

Stay at Home Activities April 18, 2020

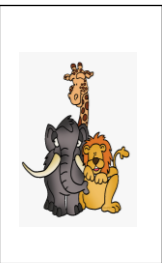
Move it, MOVE IT!

1. Let's Dance the MACARENA! <https://youtu.be/MXVx6yJQbn8> - its fun to do even if you don't really know the dance steps.

Benefits (probably self-evident):

- Better sleep and improved mood – and when you are dancing it is does not seem like exercise 😊!

Entertainment and Education (E²) - See 2 worksheets attached for further exploration.



1. Animal CAMs! Check out Panda Bears, Elephants, Alligators and so much more. Again this takes some jumping around till you find a camera view with an animal insight but it is worth the trouble. <https://explore.org/livecams>
2. More Animal Cams here - <https://www.countryliving.com/uk/wildlife/countryside/g31784857/live-animal-webcam-zoo/>

Benefits:

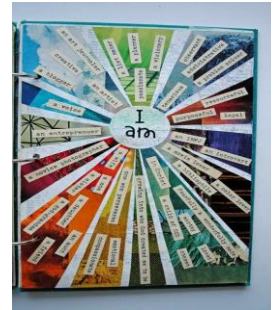
- Connecting with others in a shared viewing experience
- Increased cognition, memory/information retrieval if completing the attached worksheets
- Expressive language and written language skills if being asked to share their experience or complete the either of the two work sheets.

Let's Make ART!

I AM Collage

Materials:

- Blank paper to build a collage
- Markers, crayons, colored pencils
- Glue
- Scissors
- Magazines, printed materials



Directions:

1. There are two ways you can prepare for this activity
 - Have pre-cut words and images to present as collage resources – the words and images should be descriptive and/or evocative of being able to be self-descriptive of someone.
 - Present magazines for individuals to be able to choose and cut their own words and or images.
2. Give each individual a sheet with I AM pre-written in big block letters in the center of the page and then direct individuals to build the collage in a sunburst pattern around the I AM.
3. Another variation you might use is to build an I AM collage with what you like or want to be...

Benefits:

- Imagination
- Creativity
- Self-Awareness
- Self-Expression
- If doing in a group then collaboration and sharing are potentials benefits.

**Any specific requests for activities focused on particular interests let me know I will do my best.
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Animal Cam Scavenger Hunt – fill in the blanks with the names of the animals that fit the description in each block when you see the animal in one of the webcams.

An animal with feathers <hr/>	An animal with stripes <hr/>	An animal with a tail <hr/>
An animal that swims <hr/>	An animal that has wings <hr/>	An animal that has fur <hr/>
An animal that climbs trees <hr/>	Two animals together <hr/>	A baby animal <hr/>

Animal Webcam Experience

1. What was the favorite animal you saw today on the webcam?

2. Why was that animal your favorite? What did you most like about your favorite animal?

3. What did you see that animal doing on the video? Was it walking, playing, eating...? Can you describe the details?

4. What do you know about this animal? Where does it come from? What are its habits? Write down what you already know.

5. Next you look up more information on the internet about this animal, with staff help or on your own. Then you can share what you learned with everyone.