

# CREATIVE CHALLENGES

Bolton Culture Champion, Carole, has created these activities for you to enjoy.

Think of a song with the word 'happy' in it. Sing, hum or whistle it. Can you think of any more?

What is your favourite biscuit? Think about how it looks, smells, tastes. Does it bring back any memories?

Have a little dance while you are waiting for the kettle to boil.

Have something different for breakfast or lunch today. Variety is the spice of life!

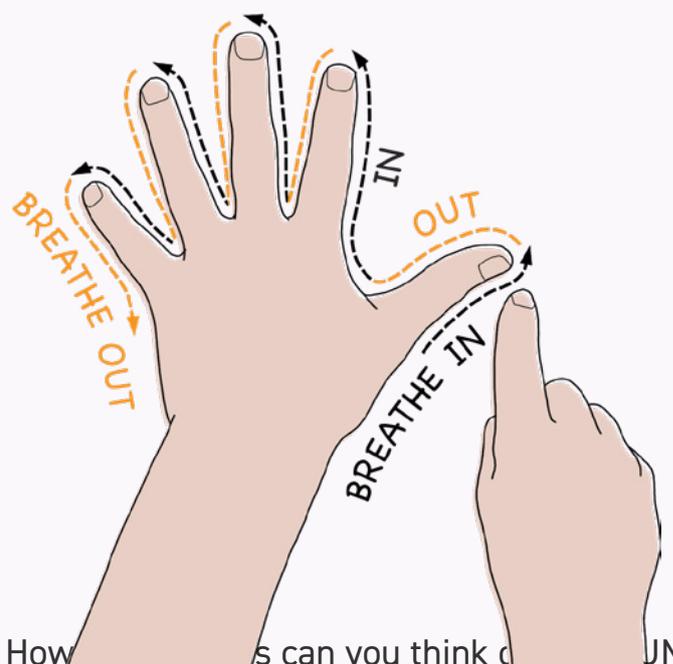
Write down three things you are grateful for. Put the list on the fridge door.

How many words of three letters or more can you make out of the word BUTTERFLY? Believe it or not there are more than 50!

Can you remember a poem that you learnt by heart at school? Try saying it out loud.

On a good day, go into the garden or open the window, and listen for birdsong. Do you know which birds you can hear? Using one finger, slowly trace your other

hand. Start by moving slowly up one side of your thumb. When you get to the top, breathe in and then breathe out as you trace down the other side. Repeat with all your fingers.



How many words can you think of that contain the letters UN or MOON in them?

Put on some nice perfume or aftershave, smell a flower or spray an air freshener. If you prefer, smell bread or chocolate! Just enjoy a lovely smell and see what memories it brings.

The Bolton Culture Champion programme is based at Bolton at Home, a charitable community benefit society that works to make people's lives better by providing quality housing and community services. You can contact Gaynor Cox 07979 705123, [gaynor.cox@boltonathome.org.uk](mailto:gaynor.cox@boltonathome.org.uk), [www.boltonathome.org.uk](http://www.boltonathome.org.uk)

*Creative Care Kit: a GMCA project in collaboration with Greater Manchester's cultural and voluntary sectors*

**Bolton  
at Home**

**GREATER  
MANCHESTER**  
DOING THINGS DIFFERENTLY