

## In Home Activity Plans for Week 13

### Father's Day Craft Ideas

1. Scribble Mug <https://www.iheartartscrafts.com/fathers-day-sharpie-mug-kids-craft/>
2. Make BBQ rub seasoning mix <https://www.kristendukephotography.com/bbq-rub-recipe-and-free-printables/>
3. Galaxy Painting/ wood, rocks, shells <https://colormadehappy.com/handmade-fathers-day-gift-galaxy-painting/>
4. No bake chocolate bars <https://kidsactivitiesblog.com/113337/no-bake-chocolate-turtle-bars/>
5. Make your dad a card

### Mindfulness Activities to reduce stress and anxiety

This whole article will greatly help you with ideas. There are many more ideas than just five.

<https://www.merakilane.com/self-care-for-women-16-mindfulness-activities-you-actually-have-time-for/>

1. Mindful breathing see description in article
2. Gratitude journals: write down 5 things you are grateful for each day
3. Recite positive affirmations see description in article
4. Get outside and breathe in some fresh air
5. Relax in a bathtub with lots of bubbles

Coloring Pages (all options are for adult coloring pages which is really important to use with the individuals we support, you will find simpler types of pages but we need to keep it at an adult level)

1. Pattern coloring pages <https://coloringhome.com/pattern-coloring-pages-for-adults>
2. Larger coloring pages <https://coloringhome.com/large-coloring-pages>
3. Coloring by numbers that can be colored or painted <https://coloringhome.com/free-printable-paint-by-numbers-for-adults>
4. Disney Coloring pages <https://coloringhome.com/disney-coloring-pages-pdf>
5. Sports coloring pages <http://www.supercoloring.com/coloring-pages/sports>

### Bingo Boost game for emotions, feelings and reducing anxiety

Print the attached bingo boards making one for each person and print the calling cards and cut apart.

Each day have each individual pull three cards randomly from the calling cards. Those are the three activities that they need to do and then mark them off on their bingo boards.

### Virtual experiences to do at home

1. Six Flags: various rides can be viewed through videos on this page  
[https://www.youtube.com/results?search\\_query=six+flags+rides](https://www.youtube.com/results?search_query=six+flags+rides)
2. Virtual Kentucky Derby  
[https://www.youtube.com/results?search\\_query=virtual+kentucky+derby+2020](https://www.youtube.com/results?search_query=virtual+kentucky+derby+2020)
3. Virtual Florida State Fair  
[https://www.youtube.com/results?search\\_query=virtual+florida+state+fair](https://www.youtube.com/results?search_query=virtual+florida+state+fair)
4. Virtual Feeding of big cats [https://www.youtube.com/watch?v=msiJsoOe\\_cI](https://www.youtube.com/watch?v=msiJsoOe_cI)
5. Exploring the Mall of America virtually  
[https://www.youtube.com/results?search\\_query=virtual+tour+of+mall+of+america](https://www.youtube.com/results?search_query=virtual+tour+of+mall+of+america)

### Table games to increase engagement at dinner time

All games are at this site for more information

<https://www.happygoluckyblog.com/fun-games-play-dinner-table/>

1. Would you rather...?
2. Tic-Tac-Toe
3. Two truths and a Lie
4. 10 things I love about.....
5. ABCs of Gratitude

## Christian Music Workout Videos

1. 15 minute Christian Zumba <https://www.youtube.com/watch?v=KSdJ9voFyGI>
2. Faithful Workouts: getting started low impact exercise video  
<https://www.youtube.com/watch?v=aBQdFJ--ELU>
3. Low Impact Christian Dance exercise video <https://www.youtube.com/watch?v=olO05kwv2BE>
4. Christian Music Yoga Flow <https://www.youtube.com/watch?v=PbLUoxA7ZmU>
5. 1.0 mile Happy Walk <https://www.youtube.com/watch?v=X3q5e1pV4pc&t=40s>