

Sharing feelings and flowers at Lulworth House Residential Care Home



Blue Monday

Monday 17 January was 'Blue Monday' (allegedly the most depressing day of the year!) so we spent time with our residents at Lulworth House Residential Care Home talking about our feelings and how important it is to express them.

Our ladies and gents **shared their thoughts** about why we tend to feel a bit blue over winter months and it was good to hear different viewpoints and discuss our well-being, which is so important.

Afterwards we enjoyed a **sensory sorting activity** with blue and red yarn and buttons, and some of our ladies showed us their **knitting** skills.

Flower power

Wednesday 19 January marked '**International Flower Day**' and our residents engaged in a '*Name the flower*' **guessing game quiz** and other 'flowerful' activities.

We offered our residents **floral necklaces** and our indoor plants were displayed for our residents to touch, smell and observe. After an attentive observation, we wrote a poem for our Poinsettia plant!

Everyone expressed their creativity by **drawing their favourite flowers**, before cutting them and creating a wonderful collage to display on our communal board.

Throughout the day we played **relaxing music and played flower images on our TV**, creating the perfect environment for our residents to relax, as well as enjoy a preview of spring and plan our next steps to be ready for gardening season.



