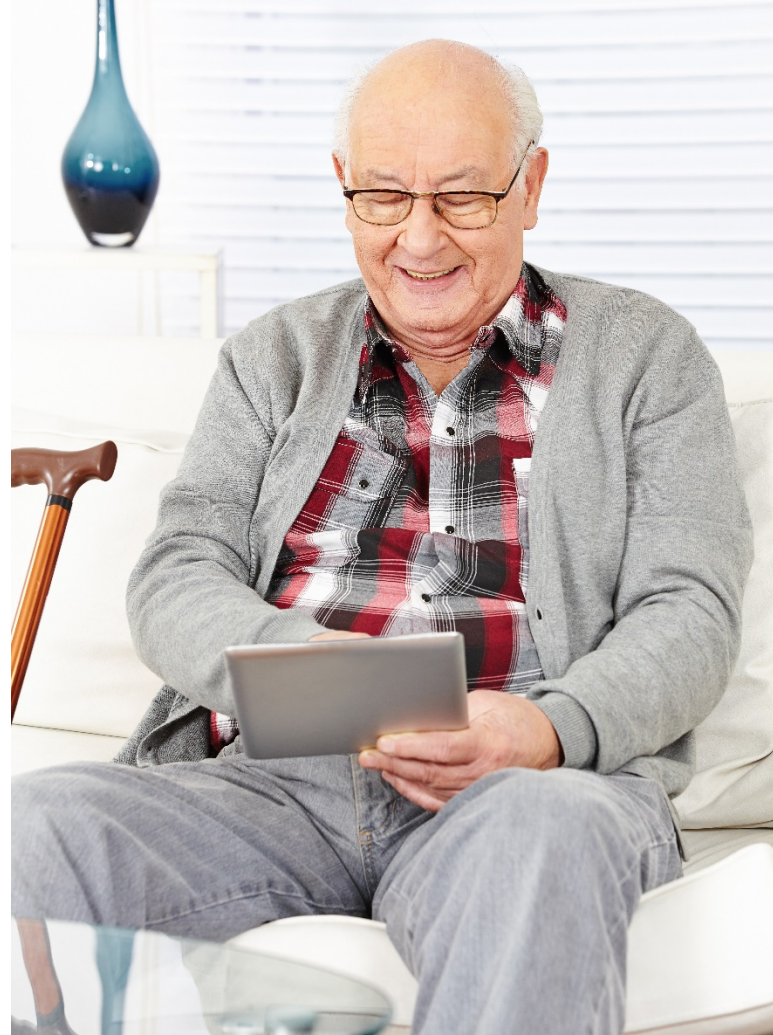


Ideas for Independent and 1:1 Activities

- Sing-along music sheets with tapes
- Create a laughing basket: joke books, funny sayings
- Reading horoscopes
- Reading newspapers
- Individual crafts
- Individual puzzles
- Residents rooms activities – previously done
- Use of tablets
- Adopt a resident – staff matched with resident to provide companionship
- Pen-pal a resident – match residents from another HDG building in another state
- Handwritten notes/cards/pictures for residents
- “Shop” for residents once a week
- Puzzle books, adult coloring, activity books
- Sewing or making masks
- Doorway bingo
- Doorway karaoke
- Staff dance routine or performance for residents
- Games on tablets
- Doorway games on White board (hangman, tic-tac-toe, etc.)
- Doorway/chair exercise groups
- Music through the ages or genres
- Make a music video
- [Virtual museum tours](#) on TV in rooms or large room with social distancing
- Draw a comic strip
- Glamour shots to send to family
- Make May Day baskets
- Beaded jewelry
- Memory game – items on a tray and after looking, cover and try and remember what they were
- Remote control car races from doorways
- Tic-tack-toe on the window (family outside/resident inside)
- YouTube – yoga, aerobics, adaptive programming



- Family visits through window of room (if available)
- Staff/resident stroll outside (as long as social distancing)
- Charades
- Pictionary
- Video Calling – most common and simple to use
 - FaceTime (Apple products only): Up to 32 people at once
 - Skype (Almost any tablet, phone, or laptop): Up to 50 people at once
 - Echo Show (requires both parties to have the Echo Show device): Benefit – hands free calling
- Voice calling besides cellphone
 - Amazon Echo: Allows for hands-free phone calls
 - Google Home