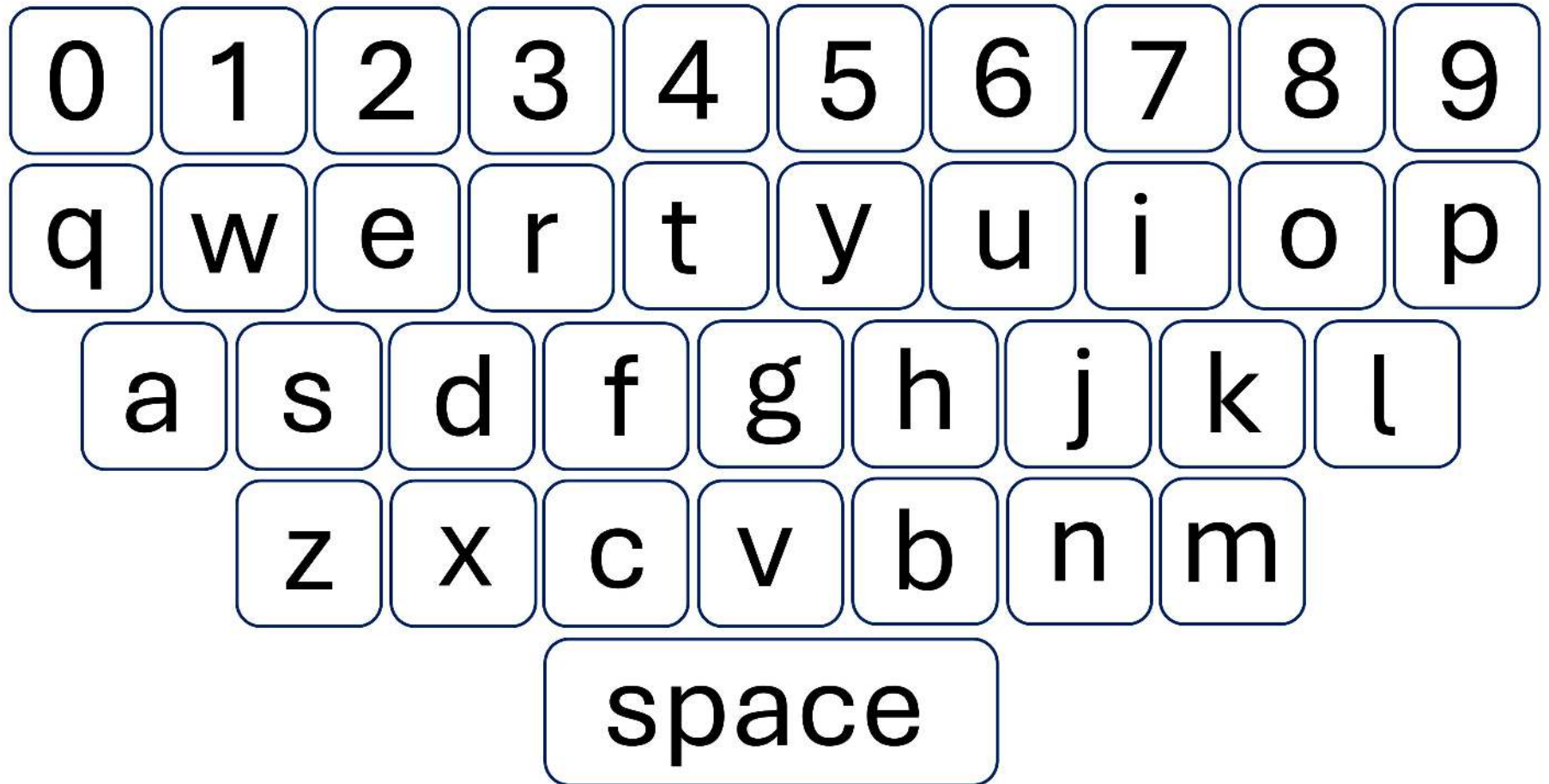




Creative connections

A creative toolkit for people with sensory
and communication needs to use when
in hospital



Introduction

Visiting and spending time in hospital can be a challenging and worrying time. You may be experiencing lots of different thoughts and feelings. We hope the creative activities in this toolkit help you to relax, process and share how you are feeling.

This toolkit was developed following a series of creative sessions delivered at the bedside to autistic patients and patients with learning disabilities. Lauren, an autistic creative practitioner, delivered creative support to patients referred by Imperial College Healthcare NHS Trust's Learning Disability and Autism team. The creative sessions were tailored to the patient's interests and communication styles with a focus on play, sharing and discovery.

How do you feel?



I am happy



I am ok



I am scared



I am sad



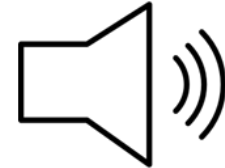
I am tired



I feel poorly



I hurt



It is too loud



I need help



I am hungry



I am thirsty



I need
the
toilet



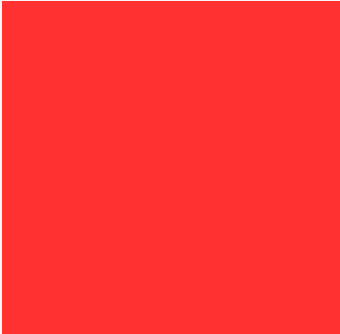
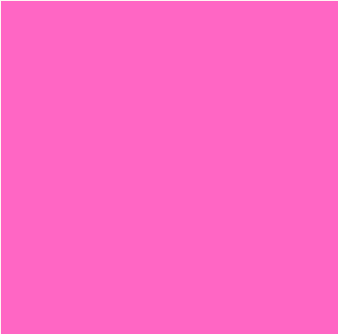


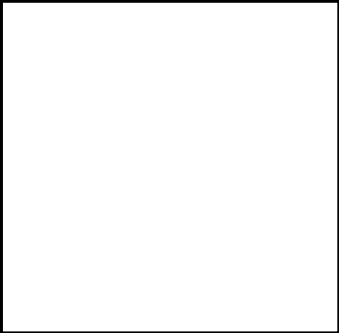
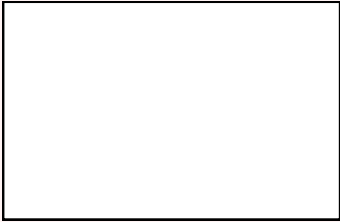
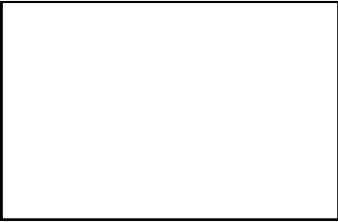
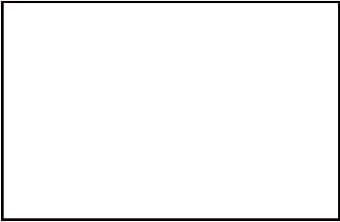
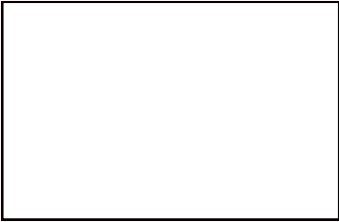
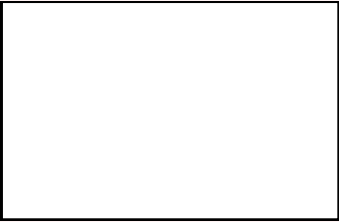




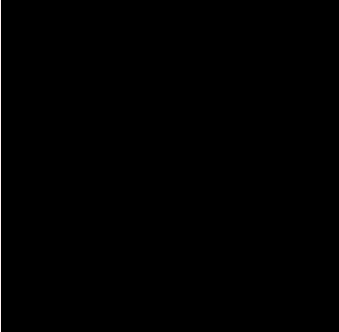





I am cold



I am hot

Use colours to help describe how you feel

Sometimes it can be difficult to describe how you feel. It may be helpful to share what colour you feel like. Make a note of what each colour means to you in the blank boxes under each colour.

Who is everyone?

There will be people with different jobs looking after you. You can ask the people you meet what their names and jobs are, then fill in the badges. You could even draw their portrait!

Name:

Job title:

Name:

Job title:

Name:

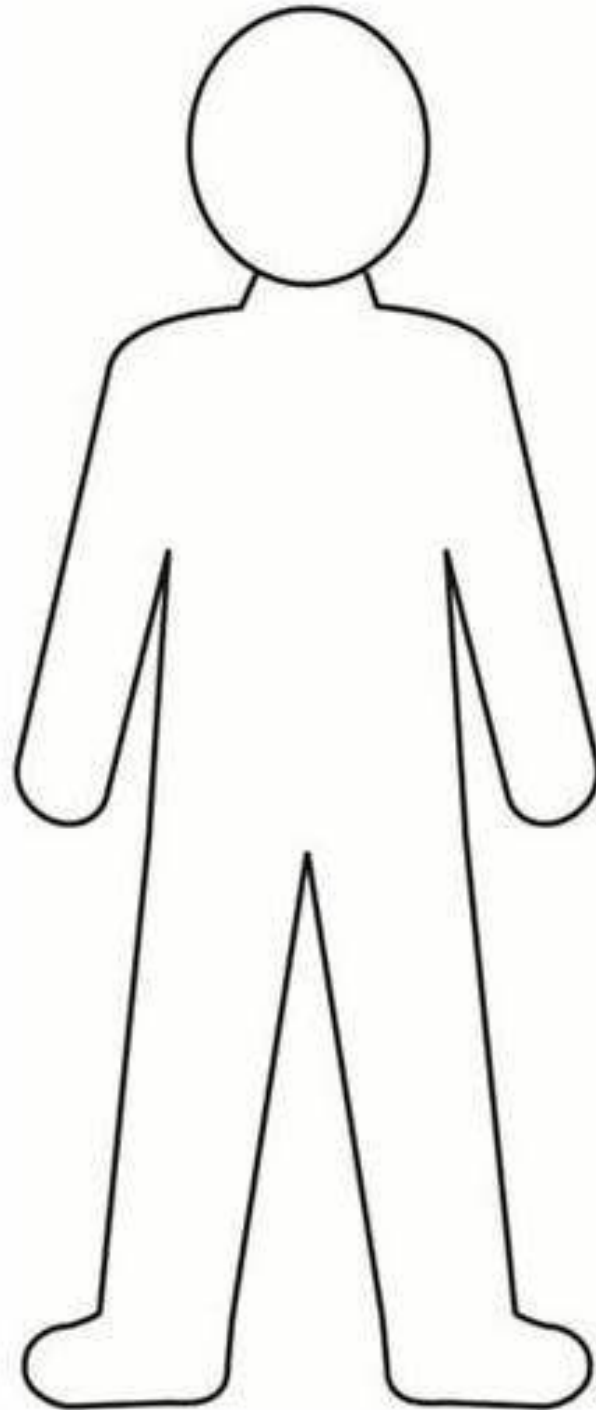
Job title:

Name:

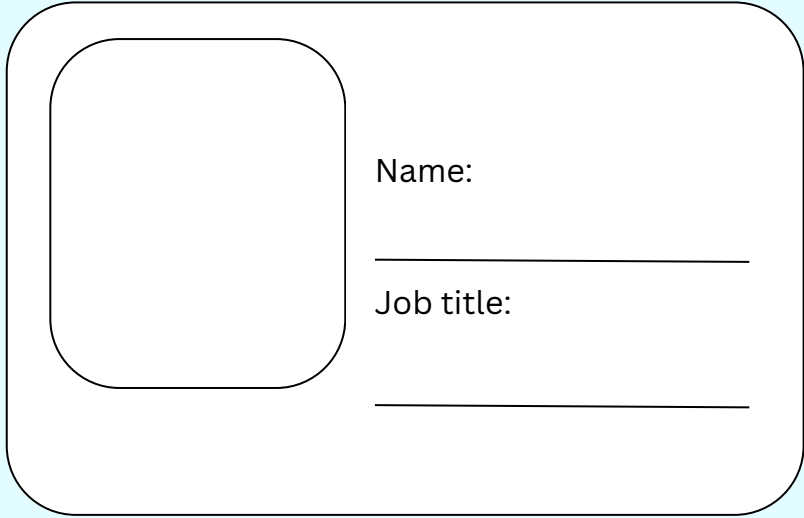
Job title:

What do you feel?

You can use this outline of a person to point to the area where you are feeling pain.



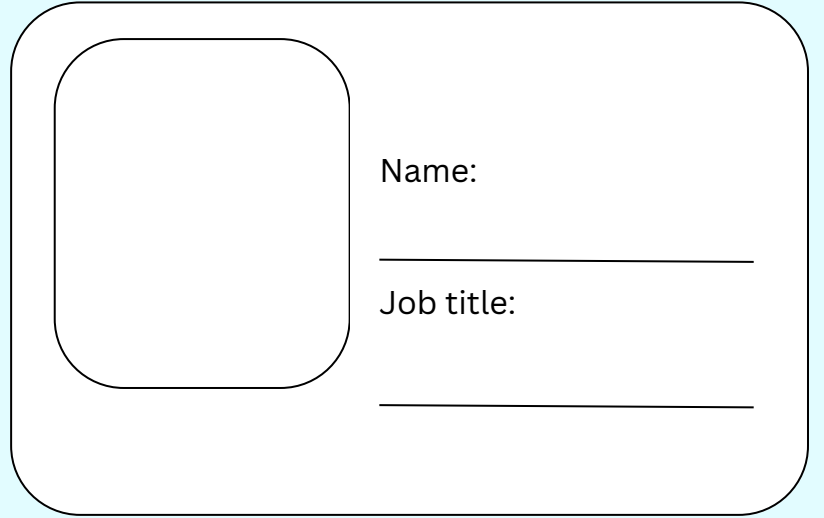
You can colour in the person to look like you!



A white rounded rectangular name tag template with a black border. On the left side, there is a rounded rectangular placeholder for a photo. To the right of the photo placeholder, the text "Name:" is positioned above a horizontal line, and "Job title:" is positioned above another horizontal line.

Name:

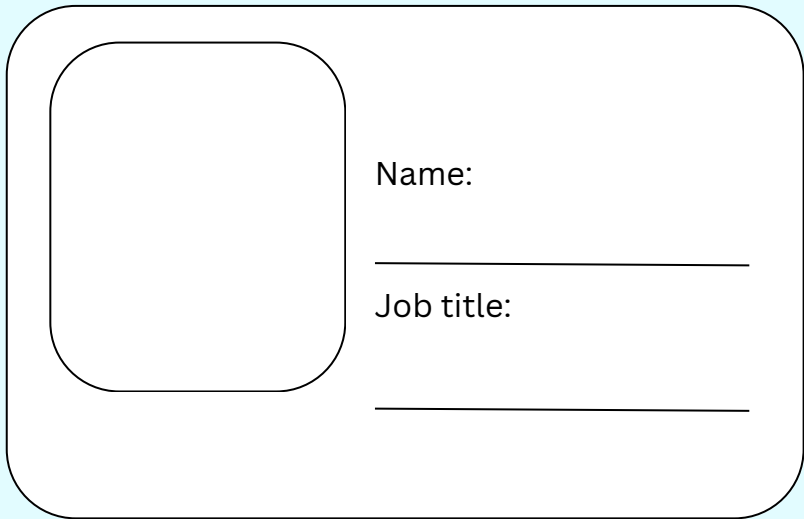
Job title:



A white rounded rectangular name tag template with a black border. On the left side, there is a rounded rectangular placeholder for a photo. To the right of the photo placeholder, the text "Name:" is positioned above a horizontal line, and "Job title:" is positioned above another horizontal line.

Name:

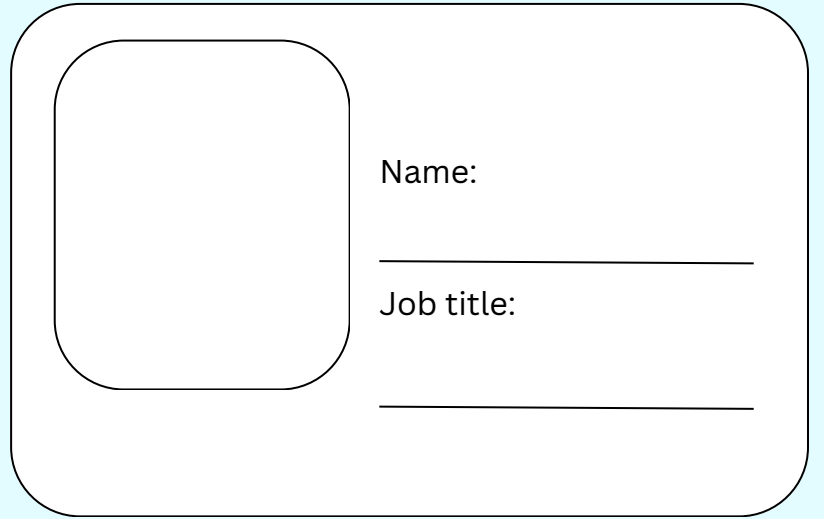
Job title:



A white rounded rectangular name tag template with a black border. On the left side, there is a rounded rectangular placeholder for a photo. To the right of the photo placeholder, the text "Name:" is positioned above a horizontal line, and "Job title:" is positioned above another horizontal line.

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Job title:



A white rounded rectangular name tag template with a black border. On the left side, there is a rounded rectangular placeholder for a photo. To the right of the photo placeholder, the text "Name:" is positioned above a horizontal line, and "Job title:" is positioned above another horizontal line.

Name:

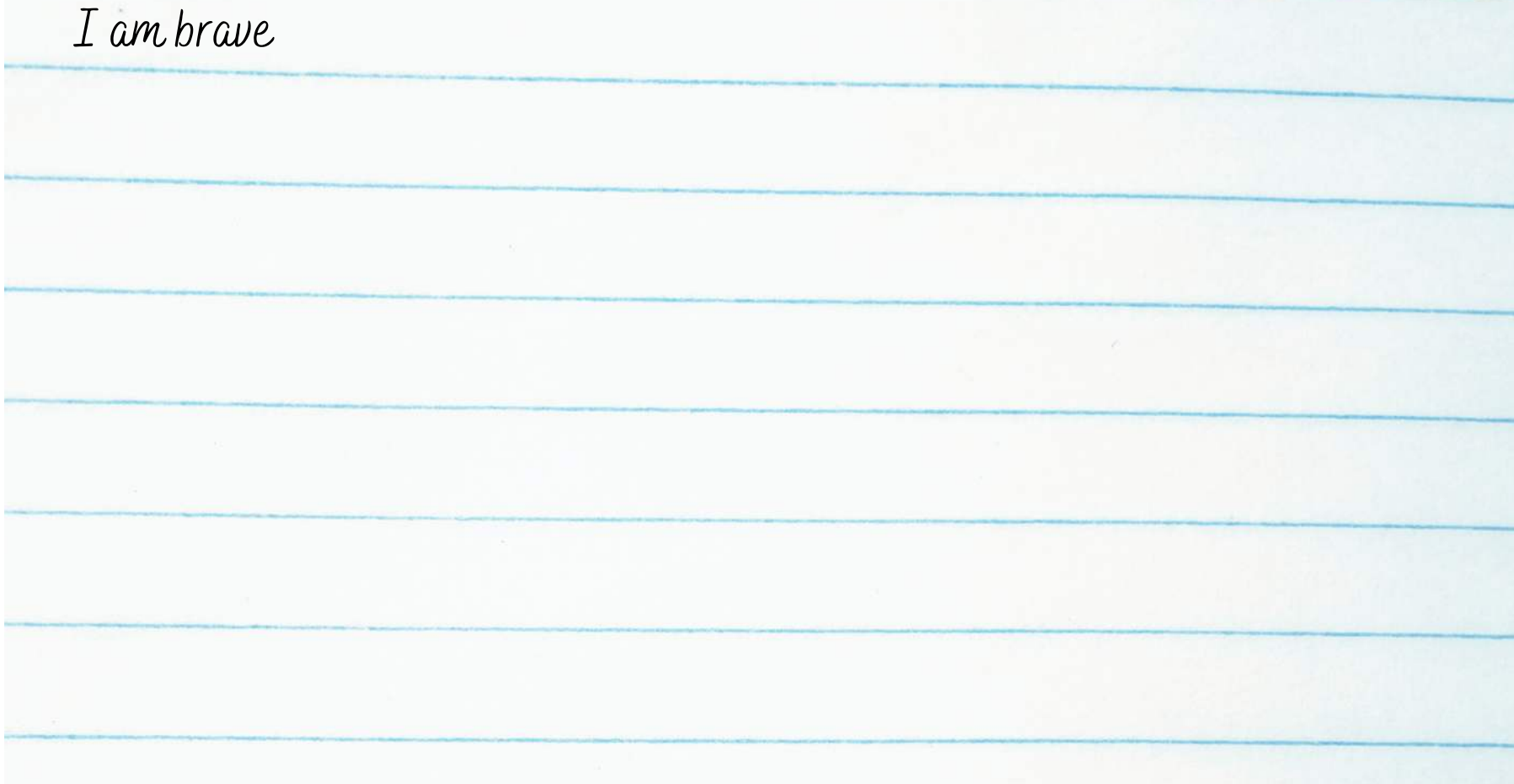
Job title:

Self-kindness

Kindness matters. From kind words, to random acts of kindness, or a friendly smile - it can brighten up our day.

Use this page to write kind messages to yourself!

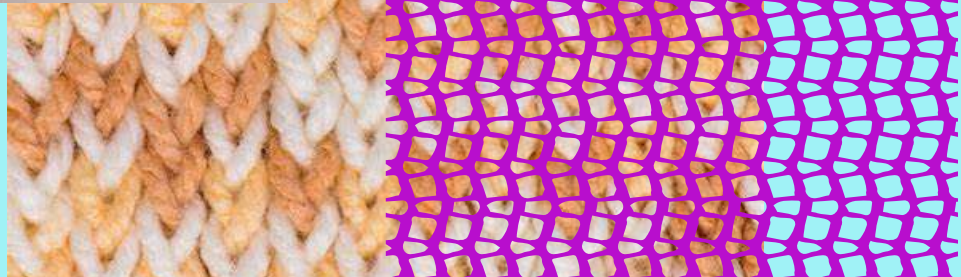
I am brave

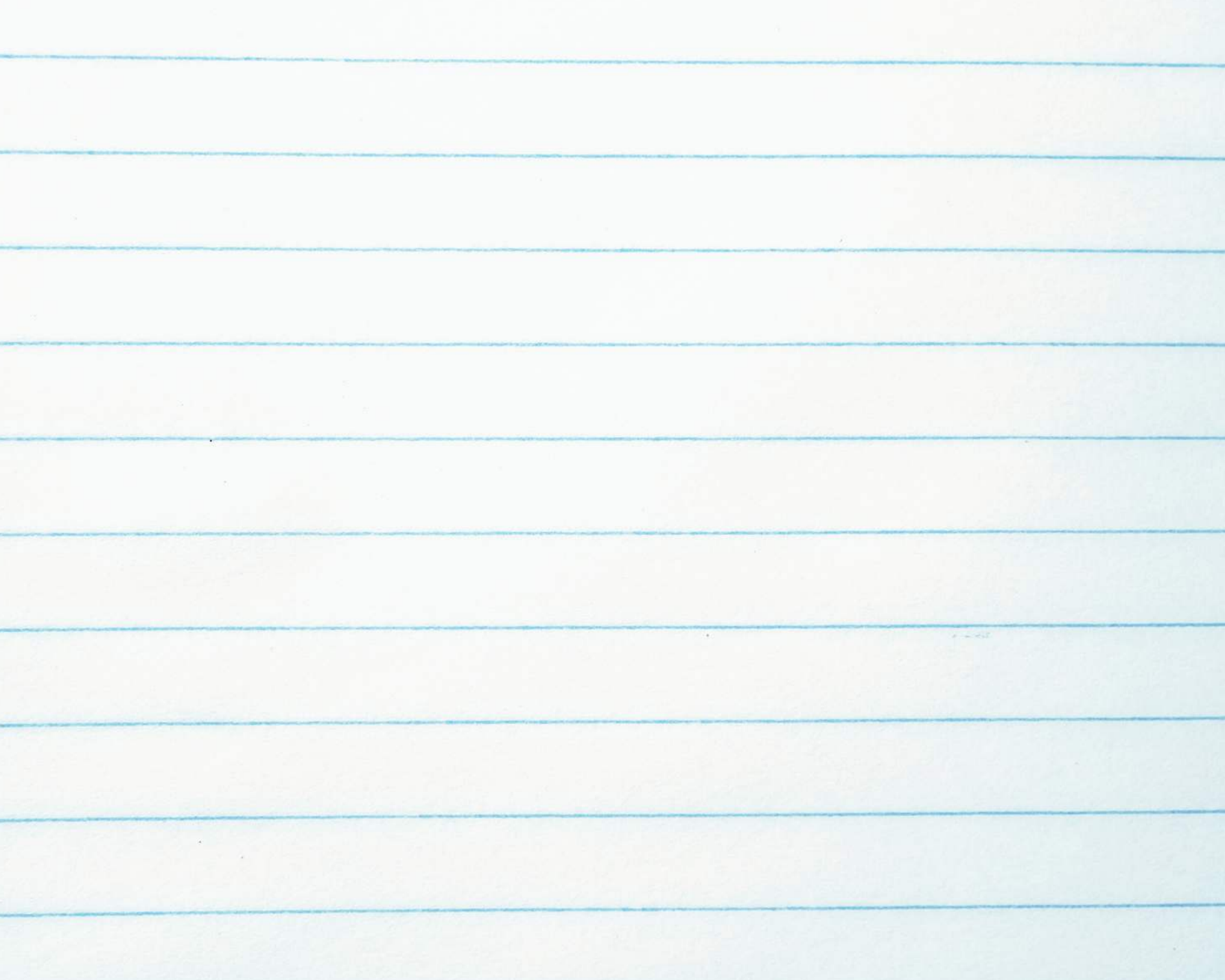


Using materials to encourage movement

In the pack you will find a variety of materials. Materials can be used in a playful way to encourage movement and actions.

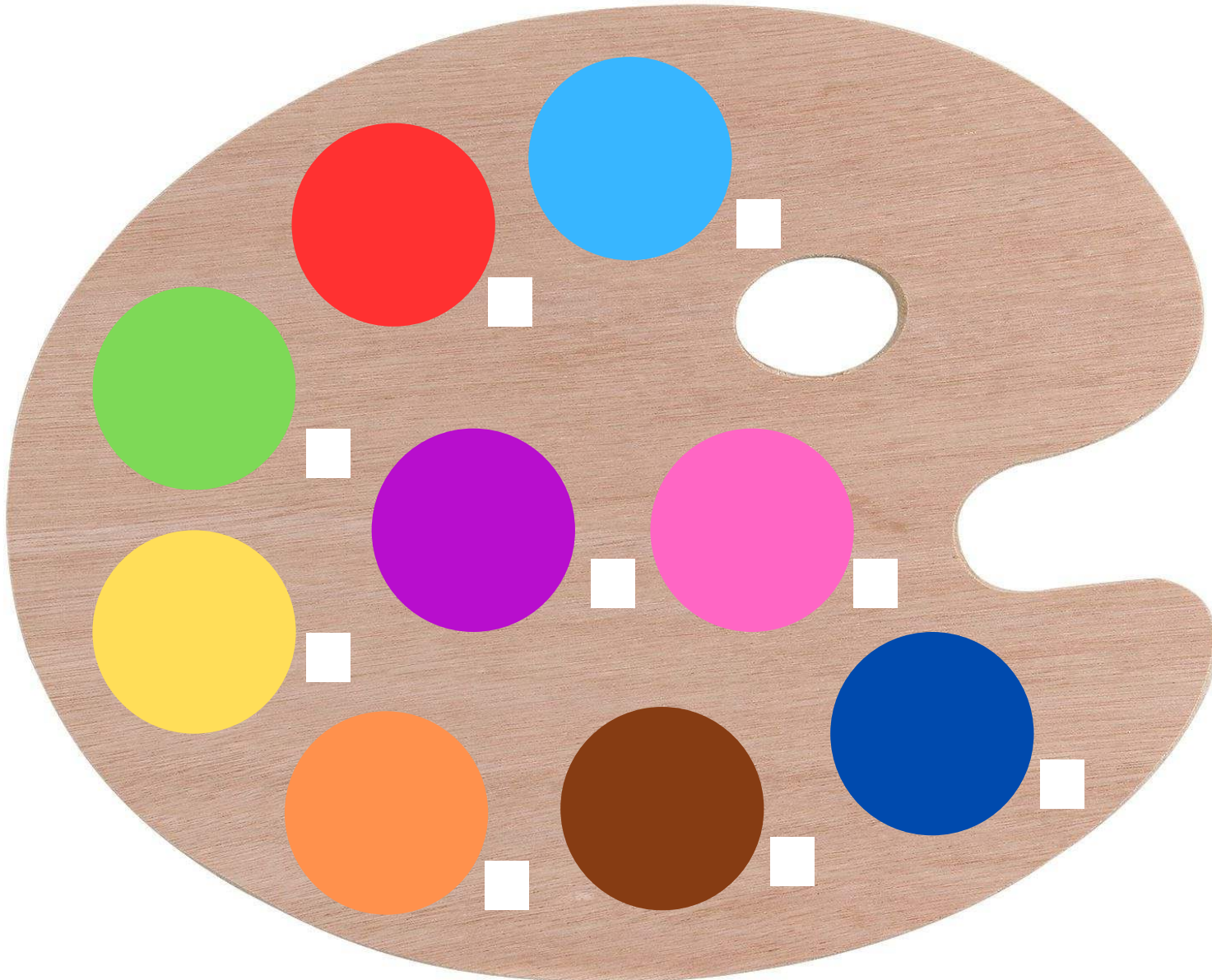
For example you might like to wrap tape around the handles of a mobility aid to encourage you to move or ask someone to mark an X on an area you need to stand on.





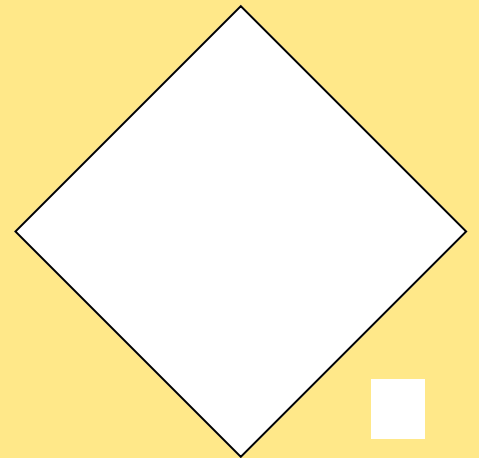
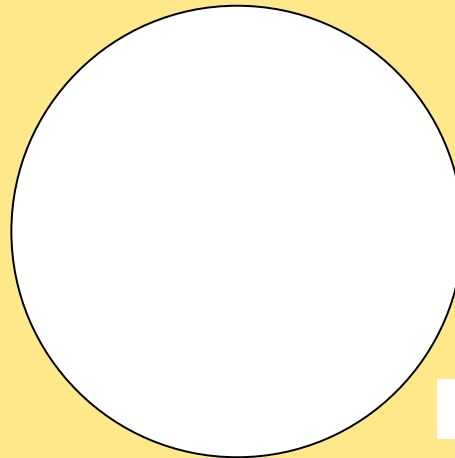
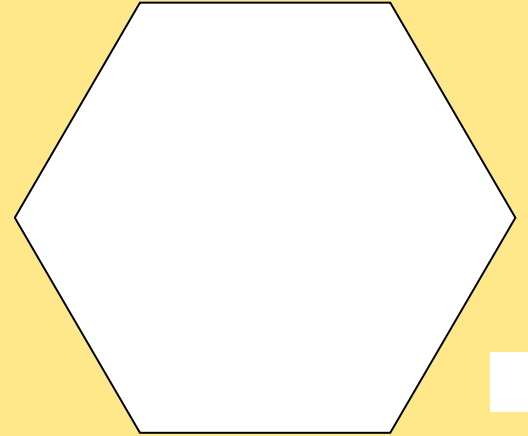
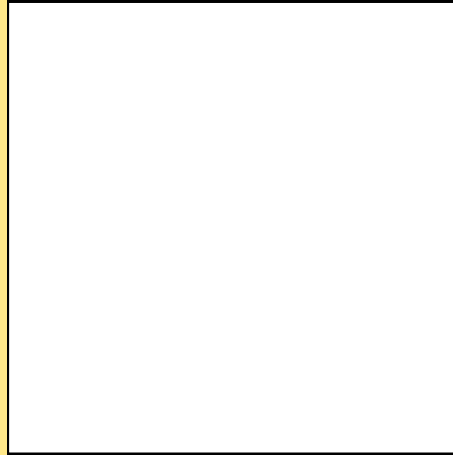
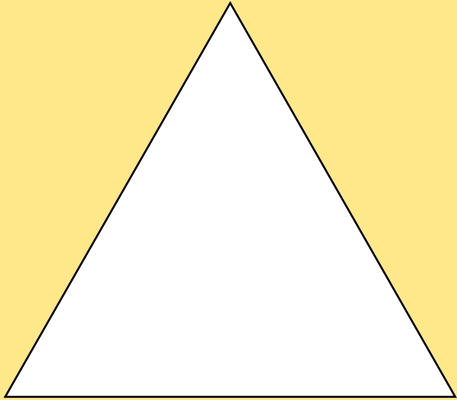
How many colours can you see?

Tick off the colours you see around you. This could be the colour of someone's eyes, pieces of clothing, food packaging or personal items.



How many shapes can you see?

Tick off all the shapes you see around you.



Writing down your thoughts

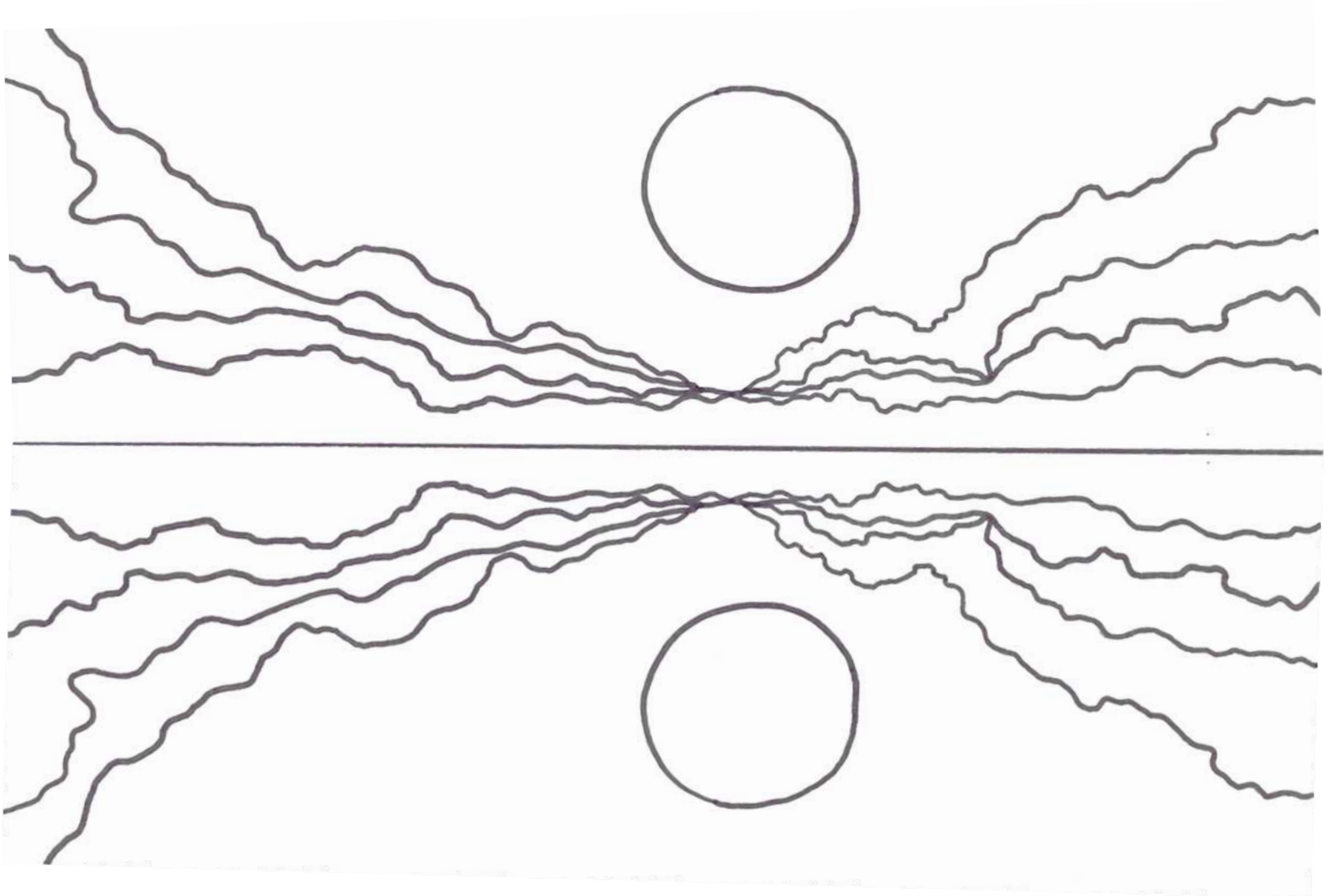
Sometimes getting things out of your head and onto paper can help clear your mind and make it easier to work through your worries one by one.

If you have any worries, you might like to write them down or share them with your family, friends or someone looking after you.

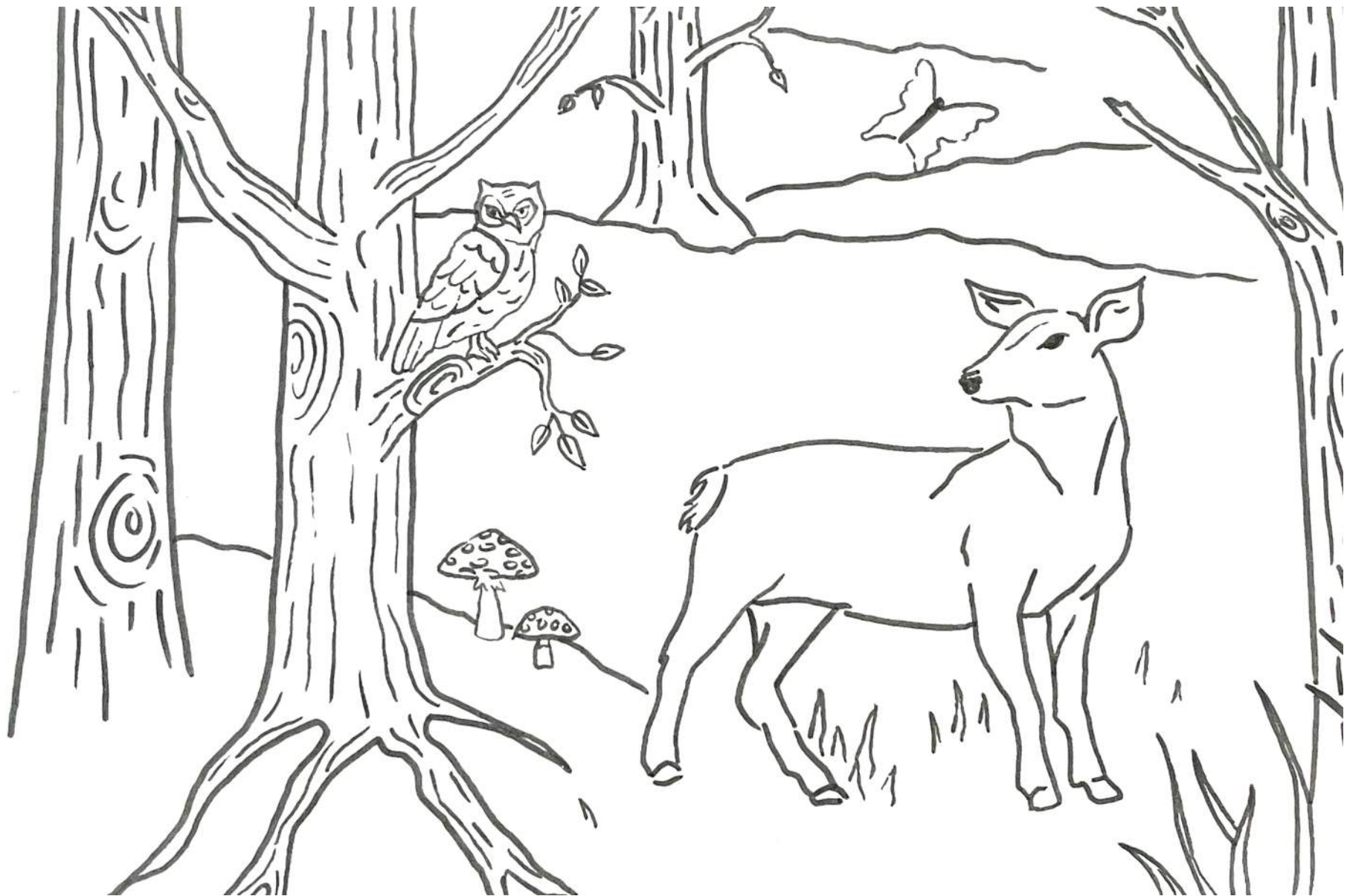


You might like to use this page to draw and colour in other shapes you can see around you.

Colouring can help you to focus on the present moment and relax. You might like to colour in the following drawings.



You might like to use this page to draw a picture or write a story.





We would love to hear your feedback. If you would like to get in touch please email arts@imperialcharity.org.uk



HELPING
OUR HOSPITALS
DO MORE