

# Hydration Games

## Drinks and Ladders Game

Using a traditional snakes and ladder board. Take it in turns to roll the dice, move the counter forward. If the counter lands on the bottom of a ladder go up the ladder. If your counter lands on a snake have a drink from the cup and move forward 2 spaces. Can create your own snakes and ladders board and get everyone to help colour in the snakes.

## Drink Testing

Using past time drinks such as cream soda, limeade, vimto, dandelion and burdock. Ask residents to try each drink one at a time and guess which drink it is. Have a discussion around the flavour and when they might have drunk it, use the drinks to reminisce.

## Match Flowers to the drink

Using different coloured flowers and drinks that match the colours. Residents need to match the colour flower to the same colour drink. Create a discussion around the flowers and colours whilst arranging the flowers into a vase and drinking the different coloured drinks. Residents can make their own small arrangement of flowers for their room or centre piece for the dining room table. Ask your local florist if they could donate some flowers.





## Remembering you is easy

Looking through photos with residents whilst having a chat with tea and cake. Incorporates a reminiscing session with an hydration session. Learning about individual's past can create further conversations. Can be done in small intimate groups of 2 residents and a member of staff.

## Snap Cards

Create your own snap cards so you have 10 pairs of pictures which are food and drink. Ensure that you have the drinks and food that are pictured on the cards. Place the cards face down, each resident takes a turn picking 2 cards and if they do not match they put them back and wait until their next go. When they get a pair that match they must drink or eat whatever is on the card. For example a strawberry, banana, small glass of apple juice e.t.c this memory game is good for helping people to remember where the matching cards are and will increase hydration and nutrition at the same time.

## Take a sip

A fun, quick game that only takes 10 minutes and a good way of getting residents to finish their drinks. Making sure each resident has a drink in front of them start the game by asking 'take a sip if you...' keeping the questions simple and easy will encourage more sips to be taken. For example 'take a sip if you are wearing something red'.