Different types of creative activities

DEVELOPMENTAL e.g. problem-solve; interpret info; improve concentration; listen to ideas & work together.

IMA GINATIVE

e.g. dance & drama; use of puppets; dressing up & role ply; creating a display.

MEDICAL

e.g. knitting & crocheting (fine motor skills & pain free joints); movement/dance (balance/coordination/well-being)

PHY SICAL

e.g. gardening; woodwork jigsaws; ball games; walking & cycling.

INT ELLECT UA L

e.g. quizzes; story-telling; poetry; group discussions; music: animal sounds for recognition.

EMOTIONAL

e.g. storytelling; mime; craftwork; painting.

SOCIAL

e.g. singing; dancing; reminiscence therapy, mime; group painting or cooking & discussions.



Physical needs Learning difficulties Sensory impairment Behavioural conditions Special needs

Children & Young People

A DDRESSING INDIVIDUALS NEEDS

Memory loss

Lack of mobility

hearing impairment)

Sensory impairment (including



RO27 - KNOWLEDGE ORGANISER

Fine motor skills Gross motor skills Circulation

Older Adults





PHY SICA L



Improve dexterity

Improved mobility

Increase in fitness

ord ination

muscles)

Increase muscle strength

Improve had to eye co-

Exercise (heart, lungs &

Reduction of pain/discomfort

Language and cognitive development Reminiscence therapy Learning difficulties OCD Depression Diabetes

Life story work Dexterity Agility Self-awareness Self-worth HSE Contingency planning

Mental stimulation

Work independently Creative skills

Prevent/slow done memory loss

Social interaction Developing friendships



Improved relationships

Mental health needs

Physical disabilities

Sensory impairment

Medical conditions

Special needs

Adults

Being able to work in groups/teams

Staying connected/sharing experiences with family/friends

Able to make new friends more easily Improved social network

Experiencing how to receive & provide support can promote a sense of belonging

Feeling valued

Sense of achievement

Improved self-worth & confidence

Reduced anxiety & low mood

Relieves tension & stress

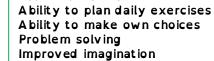
SOCIAL



BENEFITS of participating in creative activities

EMOTIONAL

LA NGUA GE



Relieve boredom

Learn new skills

Development of life skills Increased self-awareness



An activity that involves the use of photographs, music or familiar objects to enable individuals to discuss and share their past life experiences.



Self-esteem **Express emotions**





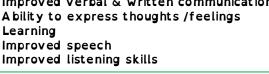
Communication Language skills



Improved verbal & written communication Ability to express thoughts /feelings

Improved speech







Useful websites:

www.ageuk.org.uk www.alzheimers.org.uk www.bhf.org.uk www.hse.gov.uk www.mind.org.uk www.sense.org.uk