



# Activities on the Ward

A guide with lots of activities to  
improve the ward environment

A graphic for the "Smoke Free" campaign. It features a stylized green leaf or wave shape that curves under the text. The word "Smoke" is in blue, and "Free" is in green.

**Smoke**  
**Free**

A HEALTHIER PLACE FOR EVERYONE

## 5 minute or 15 minute option

Activities with these symbols in front can be used as a very quick means of engaging someone in an activity.

However they can be used for much longer than that if someone wants to carry on.



# Arts and Crafts

## Colouring Books

Use templates from a folder to assist people to focus and draw their attention to a quiet, meditative task. Keep a range of sharpened pencils handy.

The templates should range from simple to more complex designs and each design should have its own plastic wallet. Put a post it note on the last couple as a reminder to copy more.



## Card Making

Keep a range of pre-cut cards and envelopes. People often want to make something for birthdays and other special occasions. It's often a good time to talk to people about those who are special to them.

## Name plate/ Inspirational quote

**15**  
mins

Design a name plate for the door or room. Laminate the end result and fix to the door/wall.

Write an inspirational quote and laminate the end result. Could be used as a mat or put up in the room.

## Collage

Use old magazines, cards, brochures etc to make a collage meaningful to that person. You don't have to use scissors as tearing is ok.

People can take their work away if they want to. Celebrate the end result by offering to put it on the wall or help them to put it on their wall.

## Self Soothing Box

Place a number of items meaningful to that person into a box to create a soothing distraction or a soothing experience

## Make a Bracelet

Use beads to make a bracelet as a gift or for personal use.

**15**  
mins

Make a paper plane and see who can fly furthest.

**5**  
mins

Sharpen some pencils. This might lead to some mindful colouring.

Make a key ring with art room materials.

Try some modern art techniques, flick spots onto a piece of paper, dip the base of a pot in paint and print circles, squeeze paint straight onto the paper.

**15**  
mins

Make a quick pottery 'thumb pot' by pressing a small piece of clay into a bowl shape.

# Garden Space

## Cultivation/ Maintenance

**5** mins or **15** mins

- Hoeing or weeding by hand. Longer rooted weeds need to be lifted out with a fork.
- Taking off dead flower heads from plants will help them to grow.
- Watering pots or plants in the open soil. Walking between the tap and the plants is good exercise.
- *Picking up litter and sweeping up is surprisingly therapeutic. Remember to wear gloves.*

## Relaxation/Mindfulness

**5** mins or **15** mins

- Find a quiet space and try out a mindfulness exercise with someone.
- Listen to a relaxation CD or read a relaxation script in a quiet space.
- Follow the Tai Chi DVD using a laptop .
- Plait hair, manicure nails or give a relaxing hand massage with hand cream.
- Encourage using the garden as a quiet space for reflection and restoration. Listen to birdsong, look at the garden art, touch plants and textures.

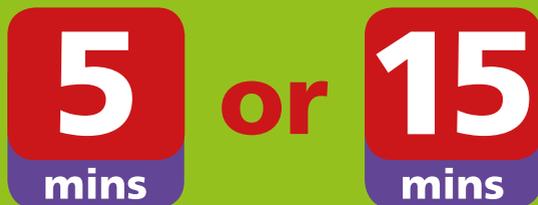
## Creativity

Carry out any of the activities under art, music or reading.

*Be mindful of the need to wear appropriate clothing, hat and sun cream when in direct sunlight.*

## Outdoor games, sports and exercise

- Outdoor table tennis. Arrange competitions at the weekend.



- Encourage throwing basketball hoops. See how many hoops can be thrown in one minute. Shuttle across the garden space for a higher intensity one minute challenge.
- Try scoring baskets with a badminton racquet and shuttlecock.
- Play Tennis against a wall.
- Go in goal with a service user taking shots with a soft football and vice versa.
- Assist a service user to chalk graffiti on a panel in the garden.

# Corridor/Indoor Games

## Corridor

Indoor Skittles.

Indoor Golf. Be creative with tubes, ramps and tunnels made from card, plywood or cut out plastic bottles to make a crazy golf course

## Indoor Games

- Magnetic darts. Arrange tournaments at the weekend.

**5**  
mins

or

**15**  
mins

- Balloon Keepy Uppy. In a group, solo or between two.
- Hula Hoop. See how long someone can keep going. How many hoops can be managed at one time. Good exercise for improving range of mobility.
- Seated basketball with screwed up paper and waste paper basket.

# Gym

## Aerobic Training

Those areas that have gym equipment have local policies for training staff to use aerobic equipment.

## Cardiowall

Some areas have a Cardiowall fitted. Training is arranged locally.



# Off Ward Activities

## Local park

Kite flying, healthy picnic, rounders, football.

## Timebuilders

Local time swap project at St Mary's Church. Give your time and choose from a list of free swaps. For example, help with litter picking or food growing and get a guitar lesson or craft session free.

## Walking

Join a walk from the ward. Get a map of local walks from [www.sheffield.gov.uk/roads/travel/walking/walkingmaps.html](http://www.sheffield.gov.uk/roads/travel/walking/walkingmaps.html)

Healthwalks run city wide regular walking groups.

## Football

SHSC Football at Lucazade Powerleague (Pitz soccer stadium) near Woodbourne Rd tram stop, Thursday afternoons at 2pm-3pm.

Contact Richard Davies, Tel (0114) 226 1629

## HugeFuture.org

There is loads of stuff out there. Try this for an up to date database. Also add free projects you know about.

NB. Older SHSC browsers won't open the resource. Download Firefox for free to get round the problem.

# Games, leisure, self-care

## Games

**5** mins or **15** mins

- Write three things beginning with a particular letter in different categories, e.g. cold food, drinks, countries, flowering plants.
- Find interesting news items in a paper and talk about it.
- Line up in birth date order January to December as an icebreaker. Think of other ways to order the line like height or distance to home.
- Find a personal item or memento and talk about it. e.g. ring, photo, membership card.

## Cooking/Self-Care

**5** mins or **15** mins

- Make bread, or do some healthy baking like cheese scones.
- Help people make their own breakfast. Remember a food hygiene certificate is required to cook with service users or have someone in the room who has a certificate.
- Try hair braiding, nail care or hand massage with hand cream.

## Leisure/Social

- Organise a film night with popcorn. Have a Karaoke or Bingo evening. Try a quiz either one to one or as a shared group. Play Skittles in the corridor. Have a game of magnetic darts. Wii Games from wards stock.
- **Short of time:** Have a go at making a realistic wii character.

**5** mins

# Service User Computer

## Communication

Email. Skype. Service User Radio item.

## Information

Web browsing following service user internet access policy.

## Housing

Browsing properties.

## Vocation

Paid and voluntary job searching. Stay in touch with work.

## Computer Club

Join a group and work together. Find out about online safety.

## Service User Radio

Listen to the podcast. Produce a piece for the next podcast.

## Entertainment

Youtube? BBC iplayer? Netflix?

# Music

## Various instruments as available

Electronic drum kit. Synthesiser. Hand drums. Guitars.

## Listening to Music

As a group. Choose a CD/vinyl track and talk about it. Can be an individual exercise too.

Individually, find a restful place and help someone select some music.

## Karaoke

Great as an evening activity even if someone only chooses a song.

## Dancing

Find somewhere for a person to dance. Sometimes people want to play their own music from their phone.

Parachute groups to music are fun as people swap places under the canopy.

## “This Ward’s Got Talent”

Organising a talent show can be a fun. Examples can include: singing, playing guitar, rapping, poetry recital

Also: card tricks, paper folding, portrait drawing, circus skills. Anything that releases someone’s creative side.

## Suggested Activity Box Contents

Make up a box that's handy on the ward to provide instant activity ideas for service users. Remember to appoint someone to keep it stocked up.

- Short story/poetry folder
- Playing Cards
- Board Games  
e.g. Connect 4,  
Scrabble, Draughts etc
- Dominoes
- Stress balls
- Tennis Ball
- CD player
- Relaxation CDs
- Quizzes
- Word Searches
- Crosswords
- Soduko
- Ukulele
- Magnetic dartboard
- Juggling Balls
- Football in the garden
- Colouring books
- YoYo
- Rubic's cube
- Hand held game console
- Hand held puzzle  
e.g. maze
- Activity suggestion  
pamphlet

Ideas and feedback welcome:  
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