

ACTIVITIES FOR FAMILIES

From the comfort of your home

- 1. Home Helper** — Have your individual do one task for the week that helps around the house that they are not used to doing. This could be folding laundry, doing dishes, sweeping, vacuuming, etc. Do it with them and talk about why they doing it helps the family.
- 2. Grocery Finder** — Place grocery items around the house and make a shopping list for the individual. Encourage them to find all the items on the list. Bonus points for putting the item away where it belongs.
- 3. Expert Packer** — Teach your individual how to bag groceries and why x item can be bagged with y item but not with z item. Use plastic bags you may have at home and items already in your kitchen.
- 4. Personal Shopper** — Have your individual make a list of items the family needs and have them work on shopping online to pick out and purchase these items. Teach them to create a list, follow the list, and purchase the items virtually.
- 5. Phone a Friend** — Encourage your individual to have a virtual "play date" or "hang out with friends". This should be a video call of at least 15 minutes where they engage in an activity and talk. This can range from baking together, coloring, playing with toys, talking about their days, working out together, show and tell, etc.
- 6. What Doesn't Belong** — Collect 4-5 items with one item being something that doesn't quite fit (e.g., 3 kinds of shoes and a hairbrush). Encourage your individual to guess which item doesn't belong. Or, flip it and have your individual collect the items and have you guess what doesn't belong. You can take turns with who is the collector and who is the guesser. This way your individual can have fun playing both roles instead of feeling like they are being quizzed.

7. **Hide and Seek** — Play a game of hide and seek around the house with your individual. You can take turns so that they can enjoy being in both roles.
8. **Board or Card Games** — Try games like UNO, Monopoly, Mancala, War (need playing cards), puzzles, Trouble, Shoots and Ladders, Boggle, Catch Phrase, Pictionary, etc.
9. **Sous Chef** — Have your individual be your "second in command" in the kitchen. Prepare a big meal for dinner and they can help out with the smaller tasks like washing the veggies, measuring the ingredients, collecting/putting away items, setting the table, etc.
10. **Scrap Booking** — Use old pictures, craft supplies and office supplies to make your own scrapbook! You may need to get items such as glue, tape, a book (or just use blank paper and staple it together), stickers, fun colored markers and pens, whatever you can think of to make it special!
11. **Living Room Camping** — Work with your individual to make a tent/fort in the living room. Make this your campground for the night. Eat dinner in the tent, watch movies, tell stories, play card games, and sleep together on the floor for the night.
12. **How to Draw** — On YouTube, various artists make videos like this. You can sit with your individual or let them do this independently. These videos do step-by-step tutorials on how to draw cartoon characters and more.
13. **Make Oobleck!** — It's called a "non-newtonian substance" because it doesn't follow the typical scientific properties of a liquid substance. This is a science and crafty lesson all in one. **WARNING THIS DOES MAKE A MESS.** I recommend reading the book "Bartholomew and the Oobleck" by Dr. Seuss then make the goop!
14. **Scavenger Hunt** — Create a list of items around the house for your individual to find. They have to get all the items on the list then remember where they go to put them back. Start off small with a list of 5 things then add more items with each round.

15. **Word Searches** – You can either get a word search book or print some out from the web by searching "printable word searches".

16. **LifeLinks CLASS Virtual Event Calendar** – Web page for resources and events like yoga, music therapy and more: <https://lifelinksclass.org/virtual-events/>

17. **GoNoodle** – <https://www.gonoodle.com/>

18. **Healthy Balance Fitness Videos** – In collaboration with Merrimack College and made possible by funding from New Balance, tune in to see how our Healthy Balance program plans to keep you moving while we all practice social distancing! Make sure to subscribe for weekly videos:
<https://www.youtube.com/channel/UCczFUtswsSBLxM2ZP5iSSow>

19. **MultiContext Virtual Reality Resources** – They have a great deal of in depth resources for individuals and their families. Check out the "Video Resources," "Assessment Tools," and "Treatment and Assessment Links" at <https://multicontext.net/vr-resources-1>