



Pacific Senior Wellness
 Integrative Functional and Cognitive Fitness Programs
 -For Life

Activity Boxes

Activity Boxes are a way to plan ahead for a day or weeks' worth of activities that are planned to reflect the abilities of the person you care for based on the Identification Process. They are time savers, offer variety, a way to track activities for any other caregiver and can be continually modified and changed. Several different types of boxes can be made and stored.

Boxes can be themed or offer variety. Boxes can be trays, drawers, bowls, bags or any convenient container. Add a variety of skills to each box (Mental stimulation, physical fitness, sensory, pure joy, guaranteed success, something new)

List of Items to Put in an Activity Box- Unlimited!

Reminiscing (conversation starters)- family photos, home movies, childhood toys, pets, ornaments, photos of old cars, old magazines, newspapers, music, school yearbook, recipe cards, wedding pictures, former photos of homes, places lived, awards and medals, countries traveled....

Time Capsule: Collect items from loved time frames: 20's, 30's, 40's...Singers, Cars, Life Magazine covers, Movies, fashion, toys (Etch-A-Sketch, jacks, dolls, Slinky) history books, science discoveries (Photos or websites. Save websites to view often) Maps

Music- bells, harmonica, tambourine, sandpaper blocks, shakers, recorder, xylophone, ethnic instruments from around the world to create interest, favorite CD's, iPod mini with favorite songs, (see Alive Inside for Inspiration) song sheets of favorite music. Make instruments together and keep.

Physical-Small and large motor- Dice games, bean bags to toss, different balls (large, small, light, textured),

Art: Washable markers, colored pencils, ADULT coloring books, lap chalkboard, different paper-colored, textured, different sizes, easel (table or standing), scissors* clay/playdough (make together)

Games: Jigsaw puzzles (Modify for size, vision, number), Dominoes, Checkers, Mancala, Backgammon, Cards, Bingo games, Word games- find a word, unscramble a word. Computer word games, Scrabble, Yahtzee, Tic Tac Toe, Sudoku, Crossword puzzles, Banagrams

Hobbies: Woodworking items, sandpaper, wood blocks, camera, photos/books of collections, binoculars-birdwatching, scrapbooking, pottery/clay, mosaic, knitting, quilting, painting, garden tools, flower press, (modify hobby)

Important

Do not leave activity boxes out if they contain items that could harm if unsupervised. Scissors, items that look like food, small or sharp items are left out at the discretion of the caregiver.

Children, pets should also be considered. Some activity boxes



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Reading Material: Poetry, Picture books, Current newspaper, magazines and material that helps to reminisce, Large Print Books

Sensory: stuffed animals, Sensory bag (common items to feel and identify, shapes, textures),

Items to sort: Photographs to sort by theme, napkins to sort and fold, money, shells, stones, keys

Miscellaneous: Combs, brushes, mirror, greeting cards, fabric sample books, magnetic board with letters and numbers and words. Magazines,

Technology- computer, iPad, typewriter, Wii, Xbox games

Think of including in each box: Activity Diary- Calendar, List of items and times of day best for success, notes on modifications. Magnifying glass, writing utensils...

Examples of Activity Boxes

Reminiscing Tray

- Travel photos -Awards or medals
- Christmas ornament
- Favorite child's picture books (Make Way for Ducklings)
- Music Box - favorite piece of jewelry or tie
- Pictures of favorite toys

Holiday Themes - Include

- DVD of Favorite Movies, Music, art project
- Word Find, Crossword, Word Scramble games with theme, Jigsaw puzzle, Recipes card to make together photos of holiday

Fix it Tool Box or Tackle Box

- for the woodworker, fisherman or fixit person.
- Fill with tools, wood, sandpaper, fishing lures, nuts/bolts, screwdriver, pliers, things to take apart...etc.

Binder of Favorites- Collect photos, pictures, postcards, birthday cards, etc. in a binder.

Miscellaneous Box

- Favorite Movie DVD (Sound of Music)
- CD or ipod of music from Sound of Music
- Find a Word Puzzle of Famous Women, Koosh ball
- Recipe card (make together)
- Saved birthday cards
- Hand lotion for hand massage
- iPod mini with favorite songs, earphones
- Deck of Cards Dominoes Bananagrams sketching pad
- crayons, colored pencils photographs of grandchildren
- Everything you Need in One Place Garden**
- Tray garden pot Large Ziploc with dirt, bowl for dirt, trowel or spoon, seeds, water
- Carryall basket-** Newspaper, magazine, book to read, crossword puzzle and pencil, book of word games, Sudoku, Rubik Cube, Address book, cards, stamps, writing surface, magnifying glass.



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