



## Stay at Home Activities – April 17, 2020

### Move it, MOVE IT!

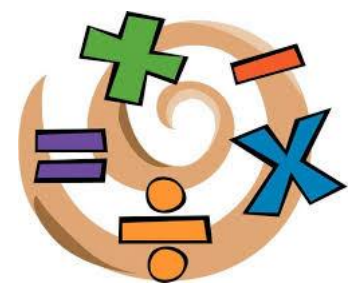
1. Movement Directives (an Adult version of Simon Says without the trick) can be a lot of fun if you put on a good tune. If the group gets into it ask for directives from the group. Just make certain that everyone knows all directives have to be SAFE to do! These simple directives below can be done by anyone almost anywhere, standing, sitting and in bed.

	<b>Waking UP Your Body!</b>
1.	<b>Put your left hand on your right toe.</b>
2.	<b>Put your left hand on your left toe.</b>
3.	<b>Touch your heels.</b>
4.	<b>Put your feet together.</b>
5.	<b>Put your knees together.</b>
6.	<b>Touch your right knee with your left hand.</b>
7.	<b>Touch your left knee with your right hand.</b>
8.	<b>Touch one knee and one foot.</b>
9.	<b>Put your right hand on your left knee.</b>
10.	<b>Put your left hand on your right knee.</b>

11.	Put your right hand on your left hip.
12.	Put your left hand on your right hip.
13.	Put your feet apart.
14.	Touch your toes with your arms crossed.
15.	Put both hands-on hips.
16.	Put your head to the floor.
17.	Touch your wrist to your ankle.
18.	Touch your knees to a chair.
19.	Touch your thumbs to your toes.
20.	Bend your knees.
21.	Stamp or wiggle your feet.

## Entertainment/Education!

- Who Likes MATH?
  - Check out the “game” sheets below.



## Social and Emotional Health

- Gratitude – WHY? Practicing and acknowledging gratitude, especially in stressful situations, has been proven to help decrease anxiety while increasing self-esteem, positive emotions, a sense of aliveness, the quality of sleep, stronger sense of Self...

Any specific requests for activities focused on particular interests let me know I will do my best.  
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- Gratitude Activity - I have included 2 different Gratitude sheets you can use and build on. Choose whichever. NOTE: This Gratitude activity serves best as something that is slowly built on over time so that it is not used as a once and done but a daily practice – by adding 1 or 2 things each day. I do this myself and usually do it at the end of the day. But anytime of the day is fine 😊
  - The Gratitude sheets are below:
    - If you need help to get this activity off the ground, try using some of these GRATITUDE prompts to get people really understanding. Encourage people to say out loud what they are grateful for:



- What did you do yesterday that you really enjoyed?
- What is your favorite dinner or meal?
- What brings you comfort?
- What is your favorite movie?
- What song makes you feel Good?
- What do you like best about Spring?
- What do you like BEST about your HOME?

Game Sheet #1



# Double Trouble

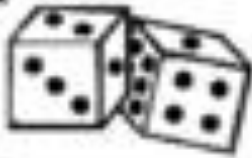
Roll one die and double your number. Mark off your number. The first person to 5 in a row wins!

2	4	8	12	10
6	10	12	2	4
8	2	10	8	6
4	10	6	12	2
8	4	12	2	6

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Game Sheet #2

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# Double Trouble

Roll one die and double your number. Mark off your number. The first person to 5 in a row wins!

8	10	4	12	6
6	4	12	2	4
10	2	6	8	6
2	8	10	4	10
12	6	12	2	8

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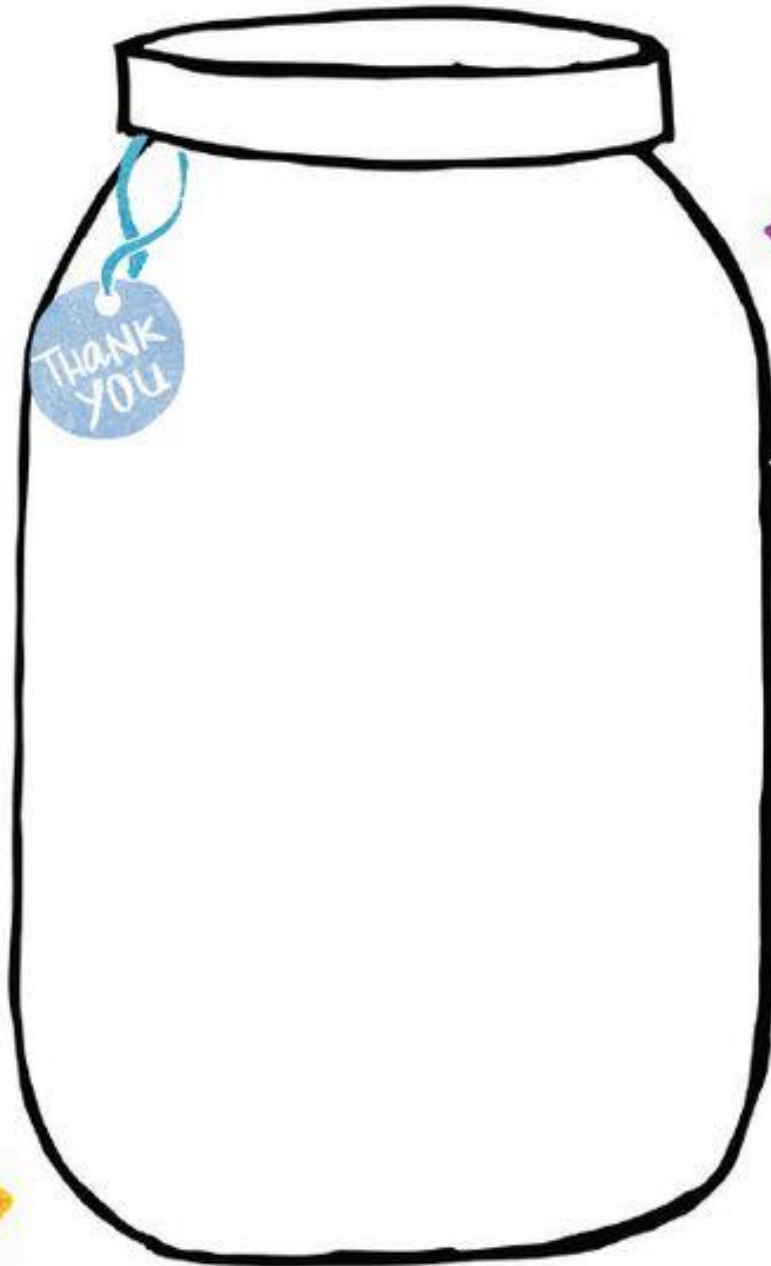


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Day 1

# My Gratitude Jar

Think about different people, things, and events you are grateful for.  
Write what and who you are grateful for inside your "Gratitude Jar" below.



Printables by Big Life Journal - [biglifejournal.com](http://biglifejournal.com)

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