

**Activity Plan January – March 2018**

**Mondays**

**Bird feed AM**

Trip to Pittville Park to refill birdfeed machine.



**Sensory AM**

Time in sensory room interacting with lights, music, and having gentle hand massage if appropriate



**Cooking AM**

Join with staff cooking lunch



**News & chat AM**

Talk through daily news



**Chill out AM**

Time out of wheelchair, moving around on floor mats, interacting with music and sensory items



**Chris' crafts AM and PM**

Time with Chris on sewing projects



**Hairbrush AM**

Hair brushed and chat



**Rota AM**

Help with the bus rota



**Puzzles AM**

Do jigsaw puzzles



**Games PM**

Active games in Phoenix Room, eg boccia or handball



**Painting PM**

Using paint to create art



**Dry-Hydro**

Individual sessions on the dry-hydro massage bed












**Activity Plan January – March 2018**

**Tuesdays**

<p><b>Bird feed AM</b> Trip to Pittville Park to refill birdfeed machine.</p> 	<p><b>Sensory AM</b> Time in sensory room interacting with lights, music, and having gentle hand massage if appropriate</p> 	<p><b>Parachute games AM</b> Active games in Phoenix Rm using parachute</p> 
<p><b>Social interaction AM</b> Talk through news and family events</p> 	<p><b>Reception AM and PM</b> Helping with reception tasks, the door, and greeting people</p> 	<p><b>Chris' crafts AM and PM</b> Time with Chris on sewing &amp; art projects</p> 
<p><b>Drama PM</b> Art Shape running drama course</p> 	<p><b>Massage PM</b> Hayley giving individual hand or foot massages</p> 	<p><b>Dry-Hydro</b> Individual sessions on the dry-hydro massage bed</p> 
<p><b>Interactive Story Telling</b> Rebecca to lead dramatic story telling session</p> 		









**Activity Plan January – March 2018**

**Wednesdays**

<p><b>Games AM</b> Interactive games, Connect 4, boccia etc.</p> 	<p><b>Sensory AM</b> Time in sensory room interacting with lights, music, and having gentle hand massage if appropriate</p> 	<p><b>Dry-Hydro AM</b> Individual sessions on the dry-hydro massage bed</p> 
<p><b>Shopping AM</b> Weekly food shopping and or trip to town</p> 	<p><b>Chill out AM</b> Time out of wheelchair, moving around on floor mats, interacting with music and sensory items</p> 	
<p><b>Pamper &amp; nails PM</b> In the chill out room, hand massages, nail painting, hair styling etc.</p> 	<p><b>Walking PM</b> Local walk towards Pittville Park</p> 	<p><b>Dry-Hydro PM</b> Individual sessions on the dry-hydro massage bed</p> 
<p><b>Games PM</b> Interactive games, Connect 4, skittles etc.</p> 		





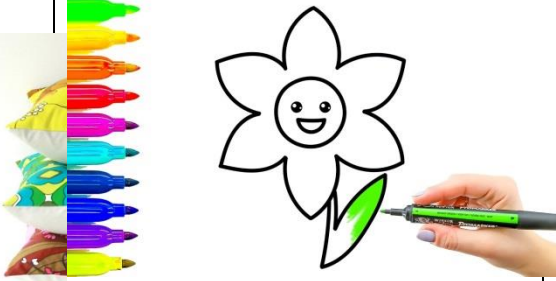




**Activity Plan January – March 2018**

**Thursdays**

<p><b>Sensory Crafts AM</b> Creative craft using sensory materials</p> 	<p><b>Sensory AM</b> Time in sensory room interacting with lights, music, and having gentle hand massage if appropriate</p> 	<p><b>Parachute games AM</b> Active games in Phoenix Rm using parachute</p> 
<p><b>Dr Detox</b> Dr Detox session</p> 	<p><b>Bird feed AM</b> Trip to Pittville Park to refill birdfeed machine.</p> 	
<p><b>Dance PM</b> Malee to lead dance session</p> 	<p><b>Quiet Music PM</b> Gary leading relaxed music session in chill out space</p> 	<p><b>Dry-Hydro PM</b> Individual sessions on the dry-hydro massage bed</p> 

**Activity Plan January – March 2018**

**Fridays**

<p><b>Bird feed 10-12</b> Trip to Pittville Park to refill birdfeed machine.</p> 	<p><b>Music</b> Gary leading lively music session</p> 	<p><b>Dry-Hydro</b> Individual sessions on the dry-hydro massage bed</p> 
<p><b>Crafts 10-3</b> Jette leading a session supporting people with individual craft projects</p> 	<p><b>Colouring art</b> Individual colouring projects</p> 	
<p><b>Boccia</b> Boccia competition in Phoenix Room</p> 	<p><b>Pamper session</b> Hand massages and/or hair styling being creative with accessories</p> 	<p><b>Chill out 1.30-3</b> Time out of wheelchair, moving around on floor mats, interacting with music and sensory items</p> 
<p><b>Walking 1.30-2.30</b> Local walk towards Pittville Park</p> 	<p><b>Reception</b> Helping with reception tasks, the door, and greeting people</p> 