
Modification tips

Help

- Mark dotted lines on the ends of the toilet roll to facilitate folding.

Option

- Use hand paper towel rolls to make bigger gift boxes.
- Stick on coloured paper, beads or buttons as decoration.
- Take the opportunity to encourage social interaction and communication among clients by talking about recycling or recycled materials that are suitable for artwork.
- Invite clients to bring along these materials (if they have them) for the next session.



Step 01

Paint over the toilet roll using a paintbrush.



Step 02

Dot paint on the toilet roll using a cotton bud.



Step 03

Use different colours and wait for the paint to dry.



Step 04

Fold the ends of the toilet roll inward (like an apple pie box).



Step 05

Secure the gift box with ribbon.

T-Shirt Bag

Materials

- An old T-shirt
- Scissors
- Beads or buttons
- Fabric glue



Modification tips

Help

- Mark the cutting lines on the T-shirt to facilitate the cutting of the fabric.
- Provide a sample of the end product for clients' easy reference.

Option

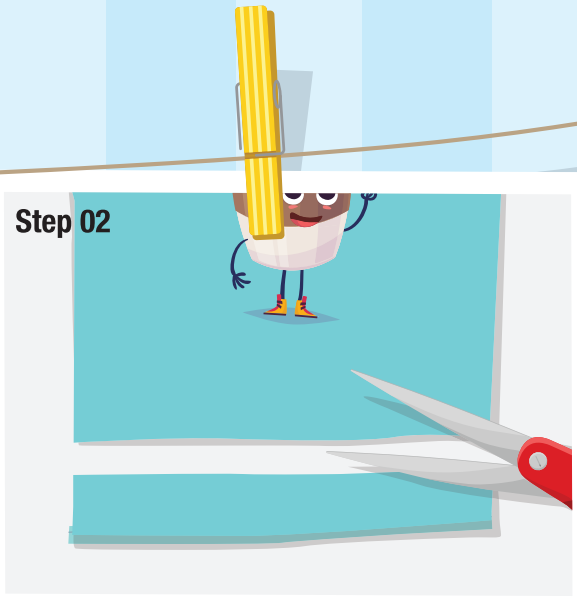
- Use other materials (e.g., fabric paint, lace, ribbon) to decorate the T-shirt bag.

Step 01



Vertically fold a T-shirt in half (sleeves together). Cut off the sleeves and collar.

Step 02



Cut off the bottom of the T-shirt.

Step 03



Use this bottom strip to tie up the end of the T-shirt.

Step 04



Turn the T-shirt inside out to start using your new bag.

Step 05

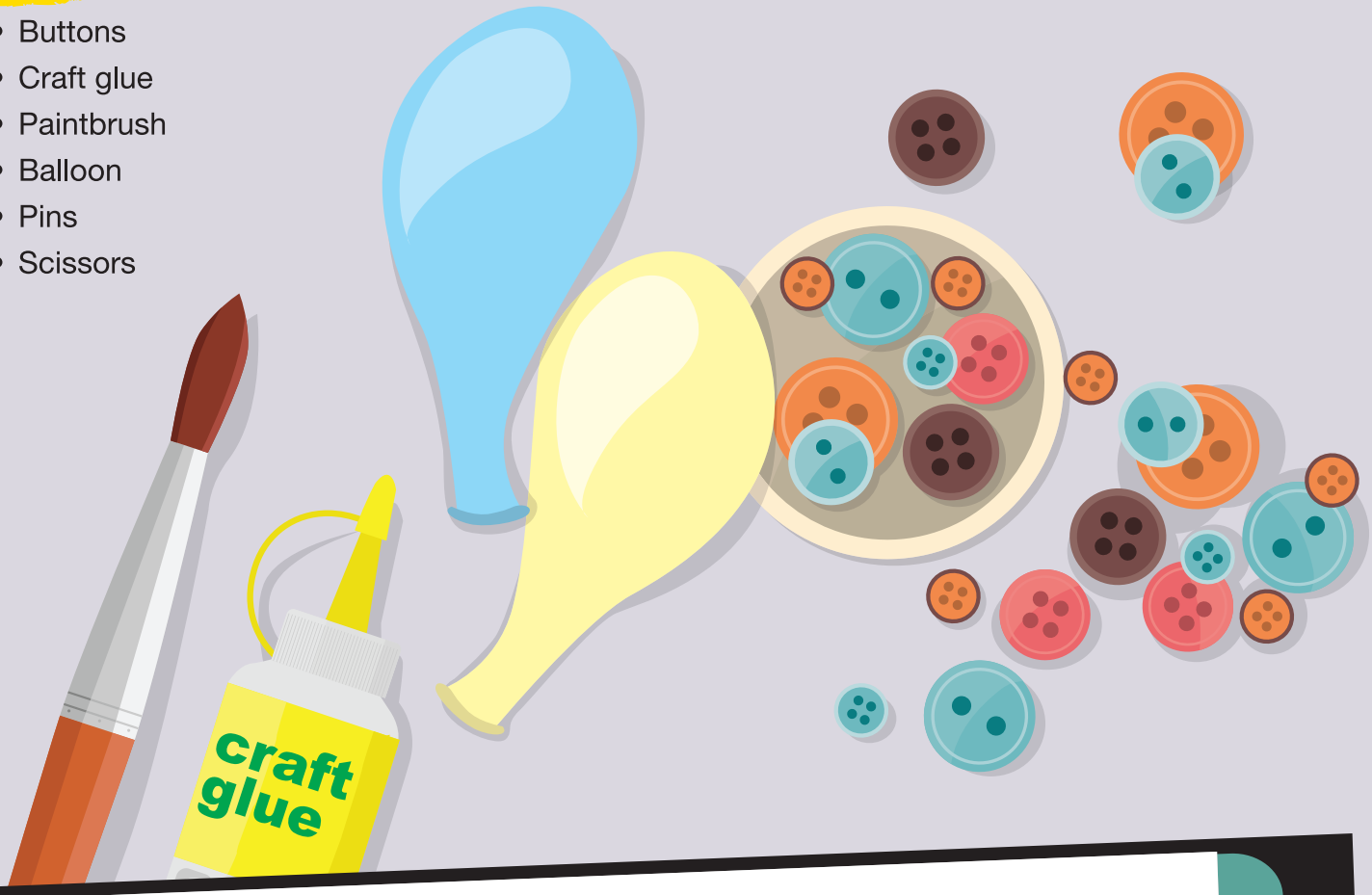
To decorate the bag, use fabric glue to stick on some beads or buttons as desired.



Button Bowl

Materials

- Buttons
- Craft glue
- Paintbrush
- Balloon
- Pins
- Scissors



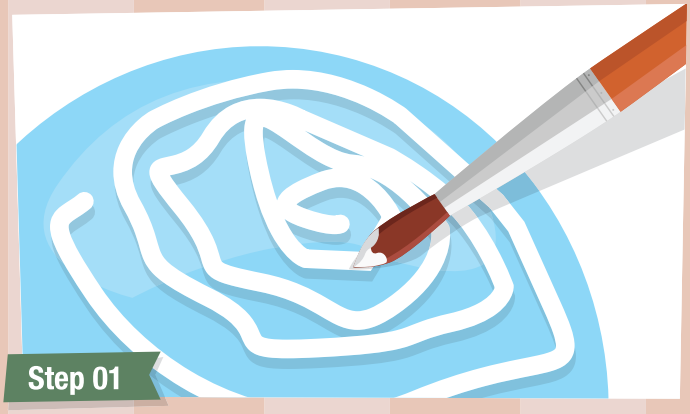
Modification tips

Help

- Stabilise the balloon by taping it to a bowl.
- Use bigger buttons if clients have difficulty picking up smaller items.

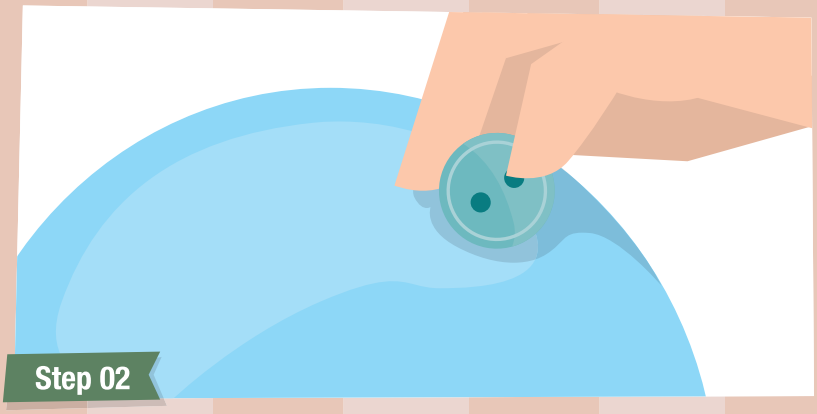
Option

- Use confetti, coloured tissue paper or newspaper bits instead of buttons to create the paper bowl. Multiple layers of glue and paper may be required to give the bowl additional strength.
- If clients do not like to handle the glue directly, offer the use of paintbrushes, gloves or wet wipes.
- If clients are worried about popping the balloons, use a food storage clip and release air from the balloon when the bowl is complete.



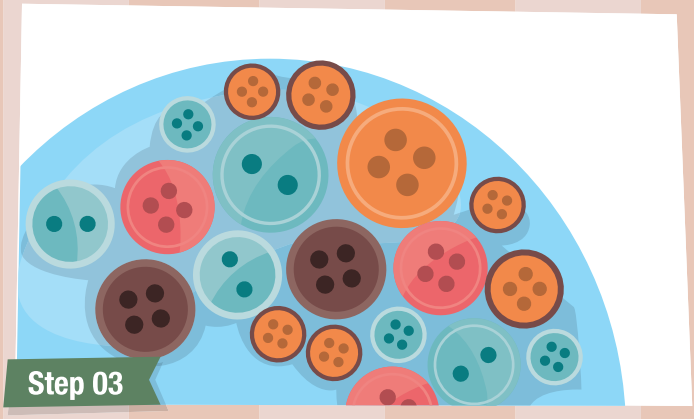
Step 01

Spread glue all over the top half of the balloon using a paintbrush and leave it to dry. The white glue should turn translucent when it is dry.



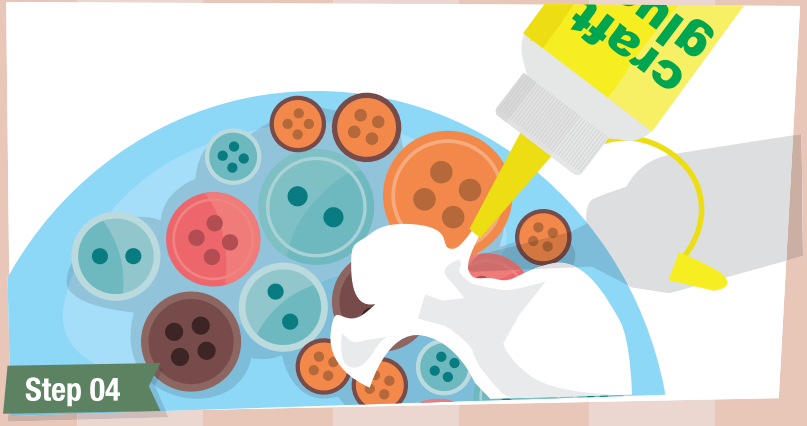
Step 02

Once the glue layer is dry, spread glue again over the top half and stick on the buttons. Leave as little space between the buttons as possible and use bigger buttons for the base of the bowl (topmost area of the balloon).



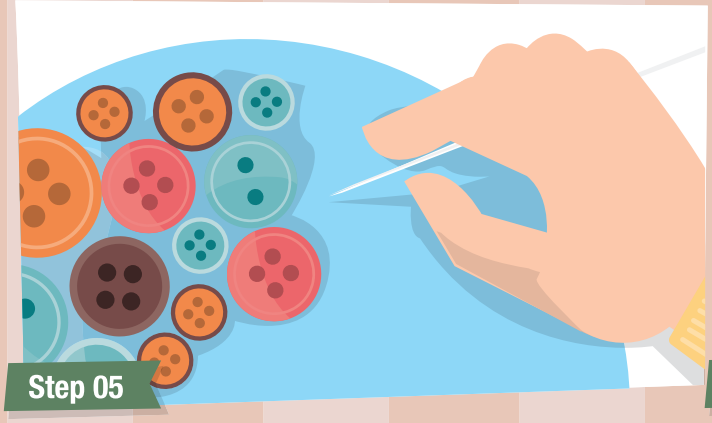
Step 03

Continue to apply glue and buttons over the balloon. Fill the gaps with smaller buttons, where possible.



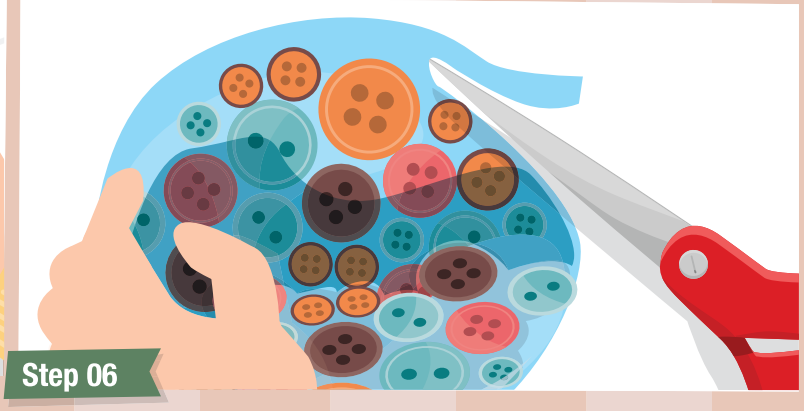
Step 04

Apply a thick layer of glue all over the buttons and leave it to dry overnight.



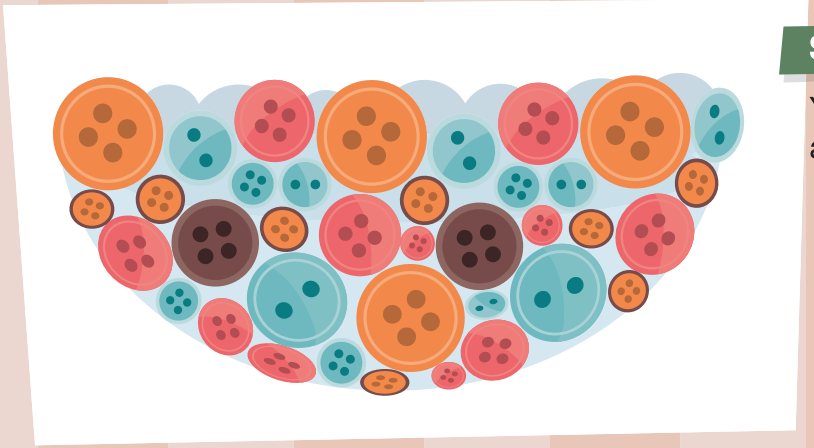
Step 05

Once the outer glue layer is dry, use a pin to prick the balloon. Gently peel the balloon away from the bowl.



Step 06

Cut away the excess glue from the rim of the bowl and leave the inside to dry.



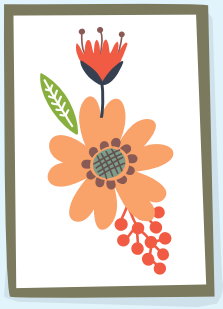
Step 07

You now have a pretty bowl to hold anything you like.

Window Art

Materials

- A glass window of accessible height
- Washable poster paints
- Paint brushes
- Palette or disposable bowls for paints
- Masking tape





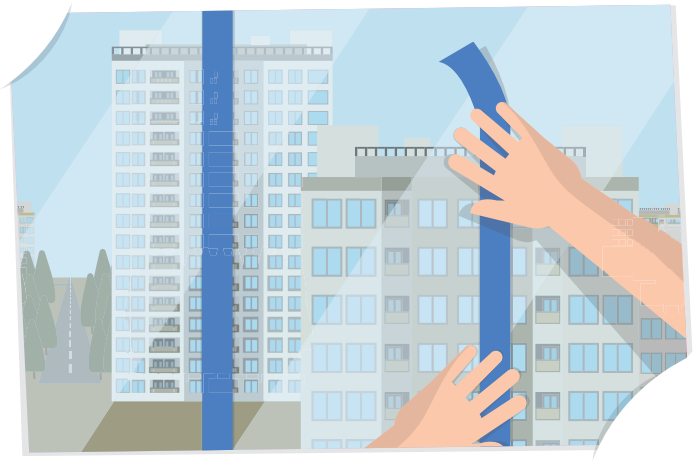
Modification tips

Help

- Have clients sit at a table to paint on a mirror or glass surface (e.g., photo frame) if they are not able to tolerate prolonged standing.

Option

- Mix the paint to create more colours.
- Substitute poster paint with coloured cellophane paper, if clients are worried about making a mess. Apply a layer of soapy water to the window before sticking on the cellophane paper.



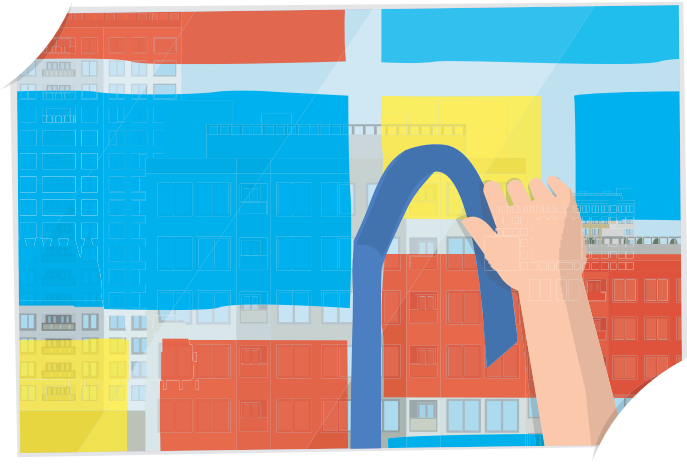
Step 01

Apply tape onto a window to form shapes (e.g., rectangles, triangles). Protect the sides of the window by applying tape.



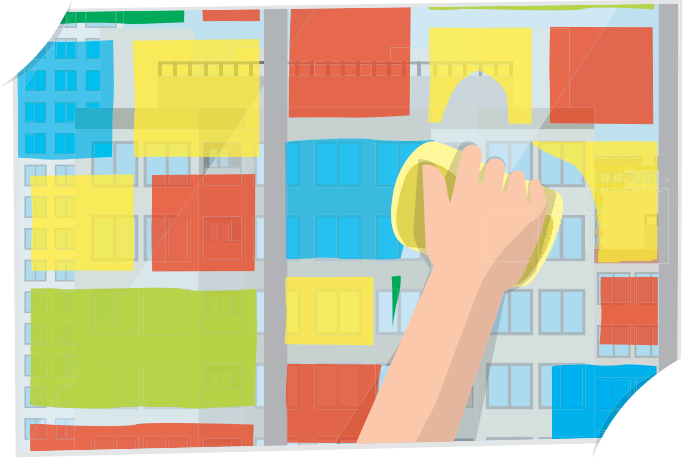
Step 02

Mark the painting areas by dabbing on the desired colours. Have clients begin painting using brushes.



Step 03

Peel the tape off before the paint dries completely and paint in the lines.



Step 04

Subsequently, the paint can be removed by washing the window with lots of hot and soapy water.

Sound Bingo



Materials

1. Recording of sounds from YouTube or white noise applications. Examples:
   - Animals – dog, cat, pig, rooster
   - Nature – rain, thunder, rustling leaves
   - Vehicles – airplane, fire engine, race car
   - Appliances and machines – washing machine, telephone
   - Musical instruments – piano, drum, guitar

Steps

1. Invite clients to be seated in a circle.
2. Play an assortment of sounds and ask clients to share the image or word that is most closely related to each sound.
3. The person who achieves three correct guesses in a row and shouts bingo, wins the game.

Modification tips

Help

- Provide clues, if needed, by showing images of the animals or objects that make the sounds. This will be particularly helpful for clients who have hearing difficulties.

Option

- Use a selection of popular evergreen hits and have clients guess the name of the song/singer.

Special Note:

For activities involving food and drinks:

- Select clients who have no swallowing issues. Be mindful of any dietary restrictions, allergies, medication issues and medical conditions.



For cooking activities:

- Consider using an induction stove.
- Consider involving clients in different parts of the food preparation and cooking process, where appropriate. For example:
  - Purchasing ingredients from nearby shops
  - Cutting, measuring, pouring, mixing ingredients
  - Serving the prepared food



A Spicy Affair



Materials

1. A selection of common spices or vegetables, for example:
   - Ginger
   - Garlic
   - Onion
   - Spring onion
   - Black pepper
   - Coriander leaves and seeds
   - Turmeric
   - Cinnamon sticks
   - Chilli

Steps

1. Label each item with a different number so that they can be easily identified and display them on plates.
2. Have clients observe, feel or smell each item, and guess what it is.
3. Reward clients who can identify the most number of items correctly.
4. End with a discussion on cooking with the spices or vegetables and the popular dishes made with them.

Modification tips

Help

- Instead of the guessing game, introduce each spice or vegetable to clients, and provide information on where it can be found, how it can be used, etc.

Option

- Play a matching game, where name labels or pictures of related dishes are matched to the spices or vegetables, and end with a discussion on cooking those dishes.
- Put the items in a bag and have clients feel the items and guess what they are.

Fruit Party



Materials

1. A selection of fruits, for example:
   - Apple
   - Orange
   - Banana
   - Grapes
   - Watermelon
   - Pear
   - Honeydew
   - Rockmelon
   - Papaya
   - Guava

Steps

1. Ask clients to share with the group the name of the fruit along with one fact or observation about the fruit. (e.g., “This is a watermelon and it is mostly made of water.”)
2. Cut the fruits open to observe and taste them.
3. Invite clients to share and discuss:
   - Whether the fruit is sweet, sour or bitter
   - Where the fruit originated from and places clients had visited or would like to visit
   - Their favourite fruit and other foods they enjoy
   - What dishes/desserts they can make with the fruit
   - How to select fruits
   - When the fruit is in season

Modification tips

Challenge

- Use the cut fruit to create faces. Clients can select their favourite fruits for this activity and then eat/share their delicious creations when it is completed.

Option

- Share fun facts about the fruits as part of the discussion (e.g., “The watermelon is both a fruit and a vegetable.”)
- Use a juicer to make fruit juice and invite clients to drink, if suitable.
- Substitute common fruits with exotic ones such as durian, rambutan, pomelo, jackfruit, dragon fruit, longan, starfruit (bearing in mind dietary requirements and restrictions).

What's Your Drink?



Materials

1. A selection of drinks, for example:
   - Teh (Tea)
   - Kopi (Coffee)
   - Milo
   - Bandung (Rose Syrup with evaporated/ condensed milk)
   - Barley Drink
   - Luo Han Guo (Herbal Drink)
   - Chrysanthemum Tea
   - Soya Bean Milk
   - Chin Chow (Grass Jelly)
   - Sugarcane Juice

Steps

1. Prepare the drinks in small opaque cups (so that clients are unable to see the colours of the drinks).
2. Invite clients to taste and guess the name of the drinks.
3. Encourage clients to share and discuss:
   - Where they usually have the drink
   - What their favourite drink is and their favourite place to purchase it
   - How the drink is prepared
   - What food they usually have the drink with

Modification tips

Option

- Prepare the drinks in clear cups. Include drinks that have similar colours such as Kopi O and Luo Han Guo. Invite clients to observe and smell the drinks to guess their names.

Making Cheng Tng

Ingredients

For one medium pot (serves about 15-20 people):

1. 40g snow fungus
2. 2L water
3. 5 pandan leaves (knotted)
4. 50g dried longan
5. 20 pitted red dates
6. 100g (about 30) gingko nuts (canned or vacuum-packed)
7. 120g rock sugar



Steps

1. Soak the snow fungus in hot water until it turns white and puffy. Remove the centre of the snow fungus using kitchen scissors. Cut the rest of the snow fungus into smaller pieces and set aside.
2. In a pot, add water, snow fungus, pandan leaves, longan and red dates. Bring to a boil and then simmer for 20 minutes. Add gingko nuts and continue simmering for 10 minutes.
3. Add rock sugar to taste and stir until the sugar is fully dissolved. Discard the pandan leaves. Serve the dessert warm or chilled.

Modification tips

Help

- Break the activity up by assigning different steps to different clients (e.g., one of them prepares the ingredients while another cooks).

Option

- Have a discussion about the dish, comparison between past and present cooking methods, taste, price, where to buy ingredients.
- Substitute gingko nuts with lotus nuts or use a combination of both.
- Substitute dried longans with fresh or canned longans, which can be added directly to the dessert when serving.
- Have clients share what else they usually add to this dessert.

Making Red Bean Ice Cream



Ingredients & Equipment

For 12 sticks of ice cream:

1. 200g red beans
2. 200g red bean liquid
3. 180g sugar
4. 2 stalks of pandan leaves
5. 400g coconut cream
6. ½ teaspoon salt
7. Blender
8. Ice cream moulds

Steps

1. Rinse and soak the red beans overnight.
2. Boil the red beans together with the pandan leaves in water till the beans become soft.
3. Drain the red beans and keep aside 200g of the drained liquid.
4. Mix in 80g sugar to the cooked red beans and set aside for 1 hour.
5. Put about 1 tablespoon of the cooked red beans into each ice cream mould.
6. Cook the coconut cream, red bean liquid, 100g sugar and salt in a small saucepan. Cook until all the sugar has melted.
7. Put the cooked coconut mixture and the remaining red beans into a blender and blend until smooth. Skim away the bubbles or let the mixture sit to disperse the bubbles.
8. Pour the mixture into the ice cream moulds (do not fill to the brim, leave some room for expansion) and freeze for about 3-4 hours.
9. Dip the ice cream mould into a bowl of warm for a few seconds before taking out the ice cream stick. Enjoy your *potong* ice cream!

Modification tips

Help

- Break the activity up by assigning different steps to different clients (e.g., one of them prepares the ingredients while another cooks).

Option

- Have a discussion about the dish, comparison between past and present cooking methods, taste, price, where to buy ingredients, what other ingredients can be added, etc.

Making Gingko Barley



Ingredients

For one medium pot (serves about 15-20 people):

1. 100g beancurd skin sheets
2. 1.8L water
3. 50g barley (rinsed)
4. 3 pandan leaves (knotted)
5. 20 pitted red dates
6. 100g (about 30) gingko nuts (canned or vacuum-packed)
7. 130g rock sugar

Steps

1. Soak the beancurd skin sheets in water until they turn soft.
2. In a pot, add water, barley, pandan leaves and red dates. Bring to a boil, then simmer for about 20 minutes or until the barley is soft. Add gingko nuts and continue simmering for 10 minutes.
3. Add gingko nuts and beancurd sheets to the pot (do not add the water used to soak the beancurd sheets). Continue to simmer for another 10 minutes, or until the beancurd skin is cooked to the desired consistency.
4. Add rock sugar and stir until it is fully dissolved. Discard the pandan leaves. Serve the dessert warm or chilled.

Modification tips

Help

- Break the activity up by assigning different steps to different clients (e.g., one of them prepares the ingredients while another cooks).

Option

- Have a discussion about the dish, comparison between past and present cooking methods, taste, price, where to buy ingredients, etc.
- Use pearl barley, which is easier to cook and softer to eat.
- Substitute gingko nuts with lotus nuts or use a combination of both.
- Have clients share what else they usually add to this dessert.

Button Tree Cushion Cover



Materials

1. Cushion or pillow cover
2. Buttons
3. Fabric glue
4. Fabric paint
5. Pencil or fabric chalk

Steps

1. Draw out the branches on the cushion or pillow cover with a pencil or fabric chalk.
2. Use fabric paint to go over the pencil markings.
3. Decide where the buttons should be added and stick them on with fabric glue.

Modification tips

Help

- Vary the size of the buttons used (e.g., provide larger buttons to clients who have difficulty handling smaller items).

Challenge

- Clients can sew the buttons onto the cushion or pillow case, or sew the cover from scratch.

Option

- The design of the cushion or pillow cover can follow a theme (e.g., Christmas tree during the Christmas season).
- Use beads, fabric scraps, festive items or other materials for decoration.

Scrap Fabric Quilt

Materials

1. Fabric scraps
2. Needle
3. Sewing thread
4. Scissors
5. Fabric to make the borders of the blanket
6. Fabric to line the back of the blanket



Modification tips

Help

- Cut the fabric scraps into the same size and shape to create a uniform look.

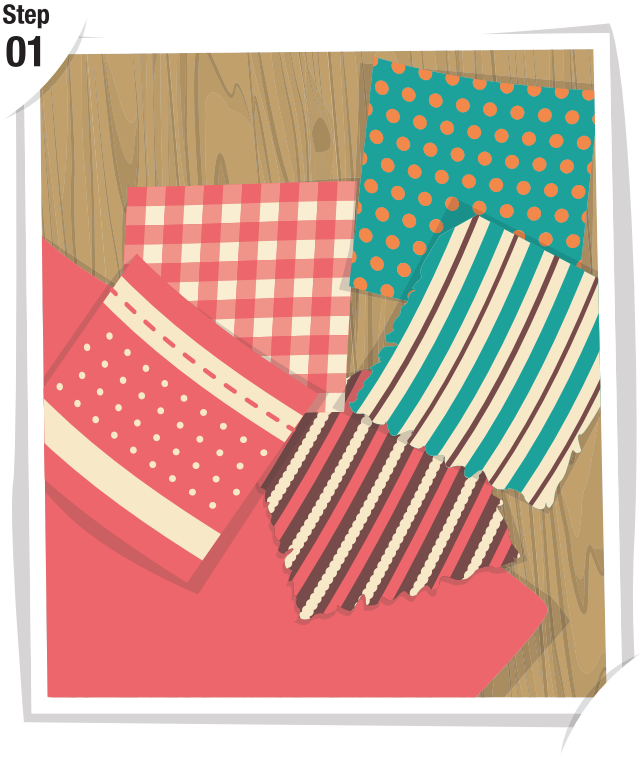
Challenge

- Use a sewing machine if clients are keen and able to operate one.

Option

- Make this a group activity by having clients sew different sections of the quilt.
- Use fabric paint to decorate the back of the blanket.
- The end product can be made into table cloths, dresses, and bags. This could be an idea for another group activity.

Step
01



Lay out all the fabric scraps and organise them by colour or size.

Step
02



Trim off any uneven edges with a pair of scissors.

Step
03



Sew the organised fabric scraps into strips and sew the strips together.

Step
04



Sew the strips to the fabric for the borders and back of the blanket.

Blossom Tree Painting

Materials

- Pink paint (watercolour paint may be more suitable than poster paint)
- Water
- Paintbrush
- Black marker
- Thick paper



Steps

1. Paint all over the paper with water (you may want to use old cloths, disposable tablecloth or plastic sheets to line the tables instead of newspapers as the wet paper may stick to the newspaper).
2. Mix paint with an equal amount of water.
3. Dot paint on the paper (blossoms) and watch as they spread out.
4. Continue to create enough blossoms and then leave the painting to dry.
5. Use the black marker to draw in the branches of the tree when the paint has dried.

Modification tips

Option

- Use different colours to create other types of trees (e.g., green and red for an apple tree).
- Make this a group activity by having clients create a forest of trees together.
- Clients can use their fingers or cotton balls to paint in the dots.
- Blow into a straw to spread the paint over the paper, or flip the paper around. This is done to vary the “shape” of the tree.

Origami Tulip

Materials

- Origami paper in two or more different colours



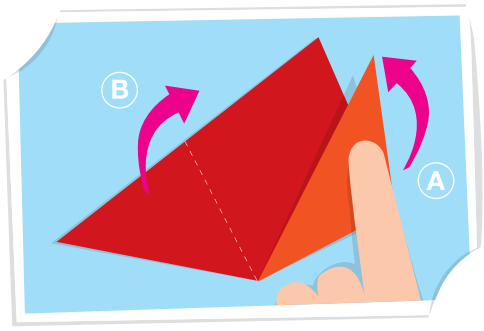
Modification tips

Help

- Break up the activity by having some clients fold the tulips while others fold the leaves.
- Offer step-by-step instructions and demonstration to clients who have difficulty following pictorial instructions on their own.

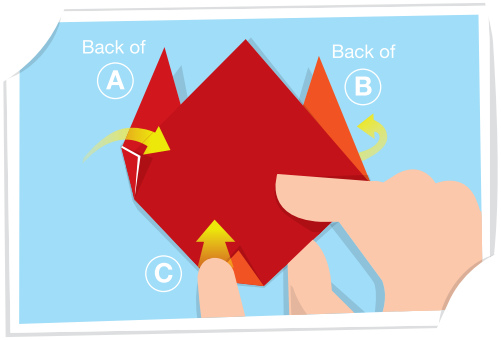
Option

- Reuse shopping brochures or magazine paper for the tulips. Encourage clients to mark and cut squares using the materials.
- Use big square pieces of felt to make the flowers and stems, and glue the folds together to create a long-lasting display.
- The tulips can also be used on its own, as a gift or as part of a greeting card.



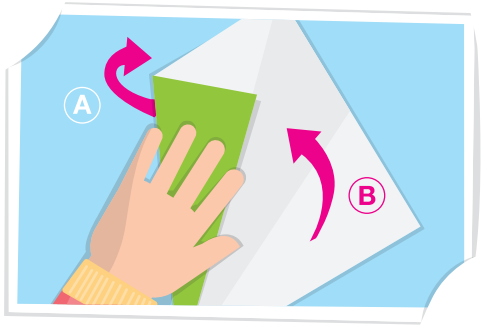
Step
01

Fold the paper diagonally in half to form a triangle. Bring the bottom right corner up (A) and slightly to the right of the top point. Bring the bottom left corner up in the same way (B).



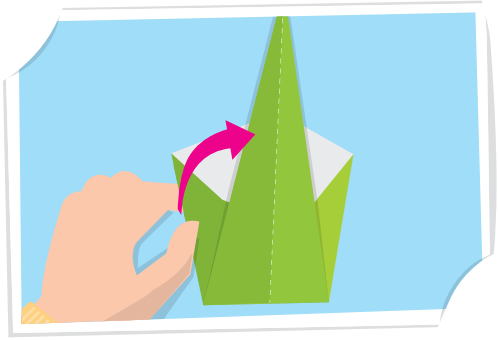
Step
02

Flip over and fold the three sides into small triangles as shown (C) to create the flower.



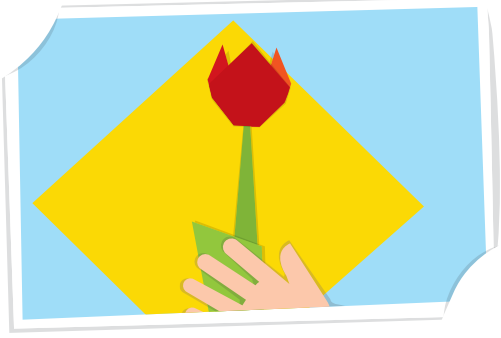
Step
03

Using another piece of paper for the stem, fold it diagonally in half to make a triangle. Open it up and fold each side inward (A & B) to match the centre crease. Fold the sides inward one more time and crease carefully.



Step
04

Fold the bottom up so that it extends beyond the top point. Fold the paper in half vertically down the middle to complete the stem.



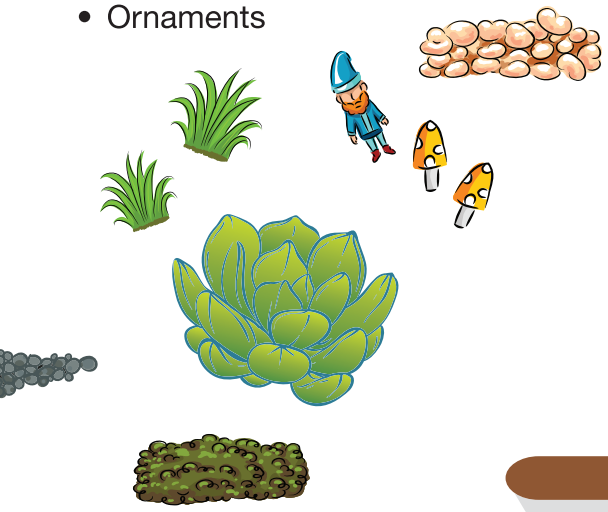
Step
05

Put the flower and the stem together to form the tulip.

DIY Terrarium

Materials

- A clear glass or plastic container
- Small plants (e.g., Holland moss, Fittonia)
- Small rocks
- Potting soil
- Activated charcoal
- Ornaments





Modification tips

Option

- Make this a group activity by using a large container and dividing the steps among clients. One of them can layer in the rocks and soil while another can trim the roots of the plants.
- Encourage clients to interact and share their own experiences with gardening or planting.



Step 01

Lay out all the materials on the table.



Step 02

Fill the bottom of the container with 1-1.5 inches of small rocks, and then add 2-2.5 inches of soil. Add more soil if the container is deep.



Step 03

Select and move a few plants around on the tabletop to decide on the desired arrangement. Remove the soil from the root mass of the plants and trim the roots to fit the container. Use a chopstick or spoon to create a small layer and transfer the plants into the hole, then cover it with soil.



Step 04

Add 0.5 inches of activated charcoal on top of the soil layer. Finish with some decorations of small rocks or ornaments and a spritz of water. Your terrarium is now ready and only requires occasional watering and trimming.

A Beautiful Tree



Materials

- Tree and flower templates, transferred onto cardboard for strength (refer to the next few pages)
- Magazines, old calendars and travel agency brochures
- Construction paper and plain paper
- Glue and Blu-Tack
- Pencils, crayons and/or paint for decoration
- Scissors

Steps

1. Using the flower templates provided, trace flowers onto magazines, calendars and brochures.
2. Trace the flowers onto plain white paper if clients would like to colour or paint the flowers.
3. Trace the flowers onto colourful construction paper and draw petals or the centre of the flower.
4. Using the trunk templates provided, trace both parts of the trunk onto black or brown construction paper.
5. Cut out the traced flowers and trunk pieces using scissors.
6. Bring clients to an assembly location, such as a wall or a large cork board. Start with the trunk of the tree. Place the trunk pieces firmly on the wall with a generous amount of Blu-Tack. Continue to place the flowers to form the rest of the tree as desired.

Modification tips

Help

- Clients who have difficulty tracing or cutting may also participate in the activity by selecting the flowers and sticking them in the desired positions.

Option

- While preparing the flowers of the tree, invite clients to talk about gardening and their favourite flowers and plants.

Nature Appreciation Activities

A Beautiful Tree - Trunk (Part 01)



Nature Appreciation Activities

A Beautiful Tree
- Trunk (Part 02)



A Beautiful Tree
- Flower 01



Nature Appreciation Activities

A Beautiful Tree
- Flower 02



Nature Appreciation Activities

A Beautiful Tree
- Flower 03



A Beautiful Tree
- Flower 04



Flower Centrepiece

Materials

- A vase or glass container
- Three types of artificial flowers and leaves (use a variety of small flowers, large flowers and leaves)



Modification tips

Option

- Use fresh flowers instead of artificial flowers
  - Have clients prepare the flowers by giving the stems a fresh cut at a 45 degree angle and removing any leaves that may fall below the water line. Leaves in the water will promote bacterial growth, causing the water to turn green and shortening the lifespan of the flowers.
  - Trim the stems every couple of days and add fresh water to the vase for a longer lasting bouquet.
- The centrepiece can be used as a decoration for special occasions, to be given to someone or simply to brighten up a room or space.

Step 01



Lay out all the flowers and leaves.

Step 02



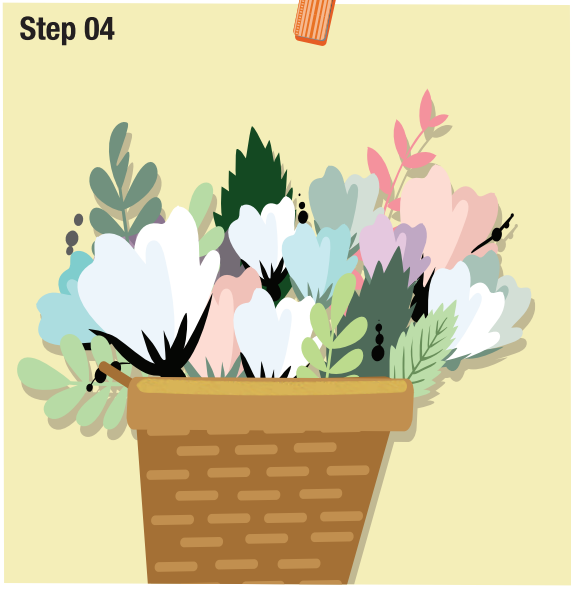
Create a base. Start by adding the leaves in different directions.

Step 03



Put in the smaller flowers. The design can be asymmetrical.

Step 04

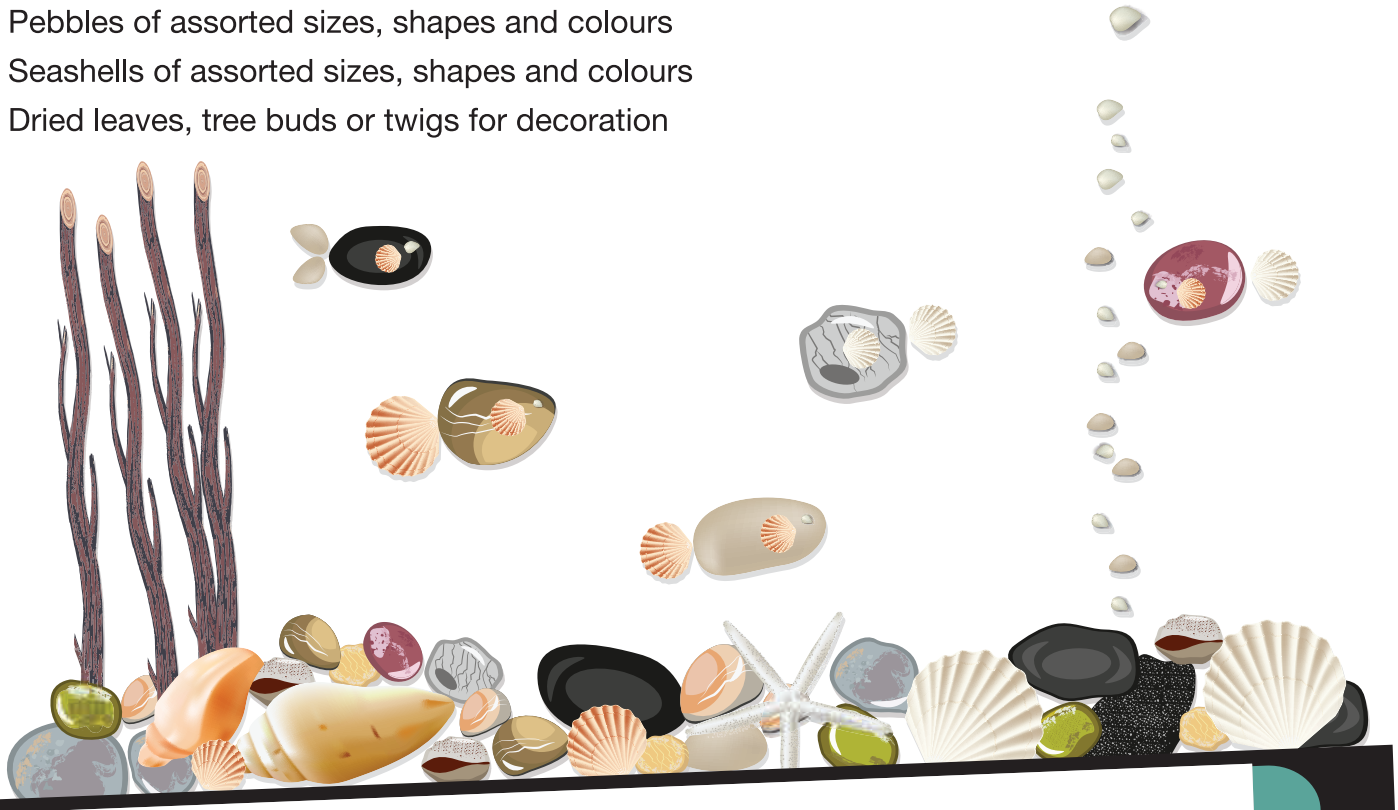


Place the bigger flowers in the remaining holes of the arrangement.

Pebble Art

Materials

- Strong cardboard
- Strong glue
- Pebbles of assorted sizes, shapes and colours
- Seashells of assorted sizes, shapes and colours
- Dried leaves, tree buds or twigs for decoration



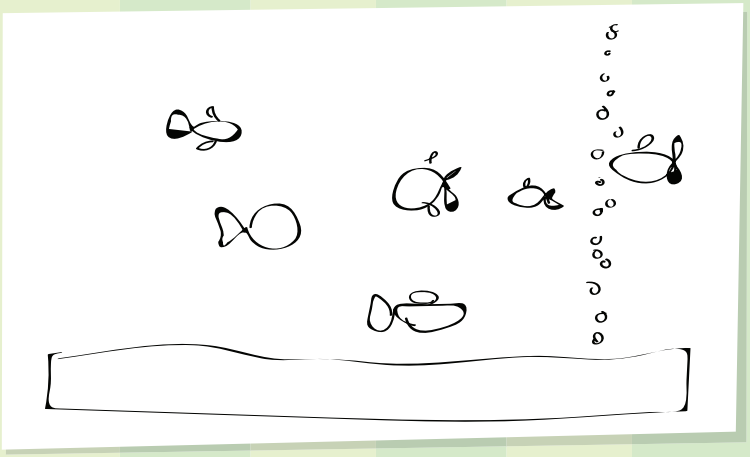
Modification tips

Help

- Prepare templates for clients to follow and have them select their favourite picture to work on.

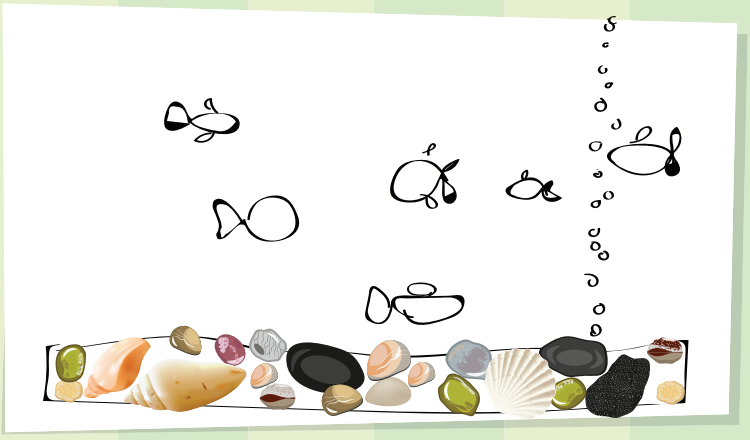
Option

- Paint the pebbles and seashells before gluing them on.
- Make this a group activity by enabling clients to discuss and plan their artwork, and then divide the work. Some of them can paint while others can stick the materials on.
- Create other scenes such as a beach by using sand or a forest by using leaves or grass.



Step 01

Lay out all the materials and plan a base.



Step 02

Start by adding some pebbles as a background and add in some seashells.



Step 03

Place some twigs above the pebbles. Create different marine animals with the remaining pebbles.



Step 04

Stick the arranged materials onto the mounting board using strong glue.

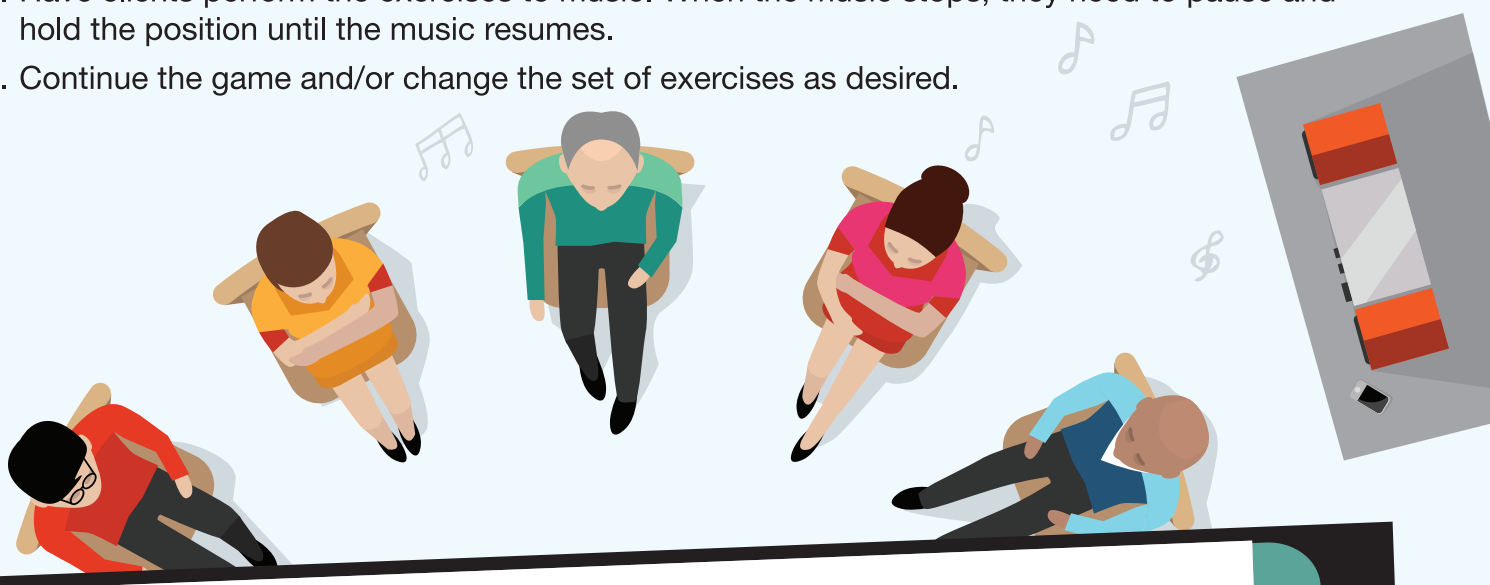
Musical Chairs

Equipment

- Chairs
- A selection of music that clients enjoy and can move to
- Sound system

Steps

1. Have clients sit on chairs arranged in a big circle.
2. Teach clients a specific exercise or sequence of exercises (e.g., perform bicep curls and overhead arm raises while sitting). Start with one or two moves, then progress to more or complex movements, only if everyone is able to.
3. Have clients perform the exercises to music. When the music stops, they need to pause and hold the position until the music resumes.
4. Continue the game and/or change the set of exercises as desired.



Modification tips

Option

- Modify exercises appropriately based on clients' abilities and the therapist's recommendations.
- Vary the speed of the exercises (change the speed and beat of the music) to help or provide a challenge to clients.
- Use imagery to describe the exercises and/or make the exercises more interesting (e.g., "Imagine you're holding a wet towel, now rotate your wrists and squeeze the towel dry!")

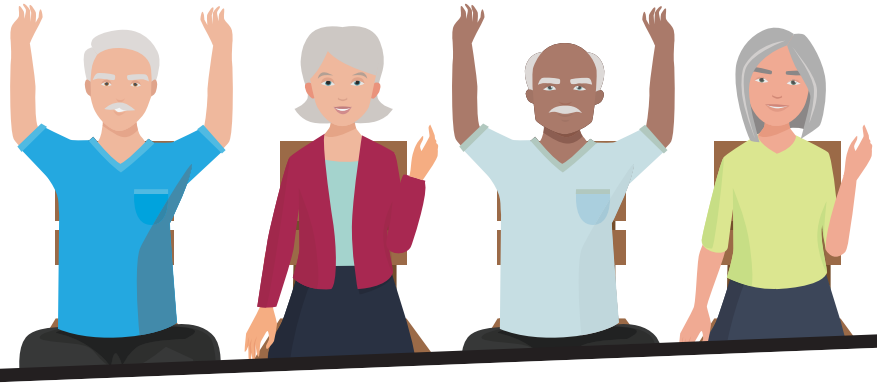
Duet Workout

Equipment

- Chairs
- A selection of songs with two parts (duets)
- Sound system

Steps

1. Have clients sit on chairs arranged in a big circle.
2. Teach clients a specific exercise or sequence of exercises (e.g., perform bicep curls and overhead arm raises while sitting). Start with one or two moves, then progress to more or complex movements, only if everyone is able to.
3. Have female clients perform the exercise when the female vocalist sings.
4. Have male clients perform the exercise when the male vocalist sings.
5. When the vocalists sing in unison, have the group do the exercise together.
6. Continue the game with different duets and/or change the set of exercises as desired.



Modification tips

Option

- Modify exercises appropriately based on clients' abilities and the therapist's recommendations.
- Clients can take turns to perform exercises and to be vocalists.
- Try using songs of different languages.
- Use imagery to describe the exercises and/or make the exercises more interesting (e.g., "Imagine you're holding a wet towel, now rotate your wrists and squeeze the towel dry!")

Coin Tower

Equipment

- Coins
- Stopwatch

Steps

1. Stack as many coins as possible in a minute. It is harder than it looks!
2. Have a competition among clients to see who can build the tallest coin tower, without it collapsing.



Modification tips

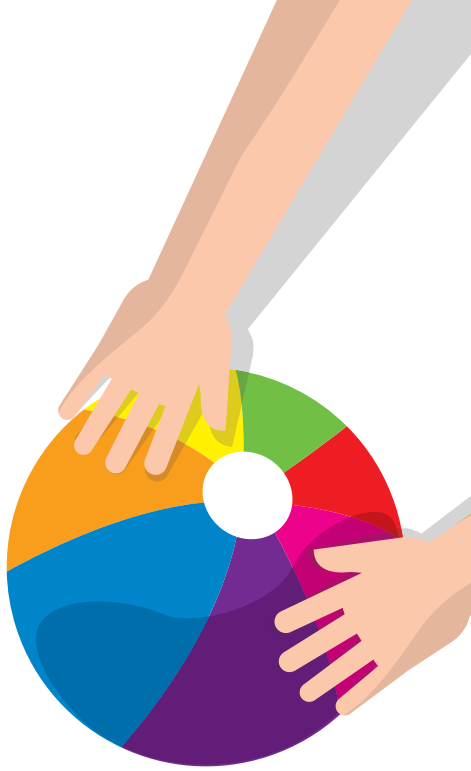
Challenge

- Have clients count the number of coins and total the sum of money stacked.

Option

- Substitute coins with other objects such as disposable cups, bottle caps, wooden blocks or mahjong tiles. The objects can be of varying shapes and sizes to make the game more challenging.

Name And Catch

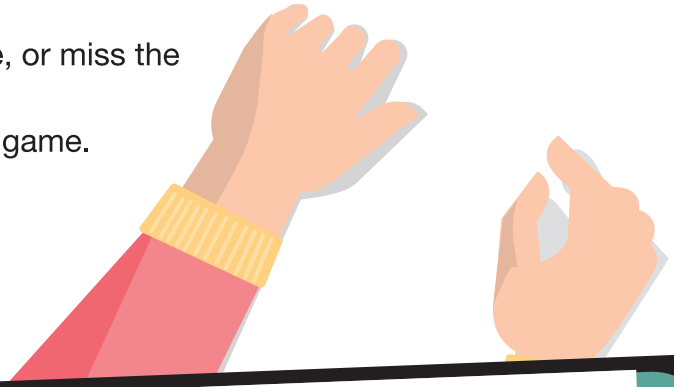


Equipment

- Chairs
- A lightweight ball
- A scoring sheet

Steps

1. Clients can stand or sit in a circle.
2. Before each game, clients can decide on a category. For example, if they choose animals, they should call out the name of an animal before they catch the ball, to earn points.
3. The ball is thrown randomly.
4. If they are unable to come up with a name, or miss the ball, no points will be awarded.
5. The client with the highest score wins the game.



Modification tips

Challenge

- Vary the way the ball is passed (e.g., kick, volley, or bounce the ball) to the next person.
- Make this a “minute-to-win-it” game. Clients need to keep the ball from touching the floor for a minute. Everyone should be seated and only use their hands to play.
- Vary the distance between clients.

Fishy Business

Materials

- Felt
- Large metal paper clips
- Long thin sticks or chopsticks (fishing rods)
- String or twine (fishing line)
- Button magnets
- Glue



Modification tips

Challenge

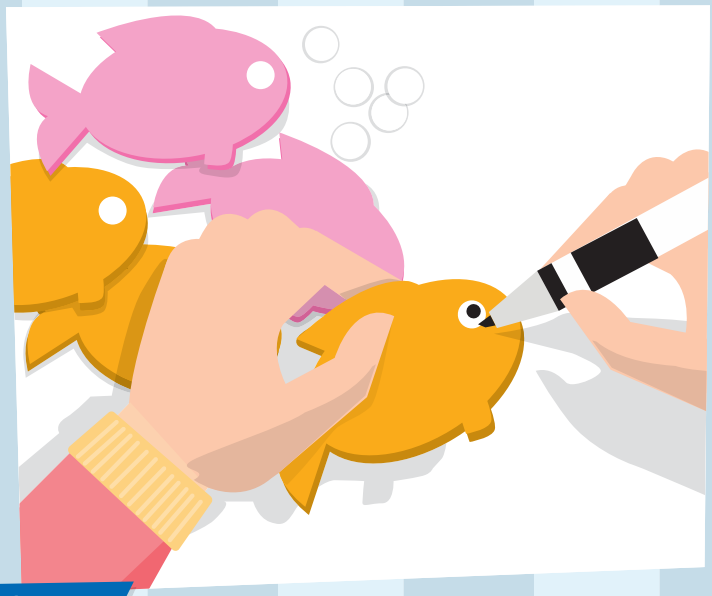
- Have different colours of the fish represent different points and ask clients to tally their own scores (count the number of fish caught and points earned).

Option

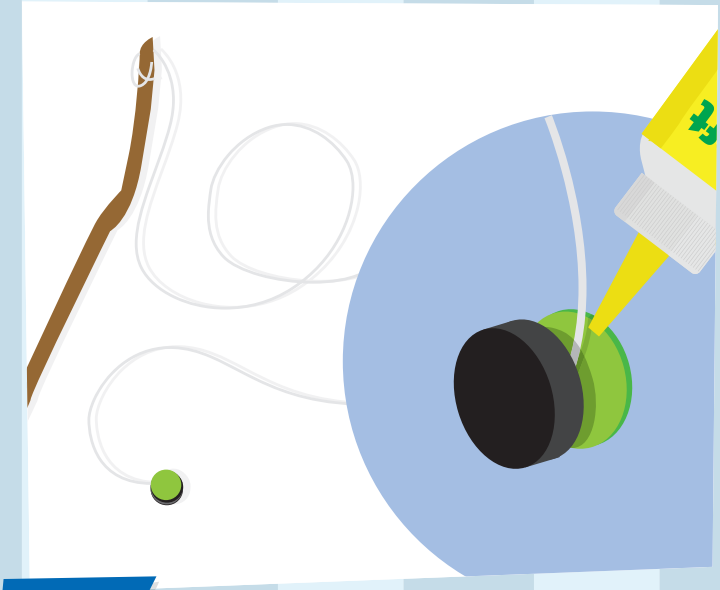
- Make up your own rules for this game. For instance, clients may catch as many fish as possible or catch a particular animal (e.g., a green turtle) to win.



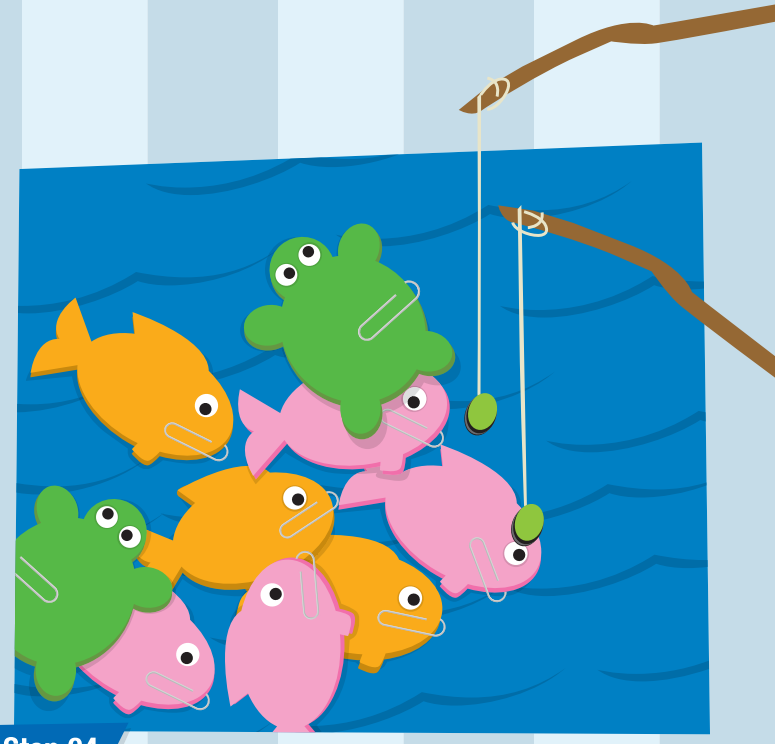
Step 01 Using a paper template, trace the fish pattern onto the felt and cut them out. Make as many fish or other sea animals as desired. Make one or two turtles using the same method.



Step 02 Slip paperclips onto each fish and use a marker to draw in the eyes and mouth.



Step 03 For the “bait”, cut a little circle of felt and sandwich one end of the string between the felt and the button magnet, and glue them together. Tie the other end of the string to the stick for the “fishing rod”.



Step 04 Let the fishing begin! Try to catch as many fish as possible, without picking up the turtle. Return all the fish to the fishing pool if the turtle is caught.



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