



Shine Your Light

A CREATIVE CARE CELEBRATION



ACTIVITIESSTRONG

TimeSlips™

Activity Guide

Week One: Who is a light in your life?

Activity One: Creative Conversation

Who (or what) is a light in your life?

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

- Who/what makes you feel happy?
- Who/what makes you smile?
- Who is your sunshine?
- Who/what makes you feel warm?
- Who is a kind person in your life?
- What are you thankful for?

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

How does this person make you feel?

What might they do to make you feel this way?

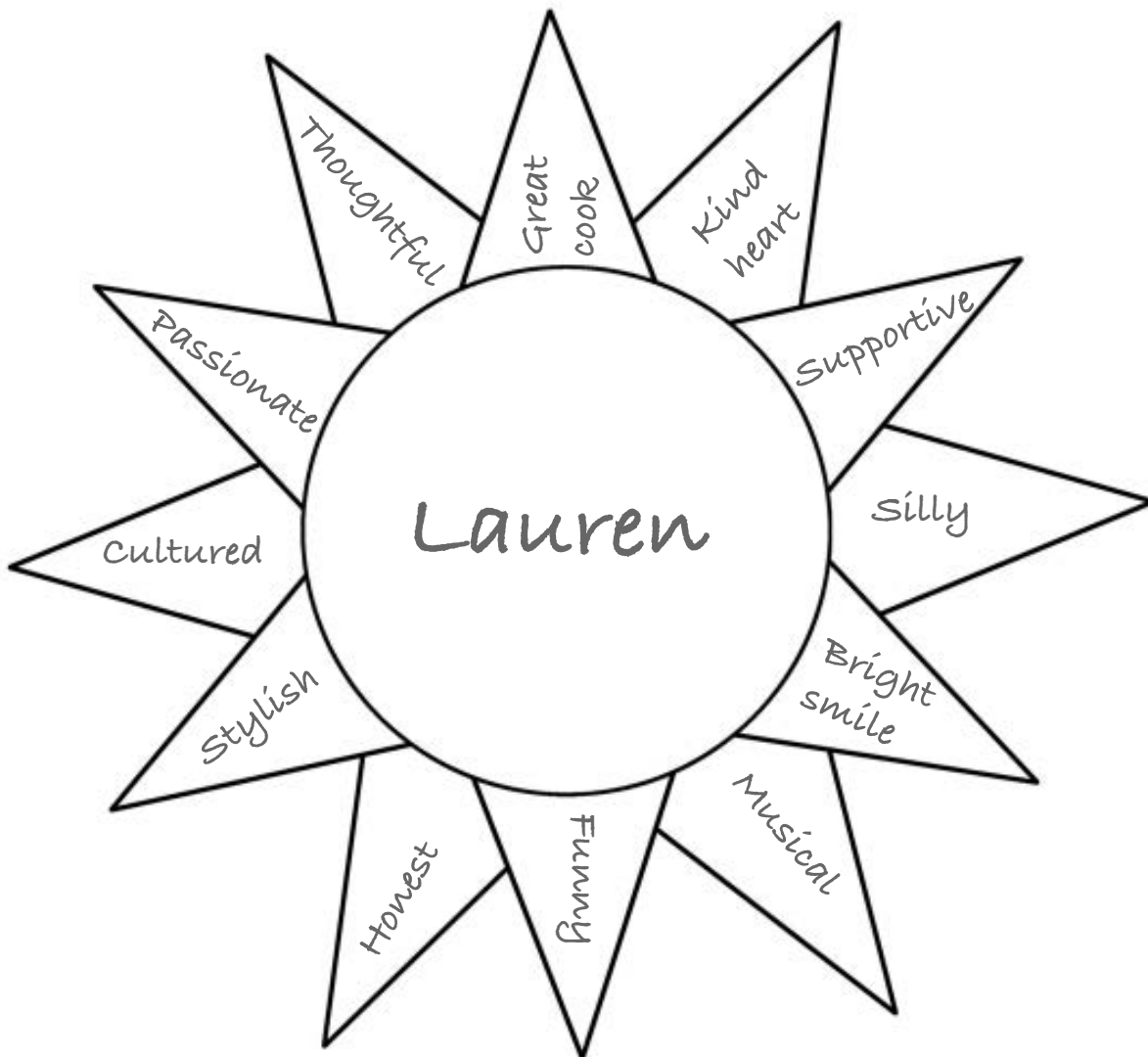
What qualities make this person a light in your life?

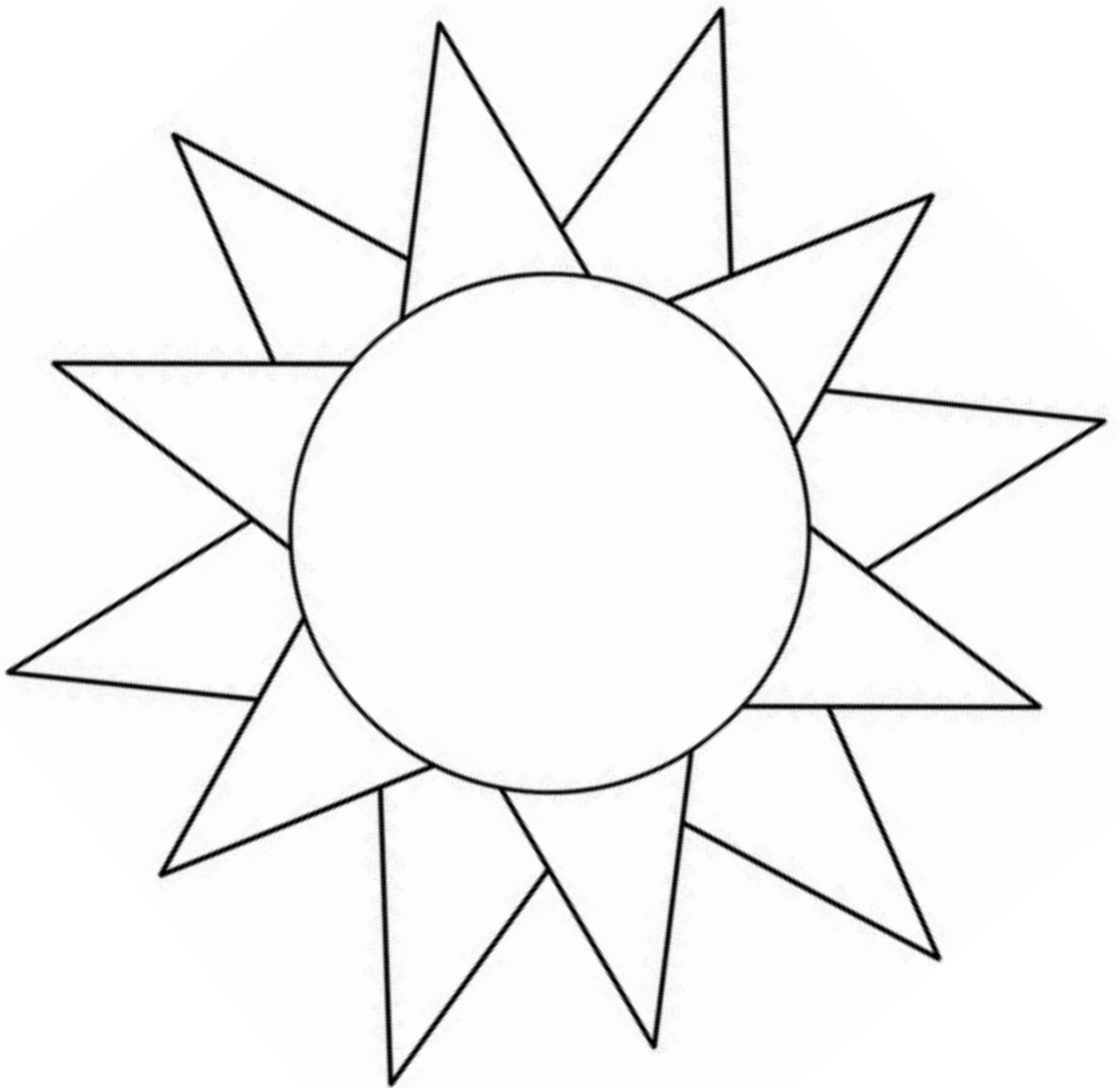
Activity Two: Sunshine Worksheet

Use the Sun worksheet template to create a visual representation of who/what is a light in your life

- * Write the name of the person or thing in the center
- * Write some of their qualities on the rays extending from the sun

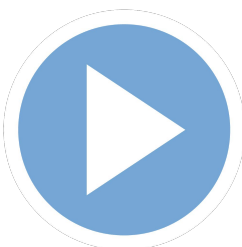
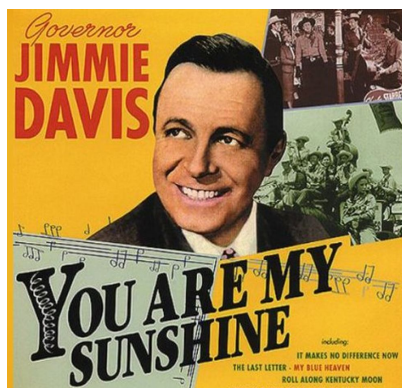
Tips: Consider printing out the template (on the next page) on colored paper, or printing on white and coloring it. You can cut out the sun and place as a decoration or in a grouping with others suns. Below is an example:





Activity Three: You are my Sunshine

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 who or what they said is a light in their lives. Then complete the activity below.

You Are My Sunshine - Jimmie Davis

Songwriting Exercise

Complete the Songwriting Worksheet below, inviting participants to fill in the blanks to create their own version of the song.

You are my sunshine, my only sunshine

You make me _____

When _____

You'll never know dear,

how much I _____

Please don't take my sunshine away

✦ Thoughtful Action of the Week

Consider recording participants singing their new versions of You Are My Sunshine (or simply humming the tune). Who could you share this with?

Perhaps you could call a family member or friend and ask them one of the Beautiful Questions used this week. Maybe you can play the recording of their song or invite them to sing along over the phone.

✦ Celebration Elements

Consider setting the sunshine worksheets aside or making copies that could be displayed as part of your “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

www.linkedsenior.com

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