

Recreation Games

Physical.....	3
Easter Egg Hunt.....	3
Hot and Cold.....	3
Going Through the Motions.....	4
Fan the Balloon.....	4
Mickey Mouse.....	5
Ring-O-Peg.....	5
Floor Darts.....	6
Dice Tic Tac Toe.....	6
Red light Green Light.....	7
Evolution.....	7
Simon Says.....	7
Do This Do That.....	8
All Change!.....	8
Bean Bag Tag.....	8
Capture the Flag.....	9
Pairs Squared (Pairs ²).....	9
Minnesota Mosquito.....	10
Immunity.....	10
Octopus Tag (aka Spider Tag).....	11
Obstacle Course.....	11
Ring Toss.....	11
3-D MineField.....	12
Blindfold Stroll.....	12
Canadian Dodgeball.....	13
Bowling.....	13
Target Practice.....	14
Intellectual.....	14
Reverse Musical Chairs.....	14
Who's in Charge Here?.....	15
Number Formations.....	15
Giggle-A-Thon.....	16
Let's go Fishing.....	17
Color Match Up.....	17
Book Club.....	17

Creative Storytelling.....	18
Build a House (AKA Hangman).....	18
Jeopardy.....	19
Social.....	19
Lost in Translation.....	19
Occupations.....	20
Blind Man's Bluff.....	20
It Ain't Me Babe.....	20
Who are you?.....	21
4 corners.....	21
Silent Lineup.....	21
Coffee.....	21
Cookie Decorating.....	22
Ice Cream Social.....	22
Table Games.....	23
Karaoke/Sing-Along.....	24
Pub Crawl.....	25
Bingo.....	26
Movie & Concessions.....	27
Royal Treatment Nail Spa.....	27
Baking, Cooking & Mixology.....	28
Coffee with the Administrator.....	29
Sensory.....	29
Edible Play-Doh.....	29
Marble Painting.....	30
Virtual Travel.....	30
Bubble Painting.....	31
Bubble Wrap Painting.....	31
Creative Open Hours.....	32
Recreation Cart.....	33

Physical

Easter Egg Hunt

Materials

A lunch sack for each participant, various colors of construction paper or wallpaper samples, scissors, glue, or stapler.

Preparation

Cut the lunch sacks in half and use the bottom halves to make baskets. For each basket, cut a handle out of a different colored piece of construction paper or wallpaper and glue or staple it to the sides of the sack. Then cut six small egg shapers for each basket from paper that matches the handle. Hide the eggs in various places around the room.

Action

Give participants each a basket and let them go on an easter egg hunt. When they find eggs that match their handles, have them put the eggs in their baskets. Continue the game until all the eggs have been found.

Variation

Hide the eggs for each participant according to age and ability. Let the participants help make their own baskets. Before attaching the handles, let the participants paint their lunch sacks green. Then, if they are able to use scissors, let them cut fringes along the top edges.

Hot and Cold

Materials & Preparation

None

Action

All participants are grouped together with the exception of one who is hiding their eyes. The group picks an object within the room. The person who was hiding their eyes must walk about the room trying to guess the object. The group, by clapping their hands either loud for “hot” or soft for “cold”, directs the person to the object. When they guess the object a new person is chosen to hide their eyes.

Going Through the Motions

Materials & Preparation

None

Action

Form the group into a circle. Start the game by performing an action, or have a player think of one. This could be tapping your foot. The player next to you then repeats the movement you performed and adds on their own. The third player now does the first two actions, plus a third. This continues on around the circle until everyone has added a movement.

Variation

It helps other players to remember, and can be more fun, if all the players who have performed an action do all the movements together each time. Then the person whose turn it is adds their own. Eventually, everyone is in motion together.

Fan the Balloon

Materials

Newspaper, balloons, and chalk

Preparation

Blow up the balloons

Action

Form the group into teams. Draw a line some twelve to fifteen feet away from the first player in each team. Place a balloon on the floor in front of the team leaders and give them a newspaper. They must now fan the balloons to the line and back. The second player in each team does likewise and so the game continues until everyone has fanned the balloon. The first team finished is the winner.

Variations

Instead of newspapers, use a brush. Players have to sweep the balloon to the line and back again. Stand behind a line each player throws a balloon as far as possible. Mark the spots with chalk or matchsticks. This is more difficult with shaped balloons. Tie a balloon to each player's ankle and give them a rolled-up newspaper each. The object is to burst as many opponents balloons as possible, using only the rolled-up newspapers. When a player's balloon bursts, that player is out. The last player left with his balloon intact wins.

Mickey Mouse

Materials

One ball

Preparation

None

Action

Stand in a circle, this is our mousetrap. Put the ball in the middle, this is our cheese. Then number around the circle by three's until everyone has a number. You must remember your number and place. The leader of the game is Mickey Mouse. They call out a number. If they call "Two" each participant whose number is two starts to run. Mickey also runs fast around the circle and back to their own space, which is empty. It is a hole in the mousetrap. They run through the hold to the center. If they are first, they grab the cheese. The person with the cheese is Mickey for the next round.

Ring-O-Peg

Materials

Two deck tennis rings and one batting tee

Preparation

Two lines ten yards apart

Action

Divide participants in half, one group placed on each of the two lines. The participants stand side by side facing the other line and the batting tee is placed in the center of the two lines. One deck tennis ring is given to each line. The ring is passed up and down the line of players until the instructor gives the signal to "ring" and then whoever has the ring races to the center to place on the peg. The participant who gets the ring on the batting tee first.

Variations

To get the rings back to the lines, call names for two participants to see who can get the ring off the peg and back to their line first.

Try using balls and a waste basket in place of the rings and batting tee. The container must be small enough, or the balls large enough, so that one ball will sit up on top of the other ball when both are in the container.

Floor Darts

Materials

Bean bags

Preparation

Creating a dart board, if needed

Action

Hand each participant three bean bags. Let participants take turns throwing the bean bags into the circle. There should be at least two circles, one inside the other, with the smaller circle being worth more points.

Variations

You can offer to make trick shots that land in the circle's double points. Trick shots can be a backwards throw, between the legs, etc. Based on ability choose a good distance to throw the bean bags from.

Dice Tic Tac Toe

Materials

Six Bean bags (3 of each color), placemats or chalk

Preparation

Create the board, you can do this with a 3 by 3 of carpet squares or using chalk.

Action

Using a set of dice you roll three times attempting to get a double, if you get doubles before your three rolls are up you end when you get the doubles. Once you roll doubles you place a bean bag on the tic tac toe board, each team only gets three bean bags which can get moved once all three are in play. Play until there is a winner or time runs out.

Variations

Create space between where the rolling and board are and have participants race in between. Have the participants show a dance move when they get doubles before they are allowed to place a beanbag.

Red light Green Light

Materials

Red and green paper/objects

Preparation

Creating a light system, if needed

Action

On red everyone stops moving, if they move they restart from the beginning. Everyone moves on green.

Variation

You can add music to make it a dance party, this also helps those with visual impairments.

Evolution

Materials & Preparation

None

Action

Explain the 3+ stages of the life cycle, along with movement. Example: arms in X over chest is a seedling, arms tucked to the side with hands out is a sapling, arms making a triangle over your head is a tree. In order to Evolve you play rock paper scissors with someone who is at the same stage as you. The winner of rock paper scissors moves up to the next life cycle.

Variation

You can also add a devolution. This would mean that whoever loses the game of rock paper scissors would move down to the previous stage in the life cycle.

Simon Says

Materials & Preparation

None

Action

Pick one participant to be "Simon". Everyone has to do as "Simon says". Simon will do the action regardless of if they say "Simon says". Participants should only do the movement when "Simon says". Participants are out if they do something that Simon didn't say or misses what Simon said.

Do This Do That

Materials & Preparation

None

Action

Children must follow the leader and do whatever they do when they say to “do this”. Players must sit down (until there are five others) if a mistake is made. A mistake is: (1) not doing what the leader does when they say “do this”; or (2) doing what the leader does when they say “do that”.

All Change!

Materials & Preparation

None

Action

Ask players to choose a partner. If there is an odd number the person who is left over can be the leader. Partners face each other and the leader calls out commands such as:

“Stand back to back!”

“Shake hands!”

“Hold hands!”

“Make funny faces!”

“Link arms!”

“Stand on one leg!”

After a pre-set time, or when the leader chooses, the leader commands: “All change!”

Now each player must find a new partner. The leader also tries to find a new partner.

Whoever is left surplus becomes the leader and calls out the commands.

Variation

Military parade. Form the players into a military formation of three in a line. The leader calls out military commands like:

“Quick march!”

“Left turn!”

“Right wheel!”

“Halt!”

“Salute!”

“Slow march!”

“Right turn!”

“Left wheel!”

“Double march!”

Anyone not complying or seen to be doing the wrong action becomes the leader.

Bean Bag Tag

Materials

Bean bags, one per participant

Preparation

None

Action

Put the bean bag on the participants' heads. Everybody is “it”. If the bean bag falls off, you are out. If you are tagged, you are out.

Capture the Flag

Materials

Something to act as the flag

Preparation

None

Action

Split your group into two groups. Decide where your jail is going to be located, ensure that there is a way for the taggers to reach the jail without leaving their side. Have them discuss as a group who their 1 tagger is and everyone else be seekers. Taggers are the only people able to tag anyone. Taggers had to stay arms length away from the flag. The taggers also have to stay on their half of the playing field. Seekers who get tagged go to jail. Taggers are the only people able to get their seekers out of jail.

For those with visual impairments, you can ask them which color was easier for them to see, to search for. For those with mobile impairments they had the option to use a scooter chair, a walker chair, or crutches.

Pairs Squared (Pairs²)

Materials & Preparation

None

Action

- Everyone as a partner to start the game
- The game is tag; if you are it, you must tag your partner- no one else
- When you are tagged, you must spin 360 degrees; or count to three before tagging your partner back
- There is NO RUNNING allowed during the game, walking only
- You may not go outside the boundaries during the game

Play

Ask each pair of people to choose another pair as new partners, hence two pairs of two. One pair is designated as IT, the others must escape. If a tag occurs, the newly tagged pair must perform the requisite spin before tagging back. Walking is the only form of movement. One very important rule to consider: you may want to prohibit people from trying to move between two people who are linked together. Squeezing between two people holding hands can produce a choking movement and/or can wrench people's shoulders and wrists. Use your discretion.

Minnesota Mosquito

Materials & Preparation

None

Action

Select one or two players to act as mosquitoes. They will have “stingers” that are pool noodles/foam swords. When a player is stung (no head hits) they are frozen. To get unfrozen, two unfrozen players encircle the frozen player with their arms and shout “DEEP WOODS OFF” before getting stung themselves. If a player can touch a mosquito above the waist without getting hit saying “Take that”- the player who touched the mosquito can unfreeze one player.

The players trying to keep from getting stung can band together hand-in-hand in groups of eight (minimum). The player can then whack their partners on the back (before the mosquito can sting anyone in the group) which ends the skeeter and the game.

Immunity

Materials

Something to act as an immunity idol, one or two depending on group size.

Sponge/foam block.

Preparation

None

Action

Pick what the playing field is, we will be moving from one end to the other. This will ensure people do not run into each other. You can set a limit to how many people can be touching the immunity at once, usually one or two people. To get the immunity idol yell “immunity”. Select one or two participants to be taggers.

Variations

Add an action to get the immunity idol for those who have speech/hearing. For those who have mobility you can give them a pool noodle to create distance between equipment and participants. You can do three variations to the tagging, 1) outbreak: when you get tagged you also become a tagger, 2) freeze: you are frozen if you get tagged until someone unfreezes you, or 3) sit out: you sit out of the game if you get tagged until a new round starts.

Octopus Tag (aka Spider Tag)

Materials

Hula hoop, zip ties, pool noodles

Preparation

Zip tie pool noodles to hula hoop

Action

Have one participant volunteer to be IT. IT will be the octopus who will have the pool noodle hula hoop. Everyone else will be fish. The goal is for the octopus to tag all the fish. When fish are tagged, have them wait outside the boundaries of play until a new round starts.

Variations

Have the fish travel from one side to the other on cue, this will reduce the risk of running into one another. If you have enough of the supplies you can have multiple octopus taggers.

Obstacle Course

Materials

Chairs, or other items which can be used as obstacles, and blindfolds.

Preparation

Prepare a series of obstacles which will obstruct players as they walk across the room in a straight line.

Action

Ask for two volunteers. One person is blindfolded. The other player, giving only verbal instruction, now guides their partner across the room and around the obstacles. Once across the room, the person who was blindfolded becomes the guide for the return journey. When the course has been completed, another two players have a go. The players who cross the room and return in the quickest time can be acclaimed the winners.

Variations

To make this game more difficult, turn the blindfolded play around three times before they commence the journey. Also move the obstacles about after the blindfold has been applied. Have several couples crossing the room in different directions at the same time. Amid all the noise and various shouted commands there is a tendency to follow wrong instructions.

Ring Toss

Materials

Five rings and pegs

Preparation

Setting up pegs

Action

Allow participants to throw the rings attempting to get them to land on/around the pegs. Create a line, about 5-10 feet away from the pegs, that is where participants throw from.

Variations

You can assign different point values to different pegs.

3-D MineField

Materials

Objects (various shapes, sizes, weight)

Preparation

Setting up the field

Action/Rules

Here are a few rules and helpful hints to help you get started on your own mine field:

1. Use more or less obstacles to increase or decrease the difficulty of getting to the end of the mine field.
2. Operate in pairs. One participant is blindfolded (eyes closed) and is located within the mine field enclosure. The second member of the pair is sighted and must stay outside the obstacle enclosure. Only verbal clues are allowed: the sighted player cannot touch the blind player. Allow all the blindfolded players to enter the obstacle course simultaneously to increase the difficulty of careful movement and of being heard.
3. If the blindfolded player touches any obstacle, they must return to the beginning and try again, or simply count the touches for later comparison.
4. After a successful traverse or at the end of a time period, ask the players to switch roles.
5. As an added challenge, ask two blindfolded players to attempt a hand-in-hand traverse. Other challenges include: see how few steps can be taken; see how fast the traverse can be made.

Blindfold Stroll

Materials

1+ blindfold(s), at most you want about half the number of participants

Preparation

Setting up collection items/obstacle course

Action

This can be done in pairs or as a full group. Have one person be blindfolded. The rest of the group or pair will be giving them directions, this can be done verbally (sounds) or with noises (like clapping your hands). The goal is to get the blindfolded person to collect items (like water or cones) and bring it back to the designated location. Making sure that the entire group or pair knows what word/noise is used for each movement.

Canadian Dodgeball

Materials

One soft throwing ball

Preparation

None

Action

Everyone starts by touching the border of the playing field, usually a wall. The instructor will throw the ball up in the air and say “canadian dodgeball”, that is the signal to the participants that they can move and the game has started. When holding the ball you MAY ONLY take THREE steps. If the ball hits you, you are out. If you catch the ball the thrower is out. Participants who are out should sit on the sidelines to avoid getting stepped or tripped over. If the person who got you out gets out you are back in.

Variation

You can add a rule that if they make a basket everyone is back in, however if they miss the basket they are out. It is up to the instructor if they are going to allow a drop/roll and re pick up method. If the group is small, or if participants struggle to throw a distance, you can also try to make the playing field smaller.

Bowling

Materials

Ball and pins

Preparation

Setting up pins

Action

Have participants roll a ball towards the pins. See how many pins the participants can knock over. This can be done as a group or individually.

Variations

Allow the participants to do a “baker's”. A baker is when every participant gets one frame and the scores are put together as one score rather than as individuals. See who can knock down the most pins in the least amount of rolls. Use different size balls based on abilities.

Target Practice

Materials

Marshmallows/water guns, cups or containers, target boards, paper targets, buckets, and towels or other supplies for cleanup.

Preparation

Set up a designated target practice area with targets placed at varying distances. Targets can include stacked cups, paper targets, or lightweight objects. Provide marshmallows for a dry target practice option or fill water guns for a water-based version. Establish clear boundaries and safety guidelines before beginning.

Action

Invite participants to test their aim and accuracy in a fun target practice activity. Participants can use water guns to spray targets or toss/shoot marshmallows toward designated targets, depending on the equipment being used. Encourage participants to take turns, aim carefully, and try hitting targets at different distances. Make the activity more interactive by awarding points for each target hit or challenging participants to beat their own scores.

Variations

Set up a target course with multiple stations. Use different-sized targets to vary the difficulty. Create a friendly competition to see who can hit the most targets. Use marshmallows to knock down lightweight cups or other objects. For a summer-themed version, use water guns and outdoor targets. Adapt target heights, distances, and equipment to accommodate different abilities and mobility needs. Remind participants to aim only at designated targets and never at other people's faces or eyes. You could choose for people to be targets, ensure they are willing and have proper protection (ex. goggles)

Intellectual

Reverse Musical Chairs

Materials

Chairs or carpet squares

Preparation

Setting out "placeholders"

Action

Start with one less placeholder than you have participants. Play music and have participants moving around. When the music stops, have the participants find a placeholder. Make sure to mention that people will NOT be out. Rather than having the person without a placeholder be out, see if a placeholder can be shared to keep the person in.

Variations

Try to let participants figure out on their own that they don't have to be fully on the placemat. For example, rather than sitting/standing on the placemat they place only their hand or just one finger. See how few placemats can be used.

Who's in Charge Here?

Materials & Preparation

None

Action

Have participants create a circle or oval shape. Ask two participants to volunteer, be sure to pick one at a time. One participant will be the detective, the other will be the leader. The detective will go outside, or close their eyes and cover their ears. While the detective is away a leader will be chosen. The leader will do movements that everyone else will have to follow. The goal is for the detective to figure out who the leader is in three guesses or less.

Number Formations

Materials

Card, string, and a magic marker

Preparation

Cut the card into pieces about six inches square. Sort the cards into sets of whatever number is needed for equal teams and number them, starting at 1. Attach a piece of string to each card so that it can be hung round someone's neck.

Action

Form the players into teams and give each team a set of cards. Players hang the cards around their necks. Now call out numbers of up to the numbers on the cards. The teams quickly form the number called out. The first team in the correct order wins a point. Then another number is called out. The game continues in this fashion.

Variations

Complicate the game by making players add, subtract, divide and multiply to arrive at the number. If it is required to use 0, instruct the players to leave a space between each other. When asking players to add, subtract and so on, work out the sums before the game begins to ensure that the answers can be formed with the numbers on the players cards.

Dice Action

Materials

Colored or pictured dice

Preparation

Creating a colored die, if necessary

Action

Have the participants sit in a circle. Let one participant roll the dice and name the color that comes up. Next, have a participant call out an action. Everyone who is wearing the color does the action. Let the participants take turns rolling the die and calling out a new action.

Variation

Cut out pictures of animals and insert them in a photo cube to make an animal die. Let one participant roll the die and have the other participants pretend to be the animal that comes up.

Funny Animals

Materials

One stuffed animal for each participant

Preparation

Place stuffed animals in the middle of the room

Action

Have the participant sit in a semicircle in front of the stuffed animals. Let one participant at a time walk by the animals while everyone recites this verse:

One day out walking down the street
Some funny animals I did meet.
One made a sound, just like this-
(Participant makes an animal sound)
So I took it home and gave it a kiss.

Let the participant choose any animal, take it back to the semicircle and give it a big kiss. Continue playing until each participant is holding an animal.

Giggle-A-Thon

Materials & Preparation

None

Action

Have the participants stand in a circle. Choose one participant to be in the middle. Then have the other participants take turns trying to make the person in the middle laugh. Give each participant a half a minute. If the participant makes the person laugh they are next in the middle. If the person in the middle does not laugh, let them choose another participant to stand inside the circle. Continue play until everyone has had a turn being in the middle.

Variation

Have the participant in the middle of the circle turn around slowly when everyone tries at the same time to make them laugh. When the participant laughs, or when three minutes are up, choose another participant to stand in the middle.

Let's go Fishing

Materials

Small fishing pole or a string tied to a stick, magnet, paper clips, construction paper, scissors, tape or glue, prizes, cardboard box.

Preparation

Tie the magnet to the fishing line or string. Cut small fish shapes from construction paper and attach a paperclip to each fish and seaweed shapes. Put the fish in the box.

Action

Have the participants sit in a semicircle around the cardboard box "ocean". Let them take turns "fishing" for prizes.

Variation

Let the participants take turns fishing from a deck or in front of a blanked-off area. Have them use a small fishing pole with a weight tied to the end of its line. As each participant casts their line, have a hidden adult tie a prize onto it. You might want to number the fish to correspond with certain prizes. Or use different colored fish to match the colors of the prizes. If the game is to be played at a party, you might want to have the participant fish for small metal friction toys and let them keep the toys as prizes.

Color Match Up

Materials

Colored construction paper, wallpaper, or gift wrap

Preparation

Cut a corner of the paper off. Place the cut off corners in a bag.

Action

Let the participant take turns drawing one of the paper corners from the bag. Then have each participant match their corner to the corresponding placemat.

Variation

For older participants, use the same color of paper for all the placemats and cut a puzzle piece out of the corner. Then have the participant match the puzzle pieces with the corresponding placemats.

Book Club

Materials

Book that will be discussed, Highlighters, pens/pencils, notebook

Preparation

Book/chapters to be distributed, discussion questions for the chapter

Action

Have participants or leader read the book aloud. When the chapters are finished, discuss what was read.

Variation

Assign different participants roles for the book (narration/characters), have an audiobook instead of the participants or leader read

Creative Storytelling

Materials & preparation

Notebook/paper, pen/pencil. Prompts

Action

Have the participants share the writing from last week's prompt or their personal writings

Build a House (AKA Hangman)

Materials

Paper or dry-erase board, marker, and a list of words or phrases.

Preparation

Choose a word or phrase that fits the participants' abilities and write a blank line for each letter on the board. Avoid giving away the word unless you want to provide a category or clue.

Action

Have participants guess letters one at a time. If the letter is in the word, fill it into the appropriate blank spaces. If the letter is not in the word, add one part of a picture to the board. Continue until the participants guess the word or the picture is completed. For groups, participants can take turns guessing letters or work together as one team. Give clues when needed to help participants stay engaged and successful.

Variations

Use categories such as animals, foods, movies, holidays, famous people, or places. Use phrases or familiar sayings instead of individual words. Have participants choose the word and lead the group. For participants who have difficulty spelling, provide a word bank to choose from. Use pictures as clues for participants with cognitive or communication challenges. For a larger group, divide participants into teams and award points for correctly guessing words.

Jeopardy

Materials

Computer or laptop, TV/projector or whiteboard, Jeopardy game questions, and paper and pencils for keeping score if needed.

Preparation

Choose or create Jeopardy categories and questions based on the participants' interests and abilities. Set up the questions on a computer or board so participants can easily see them. Divide participants into teams if desired.

Action

Divide participants into teams or play as one group. Choose several categories with questions worth different point values. Participants take turns choosing a category and point value. Read the question aloud and allow the participant or team time to provide an answer. Award points for correct answers. Continue until all questions have been used or the allotted time has ended. The participant or team with the most points at the end wins.

Variations

Use familiar categories such as music, movies, television, sports, food, holidays, history, or local community. Use picture questions for participants who may have difficulty reading. Play a music Jeopardy where participants identify songs, singers, or music from different decades. Have participants choose the categories they would like to play. Play in teams so participants can work together and assist one another. For participants who have difficulty speaking, allow answers to be written, pointed to, or selected from multiple choices.

Social

Lost in Translation

Materials

Paper and writing utensils

Preparation

Images for the participants to describe and draw

Action

You can do this in pairs or trios. In a pair you have one person describing the drawing and the other drawing. In trios you have one person describing to the “translator”, the translator can not use english and must convey to the drawer what they should draw. The instructor should have many drawings that vary in difficulty based on the participants ability. The instructor will show the drawing to the describer, who will then describe it to the drawer.

Variations

For added difficulty you can make it where it also tries to match the colors used, so multicolor vs one color. The drawings could look like something or could be random shapes thrown together, make sure to match participants based on abilities.

Occupations

Materials

Slips of paper and a bag

Preparation

Write an occupation on each slip of paper and place them in a bag

Action

This is a miming game. Seat the group so that the person doing the mime can be seen by everyone. Have a player come out and dip into the bag containing the pieces of paper. The participant then mimes a series of actions, imagining themselves doing the job. The rest of the group try to guess what it is. Set a time limit, with points for players whose occupations are guessed.

Variations

Allow each member to think up the occupation they will mime. Have the players mime a job they have done themselves. Use as a team game, each team has to guess an occupation mimed by a member of their own team. Use other themes: hobbies, proverbs, titles of books, plants and so on.

Blind Man's Bluff

Materials

A blindfold.

Preparation

None.

Action

Have the group sit in a circle. Ask for a volunteer to sit in the center. This person is blindfolded. All the other players now change places. When everyone is settled, the blindfolded person points in various directions and asks people to make a noise. They can ask the person pointed at to make a specific noise or can let the person choose their own sound. The object is to identify the person who is making the noise. Anyone who is recognised and named then takes a turn in the center.

Variation

To make this game very easy, have the players speak or read a sentence from a book instead of making a noise.

It Ain't Me Babe

Materials & Preparation

None

Action

Ask people to randomly pick a partner. Give them 5-10 minutes together to introduce themselves. They may not speak to one another during this time, writing is also not allowed. You may allow drawing, but probably isn't needed. Players need to communicate whatever they feel is important about themselves to their partners. At the end, players report out to the group what they learned about their partner. Allow a brief time for a rebuttal and/or corrections from the person just described.

Who are you?

Materials & Preparation

None

Action

Have your group brainstorm a list of ten or so questions. Narrow the list down to two or three questions people like best. Provide pens and paper to record- if wanted. Try to balance factual, personal (non-intrusive), humorous and unusual questions. Allow participants to mingle and have a conversation.

4 corners

Materials & Preparation

None

Action

Ask participants to listen to the question and choices first, which you will repeat. Then have participants move towards the corner that they are most interested in. Questions can be as silly or serious as you want. Example: what is your favorite activity 1) Recreation 2) Arts and crafts 3) Nature 4) Performing arts. Once you have asked the question and designate each corner be sure to repeat so everyone knows.

Silent Lineup

Materials & Preparation

None

Action

Have participants line up without talking. Lineup based on things they can see or should know. Examples: Line up tallest to shortest, Lightest hair to darkest hair, Youngest to oldest, or based on the first letter of your first name. Once the lineup happens, allow talking to see how close the lineup was to how it should have turned out.

Coffee

Materials & Preparation

Coffee filters, coffee pots, coffee grounds, cups, lids, straws, water, coffee maker. Brew the coffee and put in a container that will keep it hot.

Action

Serve coffee. This can be done paired with a variety of activities (music, discussion, arts and crafts, etc.)

Variation

Liquid flavored creamer, non dairy powder creamer, flavored syrups, tea, hot chocolate (can make with hot water to make hot chocolate or can use coffee to make mocha's)

Cookie Decorating

Materials

Cookies (premade or homemade), frosting/icing, sprinkles, edible decorations, plates, spoons/knives, napkins

Preparation

Place the cookies on the plates. Use the spoon or knife to portion out the frosting/icing being given to participants.

Action

Give each participant one or more cookies to decorate. Participants can spread the frosting/icing onto their cookies and add sprinkles or other edible decorations

Variation

Can use different shaped cookies for holidays or special events. Can make it a friendly competition of most creative design. For participants with limited hand mobility you can offer larger decorating tools or other assistance.

Ice Cream Social

Materials

Ice cream, bowls/cups, spoons, napkins, variety of toppings (ex. Sprinkles, chocolate chips, chocolate sauce, caramel sauce, cherries, crushed cookies, etc.)

Preparation

Set up a table with the ice cream bowls, spoons, and toppings.

Action

Give each participant a bowl/cup and allow them to choose the ice cream flavor and toppings. Encourage participants to sit together, enjoy their ice cream, and socialize with one another

Variation

Offer different flavors of ice cream. Include dairy-free or allergy friendly options. Can be paired with other activities (ex. Music, games, discussion, etc.). You can make center pieces that are discussion topics.

Table Games

Materials

A variety of table games such as Skip-Bo, Phase 10, UNO, playing cards, dominoes, Yahtzee, puzzles, or other participant-favorite games. Tables, chairs, and any game-specific materials needed.

Preparation

Set up one different game at each table. Place the game materials and instructions at each table. Choose games based on the participants' interests, abilities, and familiarity with the games.

Action

Invite participants to choose a table and play the game located there. Participants can play individually, in pairs, or in small groups depending on the game. Staff or volunteers can assist with explaining rules and helping participants get started. Allow participants to move between tables and try different games throughout the activity. Encourage participants to socialize and help one another learn unfamiliar games.

Variations

Have participants vote on which games should be available. Use one game per table and rotate participants to a new table after a set amount of time. Have a staff member or volunteer at each table to help teach the game. Include a mixture of card games, board games, puzzles, and dice games. Offer easier and more challenging games so participants can choose based on their ability. Have a tournament using one selected game and keep track of winners. For participants with limited vision or hand mobility, provide games with large-print cards, larger pieces, or adapted equipment when available.

Karaoke/Sing-Along

Materials

Microphones, portable speaker system, tablet/laptop or television with internet access, YouTube for karaoke and sing-along songs, microphone batteries/chargers, song list, and optional lyric sheets.

Preparation

Set up the microphones and speaker system and make sure all equipment is charged and working properly. Prepare YouTube karaoke and sing-along songs based on participants' interests and preferences. Organize a variety of familiar songs, artists, genres, and decades. Keep equipment safely positioned and volume at a comfortable level.

Action

Bring the karaoke equipment to participants or set it up in an easily accessible common area. Explain the activity and allow participants to choose songs they would like to sing. Participants can sing independently, with staff, or as a group. Encourage participants to clap, dance, or sing along with others. Staff can assist with selecting songs, operating YouTube, reading lyrics, or using the microphones. Participants who do not wish to sing can participate by listening, requesting songs, or encouraging others.

Variations

Change song selections regularly based on participants' interests. Create themed sing-alongs such as oldies, Motown, country, holiday, patriotic, Broadway, or favorite artists. Offer music from different decades and cultures. Create a music trivia or "Name That Tune" activity for participants who prefer not to sing. Provide large-print lyric sheets for participants with visual limitations. Bring the activity room-to-room for participants who are unable to attend group activities. Add simple instruments such as tambourines, shakers, or maracas for participants to play along with the music.

Pub Crawl

Materials

Different stations or designated areas, variety of mocktail drinks, cups, straws, napkins, drink menus or recipe cards, decorations for each station, scavenger hunt cards or lists, pens/pencils, and small prizes or incentives.

Preparation

Set up several different stations throughout the building, with each station offering a unique mocktail drink and theme. Prepare a variety of non-alcoholic beverages based on participants' preferences. Create a scavenger hunt with simple clues, questions, or items for participants to find at each stop. Make sure all stations are easily accessible and clearly marked.

Action

Invite participants to travel from station to station and enjoy a different mocktail at each location. Introduce the theme or name of each drink and encourage participants to socialize with others at each stop. At each station, participants can complete a scavenger hunt clue, answer a trivia question, or locate a designated item before moving to the next stop. Staff can assist participants as needed and encourage conversation and participation throughout the activity.

Variations

Change the theme and mocktail selections regularly. Create themed pub crawls such as tropical, holiday, sports, around-the-world, or decades-themed events. Add music, decorations, trivia, games, or themed costumes at each stop. Create an individual or team-based scavenger hunt with points awarded at each station. Offer mocktails with different colors, flavors, and garnishes. For participants who do not want a drink, allow them to participate in the games and scavenger hunt.

Bingo

Materials

Bingo cards, bingo balls or a digital bingo caller, bingo cage or number generator, markers/chips/daubers, prizes, and any additional materials needed for themed or specialty bingo games.

Preparation

Prepare bingo cards and determine the type of bingo pattern or variation that will be used. Explain the rules and demonstrate the winning pattern before beginning each game. Prepare a variety of bingo variations to keep the activity interesting and engaging. Make sure participants have the appropriate markers and can easily see and hear the numbers being called.

Action

Call bingo numbers and allow participants to mark the corresponding numbers on their cards. Announce the winning pattern before each round and encourage participants to call out "Bingo!" when they complete the required pattern. Staff can assist participants with identifying numbers, marking cards, or checking winning cards. Offer prizes or recognition for winners to encourage participation.

Variations

Change the winning patterns and rules to provide variety. Examples include: *Cover Number (ex 2s)*: Cover any number containing the number 2 (2, 12, 20–29, 32, 42, etc.). *Multiples*: Cover multiples of a designated number, such as 5, 10, or 3. *Horizontal*: Complete a horizontal line. *Vertical*: Complete a vertical line. *Four Corners*: Cover the four corner spaces of the card. *X*: Complete an X pattern across the card. *B*: Complete the spaces needed to form the letter B. *T*: Complete a T pattern. *O*: Complete an O pattern around the outside of the card. *Blackout*: Cover the entire card. *Picture/Theme*: Use pictures, words, colors, or themed items instead of traditional numbers.

 Specialty Bingo.pptx

Movie & Concessions

Materials

Popcorn, cheese balls (mechanical soft, if needed), pop/soda, flavored syrups, cups, napkins, and a movie.

Preparation

Prepare popcorn and cheese balls for serving. Set up a concession station with pop and a variety of flavored syrups so participants can customize their drinks and create swirled or “dirty” sodas. Choose a movie ahead of time and arrange a comfortable viewing area.

Action

Invite participants to enjoy a movie theater experience by choosing their favorite snacks and drinks. Participants can enjoy popcorn or cheese balls while watching a movie together. Offer flavored syrups so participants can mix and customize their own sodas with different flavors and combinations. Encourage everyone to relax, socialize, and enjoy the movie.

Variations

Offer different popcorn seasonings or toppings. Provide a variety of flavored syrups for participants to create their own signature sodas. Choose a themed movie and coordinate snacks to match. Allow participants to vote on the movie selection. Create movie tickets or set up a concession stand to make the experience feel more like a real movie theater.

Royal Treatment Nail Spa

Materials

Nail files, nail polish remover, cotton balls or pads, nail polish in various colors, base coat, top coat, hand lotion, and paper towels.

Preparation

Set up a relaxing nail spa station with all supplies organized and easily accessible. Provide a variety of nail polish colors for participants to choose from. Ensure the area is clean and comfortable for participants to receive their nail care.

Action

Invite participants to enjoy a relaxing nail spa experience. Pamper participants with gently filing their nails to a comfortable length and removing any existing nail polish, if desired. Allow participants to choose their favorite nail polish color and paint their nails. Finish with a top coat, if desired, and offer hand lotion for an extra touch of pampering.

Variations

Offer a variety of nail polish colors, including glitter or themed colors. Provide simple nail art or decorative designs for participants who are interested. Play relaxing music to create a spa-like atmosphere. Offer hand massages with lotion, if appropriate and welcomed by the participant. Allow participants to choose whether they would like their nails filed, polished, or simply cleaned.

Baking, Cooking & Mixology

Materials

Recipe ingredients, mixing bowls, measuring cups and spoons, cooking utensils, baking sheets or pans, serving dishes, cups, and any necessary cooking or baking equipment. For mixology activities, provide a variety of juices, flavored syrups, sodas, fruit, and other drink ingredients.

Preparation

Choose a recipe, snack, or beverage to prepare based on participants' interests and abilities. Gather ingredients and supplies ahead of time and set up a designated cooking or demonstration area. Review any dietary restrictions, food allergies, and individual food preparation needs. Decide whether the activity will be a cooking-show-style demonstration or a hands-on experience where participants help prepare the items.

Action

Invite participants to take part in a fun culinary experience. Staff can host a cooking-show-style demonstration by preparing a recipe step by step while explaining the ingredients, techniques, and process. Alternatively, participants can help measure, mix, stir, assemble, decorate, or prepare their own food and drinks with assistance as needed. For mixology, participants can experiment with different combinations of juices, flavored syrups, sodas, and garnishes to create their own mocktails or specialty beverages. Once everything is prepared, participants can enjoy sampling their creations together!

Variations

Choose a different theme for each session, such as baking desserts, making appetizers, preparing simple meals, or creating specialty drinks. Host a cooking competition or recipe challenge, allowing participants to vote on their favorite creations. Make seasonal treats or holiday-themed snacks. Try a mocktail bar with different flavors, fruit garnishes, and drink combinations. Create a cooking-show experience with a host, demonstrations, and taste tests. Adapt recipes to accommodate participants' abilities, dietary needs, and preferences, and provide staff assistance with tasks involving knives, heat, or kitchen equipment.

Coffee with the Administrator

Materials

Coffee, tea, hot chocolate, cups, lids, creamers, sweeteners, napkins, and light refreshments if desired. Questions or discussion topics may also be prepared in advance.

Preparation

Choose a member of the management team to lead the activity. Set up a comfortable area where participants can sit together and enjoy their beverages. Prepare a few topics or updates to discuss, including the goals and priorities of the building.

Action

Invite participants to join the administrator or management team member for coffee and conversation. The administrator/manager can share information about the building's goals, upcoming plans, activities, and improvements. Give participants an opportunity to ask questions, share ideas, provide feedback, and discuss things that are important to them. Encourage an open and respectful conversation where participants feel comfortable sharing their thoughts.

Variations

Invite a different member of the management team each time. Choose a specific topic for each gathering. Provide a question box where participants can submit questions before the activity. Pair the activity with a light snack. Hold the activity in different areas of the building. Invite department heads to explain what their departments do. Allow participants to suggest changes or new activities they would like to see. Include a short presentation followed by an open discussion.

Sensory

Edible Play-Doh

Materials

Flour, water, mixing bowl, measuring spoon/cups, food coloring

Preparation

Measure the flour and water and place them into a mixing bowl. Have additional flour available if the dough becomes too sticky

Action

Have participants combine the flour and water in a bowl and mix until a dough forms. Knead the mixture until it reaches a soft, moldable consistency.

Variation

Add different colors to the dough. You can choose to use a cookie cutter to make different shapes. Adjusting the amount of flour or water to create a softer or firmer texture. Participants can work individually or together.

Marble Painting

Materials

Marbles, Paint, Paper, trays, containers/cups, spoon

Preparation

Place a sheet of paper in a shallow tray. Pour different colors of paint into separate containers. Place a few marbles into the paint.

Action

Have participants use a spoon or their fingers to place the paint-covered marbles onto the paper. Have them tilt and move the tray in different directions.

Variations

Try using multiple marbles at the same time. Different sized marbles. For participants with limited mobility, have another person assist with tilting.

Virtual Travel

Materials

Maps or a globe, pictures or videos of the destination, paper, coloring supplies, scissors, glue, printed airplane tickets, passport pages, destination stamps or stickers, and food or drinks from the area being visited.

Preparation

Choose a destination for the group to visit virtually. Prepare information, pictures, videos, music, and activities related to the location. Create a simple passport for each participant and provide materials for participants to decorate their own passports. Prepare pretend airplane tickets and a stamp or sticker representing the destination.

Action

Begin by introducing the destination and talking about where it is located. Show pictures or videos of the area, landmarks, scenery, and local attractions. Give each participant a passport and allow them to decorate it. Provide participants with an airplane ticket for the destination and have them "travel" to the location. Once they arrive, place a destination stamp or sticker in their passport. Talk about the area's culture, traditions, history, music, and interesting facts. Offer a food or drink that is commonly associated with the destination. Encourage participants to share whether they have ever visited the location or what they would like to see if they traveled there.

Variations

Choose a different country, state, or city for each virtual trip. Play music from the destination. Watch a short travel video or virtual tour. Create themed decorations to make the room look like the destination. Teach participants a few common words or phrases from the area. Create a scavenger hunt using pictures or facts from the destination. Make a craft related to the location. Serve a small sample of a traditional food or drink from the area. Have participants collect a stamp in their passport each time they "visit" a new destination. At the end of several trips, have participants look through their passports and talk about their favorite destinations.

Bubble Painting

Materials

Bubble solution, washable paint, cups or containers, straws, paper, trays, and table coverings.

Preparation

Mix a small amount of washable paint with bubble solution in separate cups or containers. Place a sheet of paper in front of each participant and cover the work area to protect the tables.

Action

Have participants use a straw to gently blow into the colored bubble solution, creating bubbles that rise above the cup. Place the paper over the bubbles or allow the bubbles to gently pop onto the paper, creating colorful bubble patterns. Participants can use different colors to layer their designs and create unique bubble paintings.

Variations

Use several different colors of bubble paint. Layer different colors to create colorful patterns. Use different sizes of paper or cardstock. Add a simple drawing or design after the bubble paint has dried. For participants who are unable to blow through a straw, staff can assist with creating the bubbles. Use bubble wands instead of straws and gently blow bubbles onto the paper.

Bubble Wrap Painting

Materials

Bubble wrap, paper or canvas, washable paint, paint trays or plates, paintbrushes or sponges, scissors, and table coverings.

Preparation

Cut bubble wrap into manageable pieces. Place different colors of paint into shallow trays or plates. Cover the work area to protect tables and other surfaces.

Action

Have participants apply paint to the bubble side of the bubble wrap using a brush or sponge. Place the painted bubble wrap onto the paper or canvas and gently press down. Carefully lift the bubble wrap to reveal the textured pattern left by the paint. Allow participants to experiment with different colors, patterns, and amounts of paint.

Variations

Use different sizes of bubble wrap to create different patterns. Combine several colors of paint. Cut the bubble wrap into shapes such as circles, squares, or flowers. Use bubble wrap as a background for another art project. For participants with limited hand mobility, staff can assist with applying pressure to the bubble wrap.

Creative Open Hours

Materials

A variety of art and craft supplies such as paper, canvas, coloring pages, crayons, markers, colored pencils, paint, paintbrushes, glue, scissors, stickers, beads, craft materials, and other supplies.

Preparation

Set aside a designated time and space for participants to work on creative projects. Arrange the art and craft supplies so they are easy to see and access. Provide tables, chairs, and protective coverings for the work area.

Action

Invite participants to attend during the designated creative open hours. Allow participants to choose from the available art and craft supplies and decide what they would like to create. Participants can work independently, follow a provided project idea, or create something of their own choosing. Staff can assist with supplies, provide ideas, or work alongside participants as needed.

Variations

Provide a different craft or theme each week. Allow participants to bring their own projects to work on. Have examples available for participants who need inspiration. Work on one large group project that participants can contribute to. Provide adaptive supplies for participants with limited hand mobility. Allow participants to teach one another different crafts or art techniques.

Recreation Cart

Materials

A rolling cart or portable storage container, independent activity supplies, and materials for each type of cart.

Preparation

Create different recreation carts based on participants' interests and abilities. Keep supplies organized and easily accessible. Restock materials as needed.

Independent Games Cart: Word searches, Sudoku, crossword puzzles, word games, trivia sheets, coloring pages, playing cards, and other independent activities.

Creative Cart: Small canvases, coloring pages, crayons, markers, colored pencils, paint, paintbrushes, craft supplies, and other art materials.

Reading Cart: Books, magazines, newspapers, large-print books, short stories, and other reading materials.

Action

Bring the recreation cart to participants or place it in an easily accessible area, common area for activities or room to room. Explain the available activities and allow participants to choose what they would like to do. Participants can complete activities independently or ask staff for assistance. The cart can remain available for a set period of time or be brought around to different areas of the building. Encourage participants to try different activities and return completed projects to staff if they would like to share them.

Variations

Change the activities on the cart regularly to provide variety. Create seasonal or holiday-themed activity carts. Include large-print materials and adapted supplies for participants with visual or physical limitations. Add puzzles, trivia, or games based on participants' interests. Create a memory cart with old photographs, magazines, music-related materials, and reminiscence activities. Create a sensory cart with tactile materials, fidget items, textured objects, or other sensory activities. Have staff visit rooms with the cart for participants who are unable to attend group activities.