

ACTIVITIES DIARY

CARE 3 EVS Project

Day

1

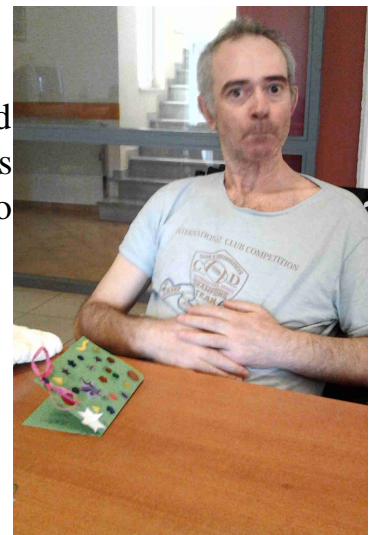
Activity: Greeting cards

Description:

In this activity we used paper that we folded in two and we decorated with objects of their taste. Inside the cards we wrote wishes to the past volunteer Manuel who visited us or to their beloved relatives.

Goal:

- Motivate the free expression of emotions.



Day

2

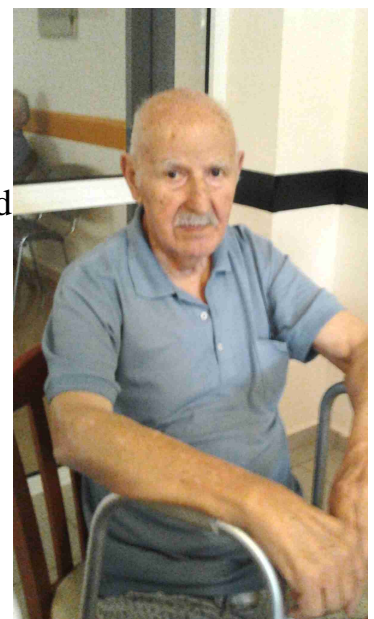
Activity: Antonyms

Description:

In different cards, we put different kind of antonyms. In this game the olders had to find out the antonyms and match them together.

Goal:

- Improve the concentration.
- Stimulate the memory.
- Improve the communication.



Day 3

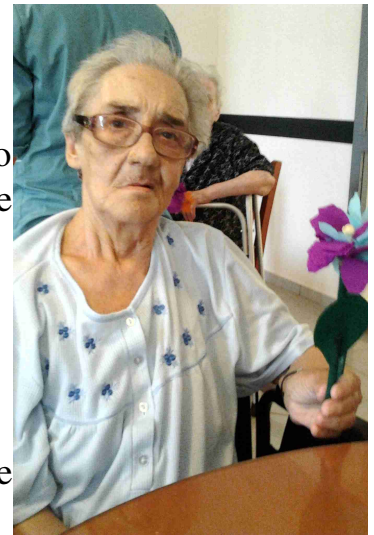
Activity: Flowers

Description:

In this activity, we cut and rolled papers using glue to make different kind of flowers. Cut in patterns we created the leaves and the petals.

Goal:

- Learn new artistic skills.
- Create something beautiful
- Improve the concentration by following the procedure.



Day 4

Activity: Temporal sequences

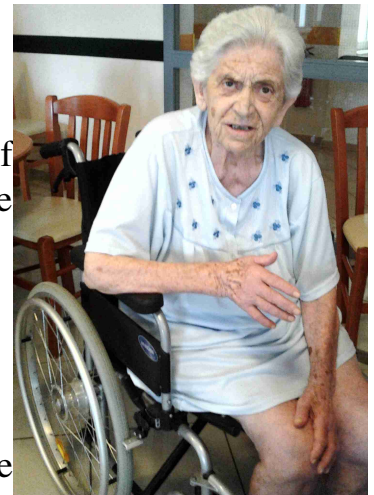
Description:

At first we cut papers in cards, and in the one side of them we glued different kind of images in order to make logical sequences.

The olders had to put the cards in a logical sequence.

Goal:

- Improve concentration, memory and the communication.



Day 5

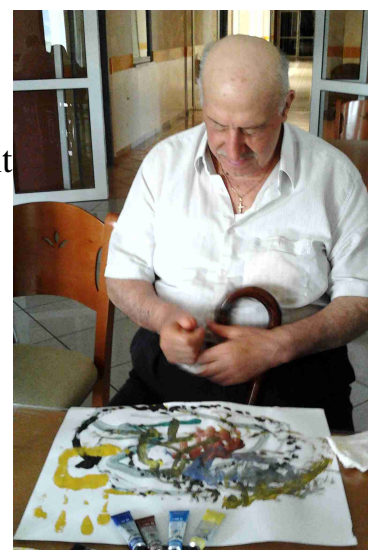
Activity: Finger painting

Description:

In this activite the olders had to use their hands to paint whatever they wanted to do.

Goal:

- Develope the creativity.
- Express the imagination.
- Interaction with eachother.



Day 6

Activity: Paper tree

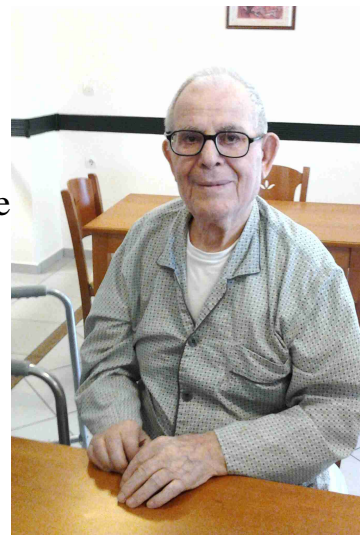
Description:

We rolled the paper to make the trunk of the tree. With small pieces of paper (into balls) we made the leaves and fruits.

In the end the olders painted the structure.

Goal:

- Improve the concentration.
- Easy to do handcraft.



Day 7

Activity: Karaoke

Description:

We chose some songs from the country of our origin to sing to the old people. We presented videos with traditional music and dances and famous singers from our countries. Also the elderly sang greek songs.

Goal:

- Promote the interaction between volunteers and the elderly.
- Learn and share different culture aspects.
- Stimulate the memory
- And the most important have fun.



Day 8

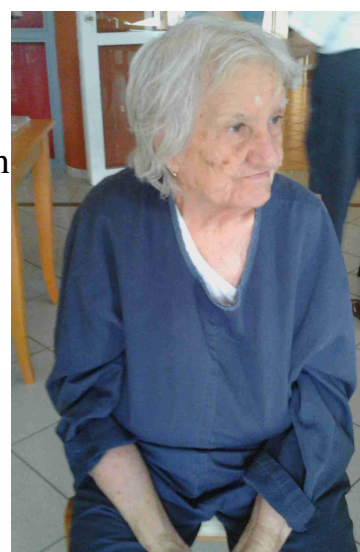
Activity: Guittar Concert

Description:

In this activity we made a small show to the elderly with songs from Portugal.

Description:

- Show different culture aspects.
- Work with the sense of hearing.



Day 9

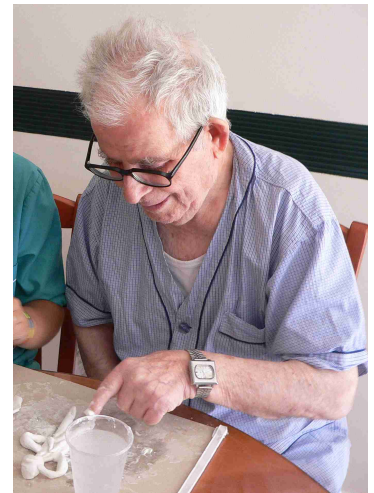
Activity: Sculptures

Description:

We made different kind of sculptures by using plaster.

Goal:

- Learn new artistic skills.
- Stimulate the memory and the creativity.



Day 10

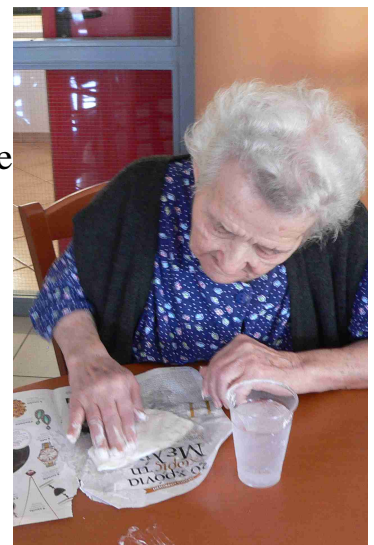
Activity: Painting the sculptures

Description:

We finished the activity by painting the sculptures we have made one day before.

Goal:

- Stimulate the creativity and the concentration.



Day 11

Activity: Bowlling Game

Description:

In the beggining, we did some relaxing exercises.

We gathered the elderly in a semicircle and we located the targets (cans) with in different places.

Then with a ball made from paper they tried started to target the cans.

Goal:

- Work within group.
- Advance the interaction between the elderly.
- Improve the competitiveness.



Day 12

Activity: Mimic game

Description:

In this game we made some imitations to the elders in order to guess. In the second part they had to do their own imitations to each other and guess.

Goal:

- Improve the free expression.
- Exercise the memory.
- Stimulate the imagination
- Create a funny and relaxed enviroment.
- Stimulate their social skills.

Day 13

Activity: Decorative plate

Description:

In a white paper plate we used the napkin techineque. Then we used some others objects to decorate them.

Goal:

- Train the artistic skills and creativity.

Day 14

Activity: Charles Chaplin Movie

Description:

We put an old movie to the elders.

Goal:

- Stimulate the memory by recalling memories from their youth.

Day 15

Activity: Portraits

Description:

We used materials from boxpaper and the elderly dressed them with magazine paper which had cut into small pieces.

Goal:

- Support the skills of elderly in handcrafting.
- Advance the creativity.



Day 16

Activity: Painting the portraits

Description:

Coloring the portraits with the colors of their taste.

Goal:

- Motivate the free expression.
- Advance the imagination.



Day 17

Activity: Autumn wreaths

Description:

We cut the paper in the shape of autumn leaves and after we glued them in paper in the shape of wreath. We decorated the rooms of the elderly.

Goal:

- Handcraft related to the season of the season of the year.
- Advance the creativity.

Day 18

Activity: Stamps

Description:

This activity was addressed to elderly people with few mental skills.

We created different shapes in paper by making stamps using potatoes and acrylic colors.

Goal:

- Advance the experimentation and creativity.
- Easy to accomplish.



Day 19

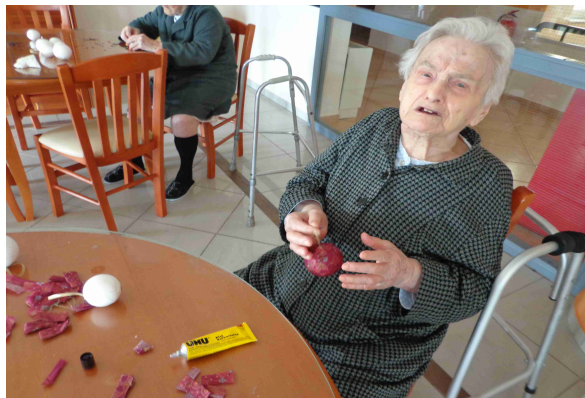
Activity: Christmas balls

Description:

We used balls made from styrofoam and pined them with paiets and dressed them with napkin with napkin technique. We used the balls to decorate the christmas tree of infirmary.

Goal:

- Activity related to holidays.
- Learning new artistic skills.
- Advance the creativity.



Day 20

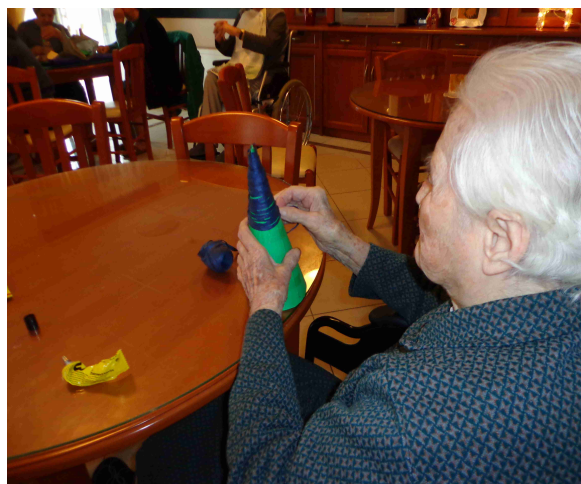
Activity: Christmas trees

Description:

Create paper christmass trees in conical shape and dress them with twine. We decorated the rooms of the elderly.

Goal:

- Emphasize to seasonal activities
- Recalling memories from the old times
- Promote the imagination and memory



Day 21

Activity: The Book of Memories

Description:

In this book we wrote down memories from our journey with the elderly and we put photos and small texts about them and us (dedications).

Goal:

- In this book we have as principal goal to create a memory of us and the elderly:
- To make known to the next volunteers about our time in infirmary and what we have done till now.
- A souvenir to the elderly.
- And the most of all to remember the good times, the joy, the love and passion that we volunteers will take with us for the rest of our lives.

