



## The seed that grew...

Acorns to Oaks is an intergenerational project that brings together the youngest & oldest in our communities to play creatively together. Started in 2019, the project took nursery children into care homes. We are now looking for virtual participants.



## COVID-safe Project

Creative activity is so important for older people's mental well-being especially at the moment, when they might be feeling particularly isolated. We want to continue our work delivering these creative experiences to care homes even though we can't visit you in-person right now. This phase of the project will give you activities to work on with residents. You will then video & share them with the ATO's team. We can then use the videos to create performances which we will take into nurseries. The resulting interactions will then be shared back with the residents. These could take the form of videos, letters, photographs or art works.



### Activity idea #1 Contact Piano

1. Sit with the resident & put on some music they like.
2. Ask them to imagine they have an invisible keyboard at their fingers. Play along with the music.
3. Encourage them to imagine the keyboard extends up their arms, over their heads, down their legs etc.
4. They can play "piano" on their own body or if comfortable, tap out a tune on someone else's hand, arm or back.

## Activity idea #2 Favourite Game

1. Video the resident talking about their favourite childhood game.
2. Tell them to imagine they have to give instructions to a child on how to play.
3. Ask about who they used to play with or if they remember places they played the game.



## Activity idea #4 Cookery Show

1. Tell the resident to imagine they are the presenter on a cookery show for kids.
2. They are going to teach us, step-by-step, how to make a recipe they know by heart.
3. If possible, this could be done with real ingredients and utensils etc. Or they can pretend they have the items & mime it out.

Have a look at these videos for some other ideas:

<https://www.youtube.com/watch?v=6MLDAxYukbQ&feature=youtu.be>

<https://youtu.be/CjpkfFpuTJo>

<https://youtu.be/0C6JstBjaPk>

## Activity idea #3 Dance Along with Me

1. Put on some music you know the residents like.
2. Ask them to show us their best dance moves (this can be done seated if easier).
3. Tell them to imagine the video recorder/ phone/iPad is their partner or audience.
4. Talk about who might watch the dance and join in with them.

