

Stay at Home April 15, 2020

## HOME Appreciation Theme Continues...

### Art Activity

**Making Home Shaped Garland** – Also inspired by Instagram artist 2art.chambers.

There is a link below to a video on Instagram to show you how to cut out the garland. (Staff may have to Orchestrate this part of the project).

#### Materials Needed:

- Any kind of paper – not too thick because we have to be able to cut multiple folded layers. Even a brown grocery bag would do quite well.
- Any kind of paint, colors, markers you have

#### Directions:

1. Begin with a longish strip of paper between 3-4 inches wide. The longer your strip the longer the finished garland. Fold the strip in half, then in half again, then again until you have the paper folded to about a 2-inch width more or less, this is not an exact science 😊
2. Next you are going to draw a basic house shape on the top page to serve as a template for cutting out the garland. Making certain to leave a “hinge” to connect all the little houses[see photo]. <https://www.instagram.com/p/B-7PmelhCwC/?igshid=si3am28r8c5l> this link to Instagram video link which I hope you can see!
3. Once the garland is cut out it is time to decorate, paint, draw on them....



## Social Connection

1. **Conversations and discussion bind us together**, help us connect, help us to understand what we, ourselves, think. Below are some conversation starters to give you ideas...

- Who is the person you are closest to...?
- Things I worry about... (sometimes we avoid topics like worries and fears but please remember just because we don't speak a worry out loud doesn't mean we are less worried. It just means we are worried all by ourselves. Speaking about a worry outloud can let us know we are not alone and may take away some of the worries' power.)
- What is something I love to do and why?
- What is something I am really good at?
- I am grateful for...
- If I was a famous sports player I'd be.... because.....
- If I was a superhero I'd be... because....
- If I was an animal I'd be a ... because...
- If I was a movie star I'd be ... because...

## Move It! Move It!

1. 15-Minute Simple workout for frail or older adults - <https://www.youtube.com/watch?v=Ev6yE55kYGw>
2. Learn a dance routine - <https://www.youtube.com/watch?v=-ROBDg0TXI0>