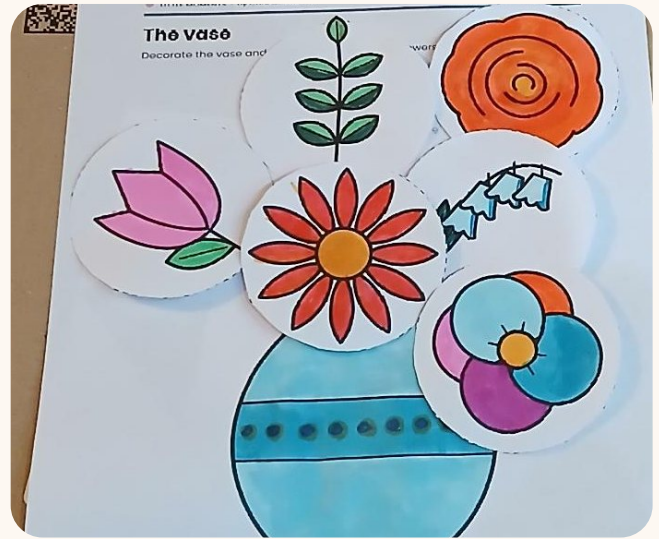
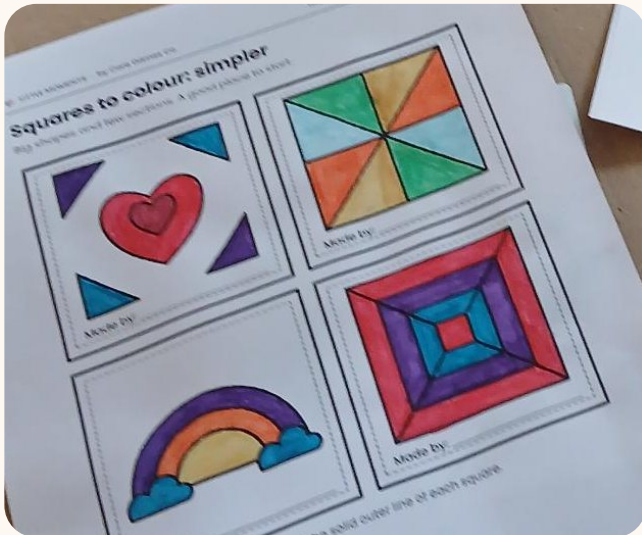
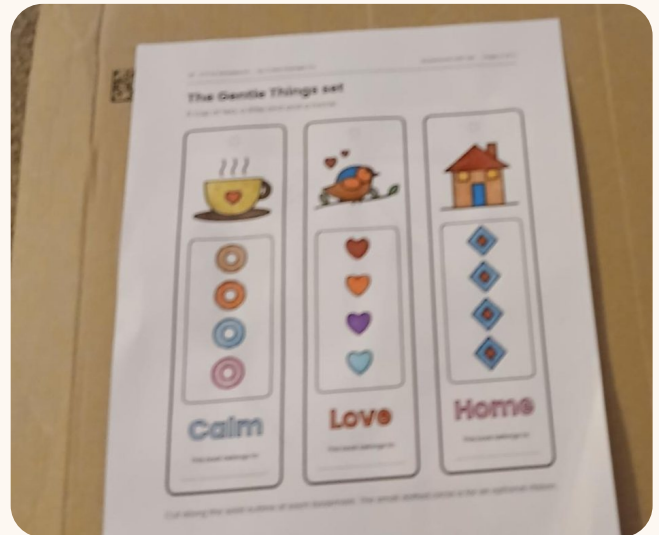


CARE GAMES CO

Made to Share



Three gentle activities to try, free



Real activities, printed and coloured at home.

For older adults, people living with dementia,
and everyone who cares for them.

FREE SAMPLE PACK

caregames.co.uk

Welcome

Dear friend,

I have been a live-in carer for more than ten years. In that time I have learned that the best moments are often the simplest ones: sitting side by side, choosing a colour, and making something together.

I made this collection because I couldn't find activities that felt right for the adults I care for: gentle enough for tired eyes and shaky hands, but never childish. So every activity here makes something real. A card for a birthday. A bouquet that never wilts. A sign for a bedroom door. A postcard that really goes in the post.

Every page has been printed, cut and tested at home, and changed until it worked. The lines are bold, the cutting is easy, and there is always a simpler way to join in.

There is no right or wrong way to do any of it. Go at your own pace, leave things for another day, and enjoy the time together. That is what it is all for.

With warmth,

Violetta

Live-in carer and founder, Care Games Co

This free sample has three activities from the full collection of twenty. I hope you enjoy them.

Printing and making it work

Printing

- **Actual size:** always choose A4 and "Actual size" or "100%", not "Fit to page".
- **Paper:** ordinary printer paper works for everything. Thin card is best for things that stand up or get handled: houses, the tea set, signs and coasters.
- **Ink:** the pages are mostly black lines on white, so they use very little ink.
- **Print again:** print just the pages you need, as many times as you like.

Making it work for the person

- **Levels:** many activities have Simple and Detailed versions. Start simple.
- **Cutting:** cutting is always optional. Easy cuts follow straight lines or big circles, and a carer can always cut instead.
- **Low vision:** bold felt pens and good daylight help. The thick lines are easy to see.
- **Shaky hands:** there is no need to stay inside the lines.
- **Tiredness:** one small part a day is plenty. Most activities can wait for tomorrow.
- **Touch:** glue on fabric, felt, ribbon or real leaves, or trace lines with PVA glue and let it dry, to make raised lines to feel.

Keeping it safe and gentle

- **Scissors:** stay close when scissors are in use. Use a glue stick, not liquid glue.
- **Small items:** avoid buttons and anything small enough to swallow.
- **The right moment:** if the person is tired, unwell or upset, leave it for another day.

These activities are for enjoyment. They are not a medical treatment or therapy, and they do not replace advice from health professionals.

Your licence

Free sample

You may print this free sample as many times as you like for the people you care for, at home or at work.

Please don't

share, sell, upload or forward this file, or print it for other people to sell. Every copy sold helps a small, carer-run business keep making things.

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Email hello@caregames.co.uk and I'll send it again.

A Bouquet That Lasts

Colour some flowers, cut them out and arrange them in a vase. A bouquet to keep or to give, and one that never wilts.



One finished bouquet. Every bouquet turns out different, and that is the joy of it.

Time	20 to 40 minutes, or spread over a few days
For	one person, or a small group with one bouquet each
You'll make	a bouquet to display, or to give as a gift
You need	pencils or felt pens, a glue stick, scissors (optional)

How to make it

- 1 Print pages 3 to 5 at actual size (100%).
- 2 Choose your flowers and colour them in any colours. Five or six make a light bouquet, and all eight make a full one.
- 3 Cut out the flowers, choosing the way that suits you (see below), or let someone help.
- 4 Colour or decorate the vase on page 5.
- 5 Before gluing, lay each flower at the top of a stem and move them around until the bouquet looks right.
- 6 Glue them in place, letting them overlap a little. Add the names on the label if it is a gift.

Two ways to cut

- **Easy:** cut along the dotted circle. Quick and gentle.
- **More of a challenge:** cut close around the petals. Less white paper shows, so the bouquet looks more natural.

Make it work for the person

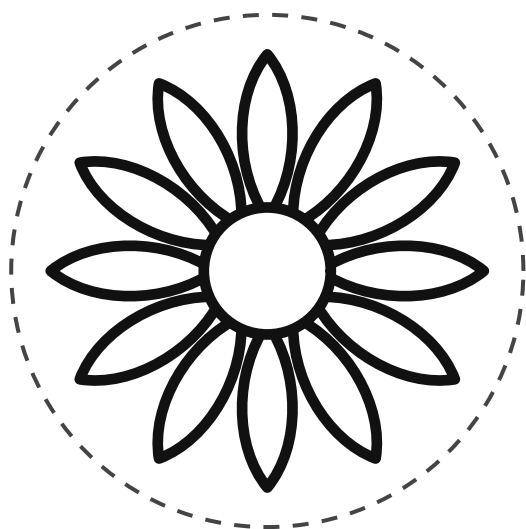
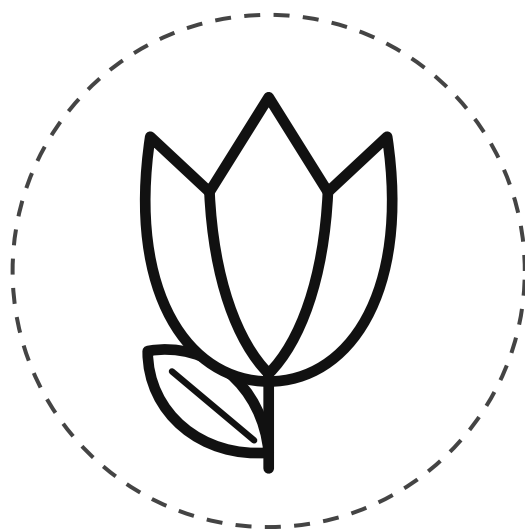
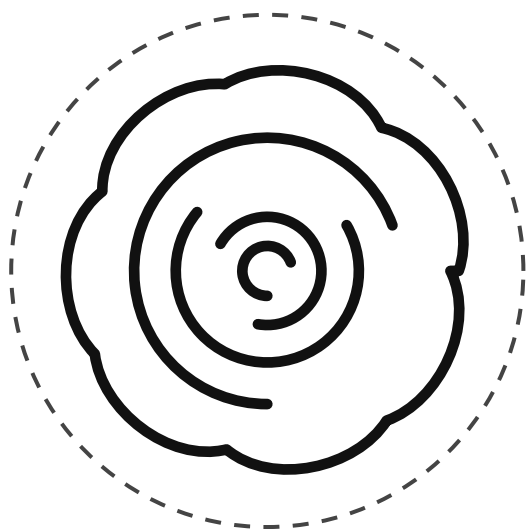
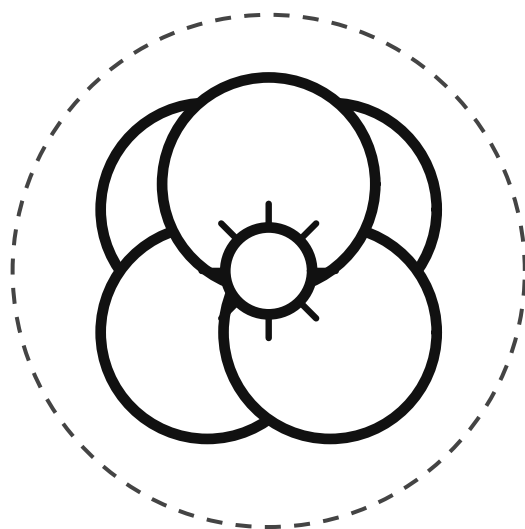
- **No cutting:** cut the flowers out beforehand, or simply colour them on the page.
- **Low vision:** offer bold felt pens and describe the colours as you go.
- **Tires easily:** colour one or two flowers today and finish another day.
- **Touch-friendly:** the evening before, trace the outlines with PVA glue and let it dry. The raised lines can be felt with the fingertips. Hand over pre-cut flowers to place by feel, describing each colour and where it sits.
- **Want more?** make a second bouquet on folded card as a greeting card.

A gentle note for carers

Stay close when scissors are in use, and use a glue stick rather than liquid glue. Offer choices, not instructions. However the bouquet turns out, it is finished when the person says it is.

Flowers to colour and cut

Big, simple shapes for easy colouring. Choose the ones you like best.

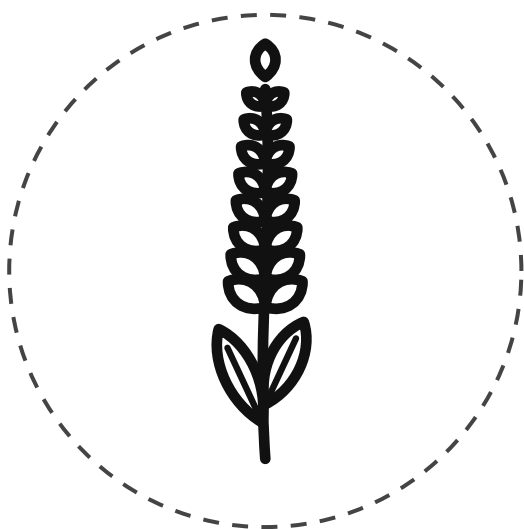
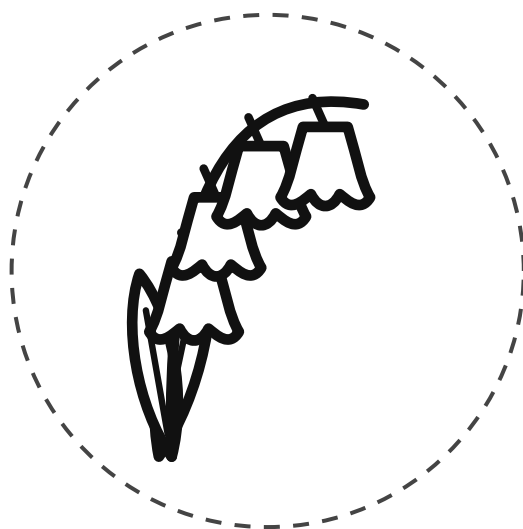
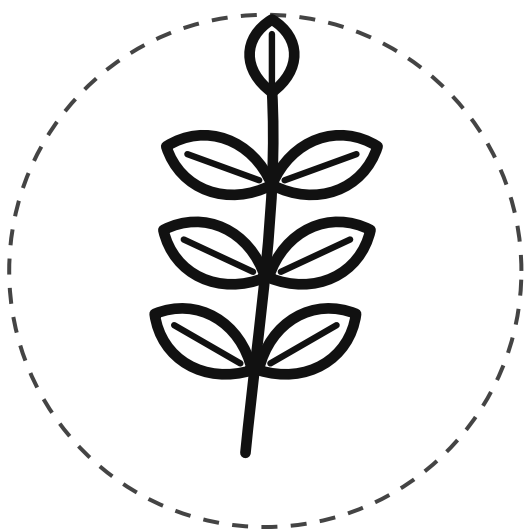


Easy: cut along the dotted circle.

More of a challenge: cut close around the petals.

Flowers to colour and cut

Lavender, bluebells, blossoms and greenery to fill out the bouquet.

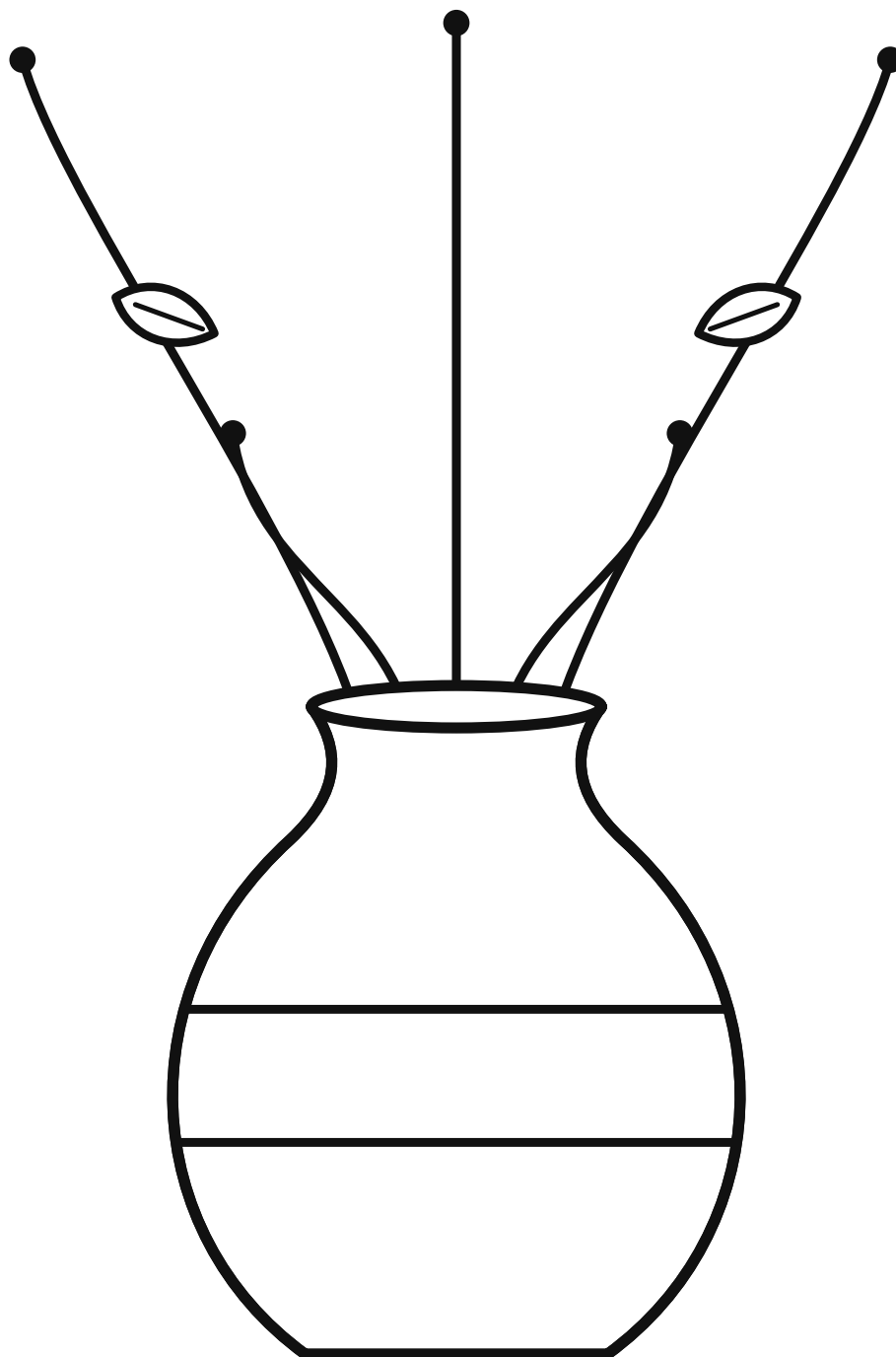


Easy: cut along the dotted circle.

More of a challenge: cut close around the petals.

The vase

Decorate the vase, then place a flower at the top of each stem.

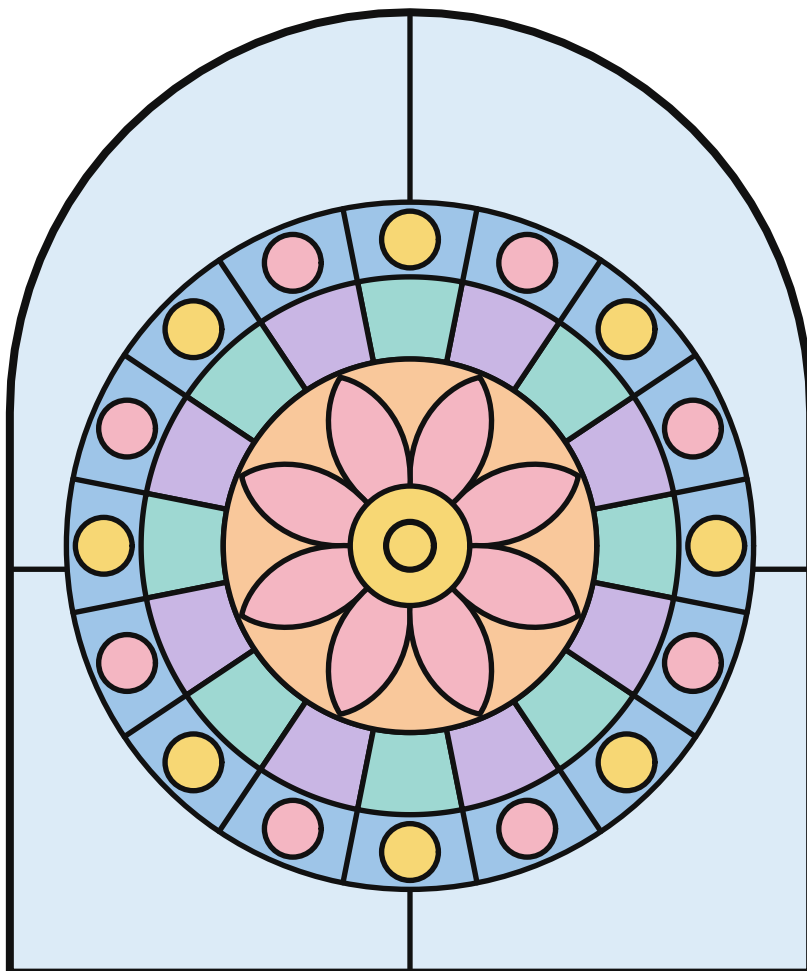


For: _____

With love from: _____

The Suncatcher Window

Colour a stained-glass design and tape it to a sunny window. When the daylight shines through, the colours glow.



The Rose Window, coloured and taped to a sunny window.

Time	20 to 30 minutes, or one ring at a time
For	one person, or a small group with one window each
You'll make	a glowing decoration for a sunny window
You need	felt pens or pencils, tape, scissors (optional)

How to make it

- 1 Print pages 3 to 5 at actual size (100%). Ordinary printer paper works well.
- 2 Choose a design and colour each section. Felt pens give the brightest glow. Add dots, stripes or patterns of your own if you like.
- 3 Cut it out, choosing the way that suits you (see below), or let someone help.
- 4 Optional: a few drops of oil let even more light through (see the carers' note).
- 5 Stick it to a sunny window with small pieces of tape, and watch the colours glow in the daylight.

Two ways to cut

- **Easy:** cut along the dotted square. Four straight lines.
- **More of a challenge:** cut around the window's own round or arched edge.

Make it work for the person

- **Choose a level:** Simple (page 5) has a few big sections, Medium (page 4) a little more, and Detailed (page 3) the most.
- **Shaky hands:** there is no need to stay inside the lines. The thick black lines hide small slips, just like real stained glass.
- **Low vision:** use bright felt pens and work in good daylight.
- **Tires easily:** colour one ring or one part today, and finish another day.
- **Severe sight loss:** this activity depends on sight. A Bouquet That Lasts works better by touch.
- **Want more?** make one for each season, or one as a gift for a family member's window.

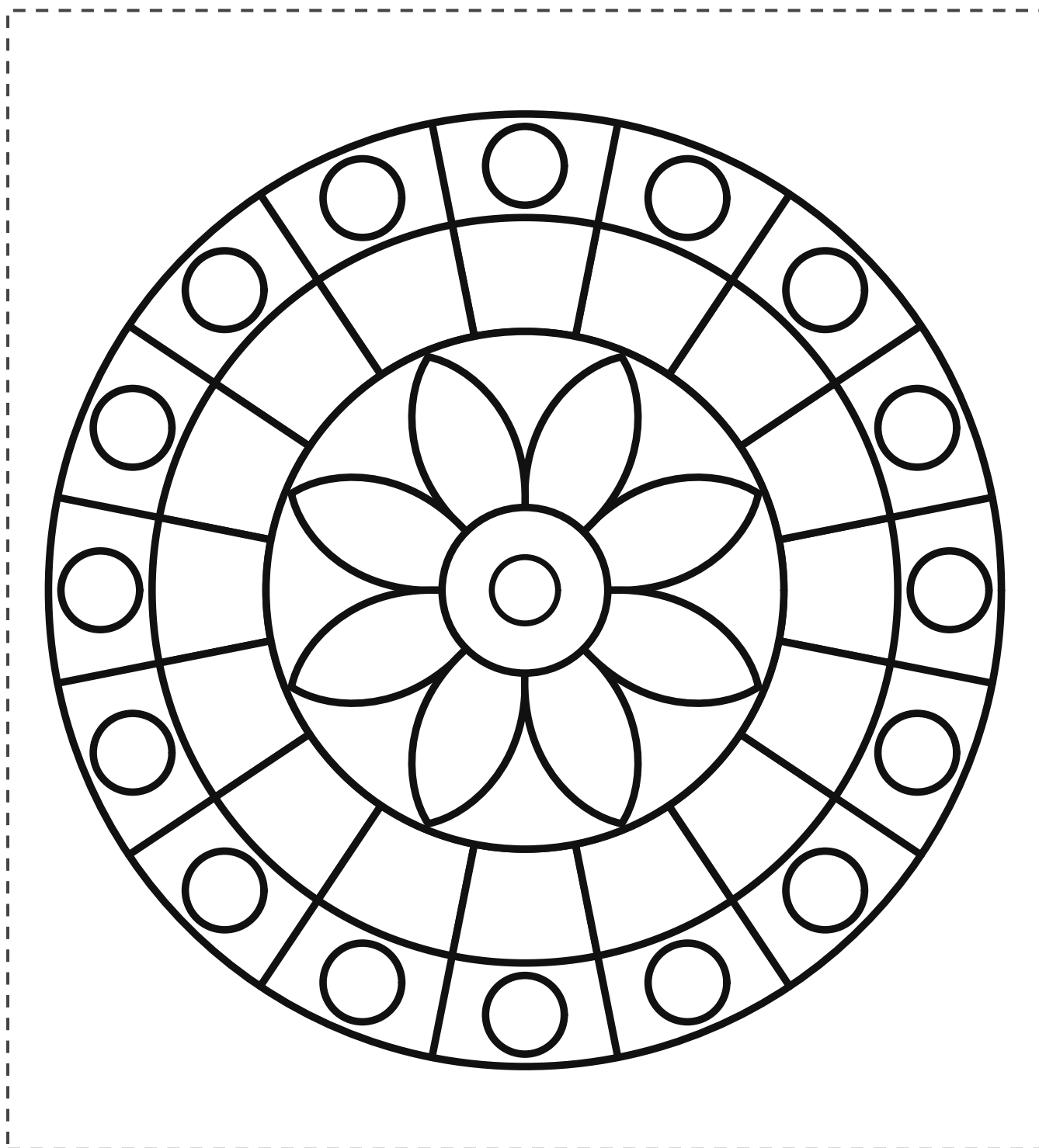
A gentle note for carers

Plain paper and felt pens already glow well. For extra light, rub a few drops of cooking oil on the back with cotton wool, blot, and leave to dry for an hour. Use gentle tape so it peels off easily.

The Rose Window

Level: Detailed

Rings and petals. Colour each ring in its own colours, or mix them freely.

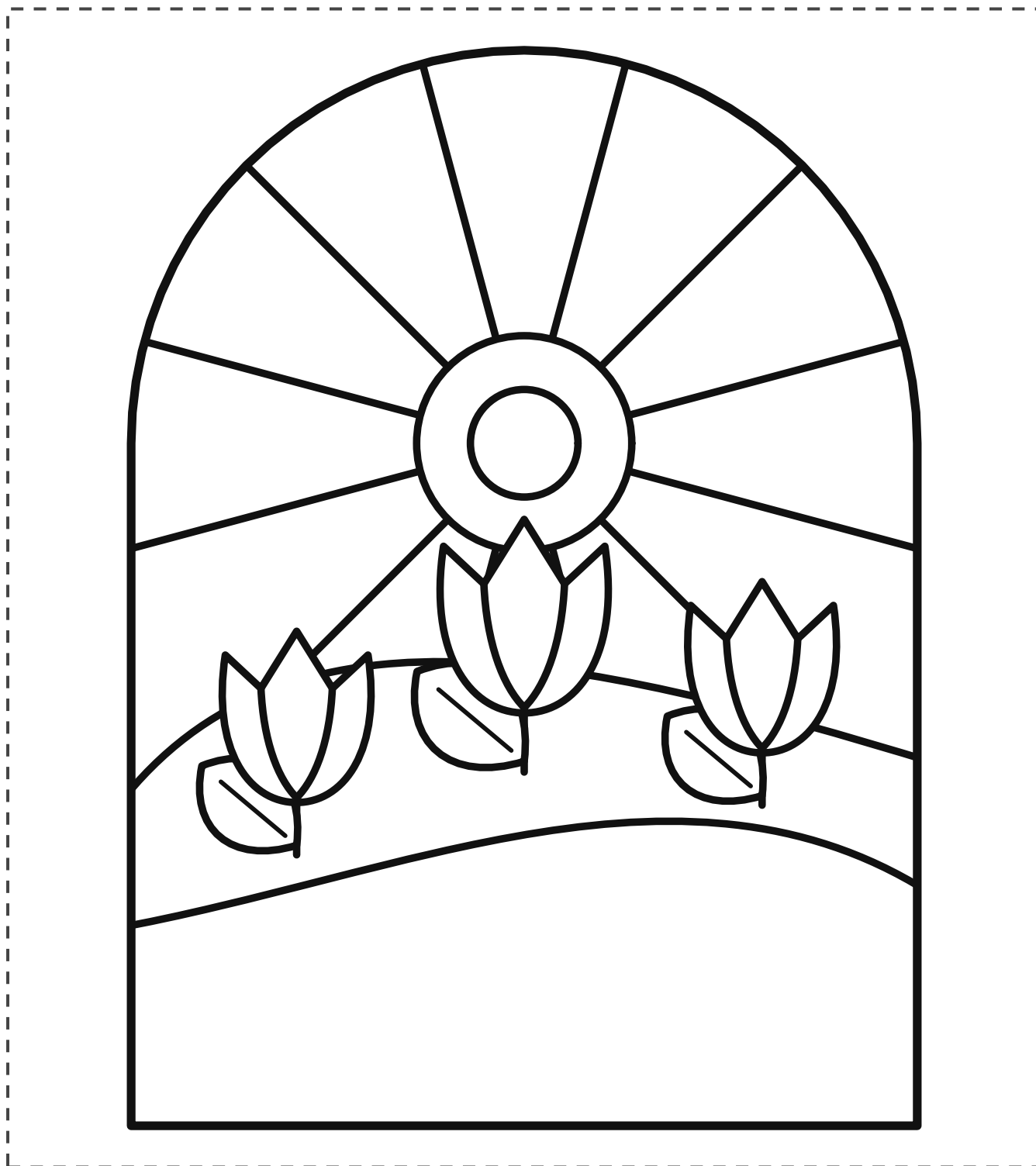


Cut along the dotted square, or around the window's own edge.

The Garden Arch

Level: Medium

Sunshine over the hills, with tulips in front.

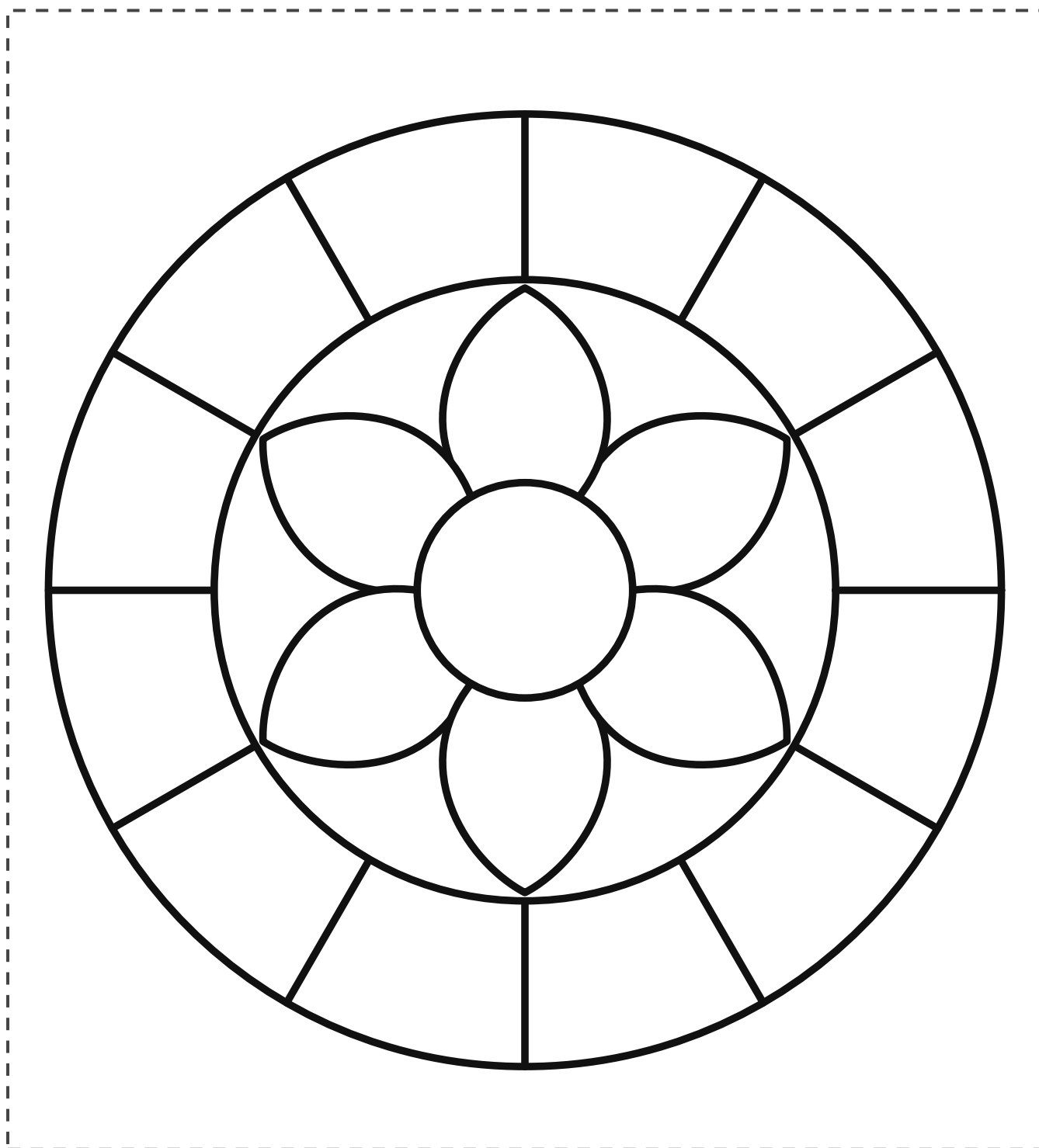


Cut along the dotted square, or around the window's own edge.

The Simple Flower

Level: Simple

The easier design. Big sections, quick to colour, just as lovely in the window.



Cut along the dotted square, or around the window's own edge.

The Friendship Quilt

Each person decorates one square, and together the squares become one quilt for the wall. Something made by everyone, for everyone.



A finished quilt of nine squares, ready to hang on the wall.

Time 15 to 20 minutes per square

For a group, a family, or one person over several days

You'll make a shared quilt to display on a wall or noticeboard

You need pencils or felt pens, tape or glue, scissors (optional)

How to make it

- 1 Print pages 3 to 5 at actual size (100%). Print extra copies for a bigger group.
- 2 Each person chooses a square and colours it in any colours. Add dots, stripes or patterns of your own.
- 3 Write each maker's name on the line at the bottom of their square.
- 4 Cut out the squares along the solid outer line, or let someone help.
- 5 Lay the squares in rows of three, with the title square in the middle, then join them (see below) and hang the quilt where everyone can see it.

Ways to join the squares

- **Simplest:** tape the squares together on the back.
- **Sturdier:** glue them onto a large sheet of card, leaving a border.

Make it work for the person

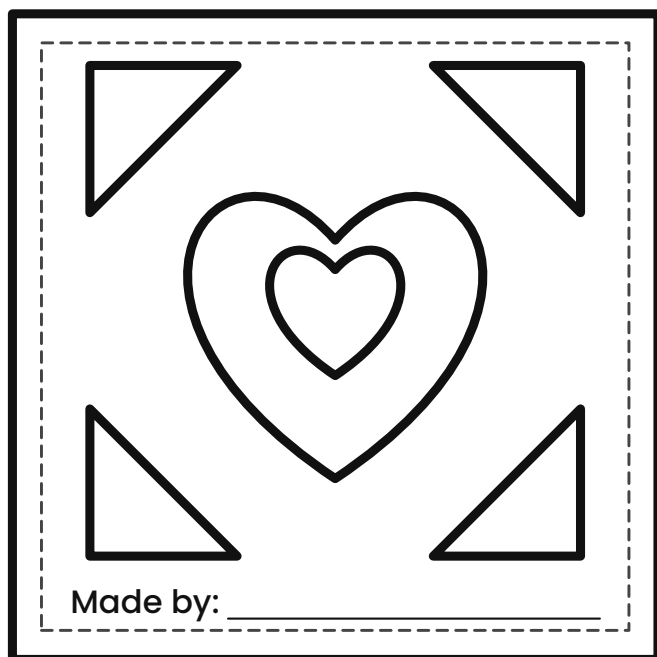
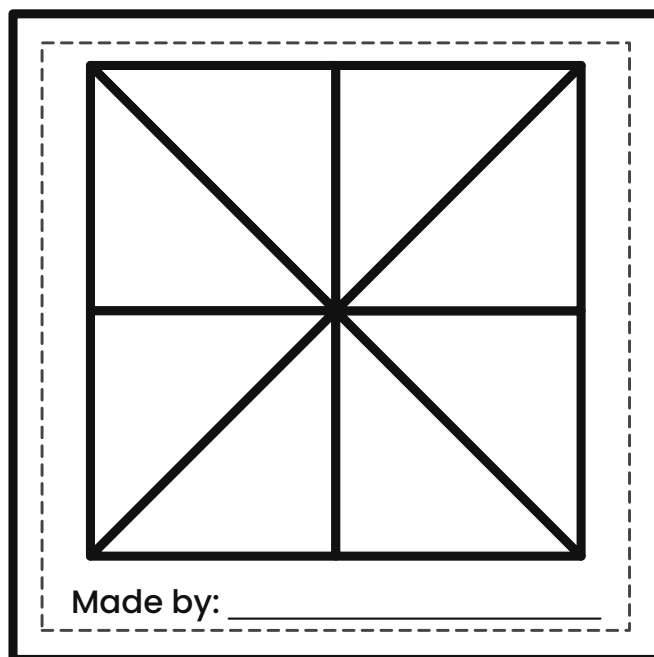
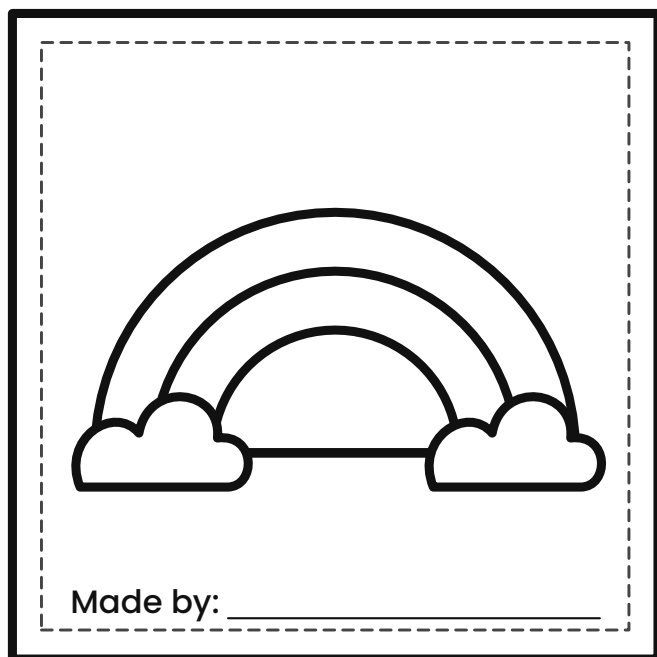
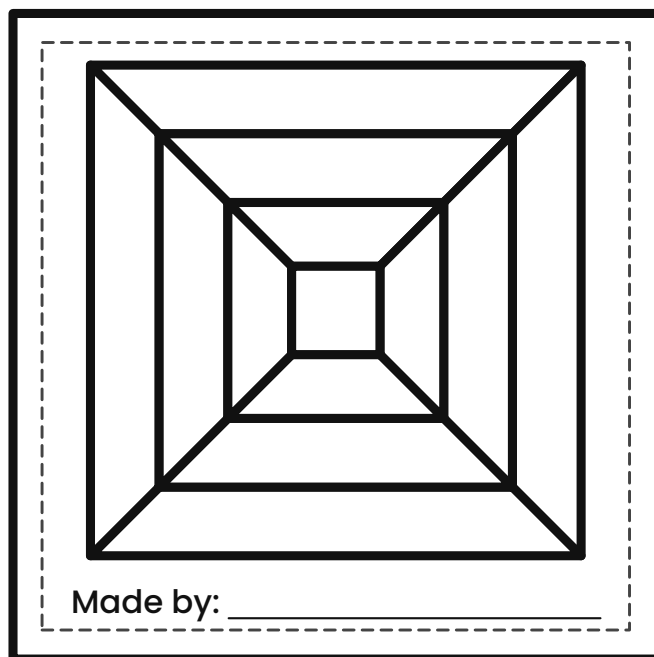
- **One square is enough:** a single finished square is a complete success.
- **Choose a level:** the heart, pinwheel, rainbow and log cabin are simpler. The flower, star, house and teacup have more detail.
- **Low vision:** choose a simple square and use bold felt pens.
- **Touch-friendly:** glue on fabric scraps, ribbon, felt or wool instead of colouring. Every square becomes something to feel.
- **Their own idea:** the blank squares on page 5 are for drawing or writing anything at all.

A gentle note for carers

The quilt can grow over a week, one square at a time. Avoid buttons and other small items that could be swallowed. Every square belongs in the quilt, however it turns out.

Squares to colour: simpler

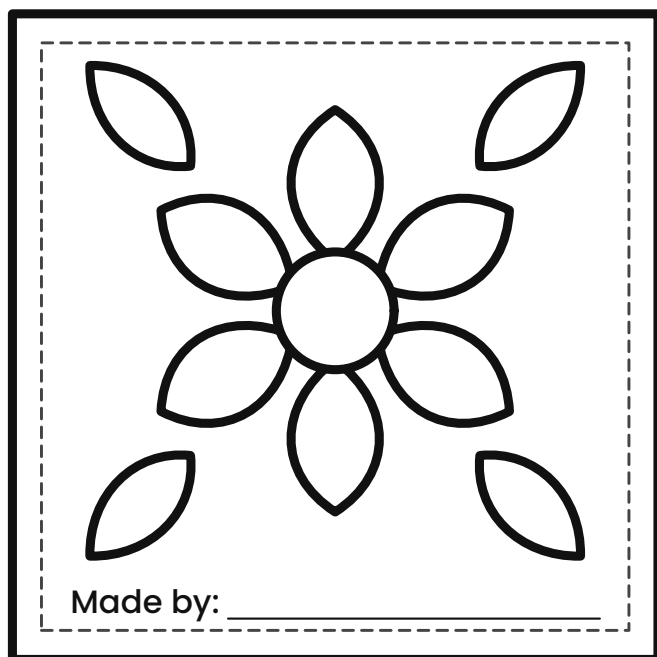
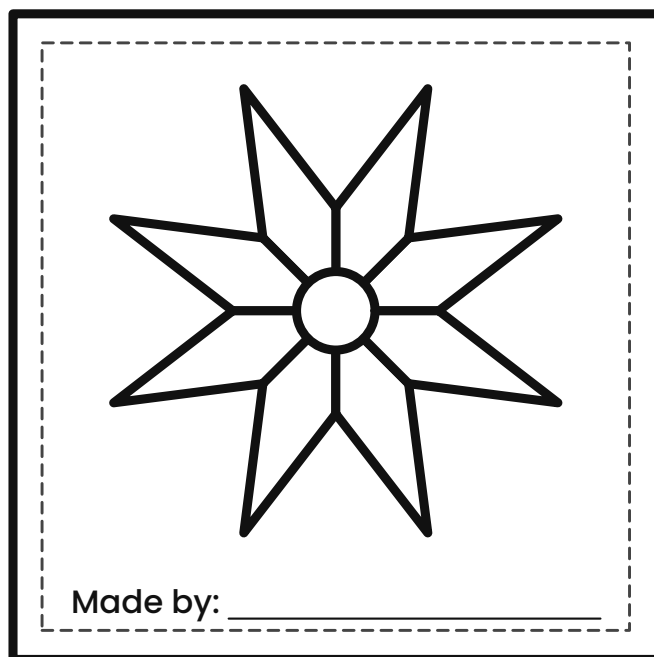
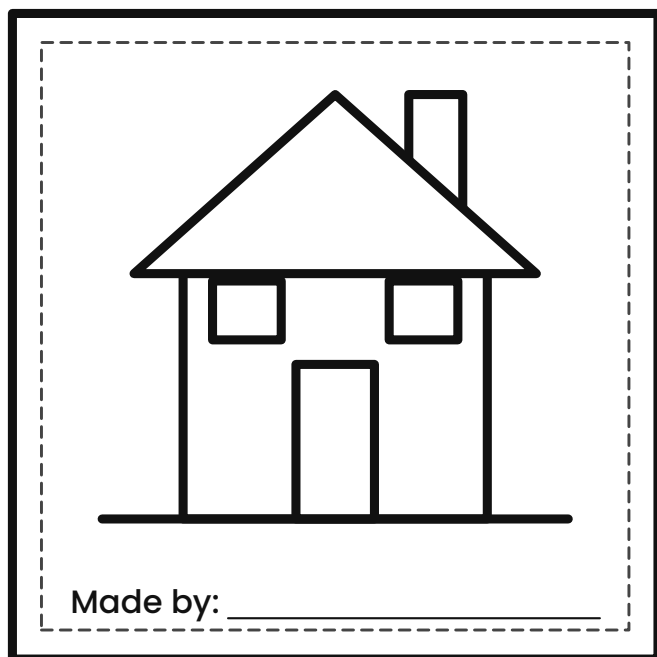
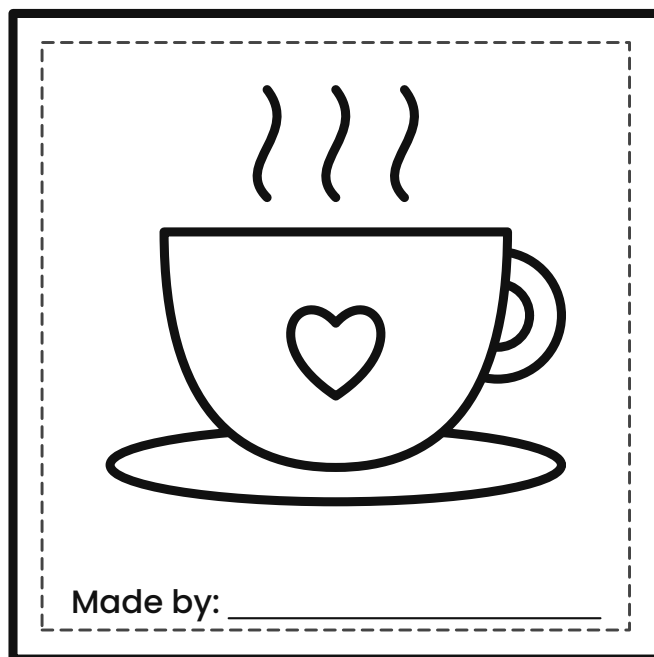
Big shapes and few sections. A good place to start.



Cut along the solid outer line of each square.

Squares to colour: more detail

A little more to colour, for those who enjoy it.



Cut along the solid outer line of each square.

The title square and your own designs

The title square goes in the middle of the quilt. Write the group's name on it.

**Our
Friendship
Quilt**



Made by: _____

Draw or write anything you like:
a favourite flower, a place,
a pet, a memory or a name.

Made by: _____

Draw or write anything you like:
a favourite flower, a place,
a pet, a memory or a name.

Made by: _____

Draw or write anything you like:
a favourite flower, a place,
a pet, a memory or a name.

Made by: _____

Cut along the solid outer line of each square.

Enjoyed these?

The full Made to Share collection has twenty activities, each one making something real to keep, give or display. Here are the other seventeen:

- **Cards for Every Occasion**
Six folded cards, with messages ready to glue in
- **Bookmark Gift Set**
Three matching bookmarks wrapped in a gift ba...
- **Butterfly Window Garland**
Butterflies strung across a window
- **A Sign for My Door**
A welcome sign and picture signs for each room
- **My Personal Placemat**
A named placemat for every meal, no cutting
- **The Shop Window**
An old-fashioned shop front to colour and stock
- **A Recipe Card to Keep**
A family recipe, written down and decorated
- **A Postcard from Somewhere Lovely**
A real postcard to colour and post
- **Birthday Bunting**
Big flags spelling HAPPY BIRTHDAY
- **Gift Wrap and Tags**
Wrapping paper to colour, with matching tags
- **My Street**
Little houses and shops that stand on a window...
- **Afternoon Tea Table**
A stand-up tea set and a menu card
- **Mosaic Coaster**
A mosaic coaster for a real cup of tea
- **Windowsill Garden**
Flower pots for every season
- **Autumn Leaf Garland**
Big autumn leaves strung together
- **Winter Tree Decorations**
Baubles for the tree, with keepsake ones
- **Seasonal Door Wreath**
A welcome wreath for each season

Get the full collection at caregames.co.uk

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