

## STAY-AT-HOME ACTIVITY SUGGESTIONS

*Please add to this list any ideas of your own*

### Personal care

Showering / Bathing (**touch, smell**)  
Hair washing (**touch, smell, proprioception**)  
Dressing  
Cleaning teeth (**taste, oral motor**)  
Brushing hair  
Doing make-up  
Shaving  
Nail cutting  
Eating / Drinking  
Other personal care (please list):

### Relaxation:

Yoga (lots of apps / online tutorials available with easy to follow instructions) (**proprioception, vestibular**)  
Guided meditation  
Mindfulness (lots of apps/videos available online)  
TV, film, reading, audio books, comics, picture books, puzzle books, jigsaws, bath, music, colouring in  
Threading (**visual**)  
Massage (**proprioception**)  
Fidget toys (**proprioception, touch**)  
Other relaxation (please list):

## Exercise:

Home workout – jumping jacks, sit-ups, running on the spot, high knees, bunny hops, frog jumps (**proprioception, vestibular**)

Dance (**proprioception, vestibular**)

Sports (**proprioception, vestibular**)

Yoga (**proprioception, vestibular**)

Trampoline (**proprioception, vestibular**)

Yoga ball – sit on and bounce (**proprioception, vestibular**)

Ball activities – rolling, throwing, catching, target practice (**proprioception**)

Skipping (**proprioception, vestibular**)

Walk / bike ride / scooter / run / skip (**proprioception, vestibular**)

Musical statues (**proprioception, vestibular, sound**)

Other exercise (please list):

## Housework / Home maintenance:

Laundry

Mop (**proprioception**)

Wash dishes (**touch**)

Tidy room

Dust

Vacuum (**proprioception**)

Brush up

Unload / Put away shopping (**proprioception**)

Cleaning windows (**proprioception**)

Wipe down door handles, light switches, chairs etc.

DIY

Other housework (please list):

## Leisure / Play

Board games, electronic games, sports, toys

I spy... **(visual)**

Simon says **(proprioception, vestibular)**

Jenga

Home-made Bingo

Virtual tours / web cams of zoos, farms, aquariums, museums, famous landmarks

Video call family / friends

Matching pairs, snap, other card games

Indoor bowling

Hopscotch (use masking tape or chalk to mark out) **(proprioception, vestibular)**

Treasure hunt **(can be proprioception, vestibular, touch)**

Karaoke / Sing-along **(sound, oral motor)**

Make a den / sensory tent **(sight, sound, proprioception)**

Blow football **(oral motor)**

Sand or water play **(touch)**

Bubbles **(oral motor)**

Home-made skittles / target games (e.g. use rolled up socks as a ball, plastic cups as targets)

Knitting / sewing / embroidery / crochet

Other leisure (please list):

## Creative:

Painting/Drawing

Lego

Play doh (or make your own salt dough / scented play doh) **(proprioception, touch, smell)**

Make a bird feeder

Decorate t-shirts / mugs (fabric paints and ceramic paints available online)

Paper planes / boats / other origami (instructions available online)

Make slime **(touch)**

Finger paint **(touch)**

Make a sensory bin, hide items in pasta/rice/shredded paper and try to find them **(touch)**

Feely box with lots of different textures (**touch**)

Paper mache (**touch**)

Make smoothies (**sound, taste, smell**)

Make marks in a tray of cornflower and water mixture / shaving foam (**visual**)

Planting and watering herbs, indoor plants

Make suncatchers (**visual**)

Friendship bracelets / Jewellery / Loom bands

Home-made paint stamps out of potatoes, celery

Make calm-down bottle using water, glue and glitter (**visual**)

Other creative (please list):

### **Outdoors:**

Weeding

Planting

Mowing lawn (**proprioception**)

Digging

Raking (**proprioception, vestibular**)

Pushing wheelbarrow (**proprioception**)

Sweeping up leaves

Wash car (**proprioception, vestibular, touch**)

Cleaning garden furniture

Growing fruit / vegetables / herbs

Other outdoor activities (please list):

## Learning (academic work or skills development)

School / College home learning – if any has been provided

Activity books / Worksheets – telling the time, money management, word searches etc.

Learn a new skill e.g. playing an instrument / cooking / baking / domestic tasks

This can be incorporated into other categories (e.g. learning a skill in relation to housework, gardening etc.)

Use various teaching methods as appropriate (e.g. demonstration / modelling, verbal prompts, visual prompts, hand-over-hand guidance)

Other (please list):

## DAILY ROUTINE

Name:

DOB:

NHS no:

Day: (please circle)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

	Time	Activity
AM	07:00	
	07:30	
	08:00	
	08:30	
	09:00	
	09:30	
	10:00	
	10:30	
	11:00	
	11:30	
PM	12:00	
	12:30	
	1:00	
	1:30	
	2:00	
	2:30	
	3:00	
	3:30	
	4:00	
	4:30	

5:00	
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6:00	
6:30	
7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	
11:00	

- Try to include a balance of different types of activity throughout the day. Plan the day based on your knowledge of the service user (e.g. preferences, interests, abilities, activity levels)
- Break the day up into chunks of time based on how long the person you are supporting is able to stay focused on any one task.
- Within each time slot you can break it down even further (particularly if you are supporting someone with a short attention span) by picking more than one activity from the list
- Adapt the wording to language you would normally use, support by visual aids as needed (e.g. photographs, pictures or objects of reference)
- If an individual has specific sensory needs, try to ensure that these are being met throughout the day – i.e. consider the sensory demands of activities when planning each day (sensory properties are in brackets after some suggested activities)
- If an individual receives 1:1 support, staff should engage in activities too where appropriate – either doing activities together or alongside the person.

## SAMPLE ROUTINE

*This is just a rough guide; activities suggested will not be appropriate for everybody and should be selected based in individual needs and abilities*

Day: Monday

Time	Activity
08:00	<b>Personal care</b> (shower, teeth, dressed, breakfast)
08:30	
09:00	<b>Exercise</b> (yoga / go for a walk)
09:30	<b>Learning</b> (word searches, money skills)
10:00	
10:30	<b>Creative</b> (make play doh, make models out of it and try to guess what each other has made)
11:00	
11:30	<b>Relaxation</b> (stretch and release exercises followed by guided meditation)
12:00	
12:30	<b>Lunchtime</b> (plan, prepare and eat lunch)
1:00	
1:30	<b>Housework</b> (clear table, wash/dry/put away dishes, brush up)
2:00	<b>Exercise</b> (cardio – e.g. jumping on trampoline / skipping)
2:30	<b>Outdoors</b> (water plants, weeding, sweep drive)
3:00	
3:30	<b>Housework</b> (vacuum, mop)
4:00	<b>Leisure</b> (indoor bowling, hop scotch, video/phone call to family)
4:30	
5:00	<b>Housework / Personal care</b> (plan, prepare, cook dinner, lay table, eat



5:30	dinner, wash dishes)
6:00	
6:30	<b>Exercise</b> (go for a walk)
7:00	<b>Leisure / Relaxation</b> (television, books, fidget toys, play a board game, cards, listen to music, browse the internet)
7:30	
8:00	
8:30	
9:00	
9:30	<b>Personal care</b> (supper, bath, clean teeth, get ready for bed)
10:00	
10:30	<b>Bedtime</b>
11:00	