



A-Z of Activities

Drama

Drama can encourage people to express themselves creatively, to interact with others and can be a form of movement and physical exercise. While it doesn't need to involve learning lines or wearing costumes, sessions should be properly planned in advance. People might feel self-conscious about joining in these activities at first, so start with simple exercises and activities in order to build up their confidence.

See the checklist for drama activities

What the activity can do for the residents	What do you need?	What to be aware of
<p>Movement – handling of objects, sitting, standing, walking and dancing.</p> <p>Sensory – awareness of the body's movement, touching and seeing props and objects, hearing instructions, hearing and seeing others' contributions, listening to music.</p> <p>Emotional – sharing of feelings, self-expression, imagination, confidence-building, making choices.</p> <p>Cognitive – remembering and following instructions, concentrating.</p> <p>Social – interacting and communicating, sharing memories, having fun.</p>	<p>Facilities A quiet area with few disturbances and interruptions, equipment, music, props (objects, writings, clothes).</p> <p>Staff/skills Staff running drama activities need to build up interest in the story or subject. You need enthusiasm and energy and to use your imagination.</p>	<p>As the term 'drama' might sound daunting to people – who might think of standing on a stage – be sensitive about how the session is presented.</p> <p>Consider using non-verbal techniques (e.g. mime) with residents who have speech or hearing difficulties.</p>



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Drama activities

Mime

- Miming and guessing actions; for example, peeling potatoes, ironing, opening a present.
- Charades.

Story making

- Use props when telling a story.
- Simple mime can illustrate a story involving movements.
- Pass a picture around and develop a story: Where is it? Who is in the picture? Why are they there? What are they saying? What will they do next? Tell the story and get the residents to select and adopt a role.

Passing activities

- Pass the hat – mime the role or occasion represented by the hat or develop a story to match the hat.
- Chinese whispers – pass a word or phrase around the group.
- Pass around an object as if it were something else; for example, a cushion held as if a baby.

Role play

- Create and act through simple roles and situations; for example, a job or domestic event.

Reminiscence

- Set up scenarios based on a reminiscence theme. For example, childhood games.