

Home Activity Resource Guide



This guide was made with families in mind. Many of the printables are child oriented. Hoping these will help out with those active bodies and minds now that there is a lot of downtime. There are also some adult friendly resources included as well. We hope that you find these materials helpful in any time of need, whether it be boredom, the need for social engagement, quality time, or a need to calm and regroup for yourself.



Activities you can do alone or with your family:

<u>Plant Seedlings for trees/ flowers/ veggies</u> – Earth day is coming up, what a great way to give back to the planet. Or plant your own vegetable garden and reap the benefits in a few months.

<u>Play Games</u> - Board games are an excellent way to have fun at home. There are so many options to choose from. You can also play Cards, Dice games, Charades and Pictionary

<u>Create your own games</u> – *Family feud*: have family members answer their top five or ten answers to multiple categories. Or use the premade template in the resources below. *Memory:* Find objects around the house and lay them on a tray or table. Give 1 minute to memorize everything then cover it up. Now list as many as you remember.

<u>Build a house of cards</u>- Challenge yourself or your family. Who can make the tallest structure or with the most cards.

Legos – Build a biggest structure

<u>Puzzles</u> – Jigsaw puzzles, Brain teasers, Sudoku, Crosswords, Word finds

Learn Magic Tricks- many options on YouTube to watch

<u>Have fun with Science</u>- There are many science experiments that can be done with kitchen supplies and things you probably already have around your house.

<u>Have a Karaoke Night</u> - Plan an evening of karaoke! This is a great way to spend time together. From experience, this is an evening of lots of laughter and joy! Everyone loves to sing... even those who might not have a singing voice like to bust out at karaoke. Check out the following link to set up YouTube karaoke

https://www.techlifegeek.com/2016/12/how-to-setup-karaoke-at-home-using-youtube/

<u>30 Second Dance Parties</u> - Dancing improves one's lung and heart condition, while improving one's self confidence and overall psychological well-being, even if for just 30 seconds. Put on some music and engage others and invite them to dance with you! You can make each dance

themed, freeze dance when music stops or just wacky dance. You can also go on YouTube and search for "Just Dance" and have a dance party this way as well.

<u>Exercise</u> – The gyms may be closed but you can still get your movement in. Printable resource with PDF options listed at the end with On-line resources. However, if you want interactive go to YouTube and search for any type of exercise you can imagine Zumba, Kickboxing, Yoga, Pilates, Hip Hop, Cardio, Calisthenic training, etc.

<u>Play Jump the river:</u> An easy game, using just a ruler and a couple of pieces of string: Spread the strings just one inch apart (using the ruler to measure). Encourage each kid to "jump over the river." Now widen the river by an inch each time. See how far you can jump.

<u>Have a Self-Care Day</u> - Put on relaxing music. You can do facials, manicures, and pedicures. You also can have bubble baths. You will enjoy this time of pampering and relaxing.

<u>Journaling, creative writing</u> – Can be a great distraction from life or might be the catharsis you need.

<u>Crafts:</u> There are a great deal of crafts that can be done. You can buy materials or recycle/use what you already have around your house. Coloring, Paper folding crafts - Origami, paper airplanes, fortune tellers

Art: Watercolors, painting, Zentangles, Paper quilling, melting crayons

Rock Painting: Paint a fun picture or a positive message. Leave it for others to find or see

<u>Host a Movie Night</u> - There are many movies that have sequels. Pick a genre that everyone would enjoy. Plan for a whole evening of back-to-back viewing of the movies. Make sure you have plenty of popcorn and snacks on hand! If you want to be really creative, find props that go with the movie and set them out. You can even make a dessert that matches the movie theme.

- 1. Put it on the big screen!
- 2. Make it cozy!
- 3. Get snacks!
- 4. Encourage Voting!

<u>Virtual Field Trips</u> – From the comfort of your own home you can explore the world from zoos, to museums.

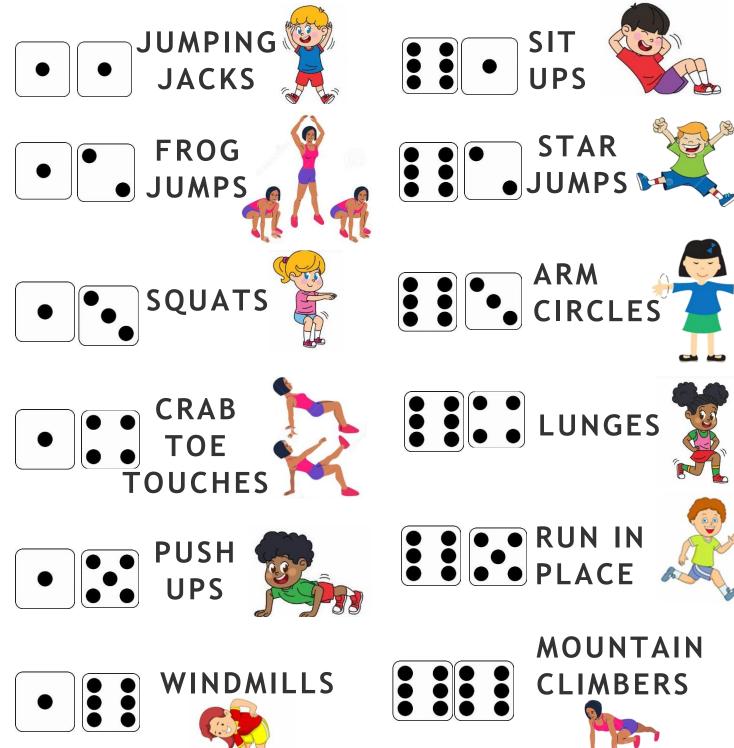
Healthy Living: Tree Warrior Rag Doll Half Moon Triangle Dancer Frog Plank Cobra Down Dog Camel Childs Pose Arrow Bridge Birthday Candle Plow DIVISION OF AGRICULTURE

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EXERCISE WITH DICE

 $\label{eq:continuous} \mathbf{1}^{\text{st}} \ \text{roll} - \text{do this exercise} \\ \mathbf{2}^{\text{nd}} \ \text{roll} - \text{this is the number of times you do this exercise}.$



Beginner to Buff 30 DAY CHALLENGE

Day 16: 30 Crunches, 30 Sumo-Squats, 30 Wide Push-Ups Day 1: 15 Crunches, 15 Sumo-Squats, 15 Wide Push-Ups 30 Sit-Ups, 30 Push-Ups, 30 Squats Day 2: 15 Sit-Ups, 15 Push-Ups, 15 Squats Day 17: 35 Crunches, 35 Sumo-Squats, 35 Wide Push-Ups Day 3: 15 Crunches, 15 Sumo-Squats, 15 Wide Push-Ups 15 Sit-Ups, 15 Push-Ups, 15 Squats Day 18: 35 Sit-Ups, 35 Push-Ups, 35 Squats Day 4: 20 Crunches, 20 Sumo-Squats, 20 Wide Push-Ups Day 19: 35 Crunches, 35 Sumo-Squats, 35 Wide Push-Ups 35 Sit-Ups, 35 Push-Ups, 35 Squats Day 5: 20 Sit-Ups, 20 Push-Ups, 20 Squats Day 20: 40 Crunches, 40 Sumo-Squats, 40 Wide Push-Ups 20 Crunches, 20 Sumo-Squats, 20 Wide Push-Ups Day 6: 20 Sit-Ups, 20 Push-Ups, 20 Squats Day 21: REST DAY Day 22: REST DAY Day 7: REST DAY Day 8: REST DAY Day 23: 40 Sit-Ups, 40 Push-Ups, 40 Squats Day 9: 25 Crunches, 25 Sumo-Squats, 25 Wide Push-Ups Day 24: 40 Crunches, 40 Sumo-Squats, 40 Wide Push-Ups 40 Sit-Ups, 40 Push-Ups, 40 Squats Day 10: 25 Sit-Ups, 25 Push-Ups, 25 Squats Day 25: 45 Crunches, 45 Sumo-Squats, 45 Wide Push-Ups Day 11: 25 Crunches, 25 Sumo-Squats, 25 Wide Push-Ups Day 26: 45 Sit-Ups, 45 Push-Ups, 45 Squats 25 Sit-Ups, 25 Push-Ups, 25 Squats Day 27: REST DAY Day 12: 30 Crunches, 30 Sumo-Squats, 30 Wide Push-Ups Day 28: 50 Crunches, 50 Sumo-Squats, 50 Wide Push-Ups Day 13: 30 Sit-Ups, 30 Push-Ups, 30 Squats Day 29: 50 Sit-Ups, 50 Push-Ups, 50 Squats Day 14: REST DAY Day 30: 50 Crunches, 50 Sumo-Squats, 50 Wide Push-Ups Day 15: REST DAY 50 Sit-Ups, 50 Push-Ups, 50 Squats

SIX basic moves that will increase your strength and endurance!

This is the sequel to the *Beginner to Buff Challenge*.

Good luck!

WWW.ABBAFIT.COM



- 1. Move an oven rack to a position about 6 inches from the broiler element at the top of the oven.
- 2. Turn on the broiler (on high, if you have a choice between low and high).
- 3. Prepare a baking sheet by lining it with foil for easy cleanup,
- 4. Place as many graham crackers as you want on the baking sheet.
- 5. Break or cut the chocolate into large pieces that will fit on top of each graham cracker without hanging off.
- 6. Place the marshmallows on a flat end on top of the chocolate, enough to cover but not to hang over the edge.
- 7. Slide the baking sheet on to the oven rack by the broiler. Close the oven door and count to 10. Remove the baking sheet. The tops of the marshmallows should be brown; if not, return to oven for a couple more seconds.
- 8. Top each smore with another graham cracker and serve immediately, while warm.



This experiment takes advantage of density to create a rainbow in a glass. When you add sugar to a liquid, it causes the solution to become more dense. The more sugar you add, the more dense the solution is.

If you have four different solutions that are all different colors and densities, the colors will layer on top of each other — the denser, more sugary solutions will sit on the bottom and the lightest will sit on the top.

The Process

- 1. Line up five glasses. Add 1 tablespoon (15 g) of sugar to the first glass, 2 tablespoons (30 g) of sugar to the second glass, 3 tablespoons of sugar (45 g) to the third glass, and 4 tablespoons of sugar (60 g) to the fourth glass. The fifth glass remains empty.
- 2. Add 3 tablespoons (45 ml) of water to each of the first 4 glasses. Stir each solution. If the sugar does not dissolve in any of the four glasses, then add one more tablespoon (15 ml) of water to each of the four glasses.
- 3. Add 2-3 drops of red food coloring to the first glass, yellow food coloring to the second glass, green food coloring to the third glass, and blue food coloring to the fourth glass. Stir each solution.
- 4. Now let's make a rainbow using the different density solutions. Fill the last glass about one-fourth full of the blue sugar solution.
- 5. Carefully layer some green sugar solution above the blue liquid. Do this by putting a spoon in the glass, just above the blue layer, and pouring the green solution slowly over the back of the spoon. If you do this right, you won't disturb the blue solution much at all. Add green solution until the glass is about half full.
- 6. Now layer the yellow solution above the green liquid, using the back of the spoon. Fill the glass to three-quarters full.
- 7. Finally, layer the red solution above the yellow liquid. Fill the glass the rest of the way.

Safety and Tips

- The sugar solutions are or mixable, so the colors will bleed into each other and eventually mix.
- If you stir the rainbow, what will happen? Because this density column is made with different concentrations of the same chemical (sugar or sucrose), stirring would mix the solution. It would not un-mix like you would see with oil and water.
- Try to avoid using gel food coloring. It is difficult to mix the gels into the solution.
- If your sugar won't dissolve, an alternative to adding more water is to microwave the solutions for about 30 seconds at a time until the sugar dissolves. If you heat the water, use care to avoid burns.
- If you want to make layers you can drink, try substituting unsweetened soft drink mix for the food coloring, or four flavors of a sweetened mix for the sugar plus coloring.
- Let heated solutions cool before pouring them. You'll avoid burns, plus the liquid will thicken as it cools so the layers won't mix as easily.
- Use a narrow container rather than a wide one to see the colors the best,



How to Make Fizzy Dinosaur Eggs

- 1. First, add 3 cups of baking soda to a large bowl.
- 2. Then, add a few drops of liquid watercolor or food coloring to the baking soda and mix.
- 3. After your baking soda and food coloring are thoroughly mixed, add 1/4 cup of water.

You will know your mixture is ready when it begins to form a paste.

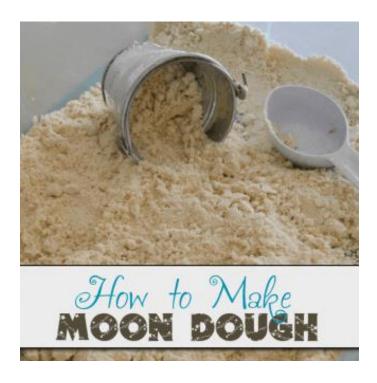
If your mixture is too dry, you may need to add a bit more water.

- 1. When your mixture has the consistency of paste shape the mixture into balls using your hands, inserting a plastic dinosaur (or any small toy) into the center as you are forming the shape.
- 2. Place them on parchment paper in the freezer for at least an hour or more.

Fizzy Dinosaur Eggs

This is where the fun really begins!

- 3. Remove your eggs from the freezer and place them in a shallow pan. You could also place them in your sensory table if you have one.
- 4. Pour white vinegar into a bowl and use an eye dropper or drops from a spoon onto the mixture and watch it bubble. Slowly "hatching" your egg.



INGREDIENTS

- 1/2 cup all purpose flour
- 2 Tbsp and ½ tsp baby oil
- Food color (if you want to color it)
- Essential oils for fragrance

INSTRUCTIONS

- 1. Pour flour into a plastic container or tub and add food coloring and essential oils if you desire.
- 2. Dump in the oil to the center and mix together with your hands until it is evenly distributed, and the flour sticks together when you squeeze it. Add more oil if needed to get the correct consistency.
- 3. This can be stored for a couple weeks in an airtight container before drying out.

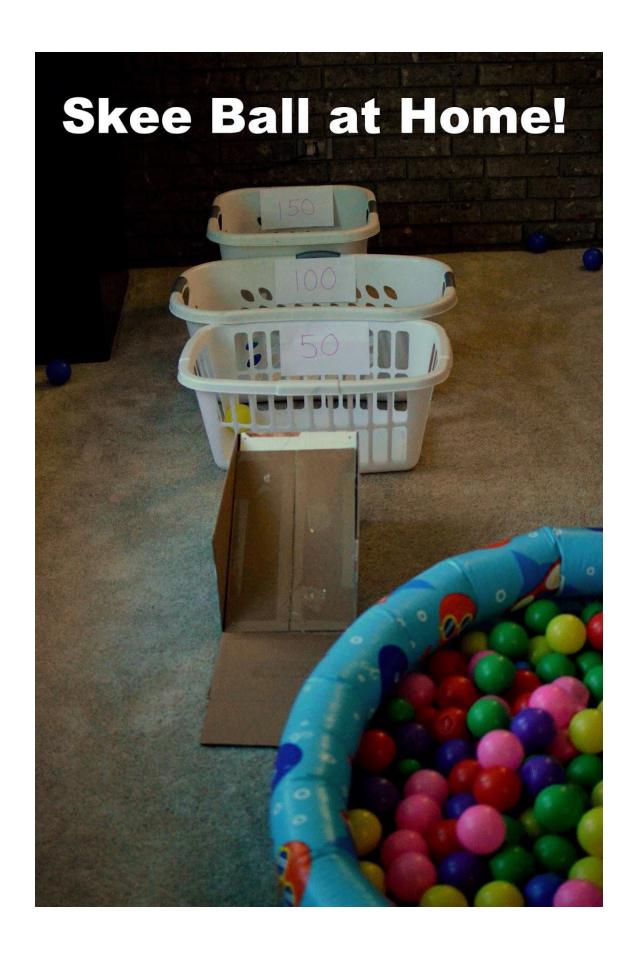
SILKY-SMOOTH PLAY DOUGH RECIPE

- ½ CUP CORNSTARCH
- ¼ CUP CONDITIONER
- FOOD COLORING
 - --Place cornstarch into a bowl.
 - --Mix in the hair conditioner to the bowl of cornstarch.
 - --Add in food coloring as desired.
 - --Keep covered when not using.

As you play with the dough, the heat from your hands will soften the dough and get gooier.







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Indoor Scavenger Hunt



Toilet Paper Roll Dandelion Painting





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Optical Illusion Art





Zentangle Art

<u>Fun and Relaxing</u>- Creating Zentangle art provides a fun and lighthearted way to relax and intentionally facilitate a shift in focus and perspective. It is sufficiently structured and organized so you can enjoy and benefit from an activity that otherwise might be considered whimsical.

<u>Unexpected Results-</u> With our Zentangle Method we encourage you to not have a preconceived idea of your final result. Following this somewhat unusual approach, your creation is not restricted by your expectations.

<u>Ceremonial</u> - Repetitive, simple steps are part of the Zentangle Method. These steps support relaxation, focus and inspiration. It can be a wonderful daily ritual.

<u>Portable-</u> Everything you need to create beautiful Zentangle art can fit in your pocket. This easy to learn method of relaxed focus can be done almost anywhere, alone or in groups, without any special abilities or costly equipment.

<u>Empowering</u>- It is an empowering and uplifting experience to learn that you can deliberately relax and intentionally direct your attention while creating beautiful works of art.

Benefits and Uses of the Zentangle Method

Relaxation

Simple and quick access to mindfulness

Non-verbal journaling

Insomnia (Improved sleep by creating Zentangle art

before bedtime)

Self-esteem

Inspiration

Panic attacks (For fear of flying, creating Zentangle

art during takeoff and landing)

Modify behavior

Nurture and develop creative abilities

Relieve stress

Improve eye/hand coordination

Develop/rehabilitate fine motor skills

Team building and group focus

Anger management

Addiction therapy tool

Early artist development and appreciation

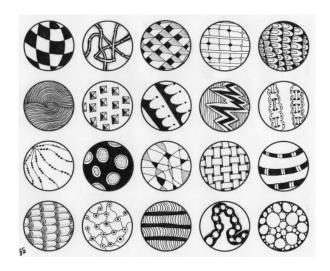
Increase attention span and ability to concentrate

Brainstorming

Problem Solving

Stretching and warm-up for artists





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Fun with straws

Transferring Objects



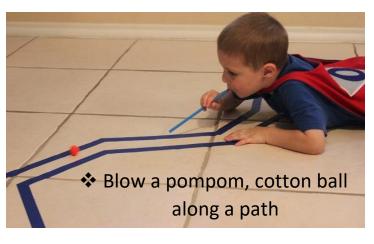


How many cups can You blow down in 1 minute?









Outdoor Scavenger Hunt

5 leaves that look different

A stick longer than your hand

A rock with spots on it

A flower

A flat rock

10 blades of grass

Something you love to play with

A piece of trash you can recycle

Something that is brown

Something that is heavy

Something that is very light

Something that needs sun to live

An item smaller than your thumb

Something that starts with the first letter of your name

Something that smells good

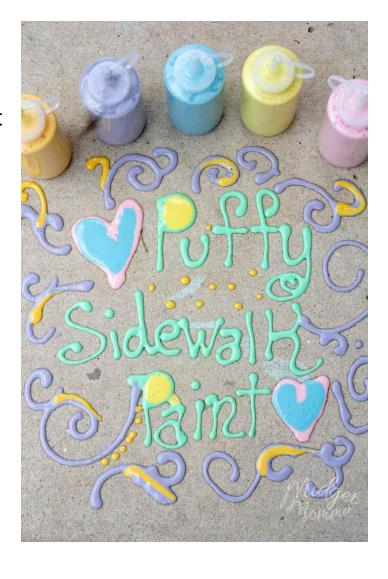
Puffy Sidewalk Paint

Materials

- o 1 cup flour
- 1 cup water
- 1 tablespoon dish soap just about any dish soap will work.
- 5-10 drops food coloring or washable paint

Instructions

- In a large mixing bowl stir together the flour and water until there are no lumps.
- Stir in the dish soap to the flour mixture.
- Add food coloring of your choice of color until the desired color is achieved.
- Pour the mixture into your squeeze bottle.
- Give the kids their new sidewalk paint and let them have fun!
- Use up the paint on the same day you make it, this recipe doesn't save well... it will explode if you leave it closed.



Nature Bracelets

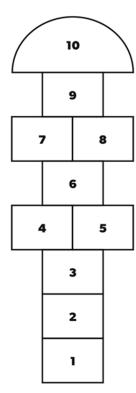
You just need tape and the opportunity to go for a "nature walk"







All you need is yarn or string and then things from our natural environment to create these mindful nature capsules.



HOPSCOTCH

- 1. Throw a small stone, or other marker into the first square. (If it lands on a line, or outside the square, you lose your turn. Pass the marker to the following player and wait for your next turn.)
- 2. Hop on one foot into the first empty square, and then every subsequent empty square. Be sure to skip the one your marker is on.
- 3. At the pairs (4-5 and 7-8), jump with both feet.
- 4. At 10, hop with both feet, turn around, and head back toward the start.
- 5. When you reach the marked square again, pick up the marker -- still on one foot! -- and complete the course.
- 6. If you finished without any mistakes, pass the marker to the next player. On your next turn, throw the marker to the next number.
- 7. If you fall, jump outside the lines, or miss a square or the marker, you lose your turn and must repeat the same number on your next turn. Whoever reaches 10 first, wins.

*** YOU CAN CREATE ANY DESIGN YOU WANT

Try one of these unique variations:

Watch The Time- Set the timer for 30 seconds. Each player must complete the course within the time frame to proceed. If you go into overtime, you lose your turn.

Sign On the Line- Instead of throwing the stone in numerical order, toss it in any square. When you complete a successful turn, initial the square where your marker landed and pass it to the next player. The game ends when all spaces have been initialed. The person with the most initialed squares wins.

Kick It- Try kicking the marker from space to space -- with your hopping foot -- as you jump through the course.



Can be done on the sidewalk or drawn chalk lines in a parking lot, driveway or dead-end street.

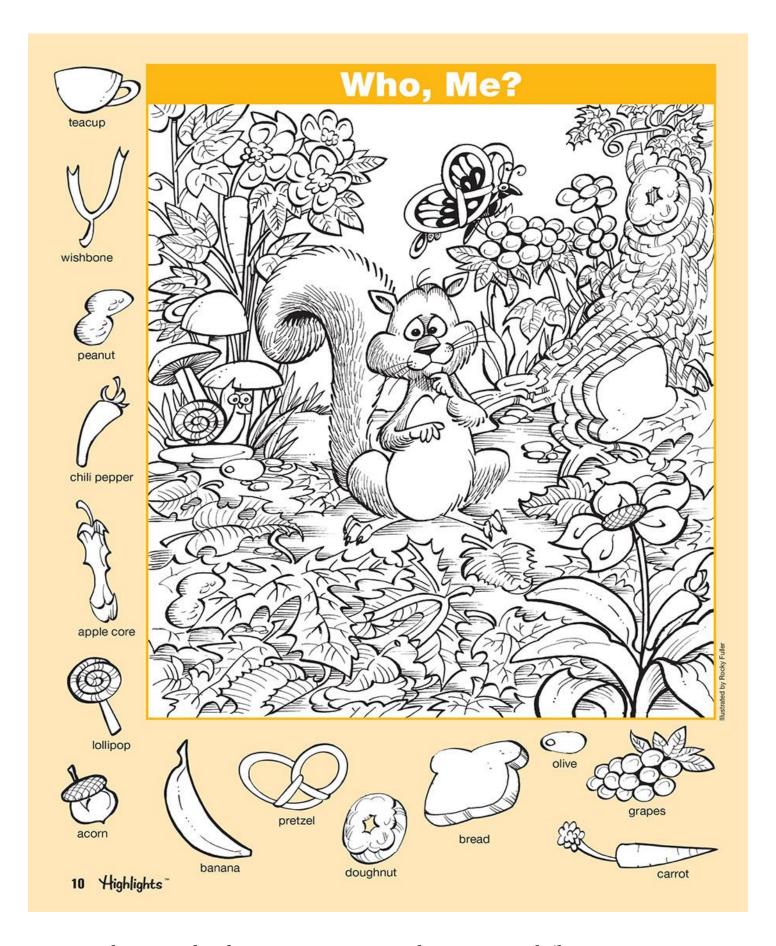
- Start at one line and then name a movement that needs to be completed from there to the next line in the sidewalk and back
- ^⁴2nd movement from start to the 2nd line and back
- ^⁴3rd movement from start to the 3rd line and back

Movement ideas:

- *Running *Walk backwards *Skipping *Galloping *Hopping on one foot
- *Hopping on two feet *Bear crawl *Walking lunges *Waddle (like a penguin)
- *Sideways shuffle



papertraildesign.com

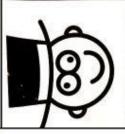


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A VISIT TO THE DENTIST MAD©LIBS



PERSON IN ROOM (LAST NAME) DENTIST: What is your problem, young PATIENT: I have a pain in my upper DENTIST: Let me take a look. Open your PATIENT: Let me take a look. Open your PATIENT: It's not necessary yet. EXCLAMATION DENTIST: It's not necessary yet. EXCLAMATION A/an NOUN DENTIST: No. I'm going to pull my NOUN DENTIST: No. I'm going to pull my ATIENT: When do I come back for the ADJECTIVE BATIENT: When do I come back for the ADJECTIVE THINGS ADJECTIVE RIGHT ADJECTIVE ADJECTIV	PATIENT: Thank vou so very much for seeing me. Doctor	PLURAL NOUN Seeing me. Doctor
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team scores a

is a

PLURAL NOUN

and the Boston

PLURAL NOUN

Los Angeles

VERB (PAST TENSE)

In case you

in late, the score between the

ADJECTIVE

at the

NOON

broadcasting

PERSON IN ROOM

To be read enthusiastically:

Hi! This is

speaking to you from the

forum

eyes have seen in years. First, one

ADJECTIVE

squeaker, 141 to NUMBER . This has been the most

-!-the other

EXCLAMATION

then,

NOON

ADJECTIVE

game these

dribbles

ANOTHER PERSON IN ROOM

NOON

the ball at mid-

, fakes the defender out of his

-handed shot. It goes right through the

The game is

. He beat the

NUMBER

and shoots a

down the

goes off.

over just as the

team comes right back. Okay. Time-out is over. Los Angeles brings in

The Benefits of the Body Scan Practice:

- Enhances your ability to bring your full attention to real-time experiences happening in the present moment—helpful when emotions or thoughts feel wild.
- Trains to explore and be with pleasant *and* unpleasant sensations, learning to notice what happens when we simply hang in there and feel what's going on in "body-land" without trying to fix or change anything.

It is recommended you allow about 30 or 40 minutes to let yourself really investigate this practice. But if you don't have that much time, utilize whatever time you have. You might want to lay down, but you can also do it sitting up, especially if that makes it <u>easier for you</u> to stay awake.

- 1. Closing your eyes can be helpful to allow you to focus or, if you'd rather, you can always lower and half-close your eyes.
- 2. Bring awareness to the body breathing in and out, noticing touch and pressure where it makes contact with the seat or floor. Throughout this practice, allow as much time as you need or want to experience and investigate each area of the body.
- 3. When you're ready (no rush), intentionally breathe in, and move your attention to whatever part of the body you want to investigate. You might choose to do a systematic body scan beginning at the head or feet. Or, you might choose to explore sensations randomly. Enjoy!
- 4. Sensations might include buzzing, or tingling, pressure, tightness or temperature, or anything else you notice. What if you don't notice any strong sensations or things feel neutral? You can simply notice that, too. There are no right answers. Just tune in to what's present, as best you can, without judgement. You'll notice judgement puts a different spin on things.
- 5. The main point is being curious and open to what you are noticing, investigating the sensations as fully as possible, and then intentionally releasing the focus of attention before shifting to the next area to explore.
- 6. At some point, you'll notice Elvis and your attention have left the building. Yup. Great noticing! You'll quickly discover that you can't stop your attention from wandering. Sorry 'bout that. But over time you can train it to stay for longer periods: train it, not force it, there's a difference.
- 7. Each time your attention wanders, simply notice that this is happening, then gently and kindly (it's really important that you don't try to force anything) direct your attention back to exploring sensations in the body. Rinse and repeat until you've finished your entire body exploration.
- 8. And hey! Neuroscience tells us that noticing drifting attention, and gently returning our focus to wherever we've placed it, over and over, is how we create new pathways in the brain.
- 9. At the end of this exploration of bodily sensations, spend a few moments to expand your attention to feeling your entire body breathing freely.
- 10. Open your eyes if they have been closed. Move mindfully into this moment.

https://www.mindful.org/beginners-body-scan-meditation/

Head

Headache dizziness
Flushed lightheaded
Pounding throbbing

COMPLETE THE BODY SCAN AND IDENTIFY WHAT YOU NOTICED

Eyes

Dilated pupils

Stinging watering Itchy heaviness

Neck/ shoulders

Loose shoulders
Tense neck
hunched shoulders
Tight neck
Tense shoulders

<u>Hear</u>t

Steady beat pounding Irregular beat rapid heart Chest pains

Stomach

Normal digestion
Cravings
Churning
Constipation
Nausea
Cramps
Dull ache
Queasy
Butterflies
Empty
Gurgling

Hands/ fingers

Warm
Cold
Sweaty
Shaky
Trembling
Clenched fist
Numbness
Relaxed joints

General

Sweating chills Goosebumps tiredness trembling

Muscles

Relaxed weak
Tense achy
Twitching/ trembling



Mouth/Throat

Relaxed jaw dry mouth
Clenched teeth choked up
Clenched jaw tightness
Sore jaw suffocating

Mouth open

Lungs/ chest

Slow, even breaths
Rapid breaths
Shortness of breath
Deep breaths
Breathlessness
tight chest

Back

Relaxed Tense back Upper back pain Lower back pain

Legs

Limbs feel loose
Shakiness
Trembling
Achiness
Numbness
Weak knees
Muscle tension
Pins and needles
Jelly legs
tingling

Feet/toes

Warm
Hot
Cold
Tingly
Numb
relaxed



- 1. Face squeeze. Scrunch up your face by wrinkling your forehead, clenching your jaw, closing your eyes tightly for 5 seconds. Relax and let go completely for 20 seconds, allowing your facial muscles to smooth out. Do this twice.
- 2. Front of neck squeeze. Gently push your head forward, slightly squeezing the front of your neck. Relax and let yourself release excess muscle tension for 20 seconds. Do this twice.
- 3. *Shoulder squeeze.* Shrug your shoulders towards your ears. Relax and let yourself release excess muscle tension for 20 seconds. Do this twice.
- 4. Arm squeeze. Curl your right arm up so that your hand approaches your shoulder. Flex your bicep for 5 seconds. Relax your right arm and relax completely for 20 seconds. The arm should rest on your leg or lap. Do this twice for the right arm and twice for the left arm.
- 5. Arm side squeeze. Squeeze your right arm into the side of your body, as though squeezing a ball under your arm pit. Tense your right arm for 5 seconds. Relax your right arm and relax completely for 20 seconds. Do this twice for the right arm and twice for the left arm.
- 6. *Hand squeeze.* Make a tight fist with your right hand for 5 seconds. Relax your right hand and relax completely for 20 seconds. Do this twice for the right hand and twice for the left hand.
- 7. Chest and stomach squeeze. Gently tighten the chest and stomach in a way that is comfortable for you. Relax completely for 20 seconds. Do this twice.
- 8. *Back squeeze.* Tighten the muscles in your back by either squeezing your shoulders together as though you are scratching an itch, or by pushing your lower back into the chair. Tense for 5 seconds and then relax completely for 20 seconds. Do this twice.
- 9. Buttock squeeze. Tighten the muscles in your buttocks for 5 seconds and then relax and go completely limp for 20 seconds. Do this twice.
- 10. *Upper leg squeeze.* Tighten the muscles in your upper leg for 5 seconds and then relax completely for 20 seconds. Do this twice for each leg.
- 11. Lower leg squeeze. Tighten the muscles in your lower leg for 5 seconds and then relax completely for 20 seconds. Do this twice for each leg.
- 12. Foot squeeze. Tighten the muscles in your foot by either bringing your toes up as if to touch your knees, or by curling your toes under as if to touch the sole of your foot. Tense for 5 seconds and then relax completely for 20 seconds. Do this twice for each foot.

On-line Resources

The following are resources that can be utilized online or printed off to use at a later time.

For Kids:

On-lines options for movement and games for kids:

https://www.funbrain.com/games

https://gonoodle.com

https://www.kiloo.com/

https://www.highlightskids.com/games

At home science experiments: http://www.sciencekids.co.nz/experiments.html

Nasa's Stem projects: https://www.nasa.gov/stem-at-home-for-students-k-4.html

Coloring: http://www.supercoloring.com/

Yoga for kids: https://www.cosmickids.com/

New Horizon- Mediation & Sleep Stories for kids

https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHLiNXg

For Everyone:

Mindful Coloring: https://www.betweensessions.com/wp-

content/uploads/2014/02/mindfulness-coloring-book-4 25-16.pdf

Mandala Coloring:

https://kripalu.org/sites/default/files/pdfs/kripalu mandala coloringbook.pdf

Cat's Craddle: https://www.wikihow.com/Play-The-Cat%27s-Cradle-Game

https://www.youtube.com/watch?v=CAZhx5PKgl4

Fortune tellers: http://www.yourlibrary.ca/family-literacy/pdf/fortuneteller.pdf

Origami: https://www.origami-fun.com/printable-origami.html

Paper airplanes: http://www.arvindguptatoys.com/arvindgupta/best-flying-planes.pdf
Brought to you by the CPC Recreation and Occupational Therapy Department

https://makercamp.com/wp-content/uploads/2015/07/W5D1.pdf

Charades list ideas:

http://nwkidchaser.weebly.com/uploads/2/2/8/8/2288598/reverse charades.pdf

Word game list generator: https://www.thegamegal.com/word-generator/

Brain teasers: https://www.puzzleprime.com/brain-teasers/

Sudoku puzzles: https://websudoku.com/

Crossword puzzles: https://www.boatloadpuzzles.com/playcrossword

Word Searches: https://thewordsearch.com/

Mazes: https://drive.google.com/file/d/1r-r2elo5lmXXd6APW0WoaDDOtH7Oyr2j/view

Brain games of all variety: https://krazydad.com/

Printable Paper games: https://www.printablepaper.net/category/games

Family Feud: https://hobbylark.com/party-games/list-of-family-feud-questions

Minute to Win it Printable versions: http://www.cbctoday.com/minutetowinit.pdf

https://www.gvsu.edu/cms4/asset/64CB422A-ED08-43F0-

F795CA9DE364B6BE/minute to win it games - all in one.pdf

Yoga with Adriene – great for beginners and yogis https://www.youtube.com/user/yogawithadriene

At home printable Exercise options - a non-profit free global fitness resource:

https://darebee.com/

Virtual Fieldtrips:

https://www.travelandleisure.com/trip-ideas/educational-travel/kennedy-space-center-educational-videos

https://www.wearethemighty.com/MIGHTY-SURVIVAL/free-virtual-field-trips-quarantine

https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html

For Adults:

Spa Day - https://www.wikihow.com/Have-a-Relaxing-Spa-Day-at-Home

https://www.onegoodthingbyjillee.com/how-to-have-a-spa-day-at-home/

The Mindful Movement: https://themindfulmovement.com/

YouTube channel link https://www.youtube.com/channel/UCu mPIZbomAgNzfAUEIRL7w

Progressive Muscle Relaxation Training: https://www.youtube.com/watch?v=ih002wUzgkc

The Body scan: https://www.youtube.com/watch?v=zsCVqFr6j1g