

IN-HOME DAY PROGRAMMING CALENDAR

Instructions: Using the resources listed below, complete one calendar for **each** person supported by writing in the completed activities.

*See attached resources for recipes and project instructions

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday
Date					
Activity 1:					
Activity 2:					
Activity 3:					
Activity 4:					

Activity Options:

Sensory Activities	Oil and Water Sensory Bag	Rainbow in a bag!	Lava Lamp Sensory Bags	Squishy sensory bags	Sensory bags using body wash and glitter glue
Virtual Field	San Diego Zoo	Seattle Aquarium	Old Faithful Webcam	Boston Children's Museum virtual tour	Birthplace of Country Music Bristol, TN-VA
Life Skills e-Learning	Learn about George Washington & Mt. Vernon	PBS resources	Audible see info on directions page	Free musicals and play updated daily	Over 1500 adult coloring pages
Life Skills	Quarantined Bingo	Quarantined Bingo	Quarantined Bingo	Quarantined Bingo	Quarantined Bingo
Leisure	Minute it to win it games	Minute it to win it games	Minute it to win it games	Minute it to win it games	Minute it to win it games
Movement	1 mile Happy Walk inside	15 minute cardio workout	20 minute seated or standing exercises	Just Dance Workout 1	Fun Old School Dances- Dance Party
Country Music Can be done on a weekend	Learn country line dances	Best Upbeat Country Songs	Make fun foods for a country western party	Country Western movie or TV show	Create Wanted Posters