

# Spring cleaning

## Performance

**30 minutes**

### You will need:

A pile of freshly laundered sheets

A large laundry basket

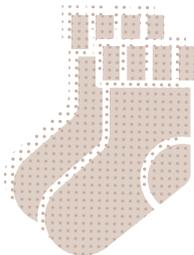
A couple of inflated balloons

Pairs of chunky socks, rolled into balls (1 pair per person)

## Dementia-friendly



Fun  
Uplifting  
Active



This activity was originally developed as part of a series of sessions exploring our homes and community. It is especially engaging for people with dementia who may respond well to more sensory elements.

### To begin:

Explain to the group that you are going to try some spring-cleaning inspired activities. Then reveal the laundry basket filled with the clean sheets.

Start by smelling fresh sheets and use this as a springboard to ask questions and start conversations.

### You could ask:

*What do the sheets smell of?*

*Do you like the smell?*

*What does it make you think of?*

*Where do you think the sheets were dried?*

*Where does it take you to when you smell this smell?*

*Who does the washing at your house?*

You could also try folding some sheets together if this is something that your group is mobile enough to do.

### Next:

Take a large sheet or a couple of sheets and stretch them out so that they are held tightly by the group. Then, drop a balloon on top and see if you can move it around as a group by bouncing the sheet! When you have tried to move the balloon around generally, try setting different tasks for the group. Can you get the balloon to go to a named person? Make sure it goes to everyone in the group! Can you get the balloon to go high? Or low? What about making it bounce up and down on the sheet? Or adding more than one balloon? Can the group come up with their own ideas about how the balloon could be moved around?

### To finish:

Give everyone a pair of (chunky) rolled up socks.

Can they throw them up in the air and catch them? Perhaps you could throw them to the participants and they can throw them back to you? You could do this to music if you wanted to add energy.

Then, introduce a laundry basket and give everyone the chance to throw their socks into it. Try with the basket in the middle of the group and then add different 'rules' to make it trickier. You could move the basket up high or further away if your group is very good at the activity.

Or you could add baskets of different sizes and allocate different points for a successful throw into each one.

### Credit:

Jen Harris / Small Things Creative Projects. Developed in partnership with The Fed.