Ideas for Ways to Keep Busy

Whether you are staying inside or you are just limiting your exposure to the outside world as much as possible, here are some tips, ideas, and activities to keep you from feeling bored. Please note that these are just general ideas, and they may appeal to every person in every situation. A provider shared these ideas with DHS and we want to share with others.

Electronics

- Scheduled computer time: can be a rotation, timed, so everyone has time to play on the computer. Be sure to sanitize the electronics and area in between each user
- Design your dream house (apps and websites to do this) or find a website that offers virtual tours of homes
- Go through your “To Watch” list of movies or TV shows
- Play a video game (Facebook, Wii, Playstation, Xbox, computer games, Gameboy, etc.)
- Start a blog or podcast (or listen/watch one)
- Make a music playlist, watch music videos on YouTube

Learning Opportunities

- Study a new language (many public libraries offer free access to online language courses)
- Read a book or listen to an audiobook
- Want a driver’s permit/license? Study the drivers manual
- Take a free, online, course on a topic you want to learn more about (there are multiple websites that offer free learning for any age and activities)
- Learn a new skill (YouTube has almost everything!)
- Museum Tours online

Arts and Crafts

- Imitate a picture- show a picture of a tree. Ask the person to stand like a tree. Show other objects and have the person imitate that picture.
- Rock painting- find rocks outdoors. Find a place indoors or outside and paint the rock.
- Body Trace- tape several pieces of large blank paper (or newspaper) and tape it to the wall. Have the person stand sideways or with their backs to the paper on the wall. Place arms and legs in various positions. Outline the body with a marker and cut it out. Tape the cut-outs on the wall. Everyone can draw their cut-out or leave it blank. Then you can ever guess who the cut-out are.
- Knitting (or loom knitting)
- Fan making- find some fun paper and fold it into a fan to use on a hot day
- Beadwork/Jewelry making
- Drawing, coloring, painting, finger painting, water colors, chalk, pastels, etc.
- Wish Poems- in groups or individually have the person/people say or write a poem. Wish poems generally begin with "I wish" in each line.
- Color Poems- Ask the group to state what their favorite color is. Begin the poem with a favorite color. (Ex., Red is the sun setting at night or Red is the color of love). If writing as a group, have each person suggest a line.
• Poems Written to Music- play an instrumental piece and ask the person or group to close their eyes and listen carefully to the music. Ask the person or group what the music makes him or her think of. What colors do you see? What kind of place? A city? Mountain? Ocean? What time of year is it? The poem can begin with "I hear music. I see ______. I feel ______. I reminds me of ______. ' Have each member complete the blanks.

• Director Draw- choose a "director" and give others a pencil and a paper. The director’s job is to think of something for the others to draw. The only restriction is that the director can't tell them exactly what they are drawing. Simple circles, squares, etc. are suggested. He must give clear instructions verbally or physically on how to draw the object he is thinking of. Show each other the finished drawings.

• Art to music- play music. Invite the person to begin drawing anything. After a brief period of time, instruct everyone to pass the picture to their right (or left) and add to the picture. Continue the activity until the picture returns to the original artist.

Indoor things to do
• Exercise and have fun: variety of short-timed exercises for every level on YouTube
• Take an exercise class online
• Yoga, palates
• Pass it on- sit or stand in a circle. Leader starts a word, a phrase, a handshake, a funny face, etc. and passes it to the person on his right. That person then passes the word or motion to the next person. This continues until all have received and passed on the original action. Examples: "Hello," "You're great"; "Sh-h-h," smile, yawn, hug. As a variation, when passing words, ask each person to use a different inflection or voice quality.

• Tin Can Alley- set up empty cans or plastic bottles of various sizes in horizontal row. First place them 5 feet away, then 10 and at increasing distances. You can mark point values on them. Put higher points on smaller objects. Give participants a ball and have them throw or roll the ball toward the cans. The cans do not have to fall over to count. Each turn consists of two tries.

• Information Please- sit in a circle. Leader says, "My name is... what is yours?" Leader looks directly at the person questioned and throws a bean bag or ball to that person. The 2nd person repeats, "MY name is.... what's yours?" and throws the bean bag to a 3rd person. Additional questions may include: "My hobby is... what's yours?" "I'm feeling..... how are you feeling?"

• Laugh-a-Olympics- what makes you laugh? Do silly things to make each other laugh. Do group laughs. Laugh different ways. Who's the best laugher? Who's the funniest laugher? Who has the most contagious laugh? Do a stare contest.

• Table beachball- sit around a table and bat the beach ball across the table. Try not to let the ball hit the ground. For competition, teams are composed of alternate seating of participants on a rectangular table. Leave the ends open.... that's the goal. Ball going through a goal is worth a point. With larger groups, add two or three table length wise.
Music and Dance

- Clapping to Music - play music, participants and leader claps hand in rhythm to the music... add toe tapping, etc.
- Freeze - play a catchy tune. Participants walk around the room. When the music stops, the participants freezes and hold that position until the leader releases them. No one is out of this game. Play for fun. Continue the music and play more Freeze!
- Circle Dancing - play music, place the group in a circle and instruct the group to move to the right around in a circle. Then move to the left. Movement and instructions can be added later.
- Do What I Say - play music with catchy, rhythmic tunes, start with very simple everyday movements.... walking, running, stretching, twisting, bending, etc. First, just do the movements and have participants follow; later on say, "do what I say" and don't move at all... the participants must listen to your directions. So if you say, "jump up and down," everyone must jump up and down. (just like Simon Says).
- Marching to music - play a march music or any music with a strong beat. March to the music. March together. March in different directions with everyone going their separate ways.
- Creative movement to music - play a record that participants like. Participants may start with simple movements. Leader may have others follow his movement. Encourage each to be creative and move freely to the music. Encourage large sweeping movements.
- Rhyming game - one person says a word and the group tries to see how many words they can think of the rhyme with the original word. Simple poems can be written using the rhymes.
- Name that tune - play competitively or for fun. Play a segment of a song and participants must guess the song title.
- Have a dance party/contest
- Learn a new dance (YouTube, Tik tok)
- Have a karaoke party (you can find most songs with lyrics on YouTube)
- Enter a poetry, short story, or essay contest

Relaxing

- Practice meditating and or Yoga
- Movies, TV and your favorite snack
- Follow a comedian on social media/you tube and watch their videos for a good laugh
- Work on a puzzle, whether it be jigsaw, crossword, sudoku, etc.
- Plan an accessible future vacation or road trip
- Listen to and/or create music
- Start building a wish list or bucket list

Connection

- Reach out to someone you haven’t chatted or wrote to in a while
- Connect with friends and family through social media (Facebook, Facebook video, skype, etc.)
- Write letters, send cards to people you care about
- Join an online group with people that share your specific interest/hobby
- Have a “star of the day”, where you learn about each other through questions and pictures: such as favorite memories, hidden talents, favorite holiday, hobbies, etc.