

Stay at Home Activities Part 4

The Key to involving the people you support in any activity is your own enthusiasm and spirit! Please remember this 🙋 Have fun with the people you are supporting during these difficult times.

Move it, MOVE IT! So today is actually looking very nice so far! Take the sun's invitation to get out for a walk day if you are able. But if going outside is not a possibility we can support people to get more physical inside by using music to provide the motivation and inspiration!

1. Dance Party of course! Check out the variations to spice up a dance party: [BTW all these options can be used to support people no matter their mobility, these ideas work whether someone is in a bed, a chair and a wheelchair – though the energy may be toned down some.
 - Add a FREEZE component to it by stopping the music and shouting “Freeze” and everyone freezes where they are until the music begins again.
 - Play the Cha-Cha Slide - <https://youtu.be/EWBLyKB9Ok8> FYI – doesn't matter if you or the people you are supporting know the steps or not. It is fun . So just have fun with it!
 - Have a dance off determined by a timer. When the timer goes off everyone has to stop dancing. Those slow to stop have to sit down till only one person is left standing and wins one of our home crafted blue ribbons. SEE BELOW 🙋
2. If you have stairs in your house have a stair challenge – create a competition either friendly individual competitions or team challenges – staff can join this challenge too 🙋 Winners will win the Blue Ribbon Prizes created into Today's art project. *Of course, before engaging in a stair challenge “Know your People” and make certain the everyone competing is good on stairs.*

Benefits (probably self-evident):

- Hey, you will just feel better!
- Positive cardio strengthening

Entertainment and Education!



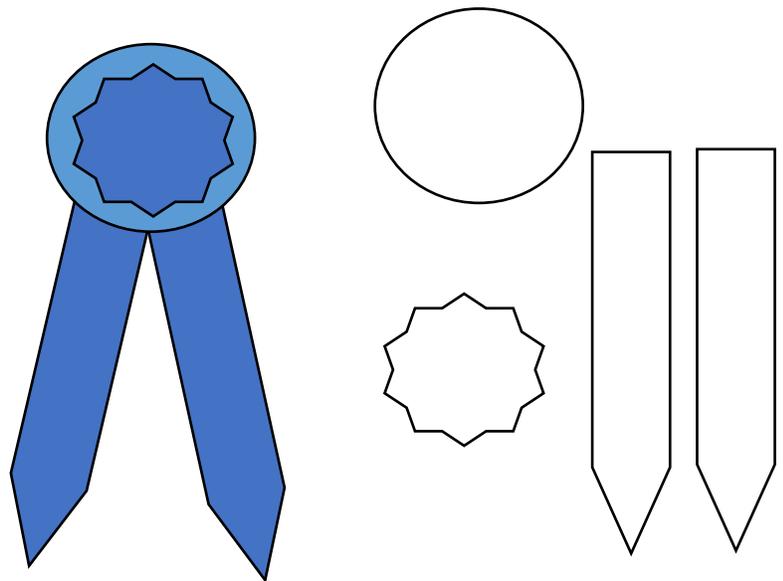
1. Attention all “Would be” **Astronauts!** You should check out all the cool videos at the Houston Space Center! I could spend hours watching - <https://spacecenter.org/exhibits-and-experiences/>
2. National Museum of Natural History – The Smithsonian Virtual Tours - <https://naturalhistory.si.edu/visit/virtual-tour> - NOTE: it took me a while to figure out how to navigate my way through so be patient it is worth it:)

Let’s Make ART!

Home Crafted Blue Ribbons!
(For future competitions)

Materials Needed:

- Construction Paper, Cardboard
- Scissors
- Paint, markers...
- Glue, tape...
- Embellishments, glitter, sequins...



Directions:

At your discretion, 1. either have templates to make the blue ribbons already cut out and ready for assembly and coloring and decoration (BTW they don’t have to be blue!)

OR

2. Have individuals cut the shapes out themselves.

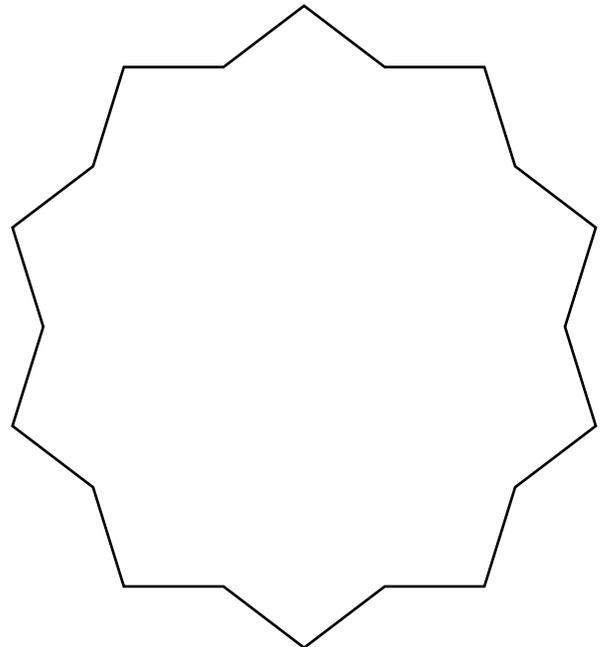
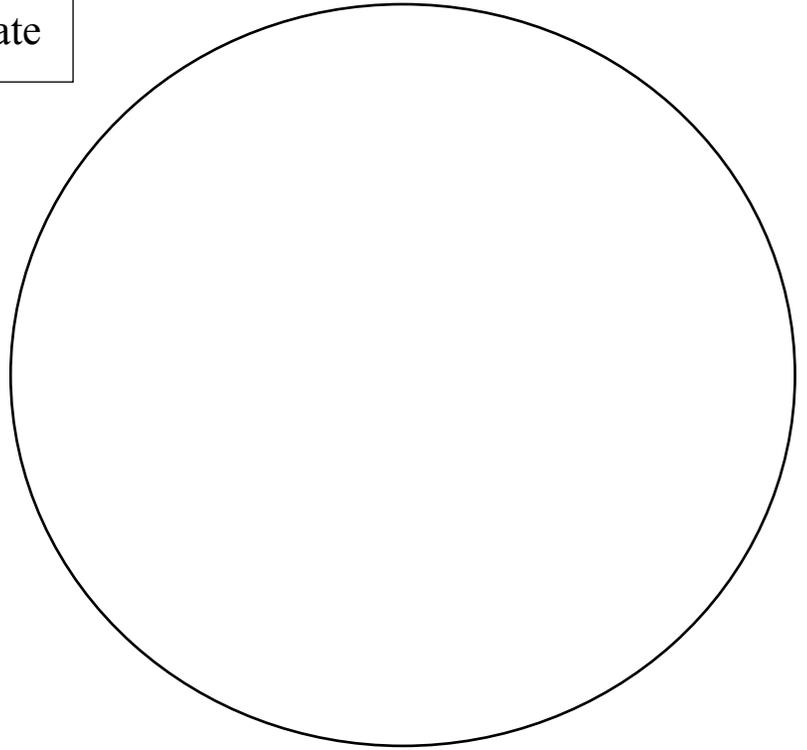
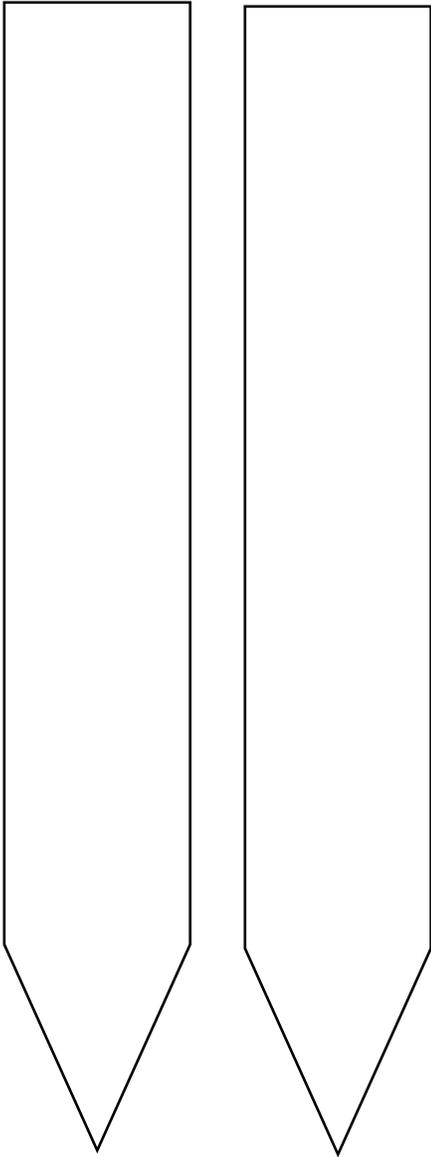
Template Shapes follow on next page for your convenience.

Benefits:

- Fine motor control
- following directions multi-step directions
- Esteem building as these will be valued prizes in other contexts

**Any specific requests for activities focused on particular interests let me know I will do my best.
pepi.diaz-salazar@ArcMH.org**

“BLUE”
Ribbon
Template



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