

Our Cambridge National in Health and Social Care will encourage students to:

- understand and apply the fundamental principles and concepts of the rights of individuals, person-centred values, effective communication and how to protect individuals in health and social care settings
- develop learning and practical skills that can be applied to real-life contexts and work situations think creatively, innovatively, analytically, logically and critically
- develop independence and confidence in using skills that would be relevant to the health and social care sector and more widely.

R034: Creative and therapeutic activities

This unit is assessed by a Set Assignment.

In this unit pupils will research therapies and learn about how they can benefit people. They will also learn about the benefits of creative activities and they will plan and deliver a creative activity to a group or individual.

Topics include:

- o Topic Area 1 Therapies and their benefits
- o Topic Area 2 Creative activities and their benefits
- o Topic Area 3 Plan a creative activity for individuals or groups in a health or social care setting
- o Topic Area 4 Deliver a creative activity and evaluate your own performance

Unit R034: Creative and therapeutic activities	
Topic Area 1: Therapies and their benefits	
Teaching content	Breadth and depth
1.1 Types of therapies used in health and social care	
<input type="checkbox"/> Types of therapies	To include:

<ul style="list-style-type: none"> ● Sensory ● Cognitive ● Expressive ● Physical <p>□ Benefits</p> <ul style="list-style-type: none"> ● Physical ● Intellectual ● Emotional ● Social 	<ul style="list-style-type: none"> ● Examples of the different types of therapies. ● The benefits of therapies to individuals in different settings. <p>Examples of types of therapies may include:</p> <ul style="list-style-type: none"> ● Sensory: aromatherapy, reflexology, massage. ● Cognitive: hypnotherapy, speech and language, mind-body healing by using the power of positive thinking, reminiscence therapy. ● Expressive: art therapy, play therapy, express thoughts and emotions. ● Physical: yoga, Tai Chi, reiki. <p>Examples of the benefits may include:</p> <ul style="list-style-type: none"> ● Physical: improves movement, appetite and sleep, lowers blood pressure, reduces pain. ● Intellectual: mental stimulus, improves creativity, helps concentration, memory recall, improves communication skills. ● Emotional: improves self-esteem and confidence; reduced stress, anxiety, panic attacks, depression and grief; increases self-awareness; sense of wellbeing. ● Social: helps connect with others, improves cooperation, understanding rules and moral behaviours.
Topic Area 2: Creative activities and their benefits	
Teaching content	Breadth and depth
2.1 Types of creative activities and their benefits	
<p>□ Types of creative activities</p> <ul style="list-style-type: none"> ● Physical ● Intellectual/cognitive ● Emotional ● Social ● Sensory 	<p>To include:</p> <ul style="list-style-type: none"> ● Examples of the different types of creative Activities. ● The benefits of participating in creative activities to individuals in different health and social care settings.

- Imaginative
- Benefits of creative activities
 - Physical benefits
 - Intellectual benefits
 - Emotional benefits
 - Social/moral benefits

Examples of types of creative activities may include:

- Physical activities: painting, dancing, drawing, sewing, knitting, embroidery, crochet, arm chair exercise, sports, physical education, walking, music and movement, bead and jewellery making. Intellectual/cognitive activities: ICT, reading, quizzes, radio, poetry, writing, Pictionary, Jigsaw puzzles, reminiscence.
- Emotional activities: storytelling, painting, craft work, photography, mime.
- Social activities: singing, quizzes, dancing, roleplay, bingo, card games, board games.
- Sensory activities: gardening, painting, clay, sand and water, cookery.
- Imaginative activities: drama, crafts, reading, painting, making a scrapbook or collage making, junk modelling.

Examples of benefits of creative activities may include:

- Physical benefits: hand eye coordination, balance, improved breathing, gross and fine motor skills, improved strength, dexterity, circulation, improved fitness, improved sleep and appetite, reduced tension, stress and anxiety, improved relaxation, pain management.
- Intellectual benefits: maintain and improve memory, concentration, improve communication, problem solving, mental stimulation, learn new skills.
- Emotional benefits: improved self-esteem and self-concept, motivation, sense of achievement, develop new interests, improved confidence, express emotions, and feel valued, empower.
- Social/moral benefits: make friends and develop new relationships, engagement, and interaction with others reduces boredom, learn new rules, prepare children for starting school, learn right and wrong, follow and learning rules, modelling appropriate behaviour.

Topic Area 3: Plan a creative activity for individuals or groups in a health or social care setting	
Teaching content	Breadth and depth
3.1 Factors that affect the selection of a creative activity	
<ul style="list-style-type: none"> □ Individual abilities: <ul style="list-style-type: none"> ● Physical ● Intellectual ● Emotional ● Social □ Gender □ Benefit of the activity to the individual 	<p>Examples of individual abilities may include: learning difficulties, sensory impairment, behavioural conditions, physical impairment/disabilities, memory loss/dementia, medical conditions, individual's religious/cultural beliefs.</p>
3.2 How to plan a creative activity to meet individual abilities	
<ul style="list-style-type: none"> □ Aims of the creative activity <ul style="list-style-type: none"> ● The purpose specific to an individual or group □ Timescales □ Resources needed □ Safety □ Communication <ul style="list-style-type: none"> ● Appropriateness to individuals □ Methodology to be used <ul style="list-style-type: none"> ● Demonstration ● Group work ● Individual contribution □ Feedback methods 	<p>Examples of the purpose specific to an individual or group may include: improve fine motor skills, developmental opportunity.</p> <p>Examples of timescales may include: time needed for setting up and clearing away, completion time, time of day.</p> <p>Examples of resources needed may include: materials/ equipment, specialist resources (large print resources, easy grip tools, left/right handed scissors, talking books, non-slip mats, coloured overlays), awareness of cost of resources, the setting/space, availability of helpers if needed.</p> <p>Examples of safety may include: minimising risks, protective equipment (appropriate clothing, gloves in case of allergies, oven gloves if cooking hot food, aprons), safety of equipment, contingency plans for emergencies.</p>

	Examples of feedback methods may include: asking questions, questionnaires/witness testimony.
Topic Area 4: Topic Area 4: Deliver a creative activity and evaluate your own performance	
Teaching content	Breadth and depth
4.1 Skills/personal qualities required to encourage participation	
<input type="checkbox"/> Skills/personal qualities required to encourage participation	<p>Examples of skills may include: effective communication, supporting inclusion, being responsive.</p> <p>Examples of personal qualities may include: cheerfulness, patience, caring, respect.</p>
4.2 Deliver a creative activity with a group or individual	
<input type="checkbox"/> Introduce the activity <ul style="list-style-type: none"> ● Aim(s) ● Content ● Settle the individuals so that they are prepared to carry out the activities <input type="checkbox"/> Supervise the activity <ul style="list-style-type: none"> ● Encourage participation ● Intervene when necessary ● Provide support ● Maintain safety ● Keep to timescales ● Replenish resources/materials <input type="checkbox"/> Collect feedback from participants	Examples of feedback methods could include: asking questions, questionnaires/witness testimony.
4.3 Evaluation	
<input type="checkbox"/> How to evaluate your own performance <ul style="list-style-type: none"> ● Use feedback 	

<ul style="list-style-type: none">● Self-reflect● Review strengths and weaknesses ofo Your planningo Your communication skillso How you encouraged participation of the individual/group<ul style="list-style-type: none">● Suggest improvementso What you would do differently and why	
--	--