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I. Agenda Summary

Daily activity invitations are suggested. These can be printed on different hand-outs. This can also be considered a one-on-one activity each day by AD department staff and/or volunteers dressed as safari guides. Not only will the residents get a personal invitation, it allows short conversation concerning the daily activities. You could also hand out a word search sheet relating to the daily theme for them to work on their own. At the end of the day collect the sheets (or just check to see who completed them) and give the residents that finish it get a special treat.

The **daily agenda/invitation suggestions** are noted below in the week summary and on the daily activity details as a reminder.

Day 1: People and culture (**Drum or mask**)

Day 2: Environment (**Flower or palm tree leaf**)

Day 3: Animals –

- Option 1- Trip to a local zoo. (**Ticket shape or a balloon with the date, location and time, if you go to the zoo call in advance and ask for their logo balloons. They are more than willing to give you how many you need. or (Frog or Bird)**)
- Option 2 – Safari Hunt (**Map**)

Day 4: Relaxing and meditating/Spa Day (**Rain drop or a large musical note**)

Day 5: Monkey Mania (**Banana**)



II. Decoration Suggestions

Palm trees, rope vines, rocks, water falls, exotic flowers, moss, grass huts, drums, nets, spears, mask/head-dress for tribes and jungle animal pictures.

A lot of these items can be found at the dollar store, party store, Goodwill, yard sales or make your own. Suggestions for locating or making decorating items below:

Flowers: You can also contact local hobby shops that make silk flower arrangements to see if they have a bag of flowers they would normally discard. You would be amazed how many places will sell them to you very cheap or some will just give them to you so they can write it off as a donation to your facility. If you don't mind replacing fresh flowers every other day, then ask the local florist shops about their discards, again they may want to sell them at a low price, but ask if they will donate so they can write it off on their next year taxes...you never know unless you ask.

Rope Vines: You can make your own vines by either using brown paper bags cut length wise taping them together until you have the length you want. You can also use the roll of brown paper package (cheap) wrapping paper. If you mist the paper with water as you crumple and twist it, then it will start to look like a rope vine, just don't get it to wet.

Rocks: You can also crumple a brown paper bag after you have stuffed it to look like a rock. You will have to spray paint it a little with darker brown or a mist of black to give it some depth. Or you can use large pieces of Styrofoam to make rocks and spray paint brown with mist of black for depth.

Palm tree: Trunks can be cut out of the roll of brown paper, large cardboard pieces, or brown plastic tablecloth to measure six feet in length. Then take a black marker to make the trunk rings effect. Top it off with large palm leaves made from green paper from wrapping paper, poster paper or green plastic tablecloth. You can add coconuts too. Cut them out of the brown paper and glue some Spanish moss on it for texture. The plastic tablecloths can be purchased at the dollar store. If you have access to brown and green fabric, then you could possibly cut them out of fabric OR if you find used flat bed sheets in the color you need then by all means cut them up.

Water falls: Blue tablecloths, blue flat bed sheets or blue tissue paper can be used for water falls. If you add white at the bottom it will give an extra effect. Surround the water fall with plants, rocks and/or moss.

Short on time: Gather as many fake plants/flowers as possible in your main activity area and hang up posters/pictures of jungle animals mask or use tiki hang ups you can find at any party store. If the facility does not have a lot of fake plants, then bring yours in and ask staff to bring theirs in too. Remember to mark owner's names on the bottom so they can be returned after the event (if you return things promptly and in same or better condition, then the lender will be more than willing to lend again). Use any jungle print fabric you can find cheap to just drape behind the plants to give it a jungle feel. Don't forget the water falls. Bring in any water fall fountains, even if it is just table size. Even the suggestion of the environment will create the presents of a jungle in ones mind. If you have a local store that sells water fountains, ask them if you could use one to display that week. This is a free way they can advertise in your facility since staff and visitors can see the working fountain. You can tell them you will put their advertisement in your monthly newsletter as well.

Wear safari hats, khaki shirts/pants or shorts, hiking boots and encourage staff to do the same.

You could divide facility floors/sections into village names or name the different activity areas with tribal names or animal names. For tribal names/mask design <http://www.artyfactory.com/africanmasks/>
This website will be helpful too: <http://www.africaguide.com/culture/tribes/index.htm>

Don't forget to take PICTURES during this Jungle theme week for residents to enjoy later!!!

III. Activity Details

Day 1: People and culture (Drum or mask)

Activity 1: Map Quest – learn activity - Promotes social, cognitive and physical aspects
Contact a travel agent or purchase a large map of Africa, cut map into sections and have residents reassemble it. If you can find a large puzzle then you may consider purchasing it, however if your budget does not allow for it then cutting up the map will do just fine.

OR

If you have the capability to connect your computer to an overhead project then this website would be ideal to teach the capitals of the countries in Africa. In you don't then use the site to learn them yourself so you can use a map of Africa to show them the capitals. The site has sound to pronounce each capital name and it also has a free blank print out of the country.

http://www.sheppardsoftware.com/African_Geography.htm

Activity 2: tribal mask – learning craft – Promotes social, cognitive and physical aspects

Residents can make a tribal mask. As the residents make a mask you can discuss the tribes and what significant the mask plays in their culture. The artyfactory.com site has each tribal name and what the mask represents. It also has step-by-step instructions to make each tribal mask.

You can find instructions for a paper mask on ehow.com if you search by “How to make an African Paper Mask”.

For lower functioning residents I would suggest tracing one of the tribal designs, enlarge it and let residents decorate it with paint, feathers, beads, or yarn to embellish them.

Activity 3: dance expression - Promotes social, cognitive, emotional and physical aspects

Have bright colored scarves or pompoms as dance props. This gives the residents something to move to the beat of African/Jungle music. Just like in African dance the beat encourages body movement, arm stretching, waving of hands, feet/legging shuffling and even verbal expression (yells, chants). The point in engaging the residents in this type of dance is to allow them to learn other cultures dance forms. You can find a great illustration of a medium pace dance on YouTube.com under the title “MALI West African Dance, African Chants and Djembe Drums: Danza”. Two dancers demonstrate the chant and dance which is wonderfully presented.

Activity 4: craft - rain stick - Promotes social, cognitive and physical aspects

Make a rain stick out of a long paper towel or gift wrapper tube, rice, masking tape and glue. Seal up on end of the tube by placing a piece of paper over the open end, then cover well with masking tape. Pour in about a ½ to 1 cup of uncooked rice, place paper to cover the other open end and tape well. Cut a piece of butcher's paper to fit around tube making sure to cut circles for the ends. Then have residents cover the tube with glue and roll the pre-cut paper around it. Let them decorate their rain stick anyway they choose.

Activity 5: Movie time –Promotes social, cognitive and emotional aspects

Watch a learning DVD on Africa. Amazon.com has DVD's to purchase or you can check with your local library or video rental store to see if they have one of the following movies to view. Suggestions: African Weaving (25 minutes), Understanding African Art (21 minutes and has closed-captioned) Africa Speaks (56 minutes), A Day in the Life of a Village in Africa (60 minutes), **OR** If this will be an evening activity play a relaxing DVD such as “Virtual Relaxation Escape to the Tropical Jungle” (2007 – 60 minutes) Amazon.com has it new and used copies for sale, but check library first.

Day 2: Environment (plants and food) (Flower or palm tree leave)**Activity 1: Horticulture visit** – Promotes social and cognitive aspects

Contact your local college, high school, florist, garden club or green house to request an experienced individual to come out to present a “show & tale” on exotic plants. This visit should include discussing and showing examples of exotic plants such as orchids, bulbine and proteas.

Activity 2: Craft – Terrarium - Promotes physical, sensory, and cognitive aspects

Use containers such as glass candy jars you can purchase at a dollar store, or sometimes you can find great deals at the Goodwill or yard sales for this project. You can also use 2 or 3 liter soda bottles. You will need small stones, activated charcoal, Spanish moss, soil and plants. Layer the material in your jar stone, charcoal, moss, soil, plants, moss. If you use a liter bottle, then measure six inches from the table top up and cut. When every thing is planted then squeeze the top half back into the bottom half.

If you have staff members that are real plant lovers, then ask them for starters off their plants to use. In fact you can get starters off plants from around your facility. You will need to put this in water to start roots and if you use a root starter product the results will quicker than just water. The root starter product can be found in the plant food section of any garden center discount store.

Activity 3: Game - I'm going on a safari... - Promotes social, cognitive, sensory and physical aspects

Sit the residents in a circle. The AD starts off as the first player says “*I'm going on a safari, and I'm going to pack _____*”

Fill in the blank with items you think you should take on a safari like “binoculars” or “camera”

Then the next resident says “I'm going on a safari and I'm going to pack...repeat the first players item, and then adds another item. Play continues around the circle until all residents have a chance to add an item to the saying. You could also have them clap hands or stomp feet to get body movement and some type of beat to add to the fun.

Normally in the game the player that forgets an item is removed from the game, however with the residents it is better to help them out with the answer. Have an assistant or volunteer write down each residents answer in order so they can remind them of the answer. You may want to keep these groups small for residents that are middle to low functioning in memory aspects.

To adjust this game for **lower level functioning** residents have pictures of items that one would take on a safari pasted on 8x10 poster paper or just paper and laminate so you can use them again. Let the resident pick a picture of the item they would take and repeat what the item is each time you say the group says the phase “I'm going on a safari and I'm going to pack.....have resident hold up their picture and saying what it is until they have all said what they pictures are. This repetition will hopefully help stimulate their memory, attention span and social aspects since they are in a group activity.

OR

Instead of pictures, use real items that you may have at home if you are a camper that hikes. Each resident can pick an item to hold until the game is done or you could give them the item (depending on what it is. Ex: toothpaste, toothbrush, hairbrush, flashlight, map, lotion, pack of crackers, breakfast bar, compass, a folding travel cup, tissues, whistle, Band-Aids, magnifying glass, etc...)

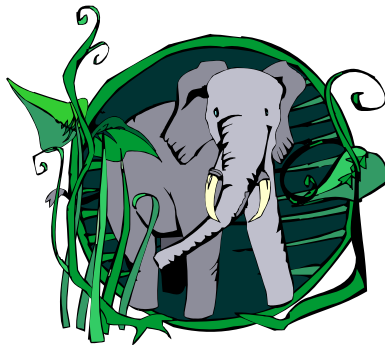
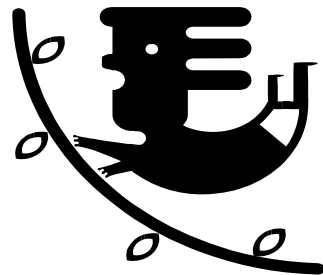
Activity 4: Jungle Cake – cooking or just a food related social gathering - Cooking activity promotes social, cognitive, sensory and physical aspects

Let residents help bake a cake and then decorate it like a jungle. The familyfun.go.com site has cute ideas to decorate jungle cakes. Just go to their site and search jungle cakes.

OR

If you don't want to make it a cooking activity then have the kitchen staff make the cake, and then you or someone else can decorate it using the decorating ideas on the website. Serve the cake in a social with jungle juice, Java, coconut milk or tea. Play jungle music or rainforest sound CD while they enjoy the cake.

Activity 5: Movie – Promotes social, cognitive, sensory and emotional aspects
Show an old Tarzan Movie. Check library, dollar stores sometimes have them for a couple of dollars or just rent them from video store. Serve animal crackers and juice or milk as a snack.
Afterwards you could have a Tarzan Trivia for fun.



Day 3: Animals**Option 1:**

Activity 1: Trip to a local zoo. (Ticket shape or a balloon with the date, location and time, if you go to the zoo call in advance and ask for their logo balloons. They are more than willing to give you how many you need, but most likely you will have to blow them up or (Frog or Bird) Promotes social, cognitive, sensory, and physical aspects

Activity 2: Safari reminiscing – Promotes social, cognitive aspects

Have group discuss their trip to the zoo as they enjoy a refreshment and talk about other trips to a zoo they may remember from their childhood. Snack suggestions on last page of agenda.

OR

Option 2:

Activity 1: Safari Hunt (Map) – Promotes social, cognitive and physical aspects

This is the same as a scavenger hunt, except you should have them hunt for animals you have hidden around the facility. If you don't have toy animals to hide then use animal pictures to hide behind plants, counters, back of door, back of chairs, etc... Equip them with maps that will give them hints as to where the animals are hidden. Make sure you instruct them to bring the animal or picture with them to the appointed area so the team with the most animals will win a prize or let them keep their findings. Then reward everyone with some animal crackers and juice.

Activity 2: Game - Jungle Bag - Promotes social, cognitive and sensory aspects

Collect enough medium size animal figures so there is enough for each resident, if possible.

These can be purchased at a dollar store, but don't get sizes so small that the residents can not tell what they are at all. Some ideas for you:

- spider
- zebra
- elephant
- tiger
- monkey
- parrot
- frog
- giraffe
- crocodile
- fish

Put each animal in a small cloth bag so it can be easily felt, but not seen. Try a thick felt type material to use as a bag. If you don't want to use felt bags, then just use paper brown bags, which will make it a little harder for them to determine the animal, but still doable.

Set the residents up in groups (based on the animal idea list above you could have 10 groups or you could have 5 groups to allow them two guesses or whatever will work best for you). Have jungle type music playing as you pass the bag(s) around to let the residents feel and make a guess as what might be in the bag. Then for the last round, the winner will get what is in the bag.

OR

You could pass the bags around one at a time in a large group and when a resident guesses the animal in the bag then let them have the figurine and remove them from the group to let them enjoy watching the remainder of the game.

If you have **lower level residents** just alter the game by giving them hints as to what might be in the bag; such as "this jungle animal crawls on the ground, has eight legs and we sometimes see their smaller family members outside in our own back yards (or any hints that will help them guess)".

Activity 3: Zoology 101 – Read/Discussion - Promotes social, cognitive, and sensory aspects
Print articles off the Internet, cut from newspapers or magazines relating to zoology that you can read to your residents during this activity. This is a good way to get your residents to openly ask questions, relay what they heard read to them and it may give them new knowledge of the topic. If you have any pictures relating to the article to print out then I would recommend it to keep the attention for those that are more visually motivated in a discussion group. You could serve tea or decaf coffee with cookies to make it more of a social discussion group.

Activity 4: Safari Scramble - Promotes social, cognitive, sensory and physical aspects
This will work just like except have residents in teams and the words can only be words relating to safari, jungles, animals, Africa, or rainforest. This should be a little harder, but it will get their cognitive skills working with team efforts. You can divide the letters between the groups. Once a team has the first word, then gather up all the letters and redistribute for another round. If you want you can have a poster prepared with a list of jungle related words.



Day 4: Relaxing and meditating/Spa Day (Rain drop or a large musical note)

Activity 1: Bead work- Craft project - Promotes cognitive, sensory and physical aspects
Beads are very important to the village people in the jungles. They use them for trading and decorating. The site below gives good information and examples of village bead work. This is for learning purpose only so resident's knowledge of beading is enhanced and it will add to the jungle theme experience. You may want to check out books or on-line sites that have the meaning of beads to share with your residents.

Oriental Trading has an easy "Wild for Cheetah Glass Bracelet" project to order with instructions on how to make it as a free PDF file you can download.

You could for lower functioning residents use the larger bead for their project.

Activity 2: Relaxing with Jungle musical sounds-Promotes sensory and emotional aspects
I listen to a lot of website with jungle music or jungle sounds to use for this theme activities, however I think this site is the best around. It has the most amazing pictures with animal sounds and if you scroll down close to the bottom of the page there is a section called "The Wild Kingdom" which has music that only last a minute or less that you can use for the jungle guessing game. I love the Jungle Talk song, which last longer than the others (about 2 minutes), but well worth listening to. It may be a little much for the residents, but it is a way cool sound.
<http://jansjoyousjungle.com/junglesound.html>

You can also check out Amazon.com which has jungle sound for MP3 players to download at a low cost. I have also found the dollar stores have CD's with jungle music very inexpensive.

Activity 3: Spa treatments - Promotes sensory and physical aspects
Contact local collage to see if students from the cosmetology class will come give facials, shoulder, hand or foot massage while they listen to relaxing jungle music.

Activity 4: Readings – Jungle poems - Promotes cognitive, sensory and emotional aspects
Read poems relating to the jungle theme while residents enjoy a light snack. Suggested readings: Poems and short stories/poems by Rudyard Kipling
"How the Leopard Got His Spots by Rudyard Kipling (short story can be found on the Internet).
Funny Kid Poems – "The Card Sharp" author not referenced, however you can find this on the Internet.

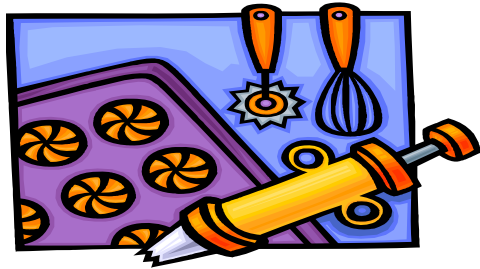
If some of the higher functioning residents would like to read, then encourage them to do so.

Remember visual aids help make a great story even better!



Day 5: Monkey Mania (Banana)

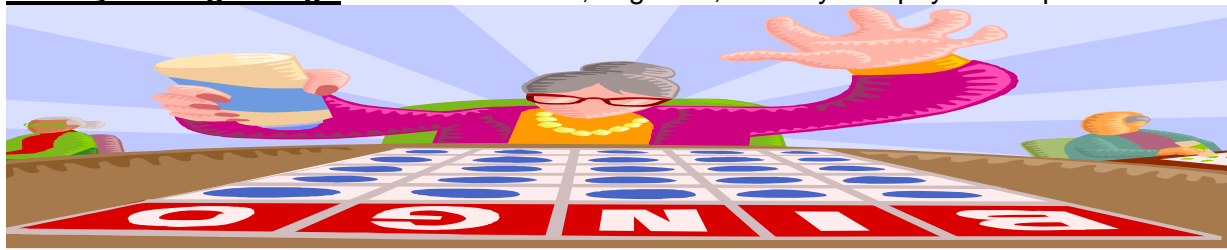
Activity 1: Jungle match - Promotes cognitive, sensory and physical aspects
 Cute out shapes of animals such as lion, tiger, zebra, monkey, giraffe, snake, and crocodile. Then purchase fake animal furs that coordinate with the animals. Cut out small squares from each fur so you will have enough for each resident to match the fur to the animal shape. It is kind of like the game where you match the picture to the shape, except they will match the fur to the animal shape cut out.



Activity 2: Monkey Pull – Cooking class - Promotes cognitive, sensory and physical aspects
 Make monkey bread. Pillsbury has a great easy recipe for Monkey bread that you can print off by visiting the website on line. For the facilities that have a traveling kitchen cart with a small microwave use the microwave recipe for one to one activities, so you can make it right in their room. There are many recipe websites that have the microwave version that you can print from a PDF file or print from the website to use.

Activity 3: Barrel of Monkeys – Promotes cognitive, sensory and physical aspects
 Let residents play an old favorite game called Barrel of Monkeys. You can find these at any discount store. The game comes in a barrel like package and the object is to pick up the monkeys by linking them all together. You could also look on e-bay, yard sale, Goodwill stores or try your local Freecycle website on line to see if you can get them cheap or free.

Activity 4: Jungle Bingo – Promotes social, cognitive, sensory and physical aspects



Create your own Jungle Bingo cards by using clip art pictures or search the Internet for free printable bingo cards and then look for jungle animals on their site.



Activity 5: Movie – Promotes cognitive, sensory aspects

Suggestions:

George of the Jungle (live funny movie)

Jumanji

Jungle Book (live version or Disney cartoon)



IV. Reference Information

Facts, craft/description information website references:

<http://www.artyfactory.com/africanmasks/>

<http://www.africaguide.com/culture/tribes/index.htm>

http://www.sheppardsoftware.com/African_Geography.htm

www.eHow.com

www.YouTube.com

www.Amazon.com

www.familyfun.go.com

<http://jansjoyousjungle.com/junglesound.html>