



Topic on a Page

for OCR Cambridge Nationals (L1/2)
in Health and Social Care

Unit R034: Creative and therapeutic activities

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POD
12818

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7. Delivering a creative activity	
Activity Mind Maps (Lower Ability) ■	7 pages
Activity Mind Maps (Higher Ability) ▲	7 pages

All of the mind maps and activity pages are provided in both A3 and A4 formats.

Teacher's Introduction

This resource is primarily intended to be used during revision by students studying OCR Cambridge Nationals in Health and Social Care (first teaching September 2022), **R034: Creative and therapeutic activities**. This unit covers a range of creative activities and therapies available in health and social care settings and supports students to understand the physical, intellectual, emotional and social benefits these have on individuals. It also supports students in planning and delivering a creative activity with a group or an individual and encourages them to reflect on and evaluate their planning and delivery.

As a revision tool, this resource does not aim to cover the material in depth but rather to provide visual 'mind maps' of the component specifications which students can use as the basis of their revision, covering all the key vocabulary and knowledge that students need for their exam. The resource is especially suited to visual learners, and those learners who find it hard to revise from written notes. There are two versions of each of the activity mind maps, adapted for higher-ability and lower-ability students.

The resource consists of:

- 7 completed mind maps which provide solutions to the activity mind maps, labelled  to 
- 2 × 7 activity (partially completed) mind maps for students to complete, labelled  to 
 - The lower-ability versions of the activity sheets are labelled with a square: 
 - The higher-ability versions of the activity sheets are labelled with a triangle: 

All are provided in A3 and A4 formats.

The mind maps cover components of the specification as follows:

1. Types of therapies used in Health and Social Care 1
2. Types of therapies used in Health and Social Care 2
3. Types of creative activities used in Health and Social Care 1
4. Types of creative activities used in Health and Social Care 2
5. Factors that affect the selection of a creative activity
6. How to plan a creative activity to meet individual abilities
7. Delivering a creative activity

How to use the resource:

- The sheets can be handed out at the end of the course, or at the end of each topic for revision purposes.
- The mind maps can be printed out poster size and displayed on the classroom walls as the topic is being taught, so that students have a visual reminder of what they have been covering in their lessons.
- The resource also includes partially filled-in mind maps. Students could be encouraged to complete the exercises as a way to recap on knowledge from the topic at the end of teaching. More-able students could, additionally, be asked to think of more examples to illustrate the points, or lower-ability students could provide more illustrations or colour-code the mind maps to aid memory of the key topics.

October 2025

TYPES OF THERAPIES USED IN HEALTH A

SENSORY THERAPIES

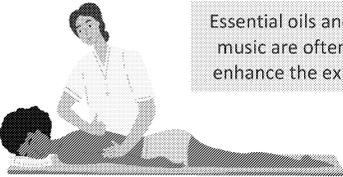
These types of therapies are designed to stimulate the senses of sight, sound, smell, touch and taste.

MASSAGE

Massage therapy involves manipulating a person's soft tissues to improve their health or well-being (see below).

Massage therapists will use their hands, fingers, forearms, elbows and feet to do this. Techniques can include kneading, tapping and stroking the soft tissues, such as the muscles, tendons, ligaments and skin. Hot stones can also be used for a deeper massage.

zzed.uk/12818-massage



Essential oils and relaxing music are often used to enhance the experience.



AROMATHERAPY

Aromatherapy uses essential oils extracted from plants to improve physical, emotional and spiritual well-being. It can involve inhaling the oils using steaming techniques or burning and vaporising the oils, applying them to the skin using a compress or massage, or adding them to bath water.



zzed.uk/12818-aromatherapy

Aromatherapy is often used as a complementary treatment to other therapies, including massage and acupuncture.

BENEFITS OF AROMATHERAPY:

Physical benefits: Aromatherapy has been proven to help with pain (e.g. migraines) and improve sleep quality.

Intellectual benefits: Essential oils have been found to increase alertness and focus levels.

Emotional benefits: Aromatherapy has similar benefits to massage – reduces stress, anxiety and irritability and improves mood.

Social benefits: Essential oils can have a positive effect on social activities and relationships.

REFLEXOLOGY

Reflexology is a type of massage. Gentle pressure is applied to specific points on the feet, hands or ears. It is based on the idea that the body's organs and glands are represented by 'reflex' points and that by stimulating these points therapists can improve the body's energy flow and restore balance.



zzed.uk/12818-reflexology

BENEFITS OF MASSAGE AND REFLEXOLOGY:

	Intellectual	Emotional	Social
Improved circulation	✓ Clearer mind	✓ Reduced stress and irritability	✓ Increased oxytocin helps promote social bonding
Reduced blood pressure	✓ Increased focus	✓ Decreased anxiety	
✓ Decreased muscle stiffness		✓ Improved mood and happiness	
✓ Improved flexibility and movement			
✓ Reduced pain			
✓ Improved sleep quality			

Oxytocin – a hormone produced by the body that plays a role in loving, emotional attachment and relationship formation.

HYPNOTHERAPY

Also known as hypnosis, it involves a hypnoterapist helping a client to achieve a trance state where they relax and change their state of awareness, making them more susceptible to suggestions.

zzed.uk/12818-hypnoterapy

Physical benefits: Can help those with neurological issues to overcome feeding.

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TYPES OF THERAPIES USED IN HEALTH A

EXPRESSIVE THERAPIES

These types of therapies include the use of drama, music and art as a way to express thoughts and work through emotions.

ART THERAPY

Art therapy involves the use of a range of techniques such as painting; sculptural work; as clay; colouring; and other types of therapy has a range of benefits (see below).

Some people find it easier to open up and talk about their emotions while creating art. Also, the artwork itself can be used to tell a story or prompt discussions. This can be easier for some people than talking about their feelings. Creating art can also be a relaxing and enjoyable sensory experience.

zzed.uk/12838-arttherapy

PLAY THERAPY

Play therapy is a way to help people express their emotions and manage behavioural issues. It is often used with children and young people but can be used when working with adults too.

Some play therapies help encourage learning as well as enabling children to develop skills such as sharing. Role play can help people work through traumatic or upsetting experiences and enable them to communicate feelings. Play therapies are also a good way to encourage communication as they help therapists build relationships with clients.

zzed.uk/12818-playtherapy

T'AI CHI

T'ai chi is a martial art that combines deep breathing and relaxation techniques with a series of flowing movements. It was first developed in China as a low-impact form of exercise. There are a range of t'ai chi styles, including Wu and Yang, all of which can help increase flexibility and improve cardiovascular health.

Physical benefits:

T'ai chi can help improve posture.

Intellectual benefits:

Many physical therapies also improve mental clarity and focus.

Social benefits:

Play activities are a good way for practitioners to bond with younger service users.

Physical benefits:

Calming activities can help promote relaxation.

Emotional benefits:

Art can be used as a way to express feelings.

BENEFITS OF ART AND PLAY THERAPIES

Expressive therapy can have benefits for all aspects of health and well-being.

Physical	Intellectual	Emotional	Social
<ul style="list-style-type: none"> ✓ Improves hand-eye coordination ✓ Encourages activity ✓ Improves motor skill development ✓ Reduces blood pressure (by reducing stress) 	<ul style="list-style-type: none"> ✓ Develops imagination and creativity ✓ Increases focus and concentration ✓ Non-verbal way to express ideas 	<ul style="list-style-type: none"> ✓ Eases feelings of grief and depression ✓ Develops sense of self confidence ✓ Improves mood and happiness ✓ Reduces stress and anxiety 	<ul style="list-style-type: none"> ✓ Helps promote social connections ✓ Encourages patience and empathy ✓ Improves communication skills

Motor skills – the muscle movements used to perform tasks. They can be split into gross motor skills and fine motor skills.

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TYPES OF CREATIVE ACTIVITIES USED IN

BENEFITS OF CREATIVE ACTIVITIES:

Various creative therapies can be used to improve the well-being of a range of service user groups.

	Benefit:
P hysical	✓ Improves hand—eye coordination, fine motor skills and dexterity
	✓ Promotes gross motor skills
	✓ Enhances balance and improves strength and overall fitness
	✓ Improves circulation and heart health
	✓ Helps manage stress and reduce tension
	✓ Improves sleep and appetite
	✓ Supports relaxation and stress
I ntellectual	✓ Improves memory and concentration
	✓ Develops problem-solving skills
	✓ Improves communication skills
	✓ Encourages learning new skills
E motional	✓ Boosts self-esteem and confidence
	✓ Provides a sense of achievement and motivation
	✓ Promotes individuals' self-worth
	✓ Helps people express emotions and reduces anxiety
S ocial	✓ Encourages social interaction and engagement
	✓ Helps build friendships and relationships
	✓ Reduces boredom and isolation
	✓ Promotes moral development and appropriate behaviour
	✓ Teaches rules and boundaries

Motor skills – the body's ability to move and control muscles

Self-concept – a combination of your self-image and your self-worth

PHYSICAL

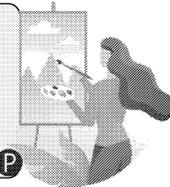
Help promote movement, and encourage people to use their bodies to express themselves

Examples: painting, dancing, drawing, knitting, embroidery, crochet, armchair exercises, physical education, walking, music and drama, beadwork and jewellery making

Physical activity (e.g. walking), armchair exercises and sport (e.g. tennis) **promote gross motor skills** by engaging large muscle groups. They also improve fitness, e.g. **cardiovascular endurance, strength, balance and coordination.**

Repetitive and fine movements that require **hand-eye coordination, strengthening fine motor skills and dexterity.**

Painting and drawing **reduce stress and tension** as individuals can express their emotions non-verbally, helping them stay calm. The repetitive motions and strokes can help relax the body, reduce anxiety and improve sleep.



Group dance sessions can **improve memory and concentration** as participants remember dance patterns and sequences. Also, participants have to stay **focused and communicate** with each other to choreograph routines.



Completing a painting or crochet can **boost self-esteem and confidence** by allowing individuals to be creative and see results, giving them a **sense of accomplishment** and the **motivation** to create another piece.

Participating in a class or a group encourages **social interaction**, helping build **friendships and reduce social isolation**. It also helps people learn rules and cooperation when working together.

Physical therapies can be carried out in groups or individually.

Types of activities can be adapted to meet a range of needs and suit individuals of all ages.

INTELLECTUAL COGNITIVE

Help develop people's language and literacy skills

Examples: ICT, reading, writing, Pictionary, jigsaws

Writing and doing activities such as jigsaw puzzles can help improve **fine motor skills and dexterity** as well as **hand-eye coordination.**

Reading or writing stories can help improve **communication skills** by developing vocabulary, comprehension and the ability to express ideas clearly. It can also help maintain **concentration** and focus.

Storytelling is a good way to **express feelings and emotions** and explain experiences to others. This can help promote **communication skills and social interaction.**

Intellectual or cognitive activities can reduce boredom for individuals who might otherwise feel lonely and isolated. Group activities such as quizzes can foster a sense of **belonging and community** and can **bring people together.**

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TYPES OF CREATIVE ACTIVITIES USED IN

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S ocial	✓ Helps people express emotions and reduce anxiety
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	✓ Promotes more independence and appropriate communication
✓ Teaches rules and social interaction	



Motor skills – the body's ability to move and control muscles

Self-concept – a combination of your self-image and your self-worth

SOCIAL

Used to encourage participants to develop positive relationships

Examples: singing, art, role play, bingo, card games

Social activities are good for physical well-being. It can help improve **balance and stamina**, well as helping improve **motor skills, balance and coordination**. Dancing is a good activity for individuals who need to improve their **fitness**.

Singing is an excellent activity for elderly individuals with dementia as it can improve memory. Music can help with remembering and recall. Card games are also good for encouraging memory and concentration.



Social activities such as singing and role play can **boost self-esteem** and confidence. Individuals gain a **sense of achievement** in learning a new skill, which can help them feel valued and support a **positive self-image**.

Activities such as singing, singing, exercise classes and drama can all help **promote social interaction** and the learning of social skills such as listening, sharing and respecting others.



Social activities are good for people with dementia and their carers.

SENSORY

Used to stimulate

Examples: gardening, sand and water

Sensory activities are good for often mindful and **relaxing**. Gardening is a good activity that can help with **stress** and improving **gross and fine motor skills**.



Sensory activities such as playing with clay can help **focus attention** and encourage **problem-solving**. Working with materials, experiment with textures and colors.

Some sensory activities, such as painting, can be **relaxing**, which can help improve **self-worth** and **achievement** as individuals complete something, and this can be a **positive self-image**.

Activities such as painting and working with clay tend to be individual activities and can help **prevent boredom** as they **inspire creativity** and can become a hobby.

These sorts of activities can be used for people with sensory impairment or can be used to help people to try new things.

Sensory activities are associated with **mindfulness** techniques as they encourage the individual to have a specific focus.

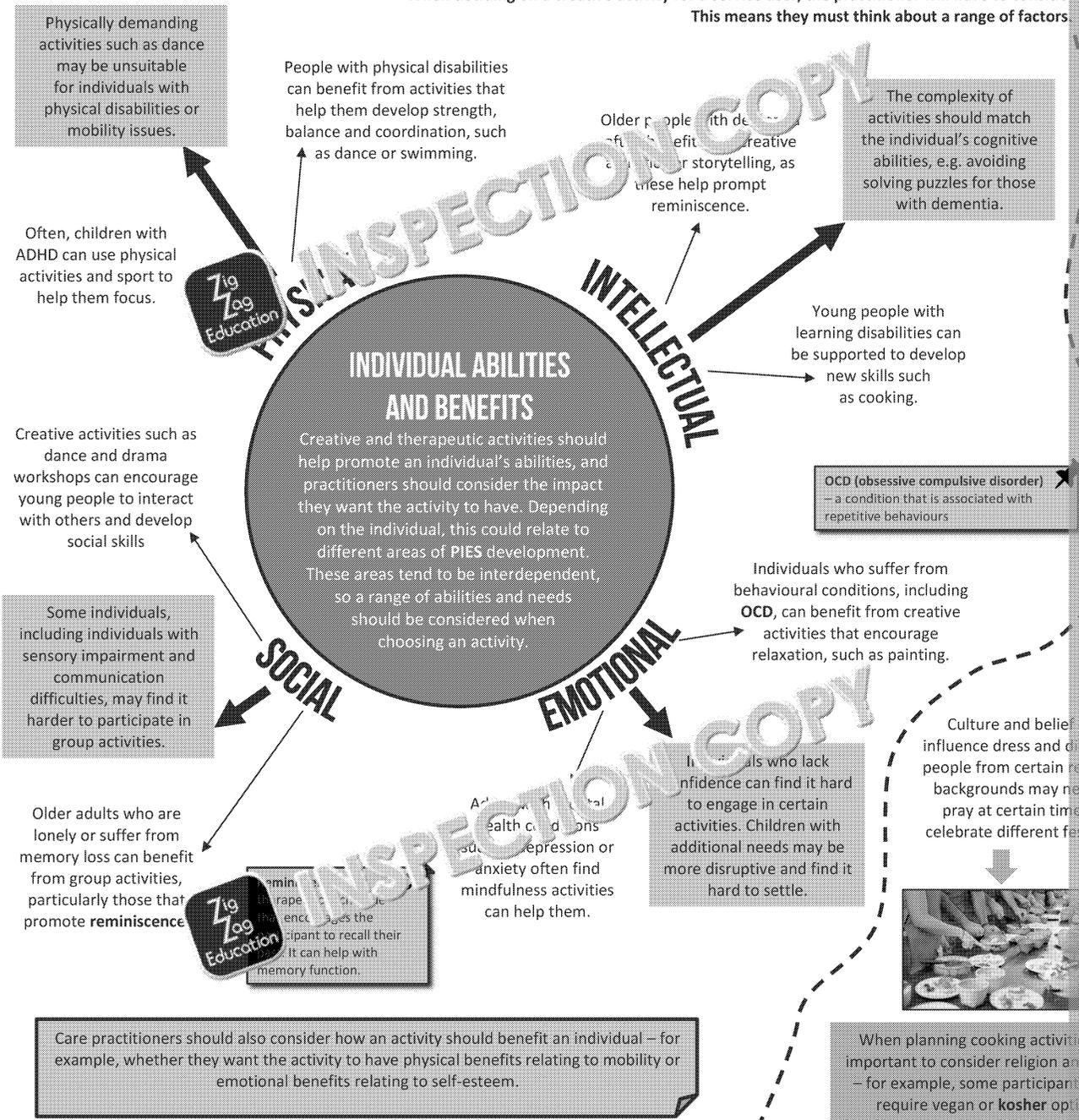
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FACTORS THAT AFFECT THE SELECTION OF A

When deciding on a creative activity for a service user, the practitioner will have to consider
This means they must think about a range of factors

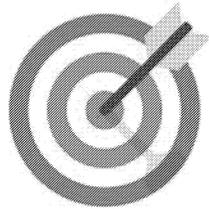


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HOW TO PLAN A CREATIVE ACTIVITY TO MEET



01

AIMS

You need a main aim related to what you want to achieve. This should relate to the individuals' needs and abilities. You could also set objectives that will help you achieve the overall aim.

Try to set SMART targets. This will ensure your aims are attainable within the time frame.

Align aims with physical, intellectual, emotional and social (PIES) well-being or outcomes.

Aim – a long-term, overall goal or purpose

Objective – a short-term, measurable step that is needed to achieve the aim

Timescales should include:

- **Preparation time:** time to get the activity ready, so that participant can start straight away.
- **Activity time:** the participants need to be given enough time so they do not have to rush. Rushing a craft activity meant to be relaxing, for example, could prevent you from achieving the aim.
- **Clearing-up time:** some activities could involve a lot of mess and therefore needs to be planned.

TIME SCALES

You need to plan how long to spend on an activity. This could include the number of sessions required, the length of sessions, and how each one will be used. You may also need to consider the time of day to ensure participants can attend and you have enough staff available.

02

Risk assessment – a process that involves looking for potential hazards and finding ways to minimise them

- You should consider:**
- ✓ Procedures
 - ✓ Venue safety
 - ✓ First aid provision
 - ✓ Participant well-being
 - ✓ Equipment considerations
 - ✓ Contingency plans
 - ✓ Personal protective equipment (PPE)

RESOURCES NEEDED

You should consider the resources needed, as well as the space required. Some participants may also need adapted resources, such as large-print instructions. You will also need to take into account the cost of materials, staff and venues.

- Resources to consider:**
- ✓ Tables
 - ✓ Staff support
 - ✓ Floor mats
 - ✓ Scripts
 - ✓ Easels
 - ✓ Sensory equipment
 - ✓ Yoga mats
 - ✓ Essential oils
 - ✓ Music or instruments

Also, you should also check that any equipment you need, such as ICT facilities, are available.

SAFETY

This should focus on ways to minimise risks for staff and participants. Activities and equipment should be **risk-assessed**, and protective equipment should be provided where necessary.

The Health and Safety at Work Act (1974) is the piece of legislation that should be followed to ensure staff and participants are protected from harm.



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DELIVERING A CREATIVE ACTIVITY

When delivering a creative or therapeutic activity, a practitioner should have the right skills and personal qualities. It is also important that staff know the process of delivering an activity.

SKILLS

Effective communication
Can include both verbal and non-verbal skills as well as written communication. It can also mean using special methods of communication.

	Description of skill	How this skill can encourage individuals to participate
Effective communication	Using the right tone and facial expressions can be welcoming.	Helps participants understand the activity and encourages engagement.
	Making sure you promote clarity and use appropriate language means important. Using special methods of communication where required can ensure all participants are included.	Ensures everyone can understand, including those with communication needs.
Special method	Using special methods of communication where required can ensure all participants are included.	Makes everyone, including those with diverse needs, such as a communication device, feel included and valued.
Organisation	Being organised ensures you have the right resources and have enough resources for all participants.	Allows activities to run smoothly and keeps participants engaged and focused.
	It is important to manage time effectively, allowing time to set up and clean up.	Ensures activities run to schedule and time is used efficiently.
Supporting inclusion	Ensure you have adapted resources where necessary to cater for those with disabilities or sensory impairments.	Promotes equality and diversity, ensuring opportunity for all.
	Considering accessible times and venues can help more people access activities.	Ensures activities are inclusive by removing barriers to access.
Being responsive	Adapt activities to suit different groups or changing situations in real time.	Helps meet the needs of participants, ensuring they are engaged.
	Challenging incidents such as a fall or a tearful participant.	Creates a safe environment and is reassuring for service users.
Being empathetic	Showing sensitivity can help people feel valued and included.	Builds trust, making participants more comfortable and likely to engage.
	Empathy and reassurance can help encourage participation.	Boosts confidence and allows participants to feel secure and supported.



Special method – can be used for those with sensory impairment – for example, using sign language to communicate with deaf participants



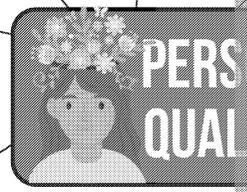
Empathy – understanding how others are thinking or feeling

A practitioner should demonstrate **patience** to help participants make their way to carry out activities or play and it helps to build confidence to open up.

Using a **caring** approach can help demonstrate empathy and commitment and make participants feel supported.

A practitioner who is committed to supporting participants and getting the best outcomes will show **willingness**. This can show you are happy to support participants and meet their needs.

Being **cheerful** can help you seem friendly and can encourage participation and positivity.



**PERS
QUAL**

Certain personality traits can help build a rapport with participants.

DELIVERING THE ACTIVITY

The way you deliver an activity can help ensure it is successful. It can include how you introduce the activity and collect feedback.

When introducing an activity you must consider:

- ✓ the aims of the activity
- ✓ the content of the activity
- ✓ the context, which could include demonstrations and an explanation of safety requirements
- ✓ settling the individuals – so they know where they are sitting and what they are doing, and so they have the required support.

When supervising an activity you must:

- ✓ encourage participants to participate
- ✓ encourage participants to engage
- ✓ intervene if necessary
- ✓ provide support or assistance
- ✓ physically support participants
- ✓ maintain safety
- ✓ monitor risks and ensure safety
- ✓ in working with participants
- ✓ being used
- ✓ keep to time
- ✓ reviewing activities
- ✓ replenish resources
- ✓ ensuring you have enough to hand
- ✓ if anything goes wrong

To collect feedback from participants, you could:

- ✓ ask questions – during and after the activity to see how participants felt
- ✓ use questionnaires – which you could review later
- ✓ collect witness testimonies from any observers to help you measure engagement.

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TYPES OF THERAPIES USED IN HEALTH A

SENSORY THERAPIES

These types of therapies are designed to stimulate the senses of sight, sound, smell, touch and taste.

MASSAGE

Massage therapy involves manipulating a person's soft tissues to improve their health or well-being (see below).

Massage therapists will use their hands, fingers, forearms, elbows and feet to do this. Techniques can include kneading, tapping and stroking the soft tissues, such as the muscles, tendons, ligaments and skin. Hot stones can also be used for a deeper massage.

zzed.uk/12818-massage

AROMATHERAPY

Aromatherapy uses essential oils extracted from plants to improve physical, emotional and spiritual well-being.

Identify two ways aromatherapy can be applied.

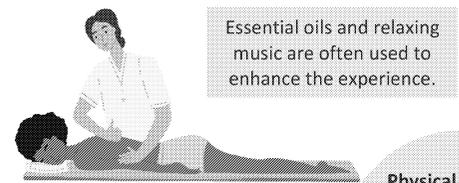
- 1.
- 2.

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HYPNOTHERAPY

Also known as hypnosis, it involves a hypnoterapist helping clients to achieve a state where they relax and change their state of mind, making them more susceptible to suggestions.

zzed.uk/12818-hypnoterapy



Essential oils and relaxing music are often used to enhance the experience.

Aromatherapy is often used as a complementary treatment to other therapies, including massage and acupuncture.

BENEFITS OF AROMATHERAPY:

- Physical benefits:** Aromatherapy has been proven to help with pain (e.g. migraines) and improve sleep quality.
- Intellectual benefits:** Essential oils have been found to increase alertness and focus levels.
- Emotional benefits:** Aromatherapy has similar benefits to massage – reduces stress, anxiety and irritability and improves mood.
- Social benefits:** Essential oils can have a positive effect on social activities and relationships.

REFLEXOLOGY

Reflexology is a type of massage.

- 1.
- 2.

B Name two parts of the body where reflexology might be focused.

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C Describe two physical benefits of massage and reflexology.

BENEFITS OF MASSAGE AND REFLEXOLOGY:

	Intellectual	Emotional	Social
1.	<ul style="list-style-type: none"> ✓ Clearer mind ✓ Increased focus 	<ul style="list-style-type: none"> ✓ Reduced stress and irritability ✓ Decreased anxiety ✓ Improved mood and happiness 	<ul style="list-style-type: none"> ✓ Increased oxytocin helps promote social bonding
2.	<p>Oxytocin – a hormone produced by the body that plays a role in loving, emotional attachment and relationship formation</p>		

Physical, intellectual, emotional and social benefits can all work together, e.g. reduced stress levels (emotional) can help clear the mind and improve focus (intellectual). Additionally, improved mood (emotional) can encourage an individual to socialise and connect with others.

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TYPES OF THERAPIES USED IN HEALTH A

EXPRESSIVE THERAPIES

These types of therapies include the use of drama, music and art as a way to express thoughts and work through emotions.

A Fill in the gaps to describe art and play therapies.

ART THERAPY

Art therapy involves the use of a range of techniques such as drawing, painting, sculpture, collage, etc. This type of therapy has a range of benefits (see below).

Some people find it easier to open up and talk about their feelings while creating art. Also, the artwork itself can be used to tell a story or prompt conversation. This can be easier for some people than talking about their feelings. Creating art can also be a relaxing and enjoyable experience.

zzed.uk/12818-arttherapy

PLAY THERAPY

Play therapy is a way to help people express their emotions and manage their issues. It is often used with children and young people but can be used when working with adults too.

Some play therapies help encourage learning as well as enabling children to develop skills such as problem-solving. Role play can help people work through difficult or upsetting experiences and enable them to communicate feelings. Play therapies are also a good way to encourage communication as they help therapists build relationships with clients.

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T'AI CHI

T'ai chi is a martial art that combines deep breathing and relaxation techniques with a series of flowing movements. It was first developed in China as a low-impact form of exercise. There are a range of t'ai chi styles, including Wu and Yang, all of which can help increase flexibility and improve cardiovascular health.

Physical benefits:

T'ai chi can help improve posture.

Intellectual benefits:

Many physical therapies also improve mental clarity and focus.

Social benefits:

Play activities are a good way for practitioners to bond with younger service users.

Physical benefits:

Calming activities can help promote relaxation.

Emotional benefits:

Art can be used as a way to express feelings.

BENEFITS OF ART AND PLAY THERAPIES

Expressive therapy can have benefits for all aspects of health and well-being.

Physical	Intellectual	Emotional	Social
<ul style="list-style-type: none"> ✓ Improves hand-eye coordination ✓ Encourages activity ✓ Improves motor skill development ✓ Reduces blood pressure (by reducing stress) 	<ul style="list-style-type: none"> ✓ Develops problem-solving skills ✓ Increases creativity ✓ Improves focus and concentration ✓ Non-verbal way to express ideas 	<ul style="list-style-type: none"> 2. Reduces stress 	<ul style="list-style-type: none"> 1. Improves self-esteem 2. Builds confidence

Motor skills:

B Define the term 'motor skills'.

C Describe two social and two emotional benefits of art and play therapies.



Social benefits:

Exploring emotions, empathy and perspectives helps improve understanding of social norms and moral concepts.

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BENEFITS OF CREATIVE ACTIVITIES:

Various creative therapies can be used to improve the well-being of a range of service user groups.

	Benefit:
P hysical	✓ Improves hand—eye coordination, fine motor skills and dexterity
	✓ Promotes gross motor skills
	✓ Enhances balance and improves strength and overall fitness
	✓ Improves circulation and heart health
	✓ Improves circulation and helps manage repetitive and fine movements that require hand—eye coordination , strengthening fine motor skills and dexterity .
	✓ Helps manage stress and reduce tension
	✓ Improves sleep and appetite
I ntellectual	✓ Supports relaxation and stress
	✓ Improves memory and concentration
	✓ Develops problem-solving skills
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Motor skills – the body's ability to move and control muscles

Self-concept – a combination of your self-image and your self-worth

TYPES OF CREATIVE ACTIVITIES USED IN

PHYSICAL

Help promote movement, and encourage people to use their bodies to express themselves

Examples:

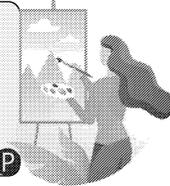
- 1.
- 2.

A Give an example of physical therapies.

Physical activity (e.g. walking), armchair exercises and sport (e.g. tennis) **promote gross motor skills** groups. They also improve fitness, e.g. **cardiovascular endurance, strength, balance and coordination**.

Physical activity (e.g. walking), armchair exercises and sport (e.g. tennis) **promote gross motor skills** groups. They also improve fitness, e.g. **cardiovascular endurance, strength, balance and coordination**.

Painting and drawing **reduce stress and tension** as individuals can express their emotions non-verbally, helping them stay calm. The repetitive motions and strokes can help relax the body, reduce anxiety and improve sleep.



Group dance sessions can **improve memory and concentration** as participants remember dance patterns and sequences. Also, participants have to stay **focused and communicate** with each other to choreograph routines.



B Describe how you can improve social interaction.

Group activities such as quizzes can foster a sense of **belonging and community** and can **bring people together**.

Group activities such as quizzes can foster a sense of **belonging and community** and can **bring people together**.

Physical therapies can be carried out in groups or individually.

Types of activities can be adapted to meet a range of needs and suit individuals of all ages.

INTELLECTUAL COGNITIVE

Help develop people's language and cognitive skills

Examples: ICT, reading, writing, Pictionary, jigsaw

Writing and doing activities such as jigsaw puzzles can help improve **fine motor skills** and **dexterity** as well as **hand—eye coordination**.

C Describe how intellectual activities can improve communication.

1.

Intellectual or cognitive activities can reduce boredom for individuals who might otherwise feel lonely and isolated. Group activities such as quizzes can foster a sense of **belonging and community** and can **bring people together**.

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TYPES OF CREATIVE ACTIVITIES USED IN

BENEFITS OF CREATIVE ACTIVITIES:

Various creative therapies can be used to improve the well-being of a range of service user groups.

	Benefit:
P hysical	✓ Improves hand-eye coordination, fine motor skills and dexterity
	✓ Promotes gross motor skills
	✓ Enhances balance and improves strength and overall fitness
	✓ Improves circulation and heart health
	✓ Helps manage pain and reduce tension
I ntellectual	✓ Improves sleep and appetite
	✓ Supports relaxation and stress
	✓ Improves memory and concentration
	✓ Develops problem-solving skills
E mootional	✓ Improves communication skills
	✓ Encourages people to learn new skills
	✓ Boosts self-esteem and confidence
S ocial	✓ Provides a sense of achievement and motivation
	✓ Promotes individuals' self-worth
	✓ Helps people express emotions and reduce anxiety
S ocial	✓ Encourages social interaction and engagement
	✓ Helps build friendships and relationships
	✓ Reduces boredom and isolation
	✓ Promotes moral development and appropriate behaviour
	✓ Teaches rules and cooperation



Motor skills – the body's ability to move and control muscles

Self-concept:

A Describe what is meant by the term 'self-concept'.

Social activities are good for people with dementia and their carers.

SOCIAL

Used to encourage participants to develop positive relationships

Examples:
1.
2.

B Give 2 examples of social, sensory and imaginative activities; one that can be carried out with a group, and another that can be carried out individually.

Physical activities can improve physical well-being. It can help improve **balance and stamina**, well as helping improve **motor skills, balance and coordination**. Dancing is a good activity for individuals who need to improve their **fitness**.

Singing is an excellent activity for elderly individuals with dementia as it can improve memory. Music can help with remembering and recall. Card games are also good for encouraging memory and concentration.



C Describe one way in which social activities can boost self-esteem for older adults.



Activities such as singing, singing, exercise classes and drama can all help **promote social interaction** and the learning of social skills such as listening, sharing and respecting others.

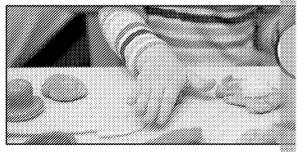


SENSORY

Used to stimulate

Examples:
1.
2.

Sensory activities are good for often mindful and **relaxing**. It is an activity that can help with stress by improving **gross and fine motor skills**.



Sensory activities such as playing with clay can help **focus** attention while also **developing** fine motor skills as individuals handle materials, and use their hands.

Some sensory activities, such as painting, can be **relaxing**, which can help reduce stress. It can also improve **self-esteem** as individuals create something, and this can be shared with others.

Activities such as painting and working with clay tend to be individual activities and can help **prevent** boredom as they **inspire creativity** and can become a hobby.

These sorts of activities can be beneficial for people with sensory impairment as they can be used to help encourage people to try new things and be creative.

Sensory activities are associated with **mindfulness** techniques as they encourage the individual to have a specific focus.

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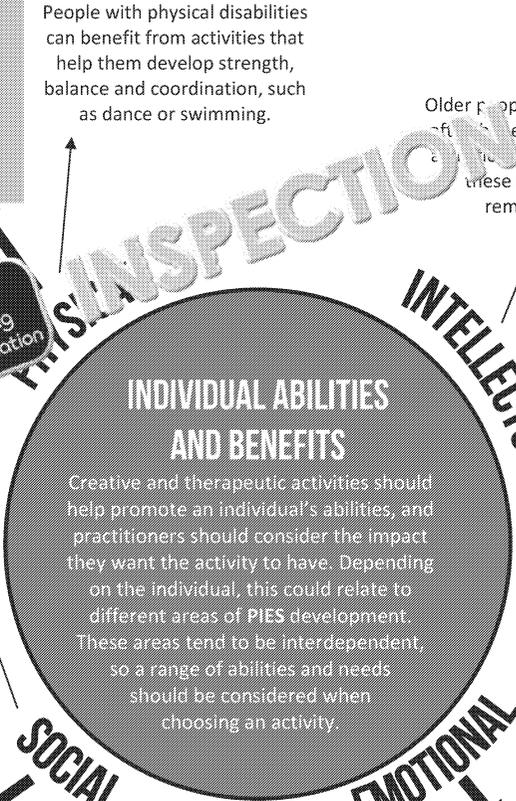
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FACTORS THAT AFFECT THE SELECTION OF A

A Describe one way in which physical abilities or needs can affect choice of activity. ▼

When deciding on a creative activity for a service user, the practitioner will have to consider... This means they must think about a range of factors



People with physical disabilities can benefit from activities that help them develop strength, balance and coordination, such as dance or swimming.

Older people with dementia can benefit from creative activities such as storytelling, as these help prompt reminiscence.

The complexity of activities should match the individual's cognitive abilities, e.g. avoiding solving puzzles for those with dementia.

Young people with learning disabilities can be supported to develop new skills such as cooking.

Often, children with ADHD can use physical activities and sport to help them focus.

Creative activities such as dance and drama workshops can encourage young people to interact with others and develop social skills

C Which individuals may find social activities a challenge? ▼

B Define the term 'OCD' and suggest creative or therapeutic activity that could help a person who has OCD. ▼

OCD (obsessive compulsive disorder):

Older adults who are lonely or suffer from memory loss can benefit from group activities, particularly those that promote **reminiscence**.

Reminiscence therapy encourages the participant to recall their past experiences. It can help with memory function.

Activities such as mindfulness can help them.

Individuals who lack confidence can find it hard to engage in certain activities. Children with additional needs may be more disruptive and find it hard to settle.

Culture and beliefs influence dress and diet. People from certain backgrounds may not pray at certain times or celebrate different festivals.

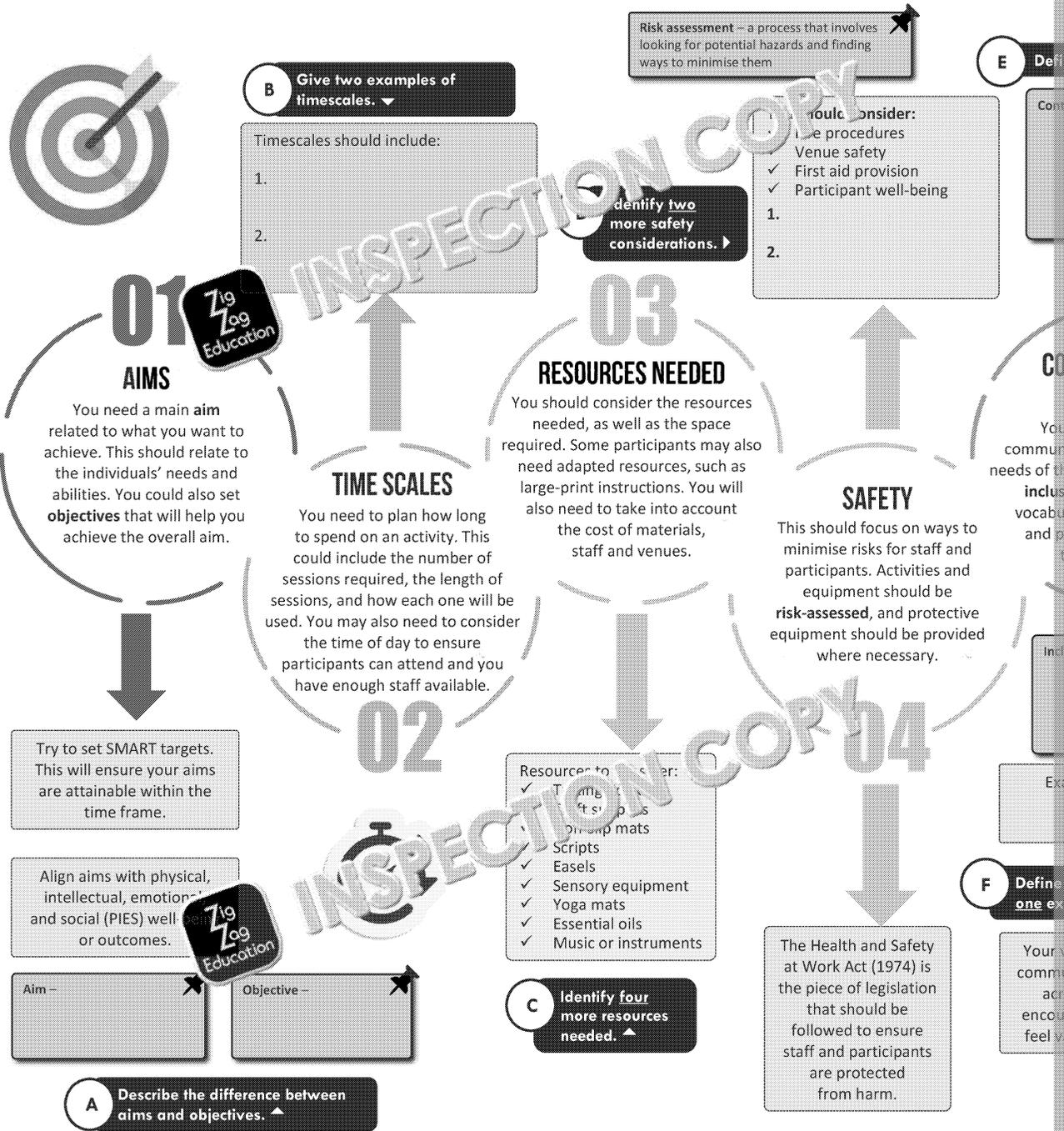
Kosher:

Importance of dietary needs:

Care practitioners should also consider how an activity should benefit an individual – for example, whether they want the activity to have physical benefits relating to mobility or emotional benefits relating to self-esteem.

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HOW TO PLAN A CREATIVE ACTIVITY TO MEET



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DELIVERING A CREATIVE ACTIVITY

When delivering a creative or therapeutic activity, it is important to use the right skills and personal qualities. It is also important that staff know how to deliver an activity successfully.

SKILLS

A Define 'special method' and give one example.

C Describe how the skills below encourage individuals to participate.

Effective communication
Can include both verbal and non-verbal skills as well as written communication. It can also mean using special methods of communication.

Description of skill	How this skill can encourage individuals to participate
Using the right tone and facial expressions can be welcoming.	Helps participants understand the activity and encourages engagement.
Making sure you promote clarity and use appropriate language means important information is understood.	
Using special methods of communication where required can ensure all participants are included.	Makes everyone, including those with diverse needs, such as a communication device, feel included and valued.

Special method:

Organisation
Being organised ensures you have the right resources and have enough resources for all participants. It is important to manage time effectively, allowing time to set up and clean up.

Being organised ensures you have the right resources and have enough resources for all participants.	Allows activities to run smoothly and keeps participants engaged and focused.
It is important to manage time effectively, allowing time to set up and clean up.	

Supporting inclusion
Ensure you have adapted resources where necessary to cater for those with disabilities or sensory impairments.

Ensure you have adapted resources where necessary to cater for those with disabilities or sensory impairments.	
----------------------------------------------------------------------------------------------------------------	--

B Describe one barrier that may prevent disabled people from accessing activities.

Being responsive
Adapt activities to suit different groups or changing situations in real time.

Ensures activities are inclusive by removing barriers to access.	
Creates a safe environment and is reassuring for service users.	

Being empathetic
Showing care and sensitivity can help people feel valued and included.
Empathy – understanding how others are thinking or feeling

Empathy and reassurance can help encourage participation.	
-----------------------------------------------------------	--

PERSONAL QUALITIES



D Describe three qualities that encourage participation.

Being cheerful can help you seem friendly and can encourage participation and positivity.

DELIVERING THE ACTIVITY

The way you deliver an activity can help ensure it is successful. This includes how you introduce the activity and collect feedback.

1 When introducing an activity you must consider:

- ✓ the aims of the activity – how the purpose of the activity is met
- ✓ the 'look and feel' which could include demonstrations and an explanation of safety requirements
- ✓ settling the individuals – so they know where they are sitting and what they are doing, and so they have the required support.

When supervising you must:

- ✓ encourage participants to participate
- ✓ encourage participants to have the support of others
- ✓ provide support physically and verbally
- ✓ maintain a safe environment and ensure it is working
- ✓ keep to time by reviewing activities
- ✓ replenish resources ensuring you have what you need to hand at all times if anything

3 To collect feedback from participants, you could:

- 1.
- 2.

E Give two examples of a feedback method.

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TYPES OF THERAPIES USED IN HEALTH A

SENSORY THERAPIES

These types of therapies are designed to stimulate the senses of sight, sound, smell, touch and taste.

MASSAGE

Massage therapy involves manipulating a person's soft tissues to improve their health or well-being (see below).

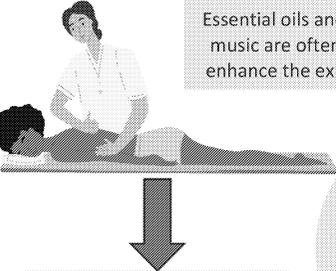
Massage therapists will use their hands, fingers, forearms, elbows and feet to do this. Techniques can include kneading, tapping and stroking the soft tissues, such as the muscles, tendons, ligaments and skin. Hot stones can also be used for a deeper massage.

zzed.uk/12818-massage

AROMATHERAPY

Aromatherapy uses essential oils extracted from plants to improve physical, emotional and spiritual well-being. It can involve inhaling the oils using steaming techniques or burning and vaporising the oils, applying them to the skin using a compress or massage, or adding them to bath water.

zzed.uk/12818-aromatherapy



Essential oils and relaxing music are often used to enhance the experience.

Aromatherapy is often used as a complementary treatment to other therapies, including massage and acupuncture.

BENEFITS OF AROMATHERAPY:

- Physical benefits:** Aromatherapy has been proven to help with pain (e.g. migraines) and improve sleep quality.
- Intellectual benefits:** Essential oils have been found to increase alertness and focus levels.
- Emotional benefits:** Aromatherapy has similar benefits to massage – reduces stress, anxiety and irritability and improves mood.
- Social benefits:** Essential oils can help to improve social activities and relationships.

REFLEXOLOGY

Reflexology is a type of massage.

zzed.uk/12818-reflexology

Choose the most appropriate sensory therapy for an older adult with limited mobility. Justify your choice.

BENEFITS OF MASSAGE AND REFLEXOLOGY:

Physical, intellectual, emotional and social benefits for all aspects of health and well-being.

	Intellectual	Emotional	Social

A Describe the term 'pressure points' and give two pressure points where reflexology might be focused. ▲

B Describe PIES benefits of massage and reflexology. ▲

C Describe the difference between hypnotherapy and aromatherapy.

HYPNOTHERAPY

zzed.uk/12818-hypnotherapy

Physical benefits: Can help those with neurological issues to overcome feeding.

Physical, intellectual, emotional and social benefits for all aspects of health and well-being interconnect each other, e.g. reducing stress levels (emotional) can help clear the mind to improve focus (intellectual). Additionally, improving focus (intellectual) can enable an individual to socialise and connect with others.

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TYPES OF THERAPIES USED IN HEALTH AND WELL-BEING

EXPRESSIVE THERAPIES

These types of therapies include the use of drama, music and art as a way to express thoughts and work through emotions.

ART THERAPY

Art therapy involves the use of a range of techniques such as painting; sculptural techniques; as clay; colouring; and drawing. Each type of therapy has a range of benefits (see below).

Some people find it easier to open up and talk about their emotions while creating art. Also, the artwork itself can be used to tell a story or prompt discussions. This can be easier for some people than talking about their feelings. Creating art can also be a relaxing and enjoyable sensory experience.

PLAY THERAPY

Play therapy is a way to help people express their emotions and manage behavioural issues. It is often used with children and young people but can be used when working with adults too.

T'AI CHI

T'ai chi is a martial art that combines deep breathing and relaxation techniques with a series of flowing movements. It was first developed in China as a low-impact form of exercise. There are a range of t'ai chi styles, including Wu and Yang, all of which can help increase flexibility and improve cardiovascular health.

A Give some examples of ways play therapy can be used to support children's PIES development. ▲

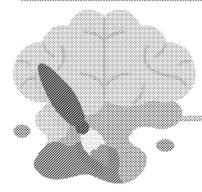
Physical benefits: Calming activities can help promote relaxation.

Emotional benefits: Art can be used as a way to express feelings.

Social benefits: Play activities are a good way for practitioners to bond with younger service users.

Physical benefits: T'ai chi can help improve posture.

Intellectual benefits: Many physical therapies also aid mental clarity and focus.

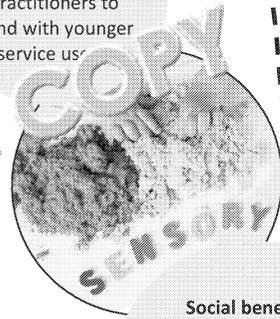


BENEFITS OF ART AND PLAY THERAPIES: Expressive therapy can have benefits for all aspects of health and well-being.

Physical	Intellectual	Not clear	Social
✓ Improves hand-eye coordination			1.
✓ Encourages activity			2.
✓ Improves motor skill development		2.	3.
✓ Reduces blood pressure (by reducing stress)	3.	3.	

Motor skills:

B Define the term 'motor skills', differentiating between fine and gross motor skills and giving an example of each.



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BENEFITS OF CREATIVE ACTIVITIES:

Various creative therapies can be used to improve the well-being of a range of service user groups.

A Describe **three** intellectual benefits of creative activities for older adults. ▼

	Benefit:
Physical	✓ Improves hand—eye coordination, fine motor skills and dexterity
	✓ Promotes gross motor skills
	✓ Enhances balance and improves strength and overall fitness
	✓ Improves circulation and heart health
	✓ Helps manage pain and reduce tension
	✓ Improves sleep and appetite
	✓ Supports relaxation and stress
Intellectual	1.
	2.
	3.
Emotional	✓ Boosts self-esteem and confidence
	✓ Provides a sense of achievement and motivation
	✓ Promotes individuals' self-worth
	✓ Helps people express emotions and reduces anxiety
Social	✓ Encourages social interaction and engagement
	✓ Helps build friendships and relationships
	✓ Reduces boredom and isolation
	✓ Promotes moral and appropriate behaviour
	✓ Teaches rules and cooperation

Motor skills – the body's ability to move and control muscles

Self-concept – a combination of your self-image and your self-worth

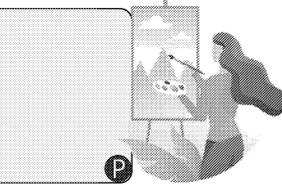
TYPES OF CREATIVE ACTIVITIES USED IN

PHYSICAL

Help promote movement, and encourage people to use their bodies to express themselves

B Give **three** examples of sports that can be used as physical therapies and explain how each sport can improve **motor skills**.

Give **three** different examples of physical activities, explain the **PIES** benefits for an individual living in a care home who has **arthritis**. ▼



INTELLECTUAL / COGNITIVE

Help develop people's language and communication skills

Examples: *ICT, reading, writing, Pictionary, jigsaws*

Writing and doing activities such as jigsaw puzzles can help improve **fine motor skills** and **dexterity** as well as **hand-eye coordination**.

D Explain how intellectual/cognitive therapies can improve communication skills.

Communication:

Intellectual or cognitive activities can reduce boredom for individuals who might otherwise feel lonely and isolated. Group activities such as quizzes can foster a sense of **belonging and community** and can **bring people together**.

Physical therapies can be carried out in groups or individually.

Types of activities can be adapted to meet a range of needs and suit individuals of all ages.

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BENEFITS OF CREATIVE ACTIVITIES:

Various creative therapies can be used to improve the well-being of a range of service user groups.

A Describe three intellectual benefits of creative activities for young adults. ▾

	Benefit:
Physical	✓ Improves hand-eye coordination, fine motor skills and dexterity
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	✓ Enhances balance and improves strength and overall fitness
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	✓ Helps manage pain and reduce tension
	✓ Improves sleep and reduces stress
	✓ Supports relaxation and stress
Intellectual	1.
	2.
	3.
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	✓ Reduces boredom and isolation
	✓ Promotes moral development and appropriate behaviour
	✓ Teaches rules and boundaries

Motor skills – the body's ability to move and control muscles

Self-concept

B Describe what is meant by the term 'self-concept' and explain why it is important to have a positive self-concept. ▶

TYPES OF CREATIVE ACTIVITIES USED IN

SOCIAL

Used to encourage participants to develop positive relationships

Examples:

1.

2.

Gross motor skills:

Memory:

Self-esteem:

Social interaction:

Social activities are good for people with dementia and their carers.

SENSORY

Used to stimulate

Examples:

1.

Stress:

E

Using examples describe how activities can improve the aspects identified for different individuals

Problem solving skills:

Self-worth:

Reduce boredom:

These sorts of activities can be beneficial for people with sensory impairment or can be used to help encourage people to try new things and be creative.

Sensory activities are associated with **mindfulness** techniques as they encourage the individual to have a specific focus.

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FACTORS THAT AFFECT THE SELECTION OF A

When deciding on a creative activity for a service user, the practitioner will have to consider... This means they must think about a range of factors

A Describe two ways in which physical abilities or needs can affect choice of activity and identify an activity that would help a person with disabilities to improve coordination. ▼

B Why might intellectual abilities such as memory loss or learning difficulties affect the choice of creative activity selected? Provide two examples. ▼

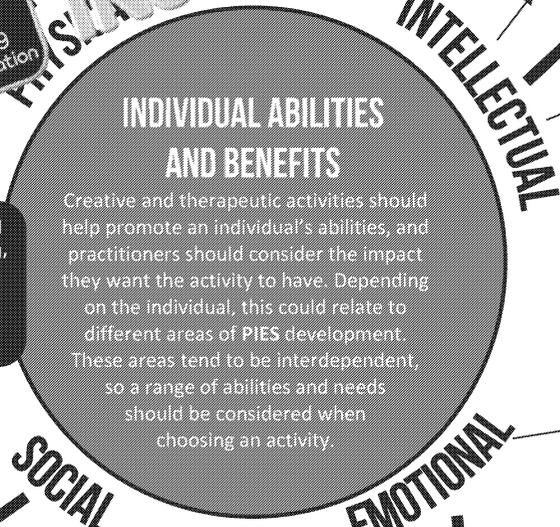
Physically demanding activities such as dance may be unsuitable for individuals with physical disabilities or mobility issues.

2.

1.

The complexity of activities should match the individual's cognitive abilities, e.g. avoiding solving puzzles for those with dementia.

2.



D Which individuals may find social activities challenging, and how might age influence the choice of creative activities to meet their social needs? ▼

C How can the emotional needs of an individual with mental health challenges influence the choice of creative activities? ▼

Reminiscence – a therapeutic technique that encourages the participant to recall past experiences. It can be used to help people with dementia to remember things they have forgotten.

Individuals with additional needs may be more disruptive and find it hard to settle.

F Explain how cultural or religious codes and dietary requirements can affect the choice or planning of a creative activity. Give an example. ▼

E How do PIES needs influence the choice of a creative activity for someone living in a care home compared to someone living independently? ▼

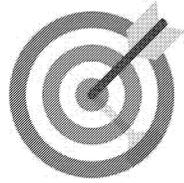
Care practitioners should also consider how an activity should benefit an individual – for example, whether they want the activity to have physical benefits relating to mobility or emotional benefits relating to self-esteem.

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HOW TO PLAN A CREATIVE ACTIVITY TO MEET



01 AIMS

B Explain how you will use resources and materials to support your aims. Consider the needs of participants with learning difficulties.



A What is the purpose of setting aims when planning a creative activity?

Try to set SMART targets. This will ensure your aims are attainable within the time frame.

Align aims with physical, intellectual, emotional and social (PIES) well-being or outcomes.



Aim – a long-term, overall goal or purpose

Objective – a short-term, measurable step that is needed to achieve the aim

Select one creative activity and describe how the aims would differ for an individual with learning difficulties compared to someone with physical impairment.

02 TIME SCALES

You need to plan how long to spend on an activity. This could include the number of sessions required, the length of sessions, and how each one will be used. You may also need to consider the time of day to ensure participants can attend and you have enough staff available.

03 RESOURCES NEEDED

You should consider the resources needed, as well as the space required. Some participants may also need adapted resources, such as large-print instructions. You will also need to take into account the cost of materials, staff and venues.

C List three examples of resources that could support individual participants with physical impairments.

- 1.
- 2.
- 3.

Also, you should also check that any equipment you need, such as ICT facilities, are available.

D Identify two methods of PPE that might be used when carrying out an activity and explain how these might protect participants.

- You should consider:
- ✓ Fire procedures
 - ✓ Venue safety
 - ✓ First aid provision
 - ✓ Consider participant well-being
 - ✓ Allergy and food/drink considerations
 - ✓ Contingency plans
- 1.
 - 2.

04 SAFETY

This should focus on ways to minimise risks for staff and participants. Activities and equipment should be risk-assessed, and protective equipment should be provided where necessary.

The Health and Safety at Work Act (1974) is the piece of legislation that should be followed to ensure staff and participants are protected from harm.

Choose a creative activity and describe how you would ensure safety for participants with allergies.

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DELIVERING A CREATIVE ACTIVITY

When delivering a creative or therapeutic activity, it is important to use the right skills and personal qualities. It is also important that staff know how to deliver the activity effectively.

SKILLS	Description of skill	How this skill can encourage individuals to participate
<p>Effective communication</p> <p>Can include both verbal and non-verbal skills as well as written communication. It can also mean using special methods of communication.</p>	<p>Using the right tone and facial expressions can be welcoming.</p> <p>Making sure you promote clarity and use appropriate language means you are more likely to be understood.</p> <p>Use special methods of communication where required can ensure all participants are included.</p>	
<p>Special method:</p>		
<p>Organisation</p>	<p>Being organised ensures you have the right resources and have enough resources for all participants.</p> <p>It is important to manage time effectively, allowing time to set up and clean up.</p>	
<p>B Describe two barriers to disabled people accessing activities and explain the impact on participants if these barriers are not removed.</p>		
<p>Supporting inclusion</p>	<p>1. Barrier:</p> <p>2. Barrier:</p> <p>Impact:</p>	
<p>Being responsive</p>	<p>Adapt activities to suit different groups or changing situations in real time.</p> <p>Challenges include: limited resources, time, space, and your own energy, and you need to be prepared for this.</p>	
<p>Being empathetic</p> <p>Empathy – understanding how others are thinking or feeling</p>	<p>Showing care and sensitivity can help people feel valued and included.</p> <p>Empathy and reassurance can help encourage participation.</p>	

A Define 'special method' and give two examples of special methods of communication.

C Describe how the skills below encourage participation.

DELIVERING THE ACTIVITY

The way you deliver an activity can help ensure it is successful. This includes how you introduce the activity and collect feedback.

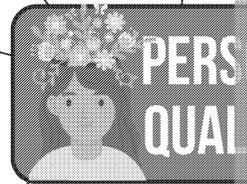
1 When introducing an activity, you must consider:

- the aims – you must know the purpose of the activity
- the content – which could include descriptions and an explanation of safety requirements
- settling the individuals – so they know where they are sitting and what they are doing, and so they have the required support.

2 When supervising an activity, you must:

3 Give two examples of feedback methods and assess the strengths and limitations of one method.

4 List three personal qualities that encourage participation.



D Describe five qualities that encourage participation.

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