

Football fun and parachute games at Sonya Lodge Residential Care Home



We love a bit of sport at Sonya Lodge Residential Care Home! And no...no one is competitive at the Lodge...well, not all of us!

Last week we enjoyed a game of **inflatable football** which is good for physical health and it's great fun too!

Next, something we hadn't done in a while, a **parachute game**! We used our colourful parachute with some soft plastic balls in the middle, and the aim of the game is to keep as many of the balls in the parachute for as long as possible! It's a fun game which is always **stimulating for sensory needs** because of the vibrant colours.

Everyone got involved and lots of our team members couldn't keep themselves from joining in! Everyone was in **hysterical laughter** every time a ball flew out and then our residents loved watching our colleagues scurry around trying to pick them back up! We ended up **playing for two hours** and the time flew by it was so enjoyable.

We will definitely get the parachute out again soon!





