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SAMPLE LEARNER WORK WITH COMMENTARY

UNIT R027:
CREATIVE ACTIVITIES TO
SUPPORT INDIVIDUALS IN
HEALTH, SOCIAL CARE AND
EARLY YEARS SETTINGS

HEALTH AND SOCIAL CARE

Level 1/2

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INTRODUCTION

This is a guide for teachers so that you can see how we would mark work, Cambridge Nationals are designed to give the learners the project and let them create the work.

The guide contains sample learner work for this unit and covers all learning objectives, graded at Marking Band 1 (MB1) and Marking Band 3 (MB3).

The accompanying commentary explains why each piece of work was awarded its grade.

For MB1 graded work, additional guidance has been added to suggest improvements that could be made to make it an MB2 graded piece of work.

For MB3 graded work, additional guidance has been added to explain why it was awarded that grade and not the lower grade of MB2.

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Learning Objective 1 – Understand the different types of creative activities available in health, social care and early years settings.

Learning Objective 2 – Understand the benefits of participating in creative activities

MB1

SAMPLE LEARNER WORK

Creative activities

by M Murphy

Different types of creative activities



SAMPLE LEARNER WORK

Creative activities within health, social care and early year's settings**Different types of activities**

There are lots of different types of creative activities that are available in health, social care and early years setting. In early years settings like nursery's things such as drawings and painting are available for children to do and seem to be very popular. Sometimes other activities can be done and children can do other arts and crafts activities which can help them to develop physically, intellectually, emotionally and socially.

The creative activities must be okay for the needs of the service user, for example if they are elderly they may need to keep active physically because as we age we begin to slow down and may become stiff. Light exercise whilst they are sitting in chairs would be good for all residents so that those who can't stand can still take part.

**Examples of different creative activities that can be done in most settings**

- Painting, drawing, reading, writing etc.
- Sewing, knitting, embroidery
- Drama
- Singing
- Creating music
- Other arts and crafts eg making jewellery.

Need	Creative activity to meet that need
Physical	Moving around or doing some kind of activity which involves movement. Develops fine & gross motor skills. Eg knitting, drawing, writing & painting etc.
Intellectual	Developing thinking skills, and can help to improve memory and help with learning eg reading a book or newspaper or writing something
Emotional	Any creative activity that involves improving self-esteem playing bingo or doing a quiz
Social	Any creative activity that involves working with others

SAMPLE LEARNER WORK

Benefits of creative activities

There are lots of benefits of participating in creative activities within health, social care and early years. This involves working with different age ranges in various types of settings. Creative activities have many benefits as they can help to maintain the physical, intellectual, emotional and physical development of service users which is it is important to do.

Within early years settings such as schools and nurseries there are a number of creative activities that can benefit children. I will look at some of the activities and explain the benefits of each one.

Arts, crafts, painting, drawing and model making help children to be creative, even if they are very small, practitioners can help even little children take part with things such as hand and foot painting to create personalised pictures eg hand or feet painting etc. Older children can use their imagination to create things. Added benefits are learning about colours, textures and shapes. Other creative activities include cooking which benefits children because they will learn about weights and measures. They will also learn about volumes example, as they need to measure out liquids, this benefits their numeracy skills.



Children need to take part in games and other physical activities where the benefits to their physical development is more obvious, they will learn how to run and even ride a bike.

Physical activities are good because they encourage children to play with each other to improve their social skills and is important to their overall development.

The benefits of creative activities within different health and social care setting such as hospitals or nursing homes are also to benefit their physical, intellectual, emotional and social development (PIES). It is important to think about these alongside their usual care and not just think that only medicines are important. Some of the creative activities which may be used are, playing games such as bingo, board games or doing quizzes. These can insure that patients or service users which is good for their PIES. Service users would get bored if they do nothing but sit around all day. Playing games is a real benefit as it helps to stop boredom; bingo is a game that can involve many service users. Other things that service users (elderly) may benefit from is doing knitting as elderly people like to knit, do embroidery, crocheting or tapestry. These creative activities are important for their PIES. These activities are not expensive for a carer to use as they do not require much resources or time to set up. Reading, whether it is a book or daily newspaper are beneficial as they can keep service users up to date and may even help their memories it can also fill their time up instead of them sitting and doing nothing especially if they are elderly. This is important and useful for their intellectual development.

My leaflet has looked at the many benefits of using creative activities within health, care and early years settings as they will benefit the service users PIES, this means that their all-round development needs will be being met whilst they are being cared for.

Learning Objective 1 – Understand the different types of creative activities available in health, social care and early years settings

Marking commentary on MB1 sample learner work

The learner has simply identified a few different types of creative activities with only the briefest of explanation. This piece of work shows that they have a low level understanding of the topic. Some lovely images included with an attempt made at structuring their ideas into a table, though again not much expansion given on the topic. The learner has chosen to display their work as a simple leaflet which is good; however they have limited the detail in their work due to the format of the leaflet hence ideas have not been fully explored.

Suggested improvements to progress sample learner work to MB2

In order for the learner's work to make the middle band the learner would have needed to expand more on the creative activities in order to show an increased understanding. More creative activities could have been considered and explained in a bit more detail. The learner will need to proof read their work and ensure that they are making fewer spelling and grammatical errors, particularly key terms such as 'carer'. Overall more detail was required to include more examples from different settings.

Learning Objective 2 – Understand the benefits of participating in creative activities

Marking commentary on MB1 sample learner work

The learner has chosen to include this objective within the same leaflet as learning objective 2, some good points raised about how the creative activities chosen will benefit service users though again answers are simplistic and do not explore the topic fully thus not demonstrating their understanding of the topic.

Suggested improvements to progress sample learner work to MB2

The learner would need to fully expand on the benefits identified and fully explain them to demonstrate their understanding of the topic. Some reference to actual benefits experienced via work placement would be useful and would demonstrate a good link to theory and practice.

Learning Objective 3 – Be able to carry out creative activities in a health, social care or early years setting
MB1

SAMPLE LEARNER WORK

Creative activities

Be able to carry out creative activities in a health, social care or early years

Settings vary and as a result of this so do the service user and their needs too. There are many factors that will determine what creative activity can take place within a setting. Before any creative activity takes place I must ensure that it is safe to do an activity, this means doing a risk assessment.

If I was at my work placement I would firstly need to ask my supervisors permission and check to see whether my creative activity would fit in with the routine of the setting. I may also have to see if I need additional staff to help supervise the activity and encourage the service users. I would have to ask the service users if they would like to do the activity because if they do not want to then it will be pointless doing it.

I would have to look at the abilities and health of the service user for example if they have dementia they may get more confused and not be able to do an activity such as doing a crossword. If this activity was taking place in early years setting I would have to do a risk assessment, if I wanted to do a creative activity which involves using small beads etc. I would have to make sure that it is suitable for that age group as it could be dangerous.

I would also need more staff present to supervise and this might not be possible. I would have to look at the resources that I may need, some settings may not have these resources or may not be able to afford to buy them. My creative activity would need a lot of planning in advance to ensure that it runs smoothly.

The table below shows some of the creative activities that I saw at a nursery and a residential home where I did my placement:

Type of setting	Creative activities
Health and social care setting e.g. residential or nursing home	1. Quiz 2. Bingo 3. Arts and crafts 4. Knitting/crochet 5. Chair exercise

Marking commentary on MB1 sample learner work

The learner has chosen to display their work as a poster and again has shown that they have a limited understanding of the topic with only the briefest of explanations given.

Suggested improvements to progress sample learner work to MB2

The learner would need to expand on their work instead of giving only simple descriptions of the topic. Links should be made to work placement experiences and the service users that the learner has or may come into contact with. Consideration should also be made as to what actual activities they have seen or participated in whilst at placement.

Learning Objective 1 – Understand the different types of creative activities available in health, social care and early years settings

MB3

SAMPLE LEARNER WORK

In this assignment I will demonstrate different types of creative activities that are available in health, social care and early years settings. I will first identify examples of creative activities that may take place within different settings and then explain them.

Creative activities involve things that patients or service users can make or create through using their own imagination or ideas. It is important when we are caring for them we ensure that all of their needs are being met. There are many, many benefits of service users participating in creative activities to ensure that they are reaching their full potential.

Different creative activities may be carried out based upon the needs and abilities of the service users, for example within an early years setting such as a nursery or primary school. Children are at different stages of their learning and many of the creative activities are there to ensure that they are developing at the correct pace, an example of a creative activity that would help a four year olds intellectual development would be reading. Within a health or social care setting a service user who has dementia may be confused and lack short term memory. Activities which might stimulate them may be music which may help to unlock their memories and ensure that they are not isolated.



Below are some examples of creative activities that may take place within health, social and Early years settings, I will present these as a leaflet that would be used within any health and social care setting.

Arts and crafts

This includes drawing, painting, knitting, embroidery, crocheting and tapestry, drama and role play, singing, music and dance. These are activities that service users of any age can do alone or sitting amongst others depending on their stage of development. Painting and drawing can involve using a wide variety of media eg water colours of a different colours, charcoal, paper or canvas may be used.



Staff or careers may provide the service users with ideas of what to paint or draw, a bowl of fruit or they could paint each other. Children may be given outlines of pictures that they can colour in or paint etc. Embroidery, crocheting and tapestry will be more solitary where service users, usually older people will work to a pattern or create simple shapes such as squares which can then be sewn together to make small blankets that service users can use. These types of creative activity's help develop physical skills eg fine and gross motor skills.

Games and quizzes

Bingo, quizzes, crosswords, word search, board games and jigsaw puzzles, Sudoku and general knowledge quizzes. These are useful for getting service users to join in so be more sociable. This kind of creative activity will also help to develop intellectual skills.

SAMPLE LEARNER WORK

Many websites now such as <http://www.discoveryeducation.com/free-puzzlemaker/> will allow staff to make their own crosswords and word search games, these are free so will not affect the budget and only need to be printed out. These can be made to suit the individual within early years settings these could be created to suit the time of year for example Christmas names of Christmas themed things could be used, I have included one that I have created for use in a primary school. You can chose whatever topic you want and match it to your service users.

Christmas

y	t	x	z	q	t	y	z	j	y	p	n	b	m	q
s	t	s	d	e	t	x	y	d	y	r	i	x	d	x
a	d	i	q	c	m	e	n	r	t	e	i	h	m	a
r	v	c	v	k	o	a	n	h	h	s	r	d	y	b
l	u	w	v	i	c	l	k	u	a	e	f	d	n	y
j	n	d	h	f	t	t	r	b	l	n	y	v	x	n
g	t	w	o	p	c	a	a	w	k	t	o	e	v	k
g	h	e	o	l	j	q	n	p	f	s	x	t	y	e
n	w	j	e	a	p	s	l	o	r	a	c	t	b	w
l	i	g	h	t	s	h	h	m	r	j	a	u	u	n
e	e	r	t	r	w	j	v	g	x	b	l	r	z	q
l	u	q	v	s	t	x	w	h	i	f	c	k	u	q
f	i	u	q	h	a	t	n	a	s	e	w	e	b	k
p	u	d	d	i	n	g	w	o	n	s	l	y	q	g
s	a	d	a	e	z	r	i	m	m	z	g	s	i	e

candy
carols
lights
nativity
presents
pudding
rudolph
santa
sleigh
snow
tree
turkey

Other types of activities

Where settings have the facilities and staffs to supervise some of these creative activities might be possible, they may even be able to sell some of the things that the service user has created. Cookery is good as it can help younger service users to bring in maths because they will need to measure out the ingredients so will learn about volume in mills and weight in grams and of course be creative in how they decorate their cakes. Gardening may be good especially if someone used to enjoy gardening maybe before they became unwell or are unable to do it anymore. Service users will be able to tend to the garden and look after things that they have grown, they may even be able to sell them and make money for the setting, and this money can then be put back into the setting to buy further resources for the service users. All setting should have books of all kinds to suit all levels and interest. Multi-sensory activities will be useful for individuals young and old who have sensory problems eg are blind or deaf. A setting should have all sorts of things that these individuals may touch, hear or see, some of the things that I have already spoken about may be used such as colour but for people with a visual impairment they will need things that they can touch and work with such as twigs and soft fabrics etc. This activity will need a lot of supervision in order to help and keep individuals safe and stop them feeling upset when they may get fed up if they do not feel like they are progressing. Sound is also important here as it can help service users with hearing problems.

There are many types of creative activities that are available within health and social care settings which often require very little preparation. Within a hospital setting, a care or residential home setting as I have shown there are many creative activities that can be done costing little or nothing. It is very easy to set up quizzes; i found the internet really useful to research questions and topics so that you can easily set up your own quiz. Early years settings seem to focus a lot on play as ... stated 'Play is children's' work' this clearly shows the importance of doing any form of creative activity.

Marking commentary on MB3 sample learner work

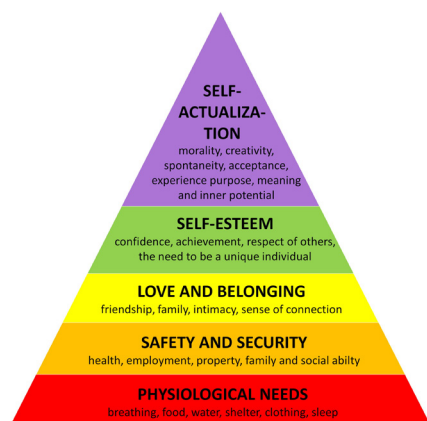
The learner has set their work out in a logical sequence and has identified what they are going to discuss, the work is far more than a list or basic understanding of the topic as the learner. The learner has identified the different types of health, social care and early years settings and identified the types of service users who would be housed there. They clearly understand what creative activities are and have included a definition of the term and then consequently gone on to answer the question.

Why it was awarded MB3 not MB2

This learner is clearly demonstrating a higher level of understanding of the topic and the learner has clearly identified and explained what possible creative activities may be utilised and explained each one in some detail. The learner has also created a word search to demonstrate a creative activity which is very simple to create and can be used for all types of service user. The learner will need to proof read their work and ensure that they are making fewer spelling and grammatical errors, particularly key terms such as 'carer'.

Learning Objective 2 – Understand the benefits of participating in creative activities**MB3****SAMPLE LEARNER WORK**

Some of the questions that need to be asked are things like, will they enjoy the activity, what will they gain from doing? It is important that careers are able to tell service users what they will gain from doing the activity. This should be done before they start eg things like triggering memories and helping them to socialise with others.



According to Maslow's hierarchy of needs he stated that in order for individuals to reach their full potential that their basic needs such as food and shelter must be met. Once the basic physical needs have been made such as breathing and eating, it is important for careers to help them meet the next level which is their safety needs, obviously when creative activities are being carried out we must make sure that we are keeping service users safe.

It is essential to do a risk assessment based of the service users abilities and questions such as can they stand, can they use the equipment safely and correctly. Children must be supervised at all times and where an activity may need it, an adult may need to help.

Some of the creative activities such as playing games and quizzes can stimulate individuals intellectually and help to foster friendships and a degree of co-operation as individuals learn to play together. Most individuals regardless of their abilities are able to participate in these types of activities, so long as staffs help everybody to participate in some way it is important for careers to organise the activities in a way that no service user feels left out.

The creative activities can help to build a individuals self-esteem and may help them to feel positive about things. If they have a good sense of confidence and achievements it can help make them feel good about themselves, these are some of the things that creative activities can do. The final part of Maslow's hierarchy is self-actualisation, creativity; problem and problem solving are clearly met by creative activities.

Creative activities can benefit service users physically, intellectually, emotionally and socially, all creative activities will benefit one form of development or more, in this way it can help the service users to get better physically and in terms of their development and to see for themselves the benefits of participating in creative activities. Maria Montessori has said that "Play is the work of the child" this shows the importance of creative activities in the development of children <http://childdevelopmentinfo.com/child-development/play-work-of-children/> I will now consider each of the benefits linking it to all types of development as these are what we have to consider when looking after all of our service users.



Intellectual and emotional benefits

Not everyone has the same ability; creative activities must be done in a way so that everyone can take part. Some of the creative activities that can help intellectual development are doing crosswords, word searches, reading, quizzes and writing etc. These will trigger memories, useful for someone who has dementia and may not have any short term memory this means they can't remember if they have had a cup of tea but they will remember what happened many years ago during the war. This helps to keep service users alert or in the case of really young children help them to learn new skills such as new words which help with spelling.



Physical and emotional benefits

Not everyone has the same physical ability which might affect your choice of activity a person who has had a stroke and left paralyzed may need extra help to take part but with some adjustment this should not be too hard. This not only benefits them physically but will also help to boost their self-esteem. A child may not be at the right stage of development yet to do an activity, things like dance and movement will help them to do movement if they can choose how they move around to it. Even as babies our careers try to improve our physical development, from simply helping us to hold our heads up by ourselves to learning how to feed ourselves with finger food. There are two types of physical skill that staff can help to develop in service users these are fine and gross motor skills. These skills depend on the age of the service user and their stage of development. Fine motor skills are things like learning to hold a pen, so within early years setting teachers would plan for these creative activities and match them to a child's stage of development.





Some of the creative activities that can help physical development are things which get people moving or doing things e.g. writing, painting, drawing which can develop fine and gross motor skills. Role play is used quite a lot in early years where children may do drama and dress up and play, but role play may also be used for children to act out serious things that have happened to them in a way that is not so frightening. Activities that you plan to do must be run by your supervisor to ensure that it is safe for them to do them. You must look at their stage of development and what you are trying to get them to develop.

Communication and social development

This must be thought about carefully before planning a creative activity you might need to make crosswords in a bigger font or you may need special instructions in braille or a different language. Some of the creative activities that can help communication are those that involve talking or working with others e.g. quizzes or playing other games which call for interacting with others etc.

Gender and culture

Activities should be enjoyed by male and females a man or a boy may want to do knitting or sewing. Activities should not exclude anyone from taking part because of their beliefs. This will help service users to feel good about their selves and that they are not limited because of who they are, if they can choose what creative activity that they do then they are more likely to take part and enjoy it.

Providing service users are happy to take part in creative activities and they can see that there are benefits, this will help them to take part and enjoy doing it too. Carers must understand what these benefits are so if the service users can't see them for themselves then staffs can clearly explain this too them. I feel that there are many benefits to service users taking part in creative activities more than not doing anything at all, I feel that some service users particularly elderly may lose interest in life if they have not got anything to occupy their time which is really sad.

Marking commentary on MB3 sample learner work

The learner has fully identified and explained the benefits through making links to development of individuals, the learner has gone on to explain each in detail and gave examples throughout their work. The link to PIES has been useful as the learner demonstrates the importance of a holistic look at development as a whole in terms of the service users and how they will benefit from a number of creative activities.

Why it was awarded MB3 not MB2

The learner has clearly demonstrated their understanding of the topic and fully expanded on their answers. The learner has also considered the benefits and linked them nicely to theory for example by linking their discussion to Maslow's hierarchy of needs which shows a deeper understanding of the topic, this also shows that the learner is an independent learner who is able to see clear links with theory and the task set.

Learning Objective 3 – Be able to carry out creative activities in a health, social care or early years setting
MB3

SAMPLE LEARNER WORK

This colourful booklet that anybody can use will help you to create activities. I have included information which clearly identifies things that need to be done before an activity can take place.

Carry Out Creative activities

by Mackenzie Murphy

Carry out creative activities

How to carry out creative activities in health, social care and early years settings

Everything you need to know!



SAMPLE LEARNER WORK

Carry out creative activities

You need to be able to carry out creative activities in a health, social care or early years setting. This may mean within a work placement in a care setting. This colourful booklet that anybody can use will help you to create activities. I have included information which clearly identifies things that need to be done before an activity can take place things like safety and how this links to law etc., the resources needed which includes people, and finally the importance of feedback from everyone including the service users to see whether or not they actually liked the activity.

Safety first

When carrying out any type of creative activity you must first do what is known as a Risk Assessment. This means that you must do certain checks first, so it is important to talk to your supervisor in the setting. There are lots of legislation that sets out what we can do and how we do it and what we should do.

Health and Safety at Work Act 1974

This law says that all employees and employers must be responsible for health and safety. So whatever creative activity you do you must make sure that it is safe for service users and staff. Eg can children swallow buttons that I plan to use in my activity?

Manual handling operations operatives

This law is all about any activity that you plan to do that involves moving objects or people. You have to make sure that everyone is safe.

Control of substances hazardous to health

This law covers all kinds of substances and sets out rules for how they should be stored, used and disposed. A list of things that may be used in creative activities are glue.

Reporting of injuries and dangerous occurrences regulations

Staff must fill in accident books and they must also be monitored. The law says that some things must be reported if they fall under Riddor. It is far better to prevent accidents happening in the first place.

Equality act 2010

This means that settings must make changes to insure that barriers are overcome. Even if a service user has a disability changes should enable them to participate in creative activities. Some service users who are wheel chair bound should be able to take part in most creative activities that may need to be adopted for them.

Types of creative activities

This depends on the type of setting and the abilities of the children or service users it also depends on their needs. You can find out what it is service users would like to do by asking them about the things they like or would like to do. It may also mean asking their families as well. This means that if everyone has had a chance to say what they would or would not like to do then there is more chance that they will want to take part as it is something that they like doing.

Age

Is the activity suitable for the age of the individuals in the setting? Just because somebody is old does not mean they will like to do knitting.

SAMPLE LEARNER WORK

Setting

Do you have the space? This depends on where you plan to do the activity and the number of people involved.

**Resources**

Activities that you plan to do may need resources that may need to be brought, resources also means staff as well. If an activity costs too much you may not be able to do it. You might not have enough space or time to do the activity.

Time

Will the activity be too long and will the service users get bored because it is taking much too long.

Planning

I have already talked about the laws that make sure that we keep everyone safe, but here a few things that we need to ask ourselves when planning any creative activity. You also need to ask permission first as your activity may not fit in with the setting or their service users.

Risk assessment

You must carry out a risk assessment no matter what the creative activity or service users. This fits in nicely with the health and safety laws that were mentioned before. This makes sure that everybody involved is kept safe. This is a risk assessment that I would use in any health social care or early years setting.

Activity	Hazard	Who is at risk	Control measure	Likelihood
Gardening with adults with learning difficulties	Using garden tools, working with soil and plants	Service users and staff	Constant supervision, everyone to wear gloves, check tetanus injections are up to date	Unlikely
Painting with adults suffering mobility issues	Slipping on spilt paint or water	Service users and staff	Staff to supervise service users and clean up any spills	Unlikely
Making an Easter card with children aged 4	Using scissors, glue, small items to stick on card	Children at risk of choking on small items, cuts from scissors, swallowing glue	Constant supervision	Less likely to happen if children are supervised at all times

SAMPLE LEARNER WORK

Creative activities that you can do in settings

Creative activity	Setting	Resources
Knitting, embroidery, tapestry, sewing	Early years, residential, nursing home, day care	Different knitting needles and wool, sewing needles and tapestry material (aeida)
Card making	Early years	Card Scissors Glue Small decorative items such as stick on stars, glitter, ribbons
Painting, writing for pleasure	Early years, residential, nursing home, day care	Paper Brushes Paints Water Aprons



References

Useful websites

I have used some of these activities at my placement with service users as they are fun to do and they seemed to enjoy doing them.

<http://www.discoveryeducation.com/free-puzzlemaker/>

<http://www.dltk-kids.com/>

<http://www.activityvillage.co.uk/bubble-painting>

<http://www.activityvillage.co.uk/crafts>

<http://www.activityvillage.co.uk/paper-mache-bowl>

<http://www.dltk-holidays.com/dad/mhandprintalt.html>

Marking commentary on MB3 sample learner work

This learner clearly understands the topic and looks at all aspects of carrying out creative activities where they have explored risk assessments, practical advice for anyone who would wish to carry out a creative activity within health, social care and early years settings and a brief explanation as to the sorts of creative activities that could be carried out in a variety of settings. The learner could have included creative work that their service users have created, providing they have sought permission and the service user's details remain confidential. A witness testimony would have been useful to verify the learner's competency at carrying out a creative activity.

Why it was awarded MB3 not MB2

This learner has a very good understanding of the topic set; they have fully discussed the issues that must be considered prior to undertaking any creative activities such as implications for resources. They have also sought out further information that fully supports their discussion and have included a series of useful tried and tested websites that they have used within their work placement and which could be easily used by others. An example of a word search that the learner has created and included in their work demonstrates that they are able to carry out creative activities.



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