



Shine Your Light

A CREATIVE CARE CELEBRATION



ACTIVITIES**STRONG**

TimeSlips™

Activity Guide

**Week Five: How do you celebrate
light in your life?**

Activity One: Creative Conversation

How do you celebrate light in your life?

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

- How do you celebrate a special occasion?
- If you could have a party with anyone, who would it be?
- How do you welcome a warmer season?

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

Who would you invite to a celebration of light?

How does light make you feel?



Activity Two: I Am Poem

Create a poem about yourself using the outline provided below

✦ Ask participants to list three words that describe them. Create a simple “I am Light” poem using the simple outline below.

I am light.

I am _____
(response #1)

I am _____
(response #2)

I am _____
(response #3)

I am light.

Tips: There are lots of ways we can describe ourselves. If you're having a hard time thinking of words to use, try using words from the creative conversation in Activity 1. Response #1 could be your answer to the question "How do you celebrate light in your life?" or "How does light make you feel?". Need more inspiration? [Click here to watch a video compilation of I Am Poems.](#)

Activity Three: Celebration of Light!

Celebrate the light in your community through music and dance

- * Plan a celebration of light where residents and staff can perform a simple version of the “light dances” with a sequence of three simple movements that can be repeated. (Review Week 2, Page 3 for more information)
- * Invite an audience of friends, family members, and other staff or community members who can gather outside at dusk for a light sharing ceremony.
- * Invite the gathered audience to sing **This Little Light of Mine** with residents, and ask them to bring a light to shine (the flashlight from a phone, etc.).



Photo: Andreas Solaro/AFP

✧ Thoughtful Action of the Week

You might also place your Light Jar in your window, or decorate other windows with the paper suns or candles created in weeks one and three, or display them inside somewhere in your community where other staff and residents will see them.

You might also consider inviting everyone to sing “This Little Light of Mine” at the same time on one special night.

✧ Celebration Elements

Record some participants reading their “I am Light” poems that could be played on an intercom system (or as part of a “silent listening party”) 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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Please share your work with our community by tagging us and using the hashtags

#activitiesstrong and **#shineyourlight**



Shine Your Light Project Contact:

Andrew Morton, TimeSlips Master Trainer & Project Manager

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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