



Shine Your Light

A CREATIVE CARE CELEBRATION



ACTIVITIESSTRONG

TimeSlips™

Activity Guide

Week Two: How can you be a light to others?

Activity One: Creative Conversation

How can you be a light to others?

If this question is difficult to answer, here are some examples of how to rephrase it:

- How do you make someone happy?
- How do you make someone smile?
- How do you make someone laugh?

Try keeping the conversation going by using these follow up questions:

How do you greet someone you love?

What can you teach someone else?

What gift would you give the next generation?



Activity Two: Sharing Your Light in Movement

Think of three ways you might share your light with others.

- 1.
- 2.
- 3.

Create a simple gesture or movement for each way, and then repeat these to create a “light dance”.

You could also create three gestures/movements from one of the Beautiful Questions used in this week’s creative conversation.

* **Tips:** Once you feel comfortable with the movements, consider taking it further by adding music beneath.



Want to see an example before facilitating this activity? **Click the button** to observe someone facilitating movement.

Activity Three: This Little Light of Mine

Listen to and/or sing the song with residents.



Once you have listened to the song together, review the activities from above to remind participants of the movements they chose. Then complete the activity below.

This Little Light of Mine - Odetta

This little light of mine, I'm gonna let it shine
Oh, this little light of mine, I'm going to let it shine
This little light of mine, I'm gonna let it shine
Let it shine, let it shine, let it shine.

✦ Put it all together!

Review the previous activities (the creative conversation and creating a light dance) before to remind participants of how they said they can share their light with others.

Sing the song again and incorporate some of the movements/gestures created during the light dance. There are no wrong ways to do this, just have fun!

✧ Thoughtful Action of the Week

Teach someone else your light dance by asking them to mirror your gestures. Ask them to then teach you their light dance.

Perhaps you can arrange a video call with a family member or loved one and share your light dance with them and invite them to join in with you.

✧ Celebration Elements

Consider teaching a simple “light dance” sequence to as many staff and residents as possible to be performed during the “Celebration of Light.”

✧ Shine Your Light On Us!

We encourage you to share the responses and images of the progress of this program with other staff, family members, and the #activitiesstrong network!



Linked Senior & TimeSlips Creative Storytelling



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Please share your work with our community by tagging us and using the hashtags **#activitiesstrong** and **#shineyourlight**



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If you have any questions about this project or would like some additional creative inspiration, please email: andrew@timeslips.org

Visit the links below to learn more about the partnering organizations of *Shine Your Light*.

www.timeslips.org

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