

## Dressing up Box

This pack is about dressing up and includes reminiscence objects and activity ideas linked to memories of getting dressed up to go out!

We do apologise in advance that it is a bit girly!

To men and anyone who didn't wear make up and doesn't enjoy getting dressed up, we hope that you can enjoy taking part too!

You can do the activities in any order you like.

You can add your own ideas and follow your residents' memories and creative ideas using the pack as a starting point.

They can all be adapted to be group activities or one to one.

You will find a list of the materials and resources included

Some ideas and guidance to follow if you wish

We hope that you enjoy it!

And look forward to hearing what you thought and how we can improve

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This box has been made in collaboration with Textile Artist Ffion Evans who is currently an Activity Coordinator in a care home herself!

You can find out more about her sensory textiles here

<https://www.ffionevanstextiles.com/play-at-home>

## Contents

4 Envelopes containing scented invitations,

10 perfume spray bottles,  
label stickers

5 Cardboard mirror frames

Collage materials

glue

Paper for self portraits

Face templates

Rafia, feathers, flowers for head dresses



## Activity Ideas

### Reminiscence

Make up mirror, comb, fans and feathers, talc, Rollers, powder puffs, Postcard pack

Opening and unpacking this box is a good way to start a session.

Always be the person who doesn't know, even if you do. Say things like: 'I wonder what this is?'

Ask: 'Do you recognise this smell?'

And: 'Do you know how this works?'

Or 'Shall we see what this does?'

Sharing some memories of your own can start a discussion.



### Sensory objects

Some of the objects we have chosen are also very sensory, the fan, feathers and powder puffs can be used for a sensory session.

### Postcard pack

The postcards can be used for reminiscence too

You could spread all of them out and ask residents to choose their favourite and then ask them why!

You can post the cards to family and friends with memories to share.

## **Invitations**

Inside the envelopes you will find scented invitations for the events listed below.

Share the invitation with your residents and then plan your own event together!

### **“Get dressed up and have a milkshake !”**

Give out milkshakes during snack time

You could add marshmallows and fun straws to the milkshakes!

### **“Get dressed up and be glamorous”**

Have a pamper session with make-up - You could use soft brushes as a sensory activity to stroke their face, hands or arms.

Ask residents how did they used to do their make up? What was their favourite item to use?

Put rollers in their hair or do different hairstyles.

Put on some red lipstick and have a group photo!

### **“Get dressed up and have a sing along”**

Put on some old 50s music and sing along

Ask your residents what their favourite music from the 50s was - you could ask them to sing it to you.

You could put on some 50s karaoke music videos on YouTube - Here are some links to a few

<https://www.youtube.com/watch?v=nS7k4Z45Rmw>

[https://www.youtube.com/watch?v=nRK\\_vYZGV9Q](https://www.youtube.com/watch?v=nRK_vYZGV9Q)

[https://www.youtube.com/watch?v=q\\_1gaFCZE5c](https://www.youtube.com/watch?v=q_1gaFCZE5c)

<https://www.youtube.com/watch?v=OmJjRruli44>

### **“Get dressed up and have a party”**

Throw a mini 50s themed party - music/ balloons/ dancing etc.

You could plan a few group decoration making activities in the run up to the party

Ask the residents to show you their best party trick

Ask the residents to tell you about a really good party they've been to.

## Make your own Perfume

Collect different flower petals or herbs from your care homes garden or go on a short walk somewhere to collect some with residents if you can. Collect from home or buy flowers and bring the fresh petals only.

Let the residents look at the petals, hold them and feel them - ask if they know what flowers they come from?

Smell the petals with your residents - what do they smell like?

Add the petals to a bowl of warm water - Let the residents mix with their fingers or hands as a sensory activity, or with a spoon if they don't want to do this.

After mixing for at least 5 minutes (you can mix for longer if residents are enjoying) pour the water into the spray bottle

You could add a few flower petals to the spray bottles for decorations

You could add essential oils if your care home has any available to add different scents and wellbeing properties i.e. lavender oil is known to be calming.



## Spray the perfume and smell !

what does it smell like, do the residents like it?

What does the smell remind them of, does it trigger any memories?

Spray the perfume on the resident's skin - wrists and neck to remind them of putting perfume on - or on their arms and hands for a sensory feel (make sure the residents are not allergic to any ingredients within the perfume)

## Adding a personalised label

You can use the sticker labels in your box to add labels to the perfume bottles

Ask the residents to design their own label, they could add fancy writing or draw flowers etc. If they don't want to draw on the labels themselves, you could do this for them but ask how they want the labels to look and show them while you're drawing so it is still an activity you are doing together. Residents could use their own name or create a new name inspired by the scent or memories it reminds them of.

## Self Portrait in a hand Mirror

Use the paper provided to encourage residents to draw a self portrait using paint, coloured pencils or any materials you have to hand!

It doesn't have to be a portrait of them now, it could be how they remember themselves, how they imagine themselves or it could be a blown up photocopy of a photo of them that they like if they have one!

## Decorate your Hand Mirror

The cardboard hand mirror will make a frame for the self portrait and the back and front of the mirror can be glued together.

You will find sheets of flower patterned paper and sparkly diamonds to decorate the mirror with.

You could cut the flowers out, tear the paper, or cut the different patterns into squares to create a mosaic effect!



## Whats your look?

Face templates

These templates can be used by your residents to show you how they would have worn their makeup to go out using actual make up if you have some or with coloured pencils or paint to add eye makeup, lipstick and even a hair do!



## Party Headdresses!

If your going to a party, you have to dress up! You will find rafia, feathers, fake flowers and more!

Add real leaves and flowers and anything else you might have lying around to make hats and headdresses ready for your celebrations!

(we'd love to see selfies if you are posting on Facebook tag **#MakingSensecic** )





