

## In-Home Activities

### Week 23 August 16-22

Please send me an email and let me know what type of activities your house/setting would like to see.

#### 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>
- Mt. Everest <http://www.airpano.com/360photo/Everest-Nepal/>
- Anne Frank's virtual house tour <https://www.annefrank.org/en/museum/web-and-digital/frank-family-home-360-degrees/>

#### 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:

-Jumping Jacks

-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 lighthearted in this unique times.

Life Skills Chores:

- Hand Wash the dishes
- Vacuum the floor

- Make your bed
- Clean out the vehicle
- Put clothes and detergent in the laundry

### Life Skills

- Play a card or board game
- Go for a walk around your neighborhood—be sure to wear a mask
- Look on Pinterest and find a craft to do
- Find a movie to watch as a group; be sure to read reviews on the movie before you watch it
- Write a letter to a friend or relative and mail it

### eLearning

- Cnn.com/cnn10 write or tell someone 5 things you learned about
- Complete a puzzle on [www.jigsawplanet.com](http://www.jigsawplanet.com)
- Do an interactive activity on [www.gcfllearnfree/edlall](http://www.gcfllearnfree/edlall) One great area is the everyday life section
- Read a short article or listen to a book on [www.storyonline.net](http://www.storyonline.net)
- Watch a cooking recipe on <https://www.youtube.com> Then make the recipe but remember to make a shopping list first for your staff.