

Stay at Home Activities April 11, 2020

Move it, MOVE IT!

1. Walk a MILE Dancing in 15 minutes - <https://www.youtube.com/watch?v=njeZ29umqVE>

Benefits (totally self-evident):

- The more we MOVE the Better we SLEEP!

Entertainment!

1. **GRATITUDE** Scavenger Hunt – see Game sheet below with instructions
2. Hangman Word Game to play on-line visit <https://hangmanwordgame.com/?fca=1&success=0#/> or to play with pencil and paper here is a YouTube Video that explains how (I discovered I could play it but NOT explain it 😊) so here is a [1 minute video](#) that explains in case you need a refresher.

Benefits:

- Increasing self-awareness
- Connecting with others
- Strengthening episodic memory (the ability to remember what you did yesterday or this morning and tell someone about it)

Let's Make ART!

Shadow Tracing

Directions and Materials:

- Paper for drawing, pens, markers, pencils, and simple objects to cast shadows or a spot that already has interesting shadows you are interested in tracing. See examples to right.

Benefits:

- Quite meditative to trace shadows
- Fine motor control – a real challenge!



GRATITUDE

Scavenger Hunt

Instructions: Each person with a game sheet should walk around the house for a predetermined time (10 minutes, 5 minutes...) to find the answers for the scavenger hunt, some answers can just be filled in and other answers need to be found first. Each person will have their own unique responses for this HUNT. **Because we are all uniquely wonderfully different!** At the end of the Hunt everyone comes together and shares their list of discovered gratitudes.

	Write in what it is below
<input type="checkbox"/> Find something outside you like to look at.	
<input type="checkbox"/> Find something that is useful to you.	
<input type="checkbox"/> Find something that is your favorite color.	
<input type="checkbox"/> Identify and find something that you know someone else enjoys.	
<input type="checkbox"/> Find something that makes you happy.	
<input type="checkbox"/> What is something that tastes yummy.	
<input type="checkbox"/> Find something that smells AMAZING.	
<input type="checkbox"/> What is something that helps you feel safe.	
<input type="checkbox"/> What makes you laugh.	
<input type="checkbox"/> What was something you enjoyed yesterday?	
<input type="checkbox"/> What is something you enjoy in the morning?	
<input type="checkbox"/> What is something about YOU that is unique?	
<input type="checkbox"/> Do you have a favorite place to spend time in?	
<input type="checkbox"/> What is your favorite dinner?	

Any specific requests for activities focused on particular interests let me know I will do my best.
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