

RO27 – Creative activities to support individuals in health, social care and early years settings
LO1: Understand the different types of creative activities available in health, social care and early years settings

Creativity is the ability to challenge, question and explore and involves ...

Expressing yourself

Enjoying and learning

Reflecting your individuality and your uniqueness

Trying and exploring new activities

Being imaginative



Different types of creative activities

Imaginative

Encourages individuals to use their imaginations to act out, role-play and/or create different scenarios

Puppetry (acting out)

Dressing up (Role plays)

Dancing & Drama

Displays (painting, photos)

Physical

Encourages individuals to move around and use their bodies and muscles to express themselves

Jigsaw (exercise the brain)

Ball Games

Gardening

Dance (Balance & Coordination)

Walking, Cycling

Swimming

Woodwork

Intellectual

Activities which help to promote language and cognitive development in children and adults

Writing stories and plays

Reading in groups

Group discussions

Doing crossword puzzles

Taking part in quizzes

Medical

Activities which can improve a person's physical and mental health. Exercises that can help to improve their body and release good feelings

Dancing, movement - children (improve balance and feelings)

Knitting and crocheting – helps fine motor skills

Social

Social interactions with others helps with the building of positive relationships, helping others to communicate, interact and meet with others and exercise their bodies and minds

Dancing, movement - children (improve balance and feelings)

Knitting and crocheting – helps fine motor skills

Emotional

Emotional creative activities can help people to understand and express their emotions or feelings. If not understood can lead to them becoming frustrated, sad, upset and unwilling to talk about how they feel

Group discussions

Painting and craft work

Story telling

Development

Physical development activities can encourage the development of their fine motor skills in children. Problem solving activities can help both children and adults to.....

Listen to others' ideas and work as a team

Understanding and using information)

Improve concentration

Problem solving (doing up buttons)

Key Terms

Language and cognitive development

The learning of language and cognitive skills, such as understanding and using words, communicating, thinking, remembering and problem-solving.

Reminiscence therapy

An activity that involves using photographs, music or familiar objects to help an individual to discuss and share their past life experiences.

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Children and young people



Physical needs

A child with cerebral palsy

Difficulties running

Difficulties walking



May depend on a wheel chair or a walking frame

Creative activities encourage movement and co-ordination within my body.

Activities like dance and exercise, can help with strengthening and developing stronger muscles in my body.

Learning difficulties

A child with learning difficulties



Issues with confidence

Dependent on others

Creative activities can encourage children with learning difficulties to become more independent and confident in what I can do. I can take part in drama which will help my confidence grow.

I can try new activities and this can help me learn new skills. Interacting with others can help with my communication and social skills.

Children and young people

Sensory impairment



I might find it difficult moving around in my environment..

I might find it difficult to explore or take part in activities that are new to me.

I can still explore creative activities that have been designed to meet my need. They can be more tactile (use touch) like gardening

From doing these kind of activities I get a sense of achievement; a chance to learn new activity; a chance to experiment with different textures and sounds and also a chance to be with other children.

Behaviour conditions



Creative activities like painting and needlework help me to relax and remain calm. It can also reduce my anxiety levels.

I find it difficult to engage because of my repetitive and disruptive behaviour

I have high levels of energy so moving about doing activities will help use up some of my energy and keep me focused like swimming, cycling.

Also taking part in team sports like football and basketball also help use up my energy

Special needs

I might need additional help because of my special needs/medical condition

Or have an emotional or learning difficulty or disability that stops me from learning and developing in the same way as other children of the same age who have not got any special needs.

Art activities help me to use my creativity. It also helps me to explore my senses. Activities like clay and dough modelling, water and sand play; can give me something good to focus on help with my concentration.



Key Terms

OCD – Obsessive compulsive disorder

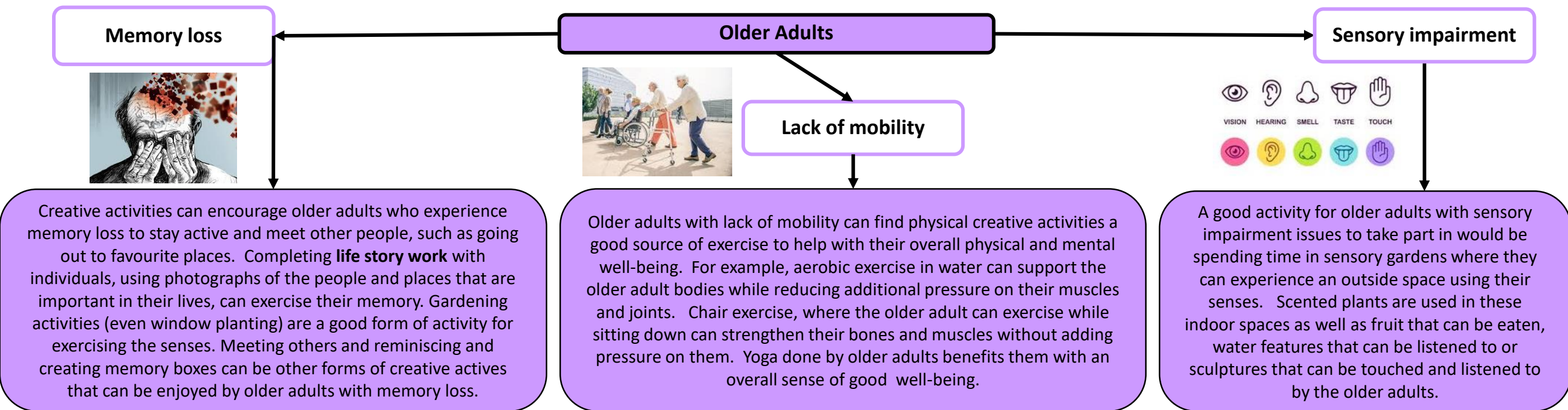
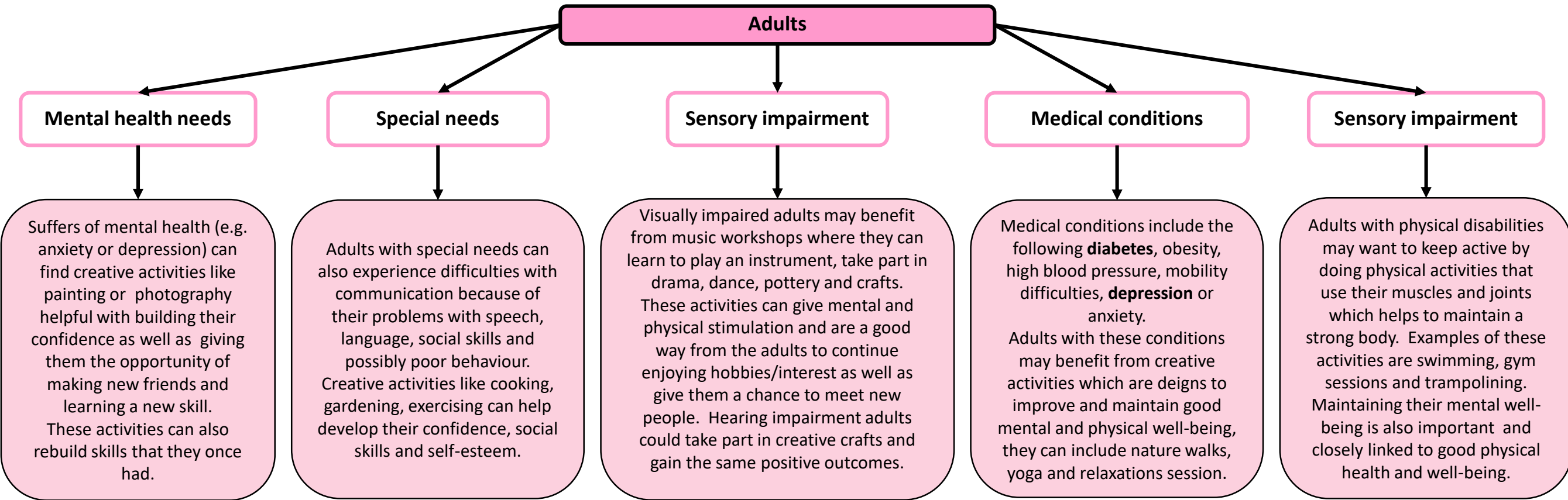
Anxiety disorder characterised by obsessive thoughts and compulsive activities

Learning difficulties

Children, young people, adults who have difficulties processing some types of information without their general intelligence being affected. example Dyslexia.

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Key Terms

Depression – A low mood that lasts for a long time period of time and affects an individual’s day-to-day activities

Diabetes – A condition where the amount of glucose in the blood is too high because the body cannot use it properly

Life story work – An activity that involves reviewing an individual’s past life events and developing a biography to understand more about the individual and their experiences