

NAPA Activities

to support your special events

Button Day 16th November 2019

These ideas are to help you make the most of some of the special days in your calendar. Add to the fun by building on a topic, which could be spread across several days if that suits you and your team. Anyone in the care team including volunteers should be able to use these ideas. Some may take a little planning, but others you could do on the spur of the moment.



We have used a **colour code** for the NAPA Activities to help you to match them to **people's abilities, interests and level of participation**.

Blue – High cognitive skills- able to complete quizzes, puzzles and crosswords unaided.

Red – Living with early – mid stage Dementia.
Interested in the 'doing' rather than the end result.
Can follow simple instructions.

Orange – Living with mid- late stage Dementia.
Able to work one to one to complete short activities

Green – Living with late stage dementia, highly dependent. Probably not aware of their surroundings. Sensory stimulation is needed to raise their self-awareness, only stimulate 1 sense at a time as too much can be distressing or confusing for the person

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Connecting with your Community on Button Day

How to Celebrate Button Day

Invite the community to donate their old buttons, you could put posters up in local shops asking for donations. You could create a button masterpiece with all your finds and invite the community to see it.

There's no need to let the buttons on worn-out clothes go to waste! Whenever you can, snip them off, and start a collection this Button Day. In fact, a great place to come across interesting buttons is at the thrift shop. You may have to cut them off a given piece of clothing, but when you're getting something unique for your collection, who really cares?



The buttons you collect can be used for many different things, like repairing clothes with missing buttons. But that's not all! Buttons are an excellent source of craft ideas. You'd be amazed at how many delightfully cute gadgets can be made and/or decorated using buttons, such as picture frames, clocks, purses and bags, headbands, costume jewellery, lamp shades, and even shoes!



When you decorate with buttons, you can be 100% sure that whatever you make will be completely unique, and that nobody else in the world will have the same look as you do. And if you're not quite feeling up to arts and crafts, remember that buttons can simply be a joy in and of themselves, if even just to look at.

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Making the Most of Mealtimes on Button Day

Button Cookies

Easy to make sugar cookies

What you need

- (makes 4 dozen):
- 225g butter, softened
- 200g sugar
- 1 egg
- 1 teaspoon vanilla
- 340g self raising flour
- Cookie cutter
- Drinking glass
- Skewer
- Ribbon



What you do:

- In a large bowl, cream together the butter and sugar until light and fluffy. Beat in egg and vanilla. Gradually mix in the flour.
- Roll out the dough until it is the desired thickness
- Cut out round shapes with cutter
- Add an inner ring by gently pressing the glass into the dough. Poke 4 Button Holes into each cookie with a skewer and bake for 8-10 minutes- 190 C / Gas 5.
- Stack several cooled cookies, and thread a thin ribbon through the holes. Line boxes with tissue paper, arrange cookies, wrap, and sew ribbon through buttons for added effect.

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Things to do on Button Day

Button Art

What you need:

- A frame
- A piece of card or other stiff paper (make sure it is the right size for the frame)
- Glue gun or strong craft glue
- Buttons, buttons, and more buttons!



What you do:

- Maybe one of your residents or staff members is arty and they could draw the outline
- If you are artistically inclined, feel free to go ahead and sketch out your design. Or you can take the easy route and print off a silhouette of your design on your card.
- Once you have printed your silhouette onto the card it is time to start the fun part - adding the buttons!
- It's a good idea to play around with placement before you start gluing. Also, feel free to layer the buttons for a neat, textured effect.
- And remember, you can also use items that aren't buttons for fillers such as decorative beads, pearls, beads, or rhinestones.
- Then frame your masterpiece for all to see!
- You could use buttons to decorate several items
- Lamp shade
- Canvas
- Tiles
- Empty bottles
- Card



Use #NationalButtonDay to post on social media.