

Week 7 Activity Plans

Movement:

1. Workout at home with Avatars
<https://www.youtube.com/watch?v=T8jI4RnHHf0>
2. Workout at home with Avatars
<https://www.youtube.com/watch?v=L-8wW40jTzc&feature=share>
3. Workout at home with Avatars
<https://www.youtube.com/watch?v=1cLMw3YEHuM>
4. Workout at home with Avatars
<https://www.youtube.com/watch?v=h3Xrtm0IVnY>
5. Workout at home with Avatars
<https://www.youtube.com/watch?v=gIU1vXOH2ts>

Virtual Field Trips:

1. Monterey Bay Web Cams
<https://www.montereybayaquarium.org/animals/live-cams/monterey-bay-cam>
2. Viva Baja: Life on the Edge
<https://www.montereybayaquarium.org/visit/exhibits/viva-baja>
3. Kelp Forest
<https://www.montereybayaquarium.org/stories/from-fish-to-fronds-a-kelp-forest-discussion>
4. A shark's eye view
<https://www.montereybayaquarium.org/stories/sharks-eye-view>
5. Life of a rescued sea otter
<https://www.montereybayaquarium.org/stories/life-of-a-rescued-sea-otter>

Fun Craft and Food Activities:

1. Make Kool-aid candy dots
<https://www.smartschoolhouse.com/easy-recipe/kool-aid-candy-dots>
2. Stained Glass made with pasta
<https://babbleddabledo.com/pasta-crafts-stained-glass-pasta/>
3. Glittery Calm Down bottles
https://www.giftofcuriosity.com/glittery-calm-down-bottles/#_a5y_p=2212235
4. Fun Suncatchers
<https://babbleddabledo.com/art-for-kids-cosmic-suncatchers/>
5. Tape Resist Cross
<https://www.theresourcefulmama.com/tape-resist-easter-cross-craft/>

Card games: all played with a standard deck of cards:

1. Crazy Eights
<https://www.considerable.com/entertainment/card-games/crazy-eights/>
2. Go Fish
<https://www.considerable.com/entertainment/card-games/go-fish/>
3. Old Maid
<https://www.considerable.com/entertainment/card-games/old-maid/>
4. Slapjack
<https://www.considerable.com/entertainment/card-games/slapjack/>
5. War
<https://www.considerable.com/entertainment/card-games/war/>

Music Therapy Sessions:

1. 50s Themed Music Therapy Session
<https://www.youtube.com/watch?v=Zof9K9arQX8>
2. Magic Meltdown Remedy Chillstep Edition
<https://www.youtube.com/watch?v=vKkDUC1tfmw>
3. Sensory Visual Light Therapy Tunnel
<https://www.youtube.com/watch?v=XQoP0ivh6bw>
4. Mindful Music-Color Wheel
<https://www.youtube.com/watch?v=1q5MMNaPZ5k>
5. Music Therapy with Beth Engelking
<https://www.youtube.com/watch?v=mxid3RPqPno>

Special Activity:

Pay It Forward

1. Watch the movie Pay It Forward
2. Make a list as a group in your residential setting on how you can help to pay it forward
3. Choose something off the list to do
4. Choose something off the list to do
5. Find a pay it forward story online, check out YouTube, news or Facebook

Being Happy Activities:

1. Listen to the song My Favorite Things
<https://www.youtube.com/watch?v=bACiODIbf84>
Make a list of your favorite things
2. Watch some I Love Lucy episodes
Here is one example but you can find more on youtube
<https://www.youtube.com/watch?v=K9CQaU46rX0&list=PLYcxOaPYdd5evEHPkoI1ENCdTIS5yD2ab>
3. Look up cute animal videos on youtube....if you are a dog lover, look for puppy ones and if you are a cat lover, look for kitten ones
4. Type "Try Not to Laugh" into youtube and watch some of the videos that come up and try really hard not to laugh
5. Check out Knock Knock Jokes online....work with a partner to learn the jokes and then be sure to share with a staff person or family member