

ACTIVITY IDEAS

2011

From A to Z

- A. Converse with a resident.
- B. Help a resident with a lacing project.
- C. Initiate a group parachute game or ball toss.
- D. Play a word game with 2-3 residents.
- E. Initiate a discussion group on a subject that rekindles fond memories.
- F. Lead a sing-a-long.
- G. Talk with a resident about an old photograph.
- H. Play a game of ring-toss with several residents.
- I. Have a resident identify various scents.
- J. Play a game of balloon volleyball.
- K. Play a familiar music tape and have residents "name that tune."
- L. Give a resident a hand massage.
- M. Initiate a similes word game (i.e. as fresh as a _____).
- N. Play a game of adapted bingo where participants cover pictures instead of numbers.
- O. Allow a cognitively impaired resident to unravel yarn.
- P. Cut pictures into simple shapes and have a resident put them together.
- Q. Play a bean-bag toss game.
- R. Present items of different textures and have resident describe feel.
- S. Read a newspaper story to alert resident with visual impairment.
- T. Arrange residents in circle and have a game of kick-ball.
- U. Have a group discussion on old cars, favorite dinner or movie.
- V. Have a resident match colors using color cards.
- W. Dance with a resident.
- X. From a chair, lead residents through various stretches.
- Y. Have residents pass a ball to each other while in circle.
- Z. Use your own ideas - Adapt to level of resident.

