



Shine Your Light

A CREATIVE CARE CELEBRATION



ACTIVITIESSTRONG

TimeSlips™

Activity Guide

**Week Four: How can we shine
more light in the world?**

Activity One: Creative Conversation

How can we shine more light in the world?

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

- What can you do to cheer someone up?
- How might you brighten someone's day?
- How can you be a good neighbor?
- How can you make your community a better place?

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

Where does the world need more light?

Who is someone in your life you can share your light with?

Activity Two: Shadow Images

Explore creating simple hand shadow puppets

- * Use a flashlight to explore creating simple hand shadow puppets on a white wall or screen

What different shapes can you create with just your hands?

- * You might also consider repeating some of the movements/gestures created in week two and see what kind of shadows these create.



Activity Three: Create a Light Jar

Brighten up your space with a light jar

Create a simple Light Jar using old mason jars and battery-operated lights (tea-lights or short strands of led-lights).



Directions:

1. Prep your jar by decorating it as you wish (see ideas below). This step is optional, it looks nice with or without decorations.
 - . Glue a battery-operated tea-light to the bottom side of the mason jar lid, OR insert the strand of led-lights.
 - . Turn on and enjoy!



Supplies:

- A mason jar with lid (most sizes will work for this)
- A battery-operated light, either a tea-light or short strand of led-lights will work well!
- Optional Materials to Decorate :
 - Translucent paint
 - Mod podge and colored tissue paper
 - Glitter and spray adhesive (seen in video example below)



Click here to see an example of how to do this. You can decorate them however you like, there are no wrong answers!

✧ Thoughtful Action of the Week

Find a special place to display your Light Jar so someone else will see it.

Perhaps you can invite others to place their Light Jars near windows so people passing by will see them?

✧ Celebration Elements

Take photos of participants creating hand shadows or of them holding their light jars in their hands that could be displayed as part of an exhibition during 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!



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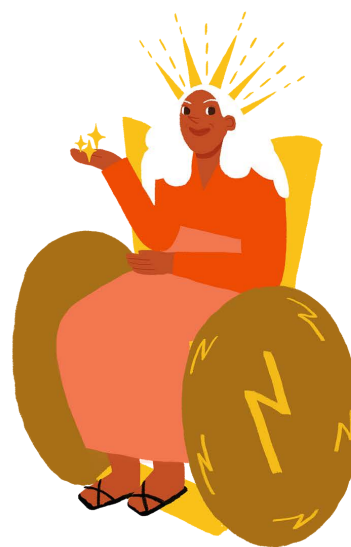


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Please share your work with our community by tagging us and using the hashtags **#activitiesstrong** and **#shineyourlight**



Shine Your Light Project Contact:

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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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