

PERSON-CENTERED CARE

from BrightStar Care®



101 WAYS TO STAY ACTIVE

Here are some suggestions for making connections to keep individuals active and feeling productive and successful. Everyone is different, find out what works with each person and be ready to modify to fit interests and abilities. *Remember: they never fail and are never wrong, always be reaffirming, flexible, and aware of safety.*

1. Vacuum
2. Sweep the kitchen
3. Bake cookies
4. Read paper
5. Invite children to visit
6. Read a letter out loud
7. Listen to music
8. Parachute game
9. Color/Paint
10. Make lemonade
11. Wipe off table
12. Weed the garden
13. Write out holiday cards
14. Spelling bee
15. Readers Digest
16. Fold clothes
17. Pet visit
18. Cut out cards
19. Wash silverware
20. Bake bread
21. Sort objects
22. Sing Christmas songs
23. Life Review
24. Put silver away
25. Make a Valentine's collage
26. Sing songs
27. Take a ride
28. Make a pie
29. Read a poem
30. Dye Easter eggs
31. Sort socks
32. Write out birthday cards
33. String fruit loops
34. String cranberries
35. Sensory Stimulation
36. Look at photos
37. Reminisce – vacations
38. Clip coupons
39. Sort poker chips
40. Count things
41. Fold towels
42. Afternoon Tea
43. Reminisce – inventions
44. Play a game
45. Listen to favorite music
46. Cut out paper dolls
47. Identify states and capitols
48. Make a family tree
49. Color American Flag
50. Cook hot dogs
51. Grow magic rocks
52. Water house plants
53. Reminisce – first kiss
54. Play horseshoes
55. Dance
56. Sing a hymn
57. Make ice cream
58. Plant bulbs
59. Make cards
60. Sort cards by suit
61. Write a letter
62. Dress in team colors
63. Pop popcorn
64. Name the U.S. Presidents
65. Give a manicure
66. Skype/FaceTime
67. Plant a tree
68. Make a may basket
69. Finish a famous saying
70. Feed the ducks
71. Mold dough
72. Picture books
73. Put a simple puzzle together
74. Sand wood
75. Rub on hand lotion
76. Decorate place mats
77. Arrange fresh flowers in a vase
78. Remember famous people
79. Rake leaves
80. Make a fruit salad
81. Sweep the patio or room
82. Talk about famous events
83. Nursery Rhymes. You start
84. Make sandwiches
85. Dust furniture
86. Cut up paper/ Tear paper
87. Take care of bird cage/ fish tank
88. Trace/cut leaves
89. Simple trivia questions
90. Pray
91. Paint with string
92. Send thank you notes
93. Read/listen to a short story
94. Put coins in a jar
95. Sew sewing cards
96. Put seed in bird feeder
97. Clean out pumpkin
98. Roll yarn
99. Reminisce – grocery stores
100. Make a cake
101. Something unique:

Client: _____ Date: _____