

## Week 2 Activity Plan Directions

Please reach out to Kris Leonard with any questions at

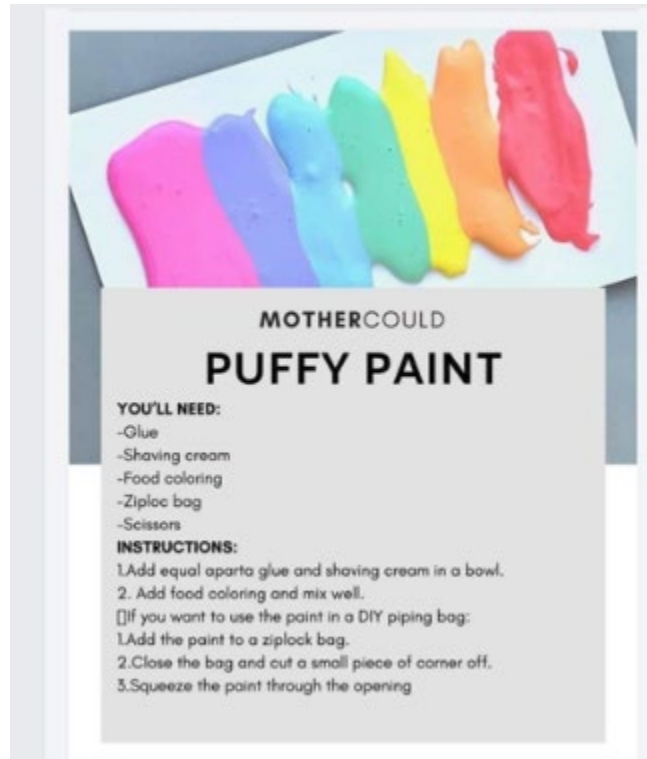
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### Sensory:

- Take a bubble bath with lots of bubbles or fill a dishpan with lots of bubble and let individuals play individually in it. It is soothing and relaxing. Put plastic garbage bags under the dishpan. You can throw little objects in there to add to the fun of finding the objects.
- If you or someone has essential oils or various extracts of different smells. Pour onto cotton balls and stick in Ziploc bags. Poke little holes in the bag to allow the smells to come out and share with those we support. Again smells are a great relaxing tool.
- Each person gives themselves hugs and squeezes. You can do it as a group game by using Simon Says. Ex. Simon Says squeeze your leg, Simon Says give yourself a hug, squeeze your head.
- Great for texture and for eating:



- Puffy painting-using squeezing and pushing as you paint the picture and then touching the puffy picture afterward.



### Virtual Field Trips

- The Seven Wonders of the World <http://www.panoramas.dk/7-wonders/>
- Google Sky <https://www.google.com/sky/>
- Smithsonian National Museum of National History  
<https://naturalhistory.si.edu/visit/virtual-tour>
- Anne Frank's House <https://www.annefrank.org/en/anne-frank/secret-annex/>
- Mt. Everest <http://www.airpano.com/360photo/Everest-Nepal/>

### Movement:

- *Balloon Bang*  
With a partner, or by yourself, try to keep a balloon in the air as long as you can
- *Quarter Says*  
A quarter is 25 cents!

Do 25 of each:

-Jumps

-Heel Raises

-Arm Circles

- *Silly Sweaty*

Move around safely however you want until you start to get sweaty and your heart is beating fast! Remember it is okay to be fun and silly.

- *Line Jumps*

Use socks to make a line on the floor. Jump back and forth as fast as you can for 30 seconds (be sure to put the socks away) If you are not able to jump safely, then just step back and forth over the line. You can even hold someone's hands as you do it.

- *Dance Dance*

Turn on your favorite song, or even just the radio. Dance however you want for the entire song! You can even pick a different decade every time you do a dance party to add variety to the times.

### Leisure:

It is always fun to play games but you can also change it up with a few tweaks to make it more personal to those we support.

*Monopoly:* ride or walk around and take pictures of places in your community including the residential setting of the people you support. Change up the games using pictures and places that are familiar...you create a new game and you are helping those we support to learn their community while being stuck at home.

*Guess Who?:* take pictures of individuals and staff in the home and include other familiar faces such as pastors, other regional staff, day program staff etc and change out the faces on *Guess Who* to all the people listed here. It is a great way to keep thinking about those we care about but might not see right now while playing a game and working on descriptive words.

Balloon Volleyball: Set up chairs in a line that can work as a "net" or use a blanket or something to show the different sides. Use balloons as the ball and enjoy a fun game of volleyball indoors.

Concerts:

Many performers are doing live concerts (which are then recorded) during this time of quarantine. Google various artists that are the favorites of those you support and see if there is something from those artists. Have fun and be creative about this. Set up chairs like you are at a real concert.

Funny coronavirus songs: google for funny songs and videos that people are creating to stay light hearted in this unique times.

**Disney Day** **Can be done on a weekend day too.**

Disney recipes: <https://thefarmgirlgabs.com/40-disney-recipes/>

Disney coloring pages: <https://family.disney.com/coloring-pages/>

Disney workouts: <https://family.disney.com/articles/disney-workouts/>

Disney virtual rides: <https://www.travelandleisure.com/trip-ideas/disney-vacations/watch-disney-rides-on-youtube>

Vote on your favorite Disney movie.

Disney movie marathon. Just for fun, pop some popcorn, and watch your top vote getters of Disney movies.