

THE M.E.E. CALENDAR



MOVE • EXPERIENCE • ENGAGE

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The **Move, Experience, Engage (M.E.E.) Calendar** is to be used by individuals providing service to adults with developmental disabilities in community-based residential facilities. The calendar includes a variety of activities that will help promote health and a sense of well-being. Some of the activities promote fitness and flexibility; others increase awareness of the community and holiday traditions; others are to help clients relax or socialize. There are many different types of activities such as arts and crafts, cooking, game playing, etc. Some are very easy while others may be a bit more challenging for some clients.

One activity is listed for each day of the year. The activities, however, can be used on any given day or in any order. One or more activities can be done on the same day. The *Classification Guide* describes the emphasis of each activity either movement, sensory, social, arts and crafts, or cooking.

The time needed to do each activity varies according to the demands of the particular activity. Some activities may be as brief as several minutes while others may require an hour or more. The level of assistance or support needed to complete the activity will vary based on each individual client's need and level of functioning.

Not all activities will be appropriate for all clients and judgment should be used to determine participation. Read the *Precaution Section* found on page 2 carefully. All activities should be appropriately supervised in accordance with the Individual Service Plan (ISP). Clients should be encouraged to participate but not coerced. The activities should be fun and enjoyable for the client.

The **M.E.E. Calendar** is reader friendly. **Section One** describes general precautions as well as a description of the symbols used on the calendar to classify the activities. **Section Two** is a month-to-month listing of the activities. Following each month of activities are activity descriptions and suggestions to adapt the activities if necessary. Some activities will require the provider to gather more information on how to do the activity, especially the cooking activities. **Section Three** are instructions and photos of individuals doing the exercises recommended in the calendar.

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SECTION ONE

CLASSIFICATION GUIDE

SYMBOL	DESCRIPTION
So	Social: Activities used to promote social interaction with friends, neighbors, and peers.
M	Movement: Exercising different parts of the body such as the arms, legs, or mid-section.
Se	Sensory: Increasing awareness of the environment through seeing, hearing, touching, feeling, and moving.
C	Cooking: Simple meal or snack preparation.
A	Art: Creative craft projects.
L	Leisure: Activities that promote productive and enjoyable use of free time.
EX#	Exercise: Activities used to build strength, flexibility, and balance. They are described and illustrated in Section Three.
Bold	Description: Activities written in boldface indicates that the activity is further described on the next page.
*	Adaptation: An asterisk indicates that adaptations are given for the particular activity on the next page.

PRECAUTIONS

General Precautions

- Appropriately supervise each client as described in his or her Individual Service Plan (ISP).
- Always check with the client's physician prior to starting any type of exercise program.
- Consult with the client's physician if you are not sure if a client can participate in a specific activity.
- Do not force a client to engage in an activity if he/she does not wish to participate.
- Gently move the client, do not push a client's muscles or joints.
- If a client complains of feeling dizzy or tired or has shortness of breath, stop the activity and watch the client until he/she is breathing regularly or is no longer feeling dizzy.

Safety Precautions

- **Heat**
 - Drink plenty of water to stay hydrated. Avoid drinks that contain caffeine or sugar.
 - Wear sunscreen to prevent sunburn.
 - Wear sunglasses, wide-brimmed hat, and clothing that is light-colored, lightweight, and loose-fitting.
 - Participate in outdoor activities in the early morning or evening hours during the summer.
 - Take frequent rest breaks.
- **Water Activities at Community Pools**
 - A certified lifeguard should be present at the pool in addition to supervision by direct-care support professionals.
 - Obey the rules of the pool.
 - Clients who are inexperienced swimmers and/or are unable to swim should always use flotation devices.
 - Pay attention to local weather forecasts.
 - Enter water feet first at all times.
- **Choking**
 - Follow any specific food-textured diets (pureed foods, liquids only, etc.) and portion recommendations (small pieces, small amounts) for clients.

Precaution—Choking Continued

- Supervise clients while eating.
- Do not hurry clients when eating.
- **Safety Equipment**
 - To prevent falls, always perform activities using recommended assistive devices (cane, walker, crutches, physical assistance or guarding, etc.) for each client.
 - Use appropriate safety equipment for tasks such as helmets, gloves, pads, flotation devices, safety goggles, etc.
 - **Remember: Direct-care support professionals should keep first aid and CPR skills up to date.**

Diagnosis Specific Precautions

- **Osteoporosis**
 - If the client has osteoporosis, do not allow the client to bend over or twist to the side.
- **Dietary Restrictions**
 - Always follow the recommended diet for each client. Adapt the recipes in the M.E.E. Calendar if the client is on a restricted diet.
- **Food Allergies**
 - Be aware of any known food allergies of clients and adjust recipes as needed.
 - Be sure to read all food labels to make sure that clients are not given foods they are allergic to.
 - Be aware of the signs that indicate a client may be having an allergic reaction such as difficulty breathing, hives or rash, swelling, vomiting, or tingling on the tongue or around the mouth. Call or see a nurse or physician immediately if you notice any of these.
 - Some common food allergies include peanuts, tree nuts, strawberries, shellfish, milk, eggs, and wheat.
- **Atlantoaxial Instability (AAI)** is excessive movement at the top of a person's backbone between the first and second vertebrae. Many people with Down syndrome have this condition. Most of the time this will not bother a person. People with AAI should be careful not to move their neck too quickly or put undue pressure on the neck.
 - Clients with AAI should avoid activities that require tipping the head back (hyperextension), tilting the head forward excessively (extreme flexion), or placing direct pressure on the neck or upper back.
- **Diabetes Mellitus**
 - Consult with a physician before beginning regular physical activity.
 - Always check blood sugar levels before activity. If levels are higher than 250 mg/dL, follow recommended procedures (check ketones, etc.).
 - Know the signs of hyperglycemia and hypoglycemia and follow the physician's recommendations if they occur.
 - Have carbohydrate-based foods and the client's insulin available.
 - Always stay hydrated.
- **Cardiovascular Disease**
 - Be sure exercise is paced and balanced with rest periods as needed.
 - Some types of exercise are not appropriate for all clients with heart disease. Check with the client's physician before starting an exercise program.
 - Avoid exercising in extreme temperatures and weather conditions.
 - Drink water before, during, and after exercise.
 - Avoid extremely hot or cold baths or saunas after exercise.
 - Slow down when walking or exercising uphill and monitor heart rate closely.
 - Start with a low level of activity and gradually increase according to the client's tolerance.
 - Stop activity if client develops a rapid or irregular heartbeat or has heart palpitations.

SECTION TWO

JANUARY

1	Have a party and eat black-eyed peas. So	2*	Play basketball using a hula hoop or waste basket. M	3	Look through a photo album and talk about the pictures in the album. So	4	Walk through a grocery store. M	5	Rub some lavender lotion on your hands to relieve stress. Se	6*	Kick a ball around outside. M	7	Make a parfait using fruit and cool whip. C
8	Dance with scarves. M	9	Sing a rap song. L	10*	Bring your hands up over your head and clap. Repeat 10 times. M EX1	11	Take pictures of your friends or housemates. So	12	Make a wall collage using the pictures of your housemates. A	13	Put on music and dance with your friends. So M	14*	Crush a candy peppermint and sprinkle on top of hot chocolate. C
15	Listen to the "I Have a Dream" Speech and celebrate Martin Luther King's birthday. L	16*	March in place 20 times. M EX2	17	Snip folded paper to make a snowflake. A	18	Play fly-swat volleyball with a balloon and fly swatter. M	19	Warm some olive oil and rub it in your hands. Se	20	Play a ring toss game. M	21	Ride the METRO to a museum. L
22	Make a card for someone special. A	23	Walk to the post office or mailbox to mail your card. M	24	Paint a picture of snow using white paint on blue paper. A	25	Lie on the floor and pretend to make snow angels. M	26*	Paint a snowman using glue and shaving cream "snow." A	27	Roll up socks and pretend to have a snowball fight. M	28	Make cinnamon toast. C
29	Pretend to make a snowman by pushing a large ball around the room. M	30	Crush ice and add flavoring to make snow cones. C	31	Throw an end of the month dance party. So	NOTES							

A • ART **L** • LEISURE **Se** • SENSORY **C** • COOKING **M** • MOVEMENT **So** • SOCIAL **Ex** • EXERCISE **BOLD** • DESCRIPTION ***** • ADAPTATION

ACTIVITY DESCRIPTIONS

14 Crush peppermint and sprinkle on top of hot chocolate.

FURTHER DESCRIPTION

- Make your favorite hot chocolate recipe.
- Unwrap candy peppermints and place in a plastic zipper bag.
- Use a wooden mallet or rolling pin to pound and crush the peppermints.

26 Paint a snowman using glue and shaving cream “snow.”

FURTHER DESCRIPTION

- Make a snowman outline on heavy paper.
- Mix 1 part glue to 2 parts shaving cream to make the snow.
- Apply the snow.

30 Crush ice and add flavoring to make snow cones.

FURTHER DESCRIPTION

- Crush ice in a blender.
- Flavor with powdered flavoring or ready to use syrup from the grocery store.

ACTIVITY ADAPTATIONS

2 Play basketball using a hula hoop or waste basket.

ADAPTATIONS

- Clients can play this game in a seated position if they use a wheelchair.
- Make sure the game is not too hard or too easy for the client. The higher the hoop is, the harder the game will be.

6 Kick a ball around outside.

ADAPTATIONS

- Clients can play this game in a seated position if they use a wheelchair.
- Make sure the game is not too hard or too easy for the client. The larger the ball, the easier it will be to kick the ball.
- Use lighter weight balls if the clients have weakness or decreased coordination.

10 Clap your hands over your head 10 times.

ADAPTATIONS

- If clients cannot reach above their heads, try having them clap their hands as high as they can.
- Provide hand-over-hand assistance for clients who are unable to actively move their arms.
- Work within the range that is comfortable for the client. Do not push beyond the point of resistance.

14 Crush peppermint and sprinkle on top of hot chocolate.

ADAPTATIONS

- For clients on low-calorie or low-sugar diets, use skim milk and sugar-free peppermint candies.

16 March in place 20 times.

ADAPTATIONS

- Can be performed from a wheelchair or seated position.
- If clients are unable to lift legs from the hip, they can tap their feet in place instead.
- If the client has poor balance, have them stand and hold onto a the back of a chair.

26 Paint a snowman using glue and shaving cream “snow.”

ADAPTATIONS

- Place paper on an easel or the wall to encourage the client to lift his arms, helping to strengthen the arms.
- Add wrist weights to increase the difficulty and to strengthen the arms.

FEBRUARY

1	Make Dirt Cake. C	2	Read a story about a groundhog and make shadows on the wall. L	3*	Use soup cans to do 10 arm curls on each arm. M EX3	4	Make heart shape ornaments out of applesauce cinnamon dough. A	5	Go on a winter nature walk and collect pinecones, twigs, etc. M	6	Sing "Head Shoulders, Knees, and Toes" standing or sitting. M EX4	7*	Play catch with a friend using a large ball. M
8	Make heart-shaped sandwiches for lunch today. C	9	Play indoor bowling with empty soda bottles and rolled up socks or balls. M	10	Put together a simple floor puzzle. L	11	Make heart-shaped Jell-o wigglers and decorate with whipped cream and dried fruit. C	12	Take a tour of Ford's Theatre and/or the Peterson House. L	13	Make heart-shaped Valentine's cards for your friends. A	14	Decorate a cupcake with pink and red frosting. C
15	Play rhythm sticks while you listen to music. L	16	Rub items of different textures on your arms and legs. Se	17	Play bean bag toss. M	18	Play Flashlight Tag. M	19*	Give yourself a relaxing facial. Se	20	Make a pot of chili with your friends. C	21*	Lift a broom stick up over your head 10 times. M EX5
22	Paint a picture of a cherry tree. A	23*	Jump or step back and forth over a stick 10 times. M EX6	24	Make windmills with stretchy bands 10 times to each side. M EX7	25	Make potpourri. Se	26	Do 10 chair push-ups. M EX8	27	Make a happy face pear salad. C	28*	Do 10 leg lifts while sitting in a chair. M EX9

NOTES

BOLD • DESCRIPTION * • ADAPTATION **So** • SOCIAL **Ex** • EXERCISE
A • ART **L** • LEISURE **Se** • SENSORY **C** • COOKING **M** • MOVEMENT

FEBRUARY

ACTIVITY DESCRIPTIONS

- 1 Make dirt cake.**
FURTHER DESCRIPTION
 - Crush 2/3 package of Oreos and spread on bottom of pan.
 - Mix 12 oz Cool Whip, 8 oz softened cream cheese, and 1 c powdered sugar in bowl.
 - Mix 2 small instant vanilla or chocolate pudding pkgs and 3 c milk in another bowl.
 - Pour mixtures together and stir. Then pour over cookies in pan.
 - Spread crushed cookies on top and refrigerate.
- 4 Make heart shape ornaments out of applesauce cinnamon dough.**
FURTHER DESCRIPTION
 - Mix together 1/2 c applesauce and 1/2 c cinnamon in a plastic zipper bag.
 - Knead together until it forms dough.
 - Roll dough out and use heart-shaped cookie cutters to cut out hearts.
 - Let dry for 12 hours.
- 15 Play rhythm sticks while you listen to music.**
FURTHER DESCRIPTION
 - Take rhythm sticks or regular sticks and tap the sticks to the floor or the table to make a beat to music.
- 18 Play flashlight tag.**
FURTHER DESCRIPTION
 - Play in the dark while sitting. Each person holds a flashlight.
 - Participants point and move the flashlight beam on the ceiling.
 - The person who is “It” uses their flashlight beam to tag the beams of the others’ flashlights.
- 24 Make windmills with stretchy* bands 10 times to each side.**
FURTHER DESCRIPTION
 - Hold stretchy band with both hands in the middle of the band.
 - Extend arms out in front and pull stretchy band diagonally across body with both hands to each side.
- 25 Make potpourri.**
FURTHER DESCRIPTION
 - Air dry flowers and herbs by placing them in a single layer on a screen to allow for ventilation for one week.
 - Flowers and herbs can also be dried by tying together small bunches and hanging them upside down to dry out.
 - Once dried, snip the petals or flower tops with scissors or pull apart with hands and add a few drops of essential oils such as lavender.

**Stretchy bands also known as Theraband™ are long pieces of stretchy material. The bands come in various thicknesses. The thicker the band the harder it is stretch the band. The “yellow” band is usually the easiest. The bands can be bought in bulk from www.Thera-band.com or other internet sites.*

27

Happy face pear salad.

FURTHER DESCRIPTION

- Take half a pear from a can and decorate it with food like raisins, carrot shreds, olives etc. designed to make a face.

28

Do 10 leg lifts with weights on ankles.

FURTHER DESCRIPTION

- Stand next to a sturdy chair or table.
- Hold onto the chair or table and kick your leg forward, backward, to the outside, or to the middle.

ACTIVITY ADAPTATIONS

3

Use soup cans to do 10 arm curls on each arm.

ADAPTATIONS

- Lighter cans like tuna can be used if soup cans are too heavy or too large for clients to grasp.
- Objects with handles like lightweight dumbbells can also be used to assist with grasping.

7

Play catch with a friend using a large ball.

ADAPTATIONS

- Can be played from a seated or standing position.
- Vary the size or weight of the ball to make it easier or more difficult.

19

Give a facial touday.

ADAPTATIONS

- Be sure to check to see if clients have any allergies or sensitivities to ingredients in facial supplies.

21

Lift a broom stick up over your head 10 times.

ADAPTATIONS

- Be sure to work within a range of motion that is comfortable for the client.
- Objects like socks filled with sand or weights can be tied around the broom to increase the weight of the stick, making lifting harder.

23

Jump back and forth over a rope 10 times.

ADAPTATIONS

- Place the rope flat on the floor. Have the client jump or step side to side over the rope.
- To make the game harder, have the client jump or step faster or raise the rope slightly off the ground.

28

Do 10 leg lifts with weights on ankles.

ADAPTATIONS

- Can be performed from seated position if client is unsafe in standing or is unable to stand.
- Vary the resistance of the weights to make it easier or harder. If adding weights is too difficult, encourage the client to do the leg lifts with no weights attached.

MARCH

1	Make a fan by folding beautiful colored paper. M	2	Walk to a neighbor's house to visit. So M	3	Make a "Touch Me" book with various textured materials. Se	4	Play "Hot Potato" to music. M	5	Make a fruit salad. C	6	Play "Ball Bounce" by taking a sheet and placing nerf balls in it and lifting the sheet up and down to music. M	7	Write a poem. L
8	Play Chair Kick Ball indoors with a beach ball. M	9*	Play with home made green slime: a mixture of cornstarch, water, and food coloring. Se	10*	Walk around with a bean bag on your head. Try not to drop it! M	11	Record your life story on a cassette tape. So	12	Make chocolate covered pretzel sticks with crushed mint cookies. C	13	Make a kite out of paper bags, streamers, and string. A	14	Fly a kite. L
15	Make a mock stained glass window picture with clear adhesive covering and tissue paper. A	16	Make a veggie salad with only green vegetables. C	17	Throw a St. Patrick's Day party. Be sure to dance! So M	18	Listen to a book on tape. L	19	Go on a Scavenger Hunt outdoors. M	20	Make a picture with scented finger paints. A	21*	Do body stretches. M
22	Make a fruit punch. C	23	Go on a Springtime Egg Hunt. L	24	Do hand exercises in dough. M	25	Write a letter to a friend. So	26	Go to the park and play a game of basketball. M	27	Knead dough and make bread braids. C	28	Take a walk and make a nature bracelet. M
29	Listen to classical music. L	30	Play Waste Paper Basketball by crumbling paper into a ball and tossing into a waste basket. M	31	Make a marble painting. A	NOTES							

A • ART **L** • LEISURE **Se** • SENSORY **C** • COOKING **M** • MOVEMENT **So** • SOCIAL **Ex** • EXERCISE **BOLD** • DESCRIPTION ***** • ADAPTATION

ACTIVITY DESCRIPTIONS

- 3** **Make a “Touch Me” book with various textured materials.**
FURTHER DESCRIPTION
- Glue items of different textures such as cotton, wool, plastic, tape, feathers, sandpaper, etc. on different pages to form a book.
 - Talk with the clients about how each texture feels to them.
- 9** **Make green slime: A mixture of cornstarch, water, and food coloring.**
FURTHER DESCRIPTION
- Add 2 parts cornstarch and a few drops of green food coloring to a bowl.
 - Slowly add in 1 part water to the mixture and stir with hands.
 - Add in another measure of water a few drops at a time until the mixture changes consistency and becomes sticky and slimy.
- 12** **Make chocolate covered pretzel sticks with crushed mint cookies.**
FURTHER DESCRIPTION
- Melt chocolate either on the stove or in the microwave. Crush mint cookies. Take pretzel sticks and dip them in the chocolate then roll them in the crushed mint cookies. Place them on wax paper to dry, then eat, smell and enjoy.
- 20** **Make a picture with scented finger paints.**
FURTHER DESCRIPTION
- Pour different colored paints into bowls.
 - Add 3-5 drops of scented oils (lavender, pine, spruce, fir, peppermint, chamomile, clove, wintergreen etc.) to the paints.
- 21** **Do body stretches.**
FURTHER DESCRIPTION
- Stretching ideas include raising arms up over head and bending to each side, bending down to touch toes, propping one leg up on a surface and bending forward at the waist, etc.
 - Stretching can be done sitting or standing.
- 24** **Do hand exercises in dough.**
FURTHER DESCRIPTION
- Exercise ideas include practicing squeezing the dough, rolling the dough in the palm of the hand, pinching the dough with the thumb and fingers, etc.

28 **Take a walk and make a nature bracelet.**

FURTHER DESCRIPTION

- Wrap a strip of 2 inch wide tape around each person’s wrist with the sticky side facing out.
- During the walk, have clients stick interesting objects to their bracelet.

31 **Make a marble painting.**

FURTHER DESCRIPTION

- Place a piece of paper in the bottom of a box or shoebox.
- Sprinkle a couple different colors of paint and some marbles in the box and place the lid onto the box.
- With the lid on, have the clients shake the box to spread the paint and make a picture. Take the paper out and admire the picture.

ACTIVITY ADAPTATIONS

9 **Make green slime: A mixture of cornstarch, water, and food coloring.**

ADAPTATIONS

- Make sure that clients do not have allergies to ingredients.
- Be respectful of any sensitivity that clients may have to touching the slime. Do not force people to touch it if they do not wish to.
- Clients may wish to wear gloves or keep the slime in a plastic bag and move the bag.

10 **Walk around with bean bags on your head.**

Try not to drop them!

ADAPTATIONS

- This activity can be performed while propelling oneself in a wheelchair.
- Different objects can be used if bean bags are unavailable or too difficult. Ideas include open books, small pillows, or fabric.

21 **Do body stretches.**

ADAPTATIONS

- Exercises involving bending forward or rotating to the sides should not be performed by clients who have osteoporosis.

APRIL

1	Make a cake that looks like Spaghetti and Meatballs. C	2	Make circles with your arms forward, backward, small, large 10 times each. Do one arm or both arms together. M EX10	3	Make a flower windsock. A	4	Make pizza with your friends and have a party. So	5	Make a necklace with painted noodles. A	6	Play Tug of War with a sheet or towel. M	7	Give a neck massage to a friend. Se
8	Play indoor golf. M	9	Write a simple play. L	10	Make posters to advertise your play and invite people to come see it. A	11	Practice the play. L	12	Make simple costumes for the play. A	13	Have a dress rehearsal for the play. L	14	Perform the play for an audience! L
15	Have a cast party to celebrate your performance in the play! So	16*	Practice batting a baseball. M	17*	Practice catching and throwing a baseball. M	18	Make up a team name for your baseball team. L	19*	Play a baseball game! M	20	Cut biscuits into flower shapes. C	21	Play relay races using spoons to carry eggs or beans across the room. M
22	Walk through your neighborhood and collect items to recycle. M	23	Take a bubble bath. Se	24	Pass a heavy ball or object to your friend sitting in a circle 10 times in both directions. M	25	Decorate umbrellas and have a parade. A M	26	Decorate a flower pot. A	27	Plant a flower in the pot. A	28*	Go outside and spray balloons with a water bottle. L
29	Listen to and dance to "Singing in the Rain." M	30	Have an end-of-the month party. So	NOTES									

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APRIL

ACTIVITY DESCRIPTIONS

- 1** **Make a cake that looks like Spaghetti and Meatballs.**
FURTHER DESCRIPTION
- Bake a round cake and frost one (1) layer with white frosting.
 - Use pastry bags with round tips to squirt strings of frosting “noodles” all over the cake.
 - Place tootsie rolls or chocolate donut holes on cake for meatballs.
 - Use strawberry topping as sauce.
 - Sprinkle coconut on top as cheese.

- 8** **Play indoor golf.**
FURTHER DESCRIPTION
- Use plastic toy golf set or household materials such as a broom or yard stick to hit plastic ball into target such as cup or garbage can.

- 28** **Go outside and spray balloons with a water bottle.**
FURTHER DESCRIPTION
- Blow up balloons and attach to a board with push pins.
 - Have clients stand at a distance and use a spritz bottle to aim at balloons.

ACTIVITY ADAPTATIONS

- 16** **Practice batting a baseball.**
ADAPTATIONS
- Use a larger bat or ball (or both) to make it easier for clients to hit.
 - A batting tee can be used to hit from if clients have difficulty aiming for the moving ball.
 - Use a beach ball or balloon to help ensure success.

- 17** **Practice catching and throwing a baseball.**
ADAPTATIONS
- Use Velcro mitts or hands only if it is difficult for client to catch with baseball glove.
 - Vary the distance or size of the balls according to the skill level of the clients.

- 19** **Play a baseball game.**
ADAPTATIONS
- Modify “baseball game” for client’s abilities such as hitting off a tee, using a lighter ball, using a wiffle ball and bat.
 - Change the rules so everyone has a chance to play.

- 28** **Go outside and spray balloons with a water bottle.**
ADAPTATIONS
- Practice thinking skills by having clients aim for specific colors or target balloons in a given sequence.

MAY

1	Bring baskets of flowers to your neighbor's house. So	2	Make homemade bubbles and wands. L	3	Make burritos for a Mexican fiesta. C	4	Make a piñata for Cinco de Mayo. A	5	Throw a Cinco de Mayo party with your piñata! So	6	Make homemade musical instruments. A	7	March with your musical instruments. M
8	Take a trip to the zoo. L	9	Fill empty pillow cases with rice to make weighted pillows. Use them to provide deep pressure. Se	10	Do Spring Cleaning: dust, sweep, and help rearrange the furniture. M	11	Hit a balloon around the room. Don't let it touch the floor! M	12	Make fresh squeezed lemonade. C	13	Make a picture using paint rollers. A	14	Launch beanbags by placing them on top of your foot and kicking. M
15	Make meatballs and spaghetti. Set the table with an Italian theme. C	16	Make pictures out of thumb and finger prints. A	17	Do exercises by playing "Simon Says." M	18	Plant a garden outside. L	19	Go on a picnic. So	20*	Play beanbag wastebasket-ball. M	21	Make lacing cards. A
22*	Play a game of balloon tennis. M	23	Take a trip to the Botanical Gardens. L	24	Bake and decorate a cake. C	25	Make a necklace out of clay beads. A	26	Walk barefoot in the grass. Se	27	Make an herbal swag. A	28	Take a trip to the library. L
29	Make vegetable prints using various vegetables. A	30*	Place familiar scents in bottles and try to name them. Se	31*	Make body music by stomping feet, clapping hands, snapping fingers, etc. M	NOTES							

A • ART **L** • LEISURE **Se** • SENSORY **C** • COOKING **M** • MOVEMENT **So** • SOCIAL **Ex** • EXERCISE **BOLD** • DESCRIPTION * • ADAPTATION

ACTIVITY DESCRIPTIONS

- 2** **Make homemade bubbles and wands.**
FURTHER DESCRIPTION
- For bubbles, mix 1 c dish soap, 1 c corn syrup, 3 c water, and food coloring (optional).
 - Wands can be made from hangers, pipe cleaners, or other bendable wire objects.
- 6** **Make homemade musical instruments.**
FURTHER DESCRIPTION
- Make instruments from a variety of everyday materials such as decorated empty oatmeal boxes and sticks, paper plates stapled together filled with beans, or empty containers filled with materials that rattle when shaken.
- 9** **Fill empty pillow cases with rice to make weighted pillows.**
FURTHER DESCRIPTION
- Fill pillow case with rice to desired weight (1 lb, 2 lb, 3 lb, etc.).
 - Sew end closed tightly using sewing machine or by hand.
 - When relaxing place the weighted pillow on your shoulders or chest providing comforting pressure.
- 20** **Play beanbag wastebasket-ball.**
FURTHER DESCRIPTION
- Throw beanbags into wastebaskets.
 - When you make a basket move the basket further away from you to make it harder.
- 21** **Make lacing cards.**
FURTHER DESCRIPTION
- Trace and cut out pattern of desired shape on heavy paper.
 - Use hole puncher to make holes around edge of the shape.
 - Thread with yarn from one end of the shape to the other to outline shape.
- 25** **Make a necklace out of clay beads.**
FURTHER DESCRIPTION
- Mix 1/2 c cornstarch, 1/2 c flour, and 1/2 c salt in a bowl.
 - Slowly add warm water until the mixture sticks together and can be shaped.
 - Roll dough into small beads, pierce beads with toothpicks and allow to dry.
 - Paint or decorate beads as desired and allow to dry. Spray beads with acrylic finish and let dry. Once dry, string beads to make your necklace!
- 27** **Make an herbal swag.**
FURTHER DESCRIPTION
- Bunch fresh herbs such as basil, mint, dill, parsley, etc. together.
 - Secure with a rubber band on the end and tie a ribbon to hide the rubber band.
 - Hang upside down to dry.

- 29** **Make vegetable prints using various vegetables.**
FURTHER DESCRIPTION
- Carve or cut shapes into fruits or vegetables such as potatoes, carrots, turnips, or apples.
 - Dip carved fruits or vegetables into bowl of paint and stamp on paper as desired.

- 30** **Place familiar scents in bottles and try to name them.**
FURTHER DESCRIPTION
- Suggestions for different scents include perfumes, colognes, lavender oil, peppermint, chamomile, or lemon.

ACTIVITY ADAPTATIONS

- 20** **Throw beanbags into wastebaskets getting further away from the basket each time you make it.**
ADAPTATIONS
- Modify the size of wastebasket used or object thrown to increase or decrease difficulty.
 - Heavier bean bags can be used to help increase muscle strength.
 - Substitute textured balls such as Koosh balls or squish balls to increase tactile awareness.
- 22** **Play a game of balloon tennis.**
ADAPTATIONS
- Larger tennis rackets and beach balls may be used.
 - Add weights around the client's wrist to help build strength during the activity.
- 30** **Place familiar scents in bottles and try to name them.**
ADAPTATIONS
- When you want to calm down, use soothing scents such as lavender, geranium, or rose.
 - When you want to become more alert, try scents such as peppermint, grapefruit, lemon, etc.
 - Remember that each person has different olfactory (smell) needs and sensitivities; be sure to find the right scent for each person.
- 31** **Make body music by stomping feet, clapping hands, snapping fingers, etc.**
ADAPTATIONS
- When clients have a hard time making a movement, provide hand-over-hand assistance.
 - Repeat simple movements for clients who have difficulty. Add more steps to increase difficulty.
 - Have clients take turns being the leader to increase participation and motivation.

JUNE

1	Talk about what your favorite season is and why. L	2	Put on your favorite baseball cap and go for a walk. M	3	Make Popsicles. C	4	Wash a car or have a car wash. Se	5	Make a sailboat. A	6	Go to a local pond, lake, or river to launch toy sailboats. L	7*	Make some play dough. A
8	Read the book <i>Watermelon Day</i> and eat watermelon. L	9	Make watermelon splash cookies. C	10*	Go swimming at a local pool. M	11	Do sand art. A	12	Fill 2 liter bottles 1/2 way with sand and lift overhead 10 times. M	13	Make hand-held wave machines. Se	14	Discuss importance of sunscreen and put some on to go on a walk. M
15	Make postcards and mail to a friend. So	16	In the evening, go outside and catch lightning bugs. M	17	Paint with cotton balls and clothespins. A	18	Take pictures of the garden you planted last month. A	19	Make leis (Hawaiian flower necklaces). A	20	Learn to hula and do the limbo. M	21	Have a luau to celebrate the first day of summer. So
22	Make a table cloth and cookies for tomorrow. A C	23	Talk about table manners and have a tea party. So	24*	Go fishing. M	25	Celebrate graduations. So	26	Go on a walk and look for bugs and butterflies. M	27	Make a slimy snack with flavored gelatin and gummy worms. C Se	28	Have a lemonade stand. So C
29	Have a water balloon toss. M	30	Have an ice cream social and invite the neighbors. So C	NOTES									

A • ART **L** • LEISURE **Se** • SENSORY **C** • COOKING **M** • MOVEMENT **So** • SOCIAL **Ex** • EXERCISE **BOLD** • DESCRIPTION * • ADAPTATION

ACTIVITY DESCRIPTIONS

- 3 Make Popsicles.**
FURTHER DESCRIPTION
- Mix 1 c vanilla yogurt, 6 oz. orange juice concentrate, and 1-2 c milk in bowl.
 - Pour mixture into paper cups or ice cube tray and place in freezer.
 - When mixture is half frozen, put one Popsicle stick into each cup. Continue freezing until fully frozen.
- 7 Make some play dough.**
FURTHER DESCRIPTION
- Mix 1 1/2 c flour and 3/4 c salt together in one bowl.
 - Mix 1 1/2 c water, 1 1/2 T cooking oil, and food coloring in a second bowl.
 - Mix two bowls together and heat on stove until mixture begins to loosen from sides of pan. Knead, cool and store.
- 9 Make watermelon splash cookies.**
FURTHER DESCRIPTION
- Follow any sugar cookie recipe and die the dough red with food coloring.
 - Roll dough into a log. Then, roll the log into green sugar. Wrap and refrigerate for about 1 hour.
 - Cut log into 1/4 in slices and cut each slice into half (watermelon shape).
 - Push mini chocolate chips into each slice for watermelon seeds.
 - Bake according to recipe directions.
- 13 Make hand-held wave machines.**
FURTHER DESCRIPTION
- Add equal amounts of water and vegetable oil to desired height in empty soda bottle.
 - Add food coloring, glitter, and/or sequins.
 - Secure lid on bottle. Tip bottle on its side and watch the waves move!
- 17 Paint with cotton balls and clothespins.**
FURTHER DESCRIPTION
- Secure cotton ball on the end of clothespin.
 - Dip in paint and create a masterpiece!

ACTIVITY ADAPTATIONS

- 7 Make some play dough.**
ADAPTATIONS
- Make play dough you can eat. You can find a recipe on the internet or library.
 - One common edible recipe involves peanut butter. Be certain client does not have an allergy to peanuts.
- 10 Go swimming at a local pool.**
ADAPTATIONS
- Use floatation devices for clients who are not strong swimmers or just to have fun while swimming.
 - For clients who have difficulty swimming, do water aerobics by having them hold onto the edge of the pool and kick, walk back and forth the length of the pool, or move arms in and out of the water.
- 24 Go fishing.**
ADAPTATIONS
- Indoor fishing can be done when clients can not go to a fishing pond outside.
 - Make homemade fishing rods from sticks, strings, and magnets. Catch paper fish with paper clips attached to them.
 - Thinking skills can be practiced by attaching questions to fish, fishing for certain colors, counting fish, etc.

JULY

1	Make a blow art picture to represent fireworks. A	2	Drive out to the beach and collect shells. L	3	Have a pre-July 4th BBQ and prepare hamburger patties. C So	4	Have a 4th of July parade and watch fireworks. M Se	5	Plan a camping trip. L	6	Go to the store to buy food and supplies for the camping trip. M	7	Pack for your camping trip. M
8*	Pitch a tent and set up the campsite. M L	9	Go for a hike near your campsite. M	10	Make S'mores! C	11	Decorate a mirror or picture frame with shells. A	12	Walk around the track at a local school. M	13	Make French Crepes. C	14	Wear red, white, and blue and celebrate Bastille Day. L
15*	Give each other pedicures. So	16	Have a crab feast. So C	17	Plan for a garage sale. L	18	Have a garage sale. M So	19	Visit local nature center and learn about composting. L	20	Start a compost area. Se	21	Go to a water aerobics class. M
22	Learn how to exercise safely in the heat. L	23	Rent a paddle boat in the Tidal Basin. M	24	Go to a Farmer's Market. M	25	Make vegetable kabobs. C	26	Listen to soothing music and listen to someone doing guided visual imagery. Se	27*	Do 10 partial sit-ups and 10 partial push-ups. M	28	Go to an outdoor play. L
29	Play in a sprinkler. M	30	Make homemade ice cream. C	31	Make a banana split using the homemade ice cream. C	NOTES							

A • ART **L** • LEISURE **Se** • SENSORY **C** • COOKING **M** • MOVEMENT **So** • SOCIAL **Ex** • EXERCISE **BOLD** • DESCRIPTION ***** • ADAPTATION

JULY

ACTIVITY DESCRIPTIONS

- 1** **Make a blow art picture to represent fireworks.**
FURTHER DESCRIPTION
- Place drops of different-colored, non-toxic paints on a piece of dark paper.
 - Have clients use straws to blow the paint and spread it out to look like fireworks.
- 25** **Make vegetable kabobs.**
FURTHER DESCRIPTION
- Place a variety of vegetables on a skewer. Marinate as desired.
 - Grill or broil.
- 30** **Make homemade ice cream.**
FURTHER DESCRIPTION
- Use a favorite homemade ice cream recipe and mix following the directions.
 - Use 2 empty metal containers that fit inside of each other such as empty coffee cans.
 - Pour ice cream mixture into smaller can and secure lid tightly.
 - Place small can inside the other, leaving an inch between the 2 cans.
 - Fill sides with alternating rows of ice and rock salt. Secure lid for larger can tightly.
 - Have clients shake, roll, or kick the can around for approximately 20 min.
 - Check to see how frozen it becomes.

ACTIVITY ADAPTATIONS

- 8** **Pitch a tent and set up the campsite.**
ADAPTATIONS
- If unable to go away for a trip, backyards or indoor spaces can be used as campsites and blankets can be used as tents.
- 15** **Give each other pedicures.**
ADAPTATIONS
- Check with physician or podiatrist before proceeding with any cutting or clipping of nails.
 - If cutting or clipping of nails is prohibited, do foot massages and polish only.
- 27** **Do 10 partial sit-ups and 10 push-ups.**
ADAPTATIONS
- Push-ups can be made easier by having clients push up from the knees or from standing in front of a wall and pushing back and forth.
 - Seated push-ups can also be done for clients who are unable to stand safely or perform a floor push-up. To do a seated push-up, have clients push down on the arms of the chair to lift their bottom off seat.

AUGUST

1	Give yourself a beauty makeover by going to the barber shop or beauty shop. Se	2	Go peach picking. M	3	Make a peach pie. C	4	Do a picture with spin art. A	5*	Search for hidden objects in a container of rice. Se	6	Make peach smoothies. C	7	Make a fruit and veggie collage with pictures from magazines. A
8	Make fresh squeezed limeade. C	9	Cool off by using hand held, battery-operated fans. Se	10	Go for a walk and find a shady tree to sit under. M Se	11	Use scented paper to write a letter or draw a picture. Se A	12	Play card games. So	13	Check out local yoga programs on website or library and do some yoga. M	14	Paint a summer scene with water colors. A
15	Go to Farmer's Market and get wild flowers. M	16	Make a wild flower bouquet. A	17*	Play a game of croquet. M	18	Go to an outdoor free concert. L	19	Weed out the garden. M	20	Walk barefoot in the sand. Se	21	Shake and make homemade butter and biscuits. C
22	Go to a local carnival. L	23*	Play a game of badminton outdoors. M	24	Shop at the "Back to School" sales. M	25	Go to a local park and find birds. L	26	Have a summer sing along. L	27	Make letter pretzels out of dough. C	28	Make puppets from socks or paper lunch bags. A
29	Have story time with the puppets. C	30	Pick sweet corn and shuck it. So	31	Throw an end of the summer party. L	NOTES							

A • ART **L** • LEISURE **Se** • SENSORY **C** • COOKING **M** • MOVEMENT **So** • SOCIAL **Ex** • EXERCISE **BOLD** • DESCRIPTION ***** • ADAPTATION

AUGUST

ACTIVITY DESCRIPTIONS

6 Make peach smoothies.

FURTHER DESCRIPTION

- Slice and remove pit from large peach.
- Blend peach slices with ice cubes and 1/2 c each of peach yogurt and milk together in a blender.

21 Shake and make homemade butter and biscuits.

FURTHER DESCRIPTION

- For butter: Place 1 T of whipping cream in a baby food jar and shake until butter forms. Depending on the amount of force used to shake the bottle this activity could take up to 10 to 15 minutes or longer.
- Follow your favorite biscuit recipe or use refrigerated biscuits and spread butter on them.

27 Make letter pretzels out of dough.

FURTHER DESCRIPTION

- Use your favorite bread dough recipe or refrigerated bread dough.
- Roll pieces to form letters.
- Brush with beaten eggs and sprinkle with salt or sesame seeds.
- Bake according to recipe.

ACTIVITY ADAPTATIONS

5 Search for hidden objects in a container of rice.

ADAPTATIONS

- Vary the size of the objects to hide. Larger objects are easier to find.
- Use different textures to provide variety and enhance tactile awareness. Suggestions for other textures include sand, beans, or fake snow.
- Clients may use gloves if they prefer not to touch the rice or other substance.
- Have clients use their sense of touch to guess what they are feeling.

17 Play a game of croquet.

ADAPTATIONS

- Eliminate wickets or use larger wickets if it is too difficult for client to aim ball.

23 Play a game of badminton outdoors.

ADAPTATIONS

- Use larger rackets and birdies to make it easier.
- Play a game without nets to make the game easier.

SEPTEMBER

1	Play a game of musical chairs. M	2	Make and play kazoo using cardboard tubes, wax paper, and rubber bands. A L	3	Read the book <i>Picking Apples and Pumpkins</i> by Amy Hutchings. L	4	Practice rolling on the bed or on the floor. M	5	Make apple muffins. C	6	Make a textured drawing using crayons and a screen. A	7*	Play a game of soccer with your friends. M
8	Rub apple-scented lotion on your arms and hands. Se	9	Interview someone's grandparent or an older adult about their life. So	10	Write a Thank-You note for the person you interviewed yesterday. So	11	Make personalized lunch bags. A	12	Toss green, red, and yellow beanbags into a basket and pretend they are apples. M	13	Glue pieces of red tissue paper onto a precut apple shape. A	14	Toss a Nerf or soft football around. M
15	Make Fruit Putty out of sugar-free Jell-O or Kool-Aid. Se	16	Read <i>The True Story of Johnny Applesseed</i> by Margaret Hodges. L	17	Go to a Farmer's Market or apple orchard and pick out some apples. M	18	Make some fresh applesauce. C	19	Make textured finger paint out of shaving cream and uncooked rice. A	20	Play Follow the Leader and practice different kinds of movement to music. M	21	Make caramel apples. C
22*	Jump on a mini-trampoline or pillows placed on the floor. M	23	Go to the library and read a book. L	24	Make shrunken apple faces. A	25	Make and eat Ants on a Log snacks using celery, raisins, and peanut butter or cream cheese. C	26	Plan to have a Backwards Day. Make dinner for breakfast etc. L	27	Have a Backwards Day! L	28	Take a sensory walk and name everything you can hear. Se
29	Make and lace leaf-shaped lacing cards. A	30	Make baked apples. C	NOTES									

A • ART **L** • LEISURE **Se** • SENSORY **C** • COOKING **M** • MOVEMENT **So** • SOCIAL **Ex** • EXERCISE **BOLD** • DESCRIPTION * • ADAPTATION

ACTIVITY DESCRIPTIONS

- 2** **Make and play kazooos using cardboard tubes, wax paper, and rubber bands.**
FURTHER DESCRIPTION
- Take a cardboard tube and paint and decorate it. Place a six inch circle cut out of wax paper and place over one end of the tube securing it with a rubber band. Make sounds through the open end and play your favorite tunes.
- 15** **Make Fruit Putty out of sugar-free Jell-O or Kool-Aid.**
FURTHER DESCRIPTION
- Mix pkg of sugar-free fruit flavored Jell-O or Kool-Aid with 2 c flour, 1 c salt, and 4 T cream of tartar.
 - Add 2 c boiling water and 2 T cooking oil.
 - Heat until mixture forms a ball.
- 18** **Make some fresh applesauce.**
FURTHER DESCRIPTION
- Core, peel, and cut 1 lb apples into wedges.
 - Add up to 1/3 c sugar, pinch of cinnamon, and 1/3 c water.
 - Bring to boil, then reduce heat and simmer on low heat for 5 min or until mixture is soft.
 - Blend until desired texture is achieved.
- 19** **Make textured finger paint out of shaving cream and uncooked rice.**
FURTHER DESCRIPTION
- Mix shaving cream with uncooked rice.
 - Add food coloring to make a favorite colored paint.
- 24** **Make shrunken apple faces.**
FURTHER DESCRIPTION
- Peel, core, and carve a face into an apple.
 - Dip in lemon juice and let it sit in a dry place and it will shrivel.
- 29** **Make and lace leaf-shaped lacing cards.**
FURTHER DESCRIPTION
- Take oak tag paper or manila folder and trace a leaf shape on the paper. Cut it out and punch holes all around the edges. Use shoe string or yarn and lace in and out of the holes. Decorate if desired.

ACTIVITY ADAPTATIONS

- 7** **Play a game of soccer with your friends.**
ADAPTATIONS
- Set up cones and have clients kick the ball in between them. Place cones farther apart for beginners and closer together for more advanced clients.
 - Eliminate game rules and play components to practice skills such as dribbling the ball, kicking a moving ball, passing the ball to one another, and aiming at a large goal.
 - Use a lighter weight ball to make it easier for a client who is weak or not as coordinated.
- 22** **Jump on a mini-trampoline or pillows placed on the floor.**
ADAPTATIONS
- Make sure activity is conducted in a large, open space.
 - Clients can hold hands for support if balance is an issue.
 - If clients can not jump off the ground, have them walk across or bounce on the trampoline or pillows.
 - Have clients jump to music to increase or decrease rate of jumping.

OCTOBER

1	Toss Koosh or other soft, fuzzy ball to your friends. M	2	Rock in a rocking chair. Se	3*	Play Musical Carpet Squares. M	4	Make pumpkin muffins. C	5	Make a leaf rubbing picture. A	6	Play a parachute activity with a pile of leaves. M	7	Read <i>Why Do Leaves Change Color?</i> By Betsy Maestro. L
8	Use a magnifying glass to examine leaves. Se	9	Make frozen bananas covered with cereal and chocolate. C	10*	Take pieces of stretchy exercise band and pull apart with both hands 10 times. M EX11	11	Relax in a beanbag chair. Listen to music while you relax. Se	12	Go to the library and find out about Christopher Columbus. L	13	Walk barefoot in leaves and kick them. Se	14	Go on a walk and collect leaves. Talk about the colors you see. M
15	Preserve the leaves you collected using wax paper. A	16	Make a pumpkin windsock. A	17	Go to a pumpkin patch and pick out pumpkins. L	18	Remove seeds from one pumpkin and toast them. Se C	19	Make a pumpkin pie. C	20	Plan for a Halloween costume party and send homemade invitations. L	21	Buy supplies for your Halloween costume. L
22	Make a Halloween costume. A	23	Take in fall smells, sounds, and colors while swinging in a hammock or lying on a blanket in the grass. Se	24	Use your imagination and make Halloween decorations. C	25	Play Pumpkin Hide-and-Seek and look for paper pumpkins around the house. M	26	Make pumpkin-shaped cookies. C	27	Make and stuff a scarecrow for the yard. A	28	Use the preserved leaves to make placemats for your party guests. A
29	Decorate a cake for Halloween. C	30	Carve a pumpkin. A Se	31	Throw a Monster Bash! L	NOTES							

A • ART **L** • LEISURE **Se** • SENSORY **C** • COOKING **M** • MOVEMENT **So** • SOCIAL **Ex** • EXERCISE **BOLD** • DESCRIPTION * • ADAPTATION

ACTIVITY DESCRIPTIONS

3 Play Musical Carpet Squares.

FURTHER DESCRIPTION

- This game is like musical chairs except carpet squares are used instead of chairs. Stand and play music. Have each person walk around the carpet squares. When the music stops the person stands on the nearest carpet square.

6 Play a parachute activity with a pile of leaves.

FURTHER DESCRIPTION

- Each client grips the edge of the parachute and holds it taut in a circle. Have them move the parachute up and down with leaves on the top of the parachute creating them to move up and down in the air. This can be done to music to add another sensory element.

9 Make frozen bananas with cereal and chocolate.

FURTHER DESCRIPTION

- Peel a banana, cut in half, and stick a Popsicle stick in the flat end.
- Dip into melted chocolate.
- Sprinkle favorite crushed cereal onto banana.
- Place in freezer.

15 Preserve the leaves you collected using wax paper.

FURTHER DESCRIPTION

- Place leaves on top of waxy side of wax paper.
- Cover with another piece of wax paper so the waxy side is touching the leaves.
- Place towel on top and iron for about 1 min, until leaves become coated with wax.
- Peel or cut away excess wax paper.

16 Make a pumpkin windsock.

FURTHER DESCRIPTION

- Cut out 2 drawings of pumpkin and decorate.
- Attach several strips of crepe paper (streamers) between pumpkin cut-outs.
- Punch a hole into the top and attach a string to hang windsock from the ceiling.

ACTIVITY ADAPTATIONS

3 Play Musical Carpet Squares.

ADAPTATIONS

- Clients who use wheelchairs can be pushed from square to square.
- Clients can be instructed to either sit, stand, or squat on carpet squares in order to use different muscles.
- Thinking skills can be challenged by identification of colors or counting.

10 Take pieces of stretchy exercise band and pull apart with both hands 10 times.

ADAPTATIONS

- Stretchy exercise bands come in a variety of colors that tell you how hard they are to stretch. Start with the easiest bands. As strength increases, use the harder bands.

NOVEMBER

1	Go to the library and learn about the holiday El Día de Los Muertos. L	2	Make and eat the tasty Mexican bread, Pan de Muerto. C	3*	Loop a stretchy band around the leg of a chair, insert leg and kick out 10 times. M EX12	4	Make cornmeal playdough. A	5	Make colored popcorn collages. A	6	Create a home spa to de-stress yourself before the holiday rush. Se	7	Make a tambourine and play it. A L
8*	Jump on a sheet of bubble wrap to pop the bubbles. M	9	Make the traditional West African dish Fufu. C	10	Practice standing up from a chair 10 times fast and then 10 times slow. M EX13	11	Celebrate Veteran's Day. Go visit the memorials for fallen soldiers. L	12	Make drums and learn about Native American dances. L	13	Perform Native American dances while playing the drums. M	14	Rake leaves in the yard. M
15	Read <i>Learning About Thanksgiving</i> by Pat Stewart. L	16	Make Thanksgiving placemats. A	17	Plan for a Thanksgiving dinner. L	18	Listen to a tape of sounds and try to identify what they are. Se	19	Make a collage of things you are thankful for. A	20	Learn about Native Americans at the National Museum of the American Indian. L	21	Make Thanksgiving decorations such as hand turkeys, dream catchers, etc. A
22	Have a turkey bowl. M	23	Happy Thanksgiving! Cook and enjoy your dinner today! So C	24	Practice kicking a football in the yard. M	25	Make some recycled crayons. A	26	Color holiday pictures with the recycled crayons. A	27	Step up and down on a curb or kitchen stool to music. M	28	Take a bubble bath. Se
29	Make homemade wrapping paper. A	30	Make carrot cake. C	NOTES									

A • ART **L** • LEISURE **Se** • SENSORY **C** • COOKING **M** • MOVEMENT **So** • SOCIAL **Ex** • EXERCISE **BOLD** • DESCRIPTION * • ADAPTATION

NOVEMBER

ACTIVITY DESCRIPTIONS

- 4 Make cornmeal playdough.**
FURTHER DESCRIPTION
- Mix 1 1/2 c flour, 1 1/2 c cornmeal, 1 c salt, 1 c water, and food coloring in bowl.
 - Knead until workable.
- 22 Have a turkey bowl.**
FURTHER DESCRIPTION
- Use frozen turkeys or turkey breasts (with plastic and netting left on) to knock down bowling pins.
 - Use empty or partially-filled (with sand) plastic bottles as bowling pins.
- 25 Make some recycled crayons.**
FURTHER DESCRIPTION
- Peel paper off of old crayons and sort crayons according to similar colors.
 - Line miniature muffin pan with aluminum foil and place crayon pieces in muffin pan.
 - Place in oven at 200 degrees for 10 min. Cool for at least 30 min.
 - When crayon is cooled, remove from pan and peel foil.
 - Crayons are ready to be used.

ACTIVITY ADAPTATIONS

- 3 Loop a stretchy band around the leg of a chair, insert leg and kick out 10 times.**
ADAPTATIONS
- Can be performed from seated position if client is unable to stand or is unable to stand.
 - Vary the color (resistance) of the bands to make it easier or harder. If using the band is too difficult, encourage the client to do the leg lifts without a band.
 - More repetitions can be completed if the client has the strength and endurance to do so. Likewise, fewer repetitions can be performed if the client finds the task to be too hard.
- 8 Jump on a sheet of bubble wrap to pop the bubbles.**
ADAPTATIONS
- If clients are unable to jump, they can be encouraged to walk or wheel across the bubbles in order to pop them.
 - Clients who are unable to walk can also be encouraged to pop the bubbles with their fingers.
 - Clients can be encouraged to take off shoes and perform activity barefooted in order to increase tactile input.
 - Can be done sitting also.

DECEMBER

1	Play snowball knockdown outside using empty soda bottles and snowballs. M	2	Listen to someone read <i>The Gingerbread Boy</i> by Paul Galdone and imagine what is happening. L	3	Plant the flower, Paper Whites in a small pot. L	4	Build a gingerbread house. A	5	Make cinnamon candied apples. C	6*	Play street or indoor hockey. M	7	Make holiday cards. A
8	Light cinnamon-scented candles throughout the house. Se	9	Do a dreidel dance. Find directions on-line or at the library. M	10	Read <i>Hanukkah Lights</i> by Dian Smith. L	11	Make Latkes (potato pancakes). Serve with sour cream and applesauce. C	12	Make holiday gifts for family and friends such as Popsicle stick picture frames. A	13	Make a plaster hand print. A	14	Go to the Sculpture Garden and watch ice skaters. L
15	Light a candle in the menorah. L	16	Make holiday paper chains. A	17	Go holiday shopping. L	18	Put up and decorate a Christmas tree. A	19	Make an orange clove ball. Se A	20	Wrap holiday presents. A	21	Bake holiday cookies to share with a friend or neighbor. C So
22	Sing and dance to holiday music. So M	23	Go see a holiday play. L	24	Cook Christmas Eve dinner. C	25	Celebrate Christmas with family and friends. So	26	Learn about Kwanza. L	27	Plan a Kwanza or New Year's celebration. L	28	Take a field trip to see the National Christmas Tree or National Menorah. L
29	Listen to a relaxation CD. Se L	30	Play board games like Checkers or Connect 4. So L	31	Celebrate New Year's Eve and/or Kwanza! So	NOTES							

A • ART **L** • LEISURE **Se** • SENSORY **C** • COOKING **M** • MOVEMENT **So** • SOCIAL **Ex** • EXERCISE **BOLD** • DESCRIPTION ***** • ADAPTATION

DECEMBER

ACTIVITY DESCRIPTIONS

- 1** **Play snowball knockdown using empty soda bottles and snowballs.**
FURTHER DESCRIPTION
- Rolled-up socks can be used for snowballs if there isn't any snow.
- 5** **Make cinnamon candied apples.**
FURTHER DESCRIPTION
- Combine 2 c water and 1 c cinnamon candies (Red Hots) into skillet.
 - Stir over medium heat until candies dissolve.
 - Core apples and cut into 1/2 in thick rings.
 - Add apples to syrup mixture and simmer until soft. Turn off stove and allow apples to cool in syrup.
 - Serve warm or chilled.
- 19** **Make an orange clove ball.**
FURTHER DESCRIPTION
- Take an orange and insert or push whole cloves all over the orange.
 - Place in a room and it will freshen the air and provide a pleasant scent.

ACTIVITY ADAPTATIONS

- 6** **Play hockey.**
ADAPTATIONS
- Use balls or rolled-up socks instead of a puck.
 - Practice components of the game of hockey by having clients pass to one another, aim for a goal, or hit a moving ball.
 - Use yardsticks or brooms instead of a hockey stick.

SECTION **THREE**

EXERCISES

1. **Hands Over Head**January 10
2. **March in Place**January 16
3. **Arm Curls**February 3
4. **Head, Shoulders, Knees and Toes**February 6
5. **Lift a Broomstick**February 21
6. **Stepping Over**February 23
7. **Windmills****February 24
8. **Chair Push-ups**February 26
9. **Leg Lifts**February 28
10. **Making Circles with Arms**April 2
11. **Arm Pulls****October 10
12. **Leg Kicks ****November 3
13. **Get up From a Chair**November 10

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***Some of the exercises call for a stretchy band also known as Theraband™. This is a long piece of stretchy material. The bands come in various thicknesses. The thicker the band the harder it is to stretch the band. The “yellow” band is usually the easiest. The bands can be bought in bulk from www.Thera-band.com or other internet sites.*

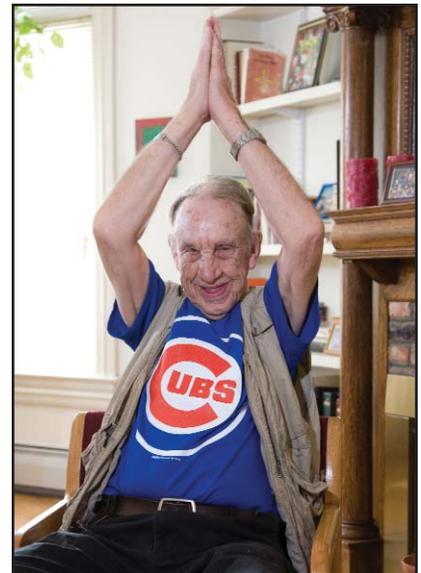
1. HANDS OVER HEAD

Starting Position: Sit in a chair with your arms resting outside the arms of the chair with elbows straight.

Action: Slowly raise your straight arms up toward your head with the palms facing up toward the ceiling. Touch your palms together in a clapping motion. Repeat in sets of 10 with a rest in between each set.

Adaptation: If you cannot reach above your head, try clapping your hands as high as you can. Use hand-over-hand assistance from another person if you are unable to actively move your arms yourself.

Caution: Work within the motion of the shoulder joint that is comfortable. Do not push beyond the point of resistance or if there is pain.



2. MARCH IN PLACE

Starting Position: Stand in one place without holding onto any surfaces or standing while holding onto chair.

Action: Lift right leg, then left leg in a marching motion with arms swinging back and forth. Repeat in sets of 20 with a rest in between. This exercise can be done to music to keep the rhythm of the march.

Adaptation: This exercise can also be performed from a wheelchair or seated position. If you are unable to lift legs from the hip, you can tap your feet in place instead. If you have poor balance, stand and hold onto the back of a chair

Caution: Be aware of balance loss and get assistance of another person if unsteady.



STANDING

HOLDING ONTO A CHAIR



3. ARM CURLS

Starting Position: Sit in a chair holding soup cans with your arms resting on your thighs.

Action: Slowly and smoothly lift the cans toward shoulders by bending at the elbow. Touch the cans to your shoulders and lower slowly and evenly. Repeat in sets of 10 with a rest in between.

Adaptation: Lighter cans like tuna can be used if soup cans are too heavy or too large for you to grasp. Objects with handles like lightweight dumbbells can also be used to assist with grasping. This exercise can be done without holding an object.

Caution: Make sure you have enough strength to hold the cans securely.



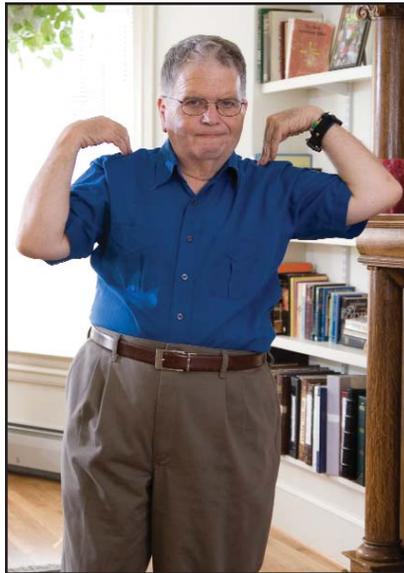
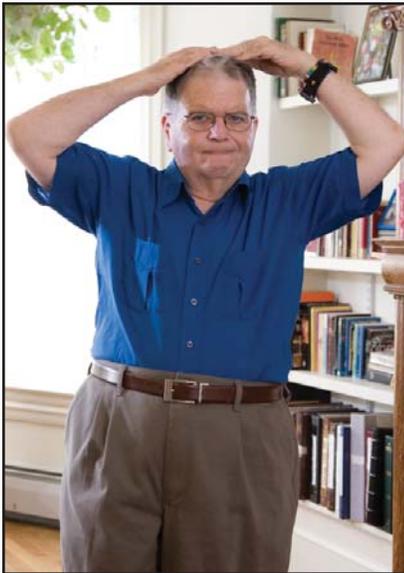
4. HEAD, SHOULDERS, KNEES AND TOES

Starting Position: Stand in place

Action: Sing the song *Head, Shoulders, Knees and Toes* slowly. Touch the body part in the song starting with the head. Repeat in sets of 5 or as able.

Adaptations: This exercise can be done in a sitting position if you do not have good standing balance.

Caution: Be aware of balance loss and get assistance of another person if unsteady.



5. LIFT A BROOMSTICK

Starting Position: Sit in a chair and grasp a broom stick with both hands. Rest the broomstick on your lap.

Action: Smoothly and slowly raise the broomstick to chest level with your arms out straight in front of you and then continue to lift it over your head while keeping your arms straight. Slowly and evenly lower the broomstick to chest level and then back into your lap again. Repeat in sets of 10 with a rest in between.

Adaptations: Be sure to work within the motion of your shoulders that is comfortable. Objects like socks filled with sand or weights can be tied around the broom to make the exercise more challenging. If you do not have enough strength to hold a broomstick use your arms.

Caution: Make sure you have enough strength to hold the broomstick securely. Work within the motion of the shoulder joint that is comfortable. Do not push beyond the point of resistance or if there is pain.



6. STEPPING OVER

Starting Position: Place a stick or boom stick on the floor. Stand on one side of the stick.

Action: Lifting one leg, step forward over the stick followed by the other leg. Step back again. Repeat in sets of 10 with a rest in between. This exercise can be done to music to establish a rhythm. It can be done by stepping forward or sideways with one leg and then the other.

Adaptations: If you have good balance, make the exercise more challenging by placing a rope flat on the floor and jump with both feet over the rope. You can also jump faster or raise the rope slightly off the ground to make the exercise more challenging.

Caution: Be aware of balance loss and get assistance of another person if unsteady.

FORWARD



SIDEWAYS



7. WINDMILLS

Starting Position: Sit in chair or stand in place. Hold a stretchy band with both hands about a shoulder width apart.

Action: Extend your arms out in front of you and pull the stretchy band apart slightly as you lift the band over your head. Bend at your waist slightly to the right, back to the middle and to the left in a slow, smooth movement. Repeat in sets of 10 with a rest in between.

Adaptations: If you are unable to bend, just lift and lower the band. If you do not have the hand strength to hold the band, raise and lower your arms without the band.

Caution: Work within the range of the motion of your shoulder that is comfortable. Do not push beyond the point of resistance or if there is pain.

SITTING



STANDING



8. CHAIR PUSH-UPS

Starting Position: Stand facing the back of a chair. Place your hands a shoulder width apart on the back of the chair with your arms straight.

Action: Lower your chest slowly toward the back of the chair by bending your elbows. When your elbows are bent and your chest is about 6 inches from the back of the chair, slowly raise your body up by straightening your arms again. Repeat in sets of 10 with a rest in between.

Adaptations: This exercise can be done from a sitting position while holding the back of a lower chair or at the edge of a table.

Caution: Make sure the chair is large and steady.



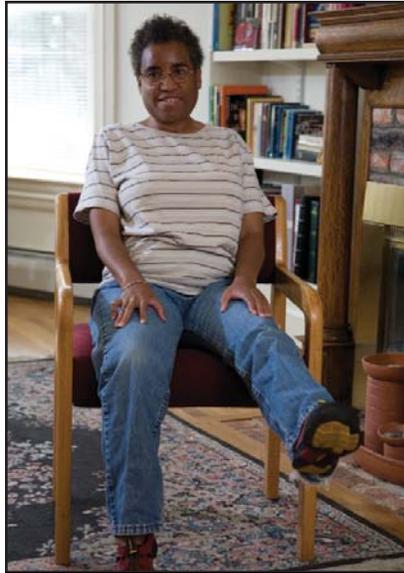
9. LEG LIFTS

Starting Position: Sit in a chair with your arms resting on your thighs. Make sure you are sitting all the way back into the chair with your back straight.

Action: Starting with the right leg, lift your foot up so that your leg becomes straight at the knee. Lower the leg again slowly. Repeat on the left. Repeat for both legs in sets of 10 with a rest in between.

Adaptations: This exercise can be made more challenging with small weights added at the ankle such as cuff weights or tying socks filled with small amounts of sand to the ankles.

Caution: Work within the range of the knee joint that is comfortable. Do not push beyond the point of resistance or if there is pain.



10. MAKING CIRCLES WITH ARMS

Starting Position: Sit in a chair with your arms straight at the elbow and placed outside the arms of the chair.

Action: Lift your straight arms out to your sides at the level of your shoulders. Make small circles with your arms while keeping your elbows and wrists straight. Start the circle motion to the back and then bring your arms forward to make the circles. Rest your arms in the starting position after 5 to 10 circles. Repeat in sets of 5 to 10 with a rest in between.

Adaptations: If it is difficult to make circles with your arms straight you can try one arm at a time or try only 1 to 2 circles at a time with both arms together before resting and repeating.

Caution: Work within the range of the shoulder that is comfortable. Do not push beyond the point of resistance or if there is pain.



11. ARM PULLS

Starting Position: Sit in a chair with your back straight. Hold onto a stretchy band with your hands about a shoulder width apart. Hold the band with your arms straight out in front of you.

Action: Slowly try to pull apart the band. When you have pulled it as far as you are able, slowly let the band go back to the original position. Repeat in sets of 10 with a rest in between.

Adaptations: Stretchy exercise bands come in a variety of colors that tell you how hard they are to stretch. Start with the easiest bands. As strength increases, use the harder bands. If you are not able to pull apart the bands, put your arms out straight in front of you at shoulder level, slowly open your arms out to your sides (while keeping them at shoulder level) and back in front of you. Rest as needed.

Caution: Do not hold your breath when trying to pull the band apart. Breathe in and out slowly with the exercise.



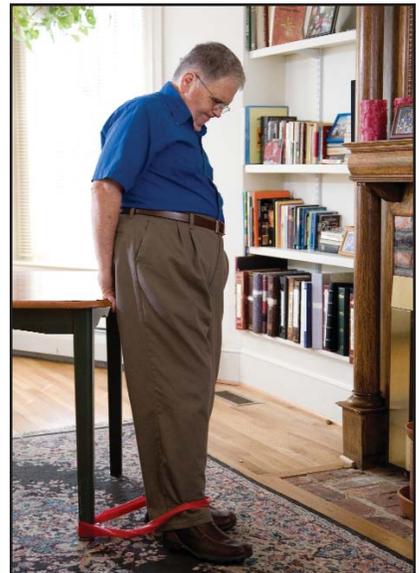
12. LEG KICKS

Starting Position: Tie a stretchy band around the leg of a steady or heavy table so it makes a large circle. Stand facing away from the table. Rest your hands on the table for balance and place your right leg into the stretchy band circle so that it rests around your ankle.

Action: Keeping your leg straight at the knee, slowly kick your leg up and out in front of you about six inches, stop, and slowly return your leg to the ground. Repeat in sets of 10 with a rest in between. Switch legs after each set.

Adaptations: This exercise can also be done while sitting in chair. To make the exercise more challenging you can vary the color (resistance) of the bands to make it easier or do more repetitions. To make the exercise easier, do the leg kicks without a band in standing or sitting.

Caution: Do not hold your breath when kicking. Breathe in and out slowly with the exercise.



13. GET UP FROM A CHAIR

Starting Position: Sit in a sturdy chair with arm rests. Place both hands on the arm rests.

Action: Slowly and evenly push your body up and forward using your arms and legs and come to a standing position. Stand for one second and then slowly lower your body back to a seated position in the chair while reaching back and holding onto the arm rests. Repeat in sets of 10; first do one set slowly and then one set quickly.

Adaptations: If this exercise is difficult, practice the first part by pushing out of the chair with your arms and legs and lower yourself back down slowly without standing up completely. Repeat 10 times. You can also start from the standing position and lower your body slowly into the chair. To make this exercise more challenging, place two chairs on opposite sides of the room and after rising to stand, walk to the other chair and slowly sit again. Repeat in sets of 10.

Caution: Do not use a couch or other soft surface to practice getting up from a chair. These surfaces make it too difficult and are not steady.



