



Winter Tea Dance

Preparation Activities

We hope you're looking forward to our Winter Tea Dance. The event is broadcast live online on Friday 18 December. Here are two simple activities you can enjoy with your residents in the run-up to this truly sparkly event. We've also explained how to set up your ballroom.

Get ready to dress up for the tea dance with colourful bow ties and sparkly headbands. Create dance-themed bunting to decorate the room where you will hold the virtual tea dance.

Activities are provided by Clare Carswell at Blossom Arts.

1. Make your own bow ties and headbands
2. Make your own bunting

Doing the activities

You can use the photos as a guide to the activities and follow our instructions below. The activities are simple, don't take long and won't make a mess (no wet materials are used). All items can be laminated so that they are wipeable and Covid-safe.

The activities can be done in small groups or one to one, sitting in an armchair or even in bed. Try to include everyone if you can.

Your residents may feel more able to have a go if you have made a finished example or two to show to them (or perhaps model for them). Put on some festive music, and get started.

You need:

- A4 white or coloured paper
- Access to a printer
- A laminating machine with A4 plastic laminating sheets
- Felt-tip pens
- Scissors
- Gluestick
- Sticky tape
- Sequins, feathers, plastic jewels or stars (if you don't have these, try cutting out small shapes from wrapping paper or tin foil)
- A hole punch
- Ribbon, string or twine
- Drawing pins
- White or silver balloons (optional decorations for your dance floor)
- Confetti or glitter (optional decorations for your dance floor)

Before you start:

Assemble your materials and print the A4 sheets of template shapes.

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Activity 1: Bow ties and Headbands



1. Print the templates for bow ties, headband decorations, and wearable bands onto white or coloured A4 paper. Ask each resident if they would prefer a bow tie or a headband.
2. Put on some show tunes and start decorating. The examples we have shared are hand coloured with felt-tip pen. Colour in your accessories while they are on the A4 paper, so that you can laminate them afterwards.
3. Some residents will be able to do the colouring in with little support. Encourage those who have difficulty holding a pen to make colourful marks with felt pens on a clean sheet of copy paper. Laminate the paper and draw around the template of the bow tie or head dress. Then cut it out.

TIP: If time is short you can print some black and white spotted bow ties and headbands and laminate them. A black and white themed event can be just as stylish.



4. Once laminated, cut out the accessories and decorate them with stars, sequins and feathers, or cut-outs from wrapping paper or tin foil. You can use self-adhesive materials or attach them with a glue-stick.
5. Each bow tie or head-dress decoration also needs a paper band so that its creator can wear it. Cut notches into the paper band. Attach the bow tie or headdress to the band with sticky tape. It can be worn around the neck or head and fitted using the notches.
6. Make sure that you don't fit the accessories too tightly. Some residents may prefer you to stick the accessory to their lapel or cardigan with a piece of sticky tape or stand it on the table so that they can handle and admire it.

Anything shiny, sequined or flamboyant is welcome at the dance party, so dress to impress.

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Activity 2: Dancing Bunting

1. Print out and laminate the dancing silhouettes
2. Cut them out and punch holes into them
3. Thread them with ribbon or string and hang them up as decorations



Setting up your ballroom

You can do a few simple things to transform your front room into a festive ballroom.

Decide where to have your TV or projector screen, so that it can be a focal point. Make sure you have clear sound quality when streaming from the internet. If possible, group chairs in twos and threes, leaving room for a dance floor in the middle of the space, or to the side of the screen.

If you can, put up some fairy lights and put the music on early to create some ambience.

Create a centrepiece that reminds dancers of a chandelier or glitter ball with white or silver balloons filled with confetti or glitter, hung from your ceiling light.



Dancing Time

How lovely it is to be asked to dance. Some of our best dances have been from the comfort of an armchair. Make sure everyone can join in if they want to. Pay particular attention to those who are not being asked to dance.

See you on the dance floor!



