

Fun & Games

Fun & Games is a way to get your loved one physically stimulated by having a social and fun atmosphere.

Ideal Group Size: 1:1 or small group

Equipment needed

- Beach ball
- Balloon
- Ring Toss

Instructions

1. Set up room the way you feel is most beneficial for your group size, ideally with participants sitting in chairs in a circle formation with arm's length of space between one another.
2. Lead the group with some light stretches, done while seated
3. Reach up with arms. Reach across the room. Reach down to your feet.
4. Take a deep breath through your nose and exhale through your mouth.
5. Go around the room passing beach ball to participant. Have them catch then throw back to you.
6. Same actions with the balloon
7. Play ring toss with the individuals/group.
8. Take a deep breath through your nose and exhale through your mouth.
9. Do some light stretches to "cool down"