

## Sample Activities for the Home

The following document holds sample activities that homes can implement during the COVID-19 Shelter in Place. These activities can and should be selected modified based off of an individual's needs and should be individualized accordingly.

These activities are a suggestion and are not mandated by GGRC.

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## Arts and Crafts

### 1. Foam sticker roller painter



- Materials
  - Dough roller
  - paint
  - Foam stickers
- Directions:
  - Put foam stickers on dough roller.
  - Cover roller with paint.
  - Roll on paper.

### 2. Rock painting



- Materials

- Rocks with good flat surface area
- Paint brushes
- Paint
- Glaze (1Tbsp white glue mix with 2 Tbsp. water)
- Directions:
  - Paint rocks.
  - Let paint dry.
  - Cover paintings with glaze mix or Mod Podge.
  - Let rocks dry

### 3. Play dough

- Materials
  - 2 cup flour
  - ½ cup salt
  - 2 tsp. Cream of tartar (powdered spice)
  - 1 ½ cup water
  - 2Tbsp. vegetable oil
  - Food coloring
- Directions:
  - Mix flour salt together and cream of tartar set aside
  - Heat water and add food coloring bring to low boil
  - Mix water into the flour mix until dough starts to form
  - Knead dough and add oil

- Continue to knead dough until dough is no longer sticky ( can add more flour for desired texture)
- Use cookie cutters, forks or other kitchen items to help play with dough.

4. Paint recipes:

- Pudding paint
  - Vanilla instant pudding mix add 2 cups cold water
  - Mix ingredients
  - divide in small dishes or cupcake tins
  - add food color and mix
- Cornstarch and Vinegar paint
  - 2 parts cornstarch to 3 parts vinegar
  - Mix ingredients
  - divide in small dishes or cupcake tins
  - add food color and mix
- Corn Syrup Paint
  - Mix ingredients
  - divide in small dishes or cupcake tins
  - add food color and mix

### Online Resources

- [Kids World Craft Ideas Link](#)
  - Online resource of arts and craft ideas

## Physical Activities

- Nature/Neighborhood walk
  - Walk and/or roll at:
    - Park
    - Neighborhood
  - Point out the change of seasons
  - Have individuals listen to /identify noises (birds, cars, lawn mowers, dogs barking, etc...)
  - Create a scavenger hunt or nature BINGO by having individuals find items in their natural environment (stop sign, tree, bush, car, etc.)
  
- Range of motion
  - Throw a large ball (or any soft item; ex. - pillow)
    - Bounce on it with assistance
    - Lay on it with assistance

- Broom activity



- Materials:

- Masking tape
- Broom
- Small items that can be swept ( items can be modified to the individuals abilities/needs)

- Directions

- Make a square on the floor with tape.
- Assist individual with sweeping items into square.

- Chair dancing

- Put on preferred music
- Assist individuals with moving arms and twisting to their abilities

- Dancing

- Who can dance the longest
- Learn group dance moves
- Learn different dance moves/styles (salsa, ballroom, Macarena, etc)
- Zumba lessons

## Online Resources

- [Planet Fitness Online Videos Link](#)
  - Hosts free online videos for fun, family friendly, all age friendly workouts
- [Yoga Link](#)
  - Free
- [YouTube Dance Link](#)
  - YouTube can be a great resource for many different types of workouts or activities with tutorials
- [YouTube Seated Chair Workout Link](#)
- [YouTube Seated Upper Body Workout Link](#)
  - Kaiser Permanente video for upper body only workout, great for people with limited mobility.

## Relaxation Activities

- Mindfulness
  - Try to find a quiet moment
  - Have everyone participate at their level
  - Have everyone close their eyes
  - Speak soft or whisper
  - Describe the beach, forest or other preferred environment.
    - Be descriptive with what they smell
    - Taste ( the salty air)
    - Feel ( sand in between their toes)
    - Hear ( seagulls squawking, ocean waves splashing)
  - To increase the sensory of the activity choose items that could be used for these sensory experience
    - Sun screen for smell
    - Water in a squirt bottle (mist) to feel the ocean spray
    - Kinetic sand or real sand to touch



▪ Counting



- Count slowly with the individual to ten
  - Count to the individual
  - Have the individual do it them selves
  - Count backwards
  - Count items
- Breathing Techniques
- Take deep breaths
  - Do not breath in and out rapidly
  - Breath slowly
  - Have individuals feel their chest rise and fall as they breath
- Listen to music
- Classical
  - Spa
  - Nature sounds
  - Discover new music that individuals may enjoy

- Looking back at memories
  - About past birthdays
  - Outings
  - Good times
  - Try to keep it positive and redirect back to the positive
  - Look at old pictures and make an online gallery

## Online Resources

- [Headspace Link](#)
  - An app that helps with the practice of mindfulness and meditation and are providing some free meditations during the COVID-19 time.

## **Kitchen Activities**

Learning and practicing kitchen skills can be quite useful and be incorporated with everyone, regardless of skill levels. Below are some examples of cooking activities that may occur at home.

- Creating grocery lists
- Identifying where food and dishes belong
- Putting away groceries
- Taking out/putting back ingredients
- Pouring
- Measuring
- Stirring
- Kneading
- Using tongs
- Pushing buttons
- Using scissors and/or knife to cut items (be mindful of safety and ability)
- Making smoothies, sandwiches, pizzas, pudding, boiled eggs, toast, etc.

## Communication Activities

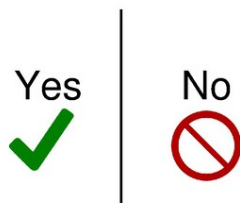
During this time at home, encouraging communication with individuals between staff, housemates, and others should be kept open and encouraged. For the individuals without a speaking voice, below are some examples of alternative communication ideas that may be appropriate to encourage communication. Only implement different communication device after speaking with a supervisor and consulting necessary personnel (individual, parents if appropriate, etc.).

Any form of a communication device needs to be taught to staff and the individuals using the device PRIOR to implementing.

- **Low Tech Augmentative and Alternative Communication devices**

- White boards

- Putting simple words and pictures on a personal whiteboard can help aide in day to day communication.



- Picture boards

- These can be found online and should be personalized with the individual in mind.



- Eye gazer board (for those individuals who cannot point)
  - This can be a white board or as pictures below.



## Online Resources

- [AAC Community Free Printable](#)