

Creative communities

Create



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**ARTS COUNCIL
ENGLAND**

Creative Communities

Foreword

Creative Spaces for Creative Communities

At Creative Paths CIC we believe that everyone should have access to the right space, support, and tools to enjoy the benefits of creativity in their lives.

The spaces and environments that we live in, the objects and decorations we surround ourselves with all have a direct effect on our mood, activities, and wellbeing.

The aim of this toolkit created by artist Ella Holden is to encourage greater creative activity and small creative changes to your care home environment. This will increase the spirit of a Creative Community within your home and provoke imagination, enjoyment and creativity for your residents.

We have five creative themes to explore in this pack. Each theme will have easy creative makes, ideas, resources and tips to transform your care home into a Creative Community.

Nurture – Activity that supports residents to participate in nurturing and caring activities such as growing plants, animal care, and friendships.

Play – Activity that is fun and enjoyable, that promote freedom and expression such as music making, expressive dance and movement, sensory play, role and character play.

Create – Activities that lead to a creative outcome such as craft, art, sculpture, a poem or story.

Relax – Activity that provides relaxation such as meditation, sound gardens, zen activities, yoga, optical stimulus, aromatherapy, and sensory stimulus.

Celebrate – Activities that celebrate life, people, events, and achievements.

We hope you find the ideas and resources that we have created for you engaging and useful and that they inspire a wider Creative Community in your care home for your residents, staff, relatives, friends and neighbours.

I look forward to seeing what you make and do!

Karyn Stavert - Creative Director - Creative Paths (EM) CIC

Create Contents

Foreword

Shoe Box Stories

Personal Storybooks

Extra Activities

Images

Additional Resources

*"Logic will get you from A to Z;
Imagination will get you everywhere"*
Albert Einstein

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Foreword

The activities in this resource will inspire you to explore with your residents personal story telling and creative narratives.

With the items that can be made in this pack you can create a very personal residents corner displaying artwork, personal stories, poems and story boxes.

Although when we tell our personal histories most of what we share is factual, however we all have a natural inclination to embellish our past to make it more interesting, so it is a very creative process to recall and tell your story.

Personal story telling is a great way to connect and share with others, and an opportunity for care and activity staff to find out a little bit more about the person they are caring for. We have some interesting ways to display and capture the stories, memories and photographs of your residents in this pack in the form of 3D tableaux and hand made notebooks.

It is also deeply satisfying to listen to the stories, poems and narratives of others, to step into another persons imagination. Just looking at an illustration can be the spark of a story, memory, poem or conversation.

Encourage your residents to make up their own stories and poems using the ideas and photographs in the pack. Provide plenty of opportunities for participants to read their work aloud (if they are able to), if not make sure you share their stories for them this will benefit the reader and those that are listening.

Karyn Stavert - Creative Director - Creative Paths (EM) CIC

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Shoe Box Stories



This is a great activity for building an interesting creative space in your care home. They look super stacked on top of each other.

Each participant can choose to tell their favourite story or follow one of yours! Each box will be as unique as its storyteller.

You will need:

- Shoe boxes
- Glue
- Scissors
- Magazines
- Coloured paper
- Thick card



Instructions:

1. Cut out a background, characters and objects that tell your story.
2. Decorate the side of your box with light coloured paper. Stick your background onto the back panel of the box.



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Shoe Box Stories



3. Create tabs for your characters and objects to stand up on using card. Measure the height of the cutting, making sure the tab is 2/3rd of the height of the clipping. Next measure a second section ensuring it is half the length of the top half of the tab. Cut out and fold along this line.

4. Glue the longer section to the back of the magazine cutting.

5. Arrange the characters and objects inside the box ready to tell your story.

6. Get the participants to create a story from each others boxes, write it down and display it in your creative space.



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Personal Scrapbooks

Everyone has a story. This can be a great space to celebrate each others pasts and present, using these simple book making techniques you can display memories and happy thoughts in your creative space.



You will need:

- A small box
- Glue
- Scissors
- Magazines or personal photos
- Coloured paper
- Decorative or mark making materials
- Ribbon or string



Instructions: (the mini book)

1. Take a sheet of A4 and fold it in half length ways.
2. Fold the paper in half again short side to short side
3. Fold the top half back on itself. Repeat this on the back, this will form a concertina.

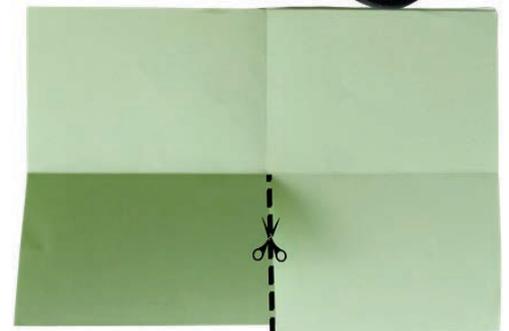


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Personal Scrapbooks

4. Open out your piece of paper. There should be 8 rectangles.
5. Fold in half again short side to short side.
6. Cut from the centre fold up to the cross point of the four rectangles.
7. Lay you piece of paper flat on the table. Pinch the middle into a mountain shape.
8. Put one hand on each side of the slit you have created. Push the bottoms of these rectangles towards each other to create a cross shape.
9. Flatten and fold in half to create a book shape.



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Create Personal Scrapbooks

10. Copy and cut out personal photo's or magazine clippings.
11. Decorate the inside pages of your book.
12. Stick the participants name on the front of their book.
13. Tie ribbon around the centre of the book.
14. Hang in your creative space to create a library of stories. You can also photocopy this for your care/activity plan.



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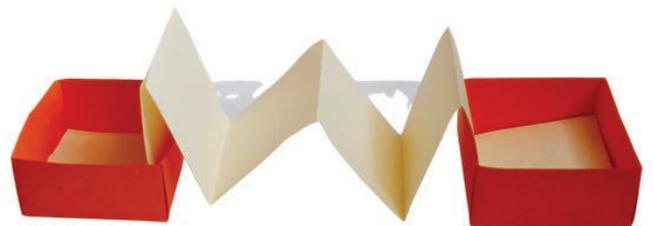
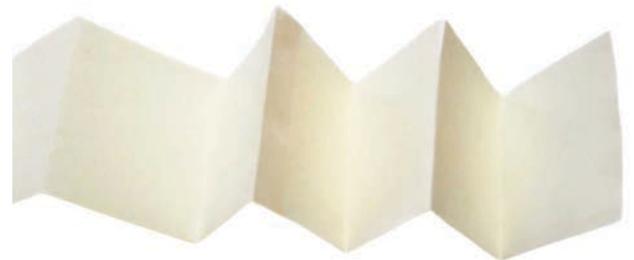
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Personal Scrapbooks



Instructions (box stories):

1. Take a small box - around 10x7cm or cut out and create a box using the template provided.
2. Create a long concertina of paper, with at least 8 sides. This can be done easily by cutting a sheet of A4 in half length-ways and gluing the short ends together.
3. Make sure your concertina is smaller than two lids by measuring and trimming down the edges.



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Personal Scrapbooks



4. Decorate the front sides of your concertina leaving one rectangle blank at each end.

5. Stick the magazine clippings/ personal photos on top of your decorations.

6. Stick one end of the concertina into each side of the box. This will mean the story pops out when the box is open.

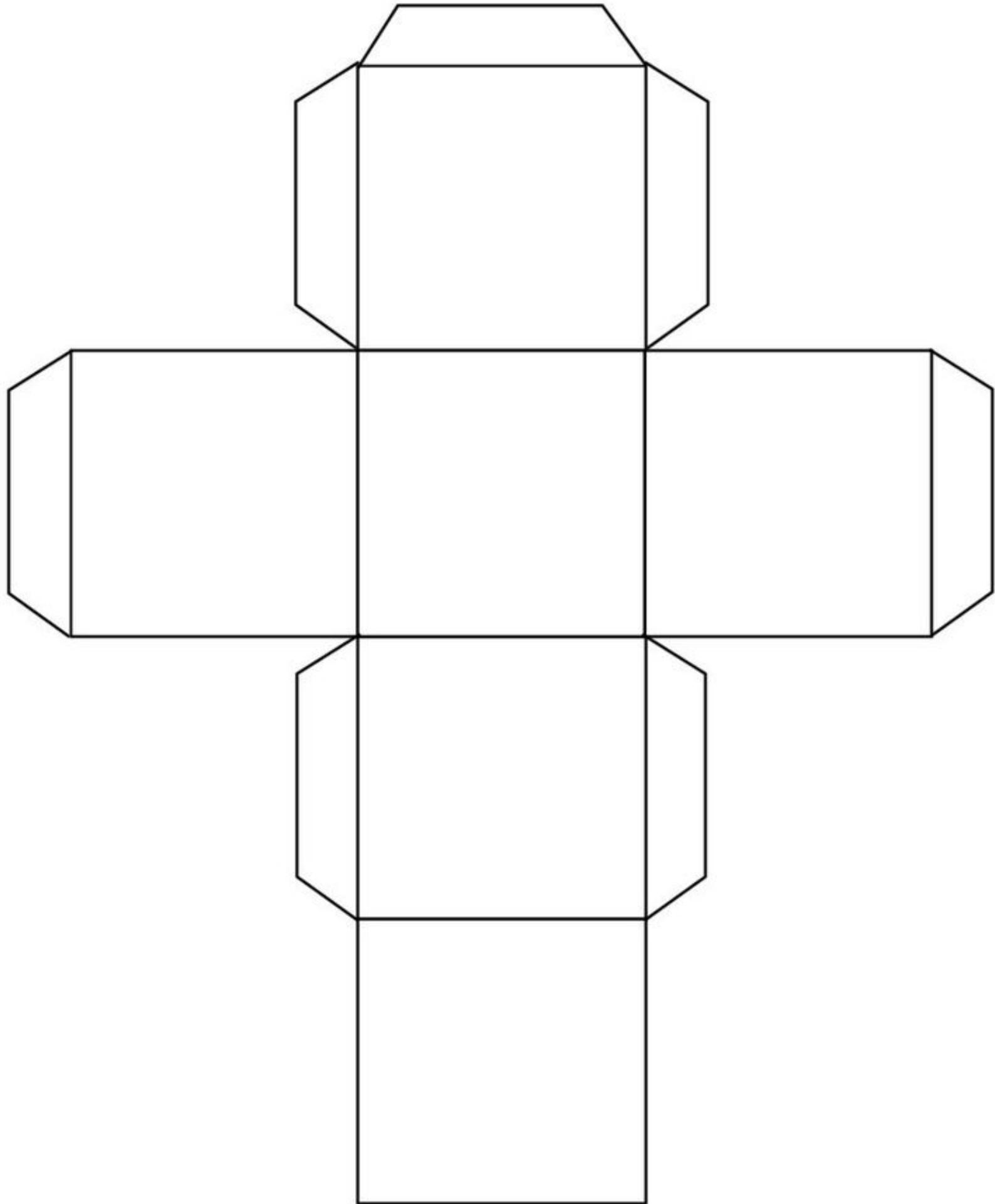
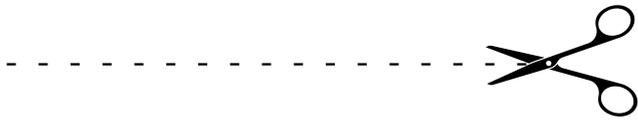
7. Stick the participants name on top of the box and display in your creative space.



Fill your creative space with these little boxes of memories!



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Extra Activities

Story Cubes

Story cubes can be used as a great warm up activity before making your story shoe boxes. Write down each story and decorate to add depth to your creative space.



<https://masandpas.com/story-cubes/>

Acrostic Poems

Acrostic Poems are another great way to spark creativity. Get the participants to choose their favourite animal or story character and create a poem describing them.

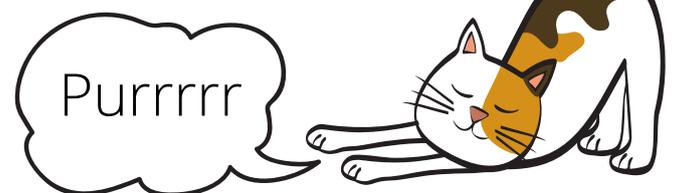
<https://www.timvandevall.com/language-arts/acrostic-poem-templates/>

Cuddly

Acrobat

Tenacious

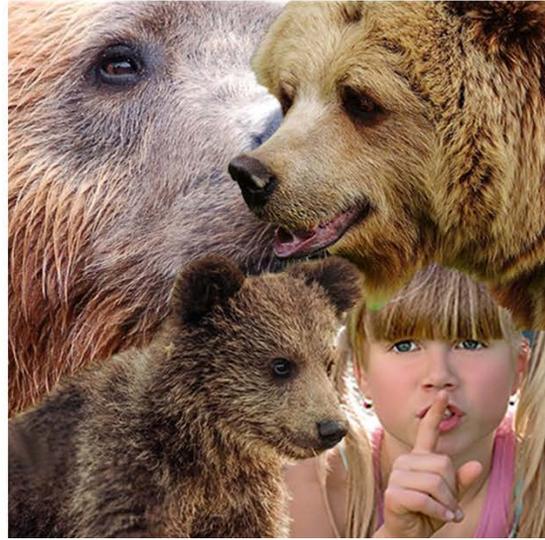
Softly Purring



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Create Images

As children our heads are filled with countless stories and fantasies all designed to teach us important lessons about the world. We are constantly transported to other worlds and dimensions in our imaginations. Together in our creative space we can travel together in our own stories.



Suggested conversation topics:

- Why do fairy tales have morals?
- Did you read a lot as a child?
- Do you have a favourite fictional character?
- Do you think television has changed how we tell children stories?
- Why is reading important?



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April Lee

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Additional Resources

Nursery Rhymes

<https://unquotebooks.com/download/illustrated-nursery-rhymes>

Literature

<https://americanliterature.com/short-stories-for-children>

Peter Rabbit

<https://americanliterature.com/author/beatrix-potter/short-story/the-tale-of-peter-rabbit>

Youtube Videos

James and the Giant Peach- Roald Dahl

<https://www.youtube.com/watch?v=gFoYBO5ZFwo>

Alice in Wonderland- Lewis Carol

https://www.youtube.com/watch?v=dq1T5c_yaQ

Fairytale Word Search

<https://www.studenthandouts.com/texts/fairy-tales/fairy-tales-word-search-puzzle.html>

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