

NAPA

A Resource to Inspire
Creativity and Connection



EVENING ACTIVITIES

Grab and Go

Grab and Go Evening Activities

Calm, comforting, and low-pressure ways to end the day

These Grab and Go Evening Activities are designed to create calm, comfort and gentle opportunities for connection at the end of the day. Simple, flexible and easy to adapt, they are ideal for relaxed evening sessions, quieter moments or winding down before bedtime. Individuals can take part in ways that feel right for them, whether that's chatting, listening, observing, reminiscing or simply enjoying a peaceful shared experience.

Evening activities can help create a sense of reassurance, routine and belonging. Gentle engagement at this time of day may support relaxation, reduce feelings of restlessness and encourage positive emotional wellbeing. Activities such as listening to music, sharing stories, looking through photographs, mindfulness exercises or sensory experiences can help create a calm and welcoming atmosphere.

There is no pressure to participate in a particular way or complete a task. The focus is on comfort, inclusion and meaningful moments that support each individual's preferences, needs and energy levels. These activities can be adapted for one-to-one engagement, small groups or quieter independent moments and work well across a range of care and community settings. At the heart of these activities is the understanding that evenings should feel safe, calm and comforting. Even simple moments of connection can help individuals feel relaxed, valued and supported as the day comes to a close.



Inclusion is the goal

Gentle Hand Massage

Description

A soothing activity that promotes relaxation, connection, and sensory comfort.

What You Need

Hand lotion or oil (optional)
Towels or tissues

What You Do

1. Invite participants to sit comfortably.
2. Ask permission before beginning.
3. Demonstrate gentle hand massage movements.
4. Offer self-massage or supported options.
5. Keep pressure light and slow.
6. Encourage quiet or soft conversation.
7. Respect preferences (some may prefer not to participate).
8. Finish with relaxed hands and rest.



Evening Tea and Chat

Description

A simple social activity to promote connection and calm conversation.



What You Need

***Tea or warm drinks
Cups and comfortable
seating***

What You Do

1. Offer a choice of drinks.
2. Invite participants to sit together.
3. Encourage light conversation (favourite meals, daily highlights).
4. Allow listening as participation.
5. Keep the atmosphere calm and unhurried.
6. Offer prompts if needed.
7. Respect quiet moments.
8. Finish by thanking everyone for sharing time.

Listening to Calm Music



What You Need

Music player
Calm playlist

Description

Supports relaxation and emotional wellbeing through gentle sound.

What You Do

1. Choose soft, slow music.
2. Invite participants to sit or lie comfortably.
3. Encourage listening, humming, or resting.
4. Dim lights if appropriate.
5. Observe reactions and adjust volume.
6. Allow stillness.
7. Offer optional gentle movement (rocking, tapping).
8. End with quiet silence.

Guided Breathing and Relaxation

Description

A calming activity to slow breathing and prepare for rest.

What You Need

Chairs or comfortable seating
Optional soft music

What You Do

1. Invite participants to sit comfortably.
2. Guide slow breathing in and out.
3. Use simple prompts (“breathe in... and out...”).
4. Add gentle pauses.
5. Encourage eyes closed or soft gaze.
6. Keep instructions minimal.
7. Allow silence between prompts.
8. Finish with a calm return to awareness.



Looking Through Photo Albums

Description

Encourages reminiscence and gentle conversation.



What You Need

Photo albums or printed pictures

What You Do

1. Offer photos to explore.
2. Invite participants to look, point, or talk.
3. Ask simple, open questions if appropriate.
4. Accept all responses (verbal or non-verbal).
5. Keep pace slow.
6. Avoid pressure to remember details.
7. Share observations together.
8. Finish by choosing a favourite photo.

Folding Blankets or Cushions

Description

A repetitive, calming task that supports relaxation.



What You Need

Blankets, throws, or cushions

What You Do

1. Demonstrate simple folding or arranging.
2. Invite participants to join in.
3. Focus on gentle, repetitive movement.
4. Encourage comfort and choice.
5. Allow participants to feel textures.
6. Keep items light and soft.
7. Offer praise for participation.
8. Finish by creating a cosy space.

Reading Aloud (Stories or Poems)

Description

A quiet, shared listening activity that promotes calm and focus.

What You Do

1. Choose simple, calming material.
2. Read slowly and clearly.
3. Invite listening or following along.
4. Pause for reactions or comments.
5. Keep sessions short.
6. Encourage comfort (blankets, seating).
7. Accept quiet engagement.
8. Finish with a gentle closing line.

What You Need

Short stories, poems, or magazines



Aromatherapy or Scent Exploration



What You Need

***Mild scents (lavender, chamomile,
Cotton pads or diffusers***

Description

A sensory activity using calming scents to support relaxation.

What You Do

- 1.Introduce scents gently.
- 2.Invite participants to smell or observe.
- 3.Ask simple preference questions.
- 4.Keep scents subtle.
- 5.Respect sensitivities.
- 6.Encourage relaxed breathing.
- 7.Allow quiet reflection.
- 8.Finish by removing scents gradually.

Gentle Stretching and Wind-Down Movements

Description

Helps release tension and prepare the body for rest.

What You Need

Chairs

What You Do

1. Guide small, slow stretches (arms, shoulders).
2. Match movement to breathing.
3. Keep movements seated and safe.
4. Encourage listening to the body.
5. Offer alternatives for all abilities.
6. Keep pace slow.
7. Allow pauses.
8. Finish with stillness.



Gratitude or Reflection Circle

Description

Encourages positive reflection and emotional connection.



What You Need

Comfortable seating

What You Do

1. Invite participants to share one simple positive from the day.
2. Offer prompts if needed (“something you enjoyed”).
3. Accept all forms of participation (spoken, gesture, or listening).
4. Keep sharing brief and optional.
5. Model a simple example.
6. Maintain a calm tone.
7. Respect silence.
8. Finish with a collective “good evening” or calming phrase.

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