



# CQM Christmas

FUN, ACCESSIBLE ACTIVITIES

# 2021



Order the full Activities Provision Course from £8.75pp

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Whilst there may be fewer limitations on activities this year, we strongly recommend you continue to refer to your service risk assessment when planning activities to ensure they are safe for everyone involved.

In addition, you may wish to have contingency plans in place in case your service needs to reintroduce restrictions to external visitors.

For example, this can be achieved by using online platforms so that families and friends can participate in games, music and other activities.



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# Deck the Halls with Boughs of Holly

Crafty activities



# Good Tidings We Bring

**You will need:**  
Christmas Cards  
Writing Paper



A great way to reach out to others whilst most services are locked down and many residents that live at home are isolated from their community.

People could write a favourite Christmas memory or family tradition, share a Christmas poem or carol that they love, or even write their own festive tale.

If people struggle with holding a pen, staff could write for them.

## **Residential Settings**

Find another setting to swap Christmas cards and letters with. This could be another service in your group, town or anywhere.

## **Domiciliary Services**

Your service users and staff could swap Christmas cards and letters, building a new community.

Or you could link up with a local school or community group to exchange cards.

## **COVID considerations:**

Quarantine cards and letters sent by/received at your service according to your site risk assessment.



# Cranberry & Popcorn Garland

**You will need:**  
Thread, needles  
and scissors  
or  
Floral wire  
  
Popcorn  
Oil  
Fresh cranberries



Wash the cranberries, removing the mushy ones (or save them for a recipe.) To make the popcorn, heat oil in a pan, add popcorn and cover. Listen until it's finished popping then remove from the heat. You might want to do this a day or two before and leave the popcorn out so it gets stale and isn't so brittle and fragile.

## Using thread

Thread the needle and tie a knot at one end. Thread a cranberry and push it all the way to the end. Test the knot and make sure it's secure. Then add three kernels of popcorn and push them down. Continue adding one cranberry and 3 popcorn kernels, pushing them down the string. Continue threading until you have the length of garland you need. Tie a knot at the end.

## Using floral wire

This might be easier for those with restricted mobility, strength in their hands, or poor eyesight, as no needle is used. Thread until you fill one half, then wrap your wire into a loop (to hang on a nail) and then unwrap more floral wire from the other end and keep threading. Thread till the end, then wrap the wire into another loop.

Allow the garland to dry, then add it to your tree or hang on your wall and enjoy!

**Remember: the cranberries and popcorn will not be edible**



# Fruit Ornaments



Slice your chosen fruit crosswise into 3/4-inch slices, creating a beautiful pinwheel effect. Try to keep them fairly uniform in thickness.

Spread them out on a baking sheet on foil and place in the oven set at the lowest temperature.

Leave them to bake for about four hours in total. Turn with a spatula, checking them every hour until they seem almost dry with a bit of moisture left so they still have an orange colour (they will continue to dry at room temperature).

Create a tiny hole in the top of each slice with a small paring knife, and string twine or gift ribbon through each to hang on the tree.

## **You will need:**

- Oranges
- Limes
- Grapefruit
- Silver foil
- Twine or gift ribbon
- Scissors

## **Optional:**

- Star anise
- Cinnamon sticks
- Cloves
- Floral wire

## **Feeling more adventurous?**

Try threading star anise with an orange slice or tying on a stick of cinnamon. You could 'stud' the wheels with cloves.

Or use floral wire and whole dried fruits to create a festive garland.





# Bird Feeders

**This is a great activity that continues to bring joy as you can all watch birds savouring your work for weeks to come.**



## **You will need:**

Bird seed  
Gelatine  
Straws  
Warm water  
Cookie Cutters  
Spoons  
Mixing Bowls  
Tray  
Silver Foil

A plastic lap tray is useful for this activity as it allows you to move the feeders without disturbing them whilst they are setting. Line the tray with foil to create a nonstick surface.

Christmas themed cookie cutters like stars and trees would be lovely, but any will work. The deeper the better.

Dissolve the gelatin in warm water according to the on pack instructions (approx. one sachet of Gelatin to 350g of birdseed). Fill a mixing bowl with bird seed.

Start adding the dissolved gelatin to the bird seed; you will be able to judge if more seed needs to be added to the mixture or not.

Keep mixing and adding the bird seed gradually.

As you reach a consistency where all the bird seed is covered in gelatin and there isn't much liquid remaining, start scooping up and filling your cutters.

Press the mixture down with a spoon, to compact the seed. When it is compacted add a straw to the top to allow for hanging once the feeders have set. Don't make your hole too close to the top as it can make the tops of your feeders weak, risking them breaking or crumbling apart.

Once they have set, carefully release them from the cutters and add a ribbon to be hung up.





# Salt Dough Ornaments

**You will need:**

1 cup Flour  
1/2 cup Salt  
1/2 cup Water  
Rolling pin  
Cookie cutters

**Optional:**

1 tbs Cinnamon  
Food colouring  
Paints  
Glitter  
Glue



Image by Valeria\_aksakova - Freepik.com

Mix together the flour and salt (and cinnamon for a festive smell if desired). Stir in the water until a dough forms.

Knead it on a floured surface until dough is firm and workable.

Roll out dough, using a rolling pin until dough is desired thickness - usually 1/4 inch or less.

Use cookie cutters to cut out shapes, and don't forget to add a hole so they can be hung up later.

Allow to air dry or place in a warm oven.

You could add extra decoration once dry - glitter, paint etc. Then tie a loop of gift ribbon through the hole so they can be hung on a tree.



# Photo Tree

**Most people have boxes of photos in drawers waiting for the day when time will allow them to put them in albums.**

**You will need:**

A wall  
Chalk  
Photos  
Blu-Tack

There is no need to ruin the photos, use blu-tack to attach photos to the wall in the shape of a Christmas tree.

It will attract service users, visitors and staff and generate lots of social interaction.

Smaller trees can also be made on bedroom walls.



Make a rough sketch with chalk on a wall and away you go.

Depending on the size of the tree it may take a couple of days to make, and various service users can share the work. Place decorations and Christmas lights on your tree if you have them available. They can also be attached with blu-tack.



## Table Decorations

**You will need:**  
Empty glass jars  
Greenery  
Cranberries  
Holly  
Water  
Floating candles



Simple but beautiful decoration that service users can make ready for your Christmas meals.

Wash and dry jars and layer the bottom with the greenery of your choice, and then add a handful or two of cranberries or holly.

Pour water into the jar, causing the cranberries to float to the top. Insert a floating candle.



# Fa la la la, la la la la!

Music and movement



# Carolling

**This is another lovely activity for any group of people, but particularly for those with dementia. Music accesses different parts of the brain than language. Even if a person living with dementia can no longer speak or respond to other's words, music can help them to express feelings and ideas, and to connect with people around them.**

Invite local choral groups, musicians or schools to give a short performance of carols from outside the building.

Or you can hire groups of singers (an online search for 'Carol Singer hire UK' should help); these may come dressed in Victorian Christmas or other festive theme.



## **COVID considerations:**

This activity could also be done via a video link online.

There are lots of free platforms including Zoom and Google hangouts that you can use for this.

**Encourage people to sing, dance or nod along to those they recognise!**



## Group sing-a-long

**This is a lovely activity for any group of people, but particularly for those with dementia. Music accesses different parts of the brain than language. Even if a person living with dementia can no longer speak or respond to other's words, music can help them to express feelings and ideas, and to connect with people around them.**

YouTube is a wonderful resource for finding vintage music to share. Search for music that will resonate with people who use your service. Key search terms could include:

"Christmas 1920s" "30s" "40s" "50s"...

"Vintage carols"

**Encourage people to sing, dance or nod along to those they remember!**



### **COVID considerations:**

You could invite other services, or local schools, playgroups, and nurseries to join your musical sessions via a video link.

There are lots of free platforms including Zoom and Google hangouts that you can use for this.



# Christmas Carol Bingo

**An exciting game that can be combined with an online visit by children, carol singers or other visitors.**

**You will need:**

Bingo card for each player

Pens

Small prizes for winner

Links to recorded music

or

Enthusiastic volunteers to play/sing!

Each player should be given a card with different combinations of Christmas carol/song squares.

**Using pre-recorded music**

Play each tune out at random. Players must cross off the tune if it is on their card. You could play a short sample of the tune or the whole version - depending on how fast you want the game to go and what best suits your players.

Winners can call out 'Bingo' for completing a line or full house.

**With live music**

Ask your musicians/singers to perform each tune, with players crossing off squares as above.

Winners could receive a small prize, or maybe they could request a song of their choice to be played/performed?

**Social Distancing:**

Residents can play from their doorways, with the caller in the hallway or using a tannoy if available.





# Peace on Earth, Goodwill to all

Sustainable Ideas





## A Cracking Idea!

To avoid crackers full of plastic gifts and shiny paper that can't be recycled, hold a crafty cracker making session before the big day.

Lots of shops are now selling kits allowing you to make your own - check out craft shops and online retailers for options. These kits usually include ready cut shapes, 'snaps' and some decorative items.

You can add in paper hats, jokes and small gifts that are suited to your setting.





# The Spirit of Christmas

Helping others is a great way to bring the spirit of Christmas alive, to promote positive values and to give people the sense of wellbeing that comes from supporting others.

## Care Packages

Help people put together a care pack for someone in need; this could involve various activities:

- \* Shopping trip to buy food, toiletries, toys and other items for the package
- \* Craft session to decorate a box or illustrate a note to go in the package
- \* Excursion to deliver packages

## Volunteering

If people are able to, helping at a local homeless shelter or food bank is a great way to give back to the local community. You could bake goods to send to a shelter, or ask families to bring in donations to send to a food bank.

Look online for opportunities in your area.



### **COVID Considerations:**

Support service users to place online orders for gifts (or purchase for them).

Liaise with the local charity for online meeting/recording to see people receiving their care packages or to receive messages of thanks.



# 'Tis the Season to be Jolly

Fun games for all to join in



# Pin the Nose on Rudolph

A festive version of the popular 'pin the tail on the donkey' game



**You will need:**

A blindfold

**Large picture of a reindeer:**

Print an image sourced online,  
or

Create a picture of a reindeer using paints,  
tissue paper, old wrapping paper or what-  
ever materials you have available

**Red 'noses':**

Red sticky dots or red circles with cellotape  
on the back

Place a blindfold on each player in turn and invite them to pin their red nose where they think it should go.

Write players' initials or names on the nose so you can see who is closest.

You could offer a small prize for the winner or perhaps let them choose the next activity or entertainment.

This activity can be made more accessible for those with mobility issues by attaching the picture of Rudolph to a tray, that can be held in front of players or rested on their lap.



# Stocking Guessing Game

## **You will need:**

Several small stockings  
or one large one

Paper and pens

Selection of objects to guess.  
Make sure non of the objects  
are breakable or have sharp  
edges. You'll want 10 to 25  
items in total.

## **These could include:**

- \* Roll of tape
- \* Plastic ornament
- \* Pine cone
- \* Toy/model animals like  
reindeer or penguins
- \* Dried orange segment
- \* Small piece of wrapping  
paper
- \* Gift ribbon bow
- \* Fir branch
- \* Chocolate coin (in foil)
- \* Cookie cutter
- \* A smaller stocking!

Give each player a piece of paper and pen or write down  
their guesses for them.

Each player has a turn at feeling what is inside the  
stocking(s) - can be within a time limit if they are  
competitive!

See how many items each player can correctly identify.





# Victorian Parlour Games

## Charades

Write a list of phrases or words to be acted out. It is important that they are likely to be known by all participants. Write each phrase on a piece of paper and put them into a hat.

Divide the players into two or more groups. Each group will take a turn at acting out their phrase.

Phrases and words can be broken down into smaller parts, e.g. football, could start by pointing at the foot, and then the mime could indicate kicking the ball, or throwing and catching a ball. It is common to indicate with a show of fingers how many words are included. Syllables are indicated by tapping the correct number of fingers on the forearm.

No speaking is allowed by the actors, but clues can be given. A gesture of cranking a handle, indicates a film, a square drawn in the air, a TV programme, and down on one knee and flinging out the arms in a theatrical gesture indicates a play. Cupping the ear means the word needed sounds like the word being acted, while holding the fingers out and close together means the word is a short word such as "an" or "in".

## How? What? Where? When?

One player thinks of an object. Tip: Make it more difficult by thinking of a word with multiple meanings, like male (masculine), mail (letters) and mail (armour).

If players struggle to think of a word for themselves, have some suggestions ready for them.

The other players try to discover what it is by asking (only once) the following four questions:

- \* How do you like it?
- \* Why do you like it?
- \* When do you like it?
- \* Where do you like it?

Player 1 must answer the questions truthfully. The person who guesses correctly wins, and then takes the role of Player 1.

## Laughing Game

- \* All players sit in a circle and take turns to say "Ha", "Ho" or "Hee"
- \* The first player to start laughing loses and is out of the game
- \* Continue until everyone is out
- \* The person who manages not to laugh for the longest is the winner



# Jingle Bells

**You will need:**  
Wrapping paper  
Scissors  
Sticky tape  
Seven small boxes  
Lots of tiny bells  
(you can buy these  
from craft shops)



In this game, the Christmas tradition of shaking presents to figure out what's inside has been turned into a game.

Using the lift, rattle, and listen method, players must arrange seven gift boxes filled with different quantities of jingle bells in ascending order from least bells to most bells.

Keep a score card with everyone's answers to see who gets it right. You can set a time limit to make it more challenging.



# Christmas Present Memories

**You will need:**

Pen and paper

Wrapping paper

Sticky tape

Cardboard box

**Ideas for words/phrases:**

- \* Favourite Christmas memory
- \* Best gift given/received
- \* Mistletoe
- \* Snow
- \* Fun and games
- \* Twinkling lights
- \* Caroling
- \* Feast

This is a simple way to get everyone talking, participating and having a fun time.

Put some words or phrases into a gift wrapped box and have each person pick one and tell a story about a memory that the word or phrase triggers. Encourage others to join in if they have something to share too.







# Favourite Memories

**You will need:**  
Listening ears



The key to successful activities is ensuring that they are meaningful and person-centred to meet the needs of each individual as much as possible.

An obvious way to do this is to simply ask people about their preferences, interests and memories through conversations and guided reminiscence :

“What is your favourite memory from Christmas time?”

“What traditions do you have in your family?”

“How do you like to celebrate Christmas?”

This initial activity could be one-on-one or in a group. You might find it helpful to use props, music, videos and photos to assist in stimulating memories and encourage people to contribute their thoughts.



# NOW BRING US SOME FIGGY PUDDING

Food & drink



# Strawberry Santas

**You will need:**

Fresh strawberries  
Vanilla Icing/Frosting  
(in a can or homemade)  
Black icing gel  
Knife  
Paper Towel  
Frosting piping with small  
round tip or a bag or  
ziplock bag with the  
bottom corner cut off



Rinse the strawberries then cut off and discard the leaves. Cut the pointed end off each strawberry. Place the newly cut edge down on a clean paper towel to absorb the fresh strawberry juice.

The "body" of Santa needs to be quickly dabbed on a fresh paper towel as well or the juice will cause the frosting to slide.

Put vanilla frosting in a piping bag (or in a zip lock bag and cut the corner off). Gently swirl some vanilla frosting on the top of the body.

Place the "Santa hat" (or the strawberry tip) on top of the frosting. Add a dab of frosting on top of his hat.

Finally, add two eyes with black icing.

**Healthier Option**

You could use cream cheese instead of vanilla icing.



# Christmas Tea Party

## **You will need:**

Tea  
Cakes  
Sandwiches  
Christmas decorations/  
linen

A beautiful afternoon tea is a great opportunity to share a special treat together.

Decorate tables with sprigs of holly on fresh white tablecloths.

Before the event, you could bake cakes with service users or create invitations and menus.



## **COVID Considerations:**

Invite families and friends to join via a video link.

You could send them the menu ahead of time, so that that they can prepare and enjoy the same treats as you.





### Health and Wellbeing

Acquired Brain Injury (ABI)  
Activities Provision  
Arthritis  
Autism  
Continence  
COPD  
Diabetes  
Dignity in Care  
Dysphagia  
End of Life Care  
Epilepsy  
Huntington's Disease  
Medication Management  
Multiple Sclerosis  
Nutrition  
Oral Health  
Oral Health for People  
with a Learning Disability  
Osteoporosis  
Parkinsons  
Pressure Sores  
Sepsis  
Stroke

### Health and Safety

Allergens  
COSHH  
Falls  
Fire Safety  
Food Safety  
HACCP for Catering  
Health and Safety  
Infection Control  
Legionella

### Mental Health

Addiction  
Assessing Capacity  
Dementia  
Deprivation of Liberty Safeguards (DoLS)  
DoLS in the Community  
DoLS in the Community C&YP  
Mental Capacity Act (MCA)  
Mental Health  
Mental Health Act 2005  
Personality Disorders  
Post Traumatic Stress Disorder (PTSD)  
Stress

### Safeguarding

Financial Abuse  
Lone Working  
Safeguarding Adults  
(Residential Home, Domiciliary Care or Health pathways)  
Safeguarding Children  
Safeguarding Children in an Adult Setting  
Self-Neglect

### Administration and Inclusion

Assistive Technologies  
Bullying and Harassment  
Confidentiality in Care  
Data Protection and Record Keeping  
Equality, Diversity and Inclusion  
Effective Comms. and Record Keeping  
General Data Protection Regulations (GDPR)  
Person Centred Care Planning  
Professional Boundaries  
Supervision  
Supporting Plant-based Diets

### Behaviour

Behaviour that Challenges  
Learning Disability and Behaviour that Challenges  
Conflict Management



Booklet printed on 100% recycled paper

- ✓ Satisfy CQC standards
- ✓ Fill knowledge gaps
- ✓ Distance learning or workshops

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