

# An Apple A Day...

## September Activity Blog 1:-

As we leave the summer months and head in to Autumn we see the gathering of many fruits, as a child growing up in Kent we looked forward to apple picking in the local orchards or going to the local farm shop where you could smell the lovely sweet apples. So I thought it would be good to start the blogs with this as a subject. I have chosen a couple of activities for you to do with the residents, we would love to see your results so please feel free to post them on Facebook and link us in or e-mail them back to us giving your permission for us to use them on our website or Facebook page.

If possible take all or a few of the residents apple picking or to a local store to buy some apples, try and get a few different varieties so you can smell and taste the difference. If it is not possible for you to take anyone out then you bring them in or see if there is anyone local that has an apple tree in their garden and will donate a few – it's worth asking!

When you have the apples gather everyone around the table and pass the apples around asking them to smell them and slice some up to taste them, talking about what the smell reminds them of, did they go fruit picking, do they like apple pie or toffee apples? This is a good reminiscence session bringing sensory in to the activity.

Once you have chatted for a while, time to get creative. We have everything you need for this in one handy kit so you can order it in and do this next week or you can use your own items. We have chosen Apple Printing on linen bunting getting ready to celebrate harvest festival on 22<sup>nd</sup> September which the next Blog will have some ideas on ways to celebrate. You will need either the kit for this activity Code: AB1AP £7.99 – or:

Fabric Paints or Normal Paint if printing on to card

Apples cut in half

Paint brushes

Plain Bunting or card

## Other Ideas—

Another idea is to make Apple Pie Salt Dough, the recipe is attached, this is a good sensory and tactile activity and will allow the residents to get creative, they can make apples, apple pies or whatever they want. Once completed they can be baked in the oven and once cooled decorated. Keep to one side for your Harvest Festival Spread!

Making something yummy! Apple crumble is very easy and tastes amazing. The recipe is attached for the crumble mix and again is a good sensory and tactile activity, ask your cook/chef to prepare the apples and once the residents have made the crumble mix then it can be put together and baked and served with some lovely cream or custard. Yum.

**Why not try our Apple Pie Salt Dough Recipe? See the attachment in the email!**



*Apple Printing*

## Apple Crumble Mix Recipe:

Apple Crumble Mix Recipe

120g Plain Flour

60g caster or brown sugar

60g unsalted butter (at room temperature)

