



Bring a Senior to Playgroup Week Activity Ideas

Gardening

You can do some gardening with a traditional seedling, some dirt and a small paper cup. Creating a garden of flowers or vegetables is a great way for everyone to have fun and watch their seedlings grow, even after the special day.



Scavenger Hunt

A scavenger hunt is a great activity indoors or outdoors, so it's perfect regardless of the weather.

Book Inspired Activity!

Read the story *Grandpa and Thomas* by Pamela Allen and enjoy a beach-themed sensory tray. To include very little ones, try the taste-safe sand recipe below.



Taste Safe Sand

Ingredients

- 4 cups plain flour
- ½ cup vegetable oil

Method

- Stir together to form beach-like sand.
- To play, add ocean animals, shells, scoops and buckets.

Take Photos

Remember this day with the children and seniors. It would also be a great gift to print the photos out and share with seniors and families who attended.

Manicures/Pedicures

Break out the nail polish and enjoy a little pampering. While you're at it, have a chit chat - "What colour did you polish your fingernails? You know, you can also make each nail a different colour and layer polishes!"





Dance Party

Show off your best moves and perhaps teach the children a few dances like The Mashed Potato or The Twist. Then, let the children teach you some new moves.

Tea Party

Host an old-fashioned tea party. Be sure to invite stuffed 'friends' and dollies. Serve biscuits, crackers or even sandwiches.

Book
Inspired
Activity!

Read the story *Jam for Nana* by Deborah Kelly and enjoy scones and jam for morning or afternoon tea. Need an easy scone recipe? Try the 3-ingredient recipe below.

3 Ingredient Scones

Ingredients

- 3 ½ cups self raising flour
- 1 cup thickened cream
- 1 cup lemonade

Method

- Preheat oven to 200°C.
- Stir together ingredients.
- Turn out onto a floured surface and knead gently 3-5 times to bring dough together.
- Cut into 6cm wide and 2.5cm thick disks.
- Bake on a lined tray for 15 minutes.
- Serve with jam and cream.



Make Paper Plate Masks

Using a paper plate, make a mask with crayons, some glue and glitter or feathers (whatever craft materials you have). You can also use popsicle sticks, pipe cleaners or string and add it on as hair or a beard. Put two small holes on either side of the paper plate and thread some string through, so you can tie it around someone's head. Alternatively, use a popsicle stick as a handle.

Make Pasta Necklaces

Gather dry coloured pasta and pieces of string. Thread the pasta on a piece of string and tie the loose ends together to make a pasta necklace.

