

Social / Emotional

Movie Night



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Facilitator Diversional Therapist, Lifestyle / Activity Staff or Volunteer

Objective of Activity

Create a social atmosphere. A happy and fun evening allowing a break from routine. Stimulate taste and reminiscence of special occasion. Enjoyment, laughter, joy and socialisation. Giving residents something to look forward to. Promote social interaction and visual stimulation of an interest.

Capability

- Social /Emotional well being
- Any level of cognitive impairment
- Group of up to 20

Environment

Large room, comfortable seating allowing for easy viewing

Equipment

Large screen
Movie - comedy
Ice-cream
Hot chocolate & biscuits
Hot popcorn (if allowed as some this may be a hazard with some residents)
Extra staff / Volunteers



Instructions

- Early evening movie organised in a comfortable atmosphere.
- It will add to the excitement if residents dress up for the evening.
- Make it a night to remember by setting up a red carpet, and providing comfortable seating. Decorate in keeping with the theme of the movie, or in the style of the 1950's or 1960's. Movie theatre style candy, popcorn and drinks can be served to create an authentic movie theatre experience.

Goals of Activity

PHYSICAL:

- Maintain sitting posture and balance
- Encourage walking to group if ambulant

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Goals of Activity Continued

SENSORY:

- Maximise the use of auditory and visual skills, reduce risk of sensory isolation and deprivation

COGNITIVE:

- Maintain concentration span and attention skills
- Utilize comprehension and broad thinking skills
- Stimulate residual mental abilities to optimise cognitive functioning and maintain confidence in mental abilities
- Promote visualisation skills
- Utilise comprehensive and abstract thinking skills

COMMUNICATION:

- Maintain verbal and non-verbal skills

SOCIAL/EMOTIONAL:

- Provide an avenue for interaction with fellow residents to promote and maintain social skills
- Promote a sense of belonging, feelings of self-worth and self-esteem
- Reduce risk of social isolation
- Maintain past interests
- Promote a feeling of well-being and relaxation



