

Occupational Therapy City Wide Services

Indoor Home Activities Ideas Pack

March 2020



Royal College
of Occupational
Therapists

This resource pack has been developed by the
Occupational Therapy Team
Community Adults Learning Disability Team
MLCO
Manchester Foundation Trust

It has been developed to assist you when at home to enable you to be mentally and physically active. Engagement in meaningful occupation is of central importance in everyone's mental health.

This pack is a compilation of ideas and tools for you and your family/carer, so that you have the opportunity to live a more fulfilling life whilst being at home.

We can all:

1. Be creative / think outside the box
2. Be prepared
3. Offer the right activities
4. Grade / adapt the activities so they're achievable.
5. Communicate and interact this is key
6. Enjoy

Activities can be:

- Either all or part(s) of an activity
- Either continuous or fleeting
- Either observing or taking part
- The chance to say when to stop or start.
- Planned or spontaneous

We hope you find it useful.

March 2020

Here are a few suggestions for when you are at home for long periods

Establish a daily routine. Routines provide structure and purpose.

Balance your weekly routine so you have a good mix of work (activities that have to be done), rest and leisure.

Think about the regular activities that are most important to you. What are the important elements to these? Can you adapt them to carry out in the home? For example, instead of a gym class, following an online strength and balance routine.

Set daily goals to provide purpose and a sense of achievement. This might include working through that list of the things you keep meaning to do but never get round to?

Identify the triggers that make you feel low and look for ways to reduce or manage them.

Talk with family, friends and neighbours to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance?

Take care of yourself. Eat and drink healthily with plenty of fruit, vegetables and water to support your immune function and energy levels.

Avoid staying still for too long. Exercise and regular movement will maintain fitness and strength.

Have a good sleep routine. If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises.

Keep in touch. Arrange to speak to someone most days on the phone, through social media or over the garden fence.

Sensory Activities ideas

1. Texture books, cut squares from cardboard attach the different materials and hole punch right hand corner and bind together, i.e. bubble wrap, sand paper, fake fur, satin and velvet
2. Shaving foam – people can work in groups, or another way is to put down a large piece of al foil and use baby oil.
3. Scented play dough – 1 cup flour – ½ cup salt 2 teaspoons of cream tartar 1 cup of water with food colouring 1 teaspoon and oil, any flavours i.e. vanilla, almond, orange, mint etc.
4. Orange and cloves poke whole cloves into an unpeeled orange. This creates a great smell as well as a tactile experience.
5. Bubble maker – Thread a piece a string through two drinking straws. Tie the string in a knot. Hold the straws as handles and immerse in bubble solution. Slowly lift up and you will have a bubble sheet. Gently move your arms up and down and the bubble will rise and fall.
6. Shredded paper, most offices have it. Get a box and place the shredded paper into it, hide items in it and let then find them
7. For people who like to bang walls etc. Get a very large piece of bubble wrap and hang on the wall they can then bang as much as they want within hurting themselves or the wall.
8. Make lots of jelly, place in a very large bowl, hide things in it and let people find them, its very messy but lot of fun, and if people want to eat it wont do them any harm, you can get sugar free for the weight conscious.
9. Sensory gloves – put play dough or rice etc, into latex gloves and tie them up, you can also add water, sand or flour.
10. Sound walk – Take a tape when out walking tape the sounds around you, when back you can discuss the sounds.
11. Smelly Jars – Make holes in the top of baby food jars. Place cotton wool balls inside, then go to the cupboard and add scent, i.e. long lasting smells are: coffee, cocoa, (chocolate), garlic salts, vinegar, baby oil.
12. powder, cinnamon etc, tighten the lid. Then pass them round to let people smell them. These can be placed in a plastic container for group sessions.
13. Slime – To Make it add corn flour and a little water from the tap and stir well, continue to add water until you get the right consistency (it should be fairly stiff

when rolled in the hand, but melts through the fingertips when not rolling), You can make it colourful with food colouring but don't forget that dye stains.

14. Ice cube sensory trays – Take an ice cube tray, collect small objects/materials e.g. sandpaper, fur, felt, silk, wood or sponge, cut material to fit each compartment in the tray, put in freezer and when frozen take out and let them explore.
15. Touch and feel box – lots of small items for tactile stimulation – these can be found at lots of cheap/pound shops, for ideas see OT.
16. Collect different size plastic bottles and fill with coloured water.

Themes for discussion/communication groups

1. Everyone listen to a newspaper article. They then answer questions on it or give an opinion about it.
2. Everyone closes their eyes and keeps very quiet and listen to the sounds of the building, the facilitator deliberately makes a noise whilst the others have to say what it is. This can be done using a tape of sound effects, and asking the group to identify them.
3. Listen to a piece of music with eyes closed; ask the members individually what it makes them think about.
4. Everyone talk about sounds they do not like and they do like. You can do the same with the other senses i.e. sight, touch, smell and taste.
5. There are a variety of listening games which can be utilising props i.e. a telephone – giving and taking messages, and passing those messages onto the next person than they can do the same and pass on to the next person and so on until everyone has had a go.
6. Foods I dislike/like
7. Drinks I dislike/like
8. My saddest/happiest moment
9. The job I would like/hate
10. My favourite/most disliked TV show or advert

Festival Themes:

There are many possibilities for discussions/group work i.e. Exploring festival symbols, celebration of festivals, new years resolutions, Mammoth birthday card for a group member, Christmas, valentines, Halloween, Posters for events, The four seasons,

Themes of life:

Choose a particular life theme i.e. sex, marriage, family, freedom, life events, leaving home, love, siblings and so on.

Colour themes:

Associate colour with thoughts/feelings i.e.

Emotion – sadness, fear, love, joy and calm

Periods of life – baby – adults

Seasons

Times of the day

Members of their family.

Other discussion themes:

Nature – desert, mountains, rocks, plants, trees, animals, birds, fish.

Weather – storm, thunder and lightning, sun, snow, rain, clouds and wind

Water – raindrops, waterfalls, ripples, waves, sea, river and lake

Gardens – what would we find in them.

People – shape and size, personality, hair colour, eye colour

Religion - differences

Events – what's happening at the centre or at home?

Personal experiences/aspirations – what have people done or what would they like to do

Films – likes and dislikes

Concerts – likes and dislikes – what/who have they seen

Pubs – likes and dislikes

A holiday they have enjoyed

Hobbies they do/or would enjoy doing

When I was young.....

Activities for Visual impairment

1. Any sorting activity can be useful as a start to these skills. Using coins, buttons or other sorting objects.
2. Using magazines cut up words, pictures, shapes, and patterns for matching.
3. Spot the difference activity using magazines, puzzles books or papers
4. Odd one out – Draw a line, shape or pictures
5. Looking at picture – ask questions about fine detail
6. Snap – card game
7. Jigsaws

Activities for Auditory impairment

1. Any listening activity, listening to a story, radio, music and then ask questions or use as a group discussion
2. Listening with eyes shut – discuss what has been heard
3. Other suggestions have been made previously

Other indoor activities you can do.

- Choosing clothes
- Making food menus
- Shopping for food online
- Shopping for presents
- Household shopping list
- Choosing T.V. programmes
- Watching T.V.
- Choosing the radio station
- Listening to recorded music
- Video programmes
- Baking/cooking
- Drawing
- Painting
- Exercise DVDs/ online videos
- Flower arranging
- Indoor gardening
- Musical instruments
- Care of pets
- Looking at photographs
- Photography/ filming
- Wall displays
- Scrap books
- Indoor sports
- Table games
- Modelling clay
- Woodwork leisure
- Yoga
- Relaxation
- Badge making
- Reading
- Writing
- Take away food
- Watching indoor sport
- Computer work
- Dancing
- Telephoning friends

- Making a drink
- Cutting/peeling fruit and vegetables
- Opening containers
- Making cold snacks
- Making hot snacks
- Laundry
- Sorting clothes
- Washing dishes
- Cleaning surfaces
- Hoovering
- Cleaning fridge
- Cleaning cooker
- Tidying room

Online activities

www.chatterpack.net go to blog then resources – this has lots of FREE resources such as virtual tours of museums and art galleries, online learning, nature, music, entertainment, advice around anxiety and mental health and spiritual resources

You can also type into google virtual tours of museums, landmarks, national parks, football stadiums for things to look at

Choirs and singing

If you have access to Facebook there is a coronavirus choir which you can join in for free 10am – 11am through Facebook

thesofasingers.net – free weekly choir

Gareth Malone is also starting an online choir

Exercise

www.nhs.net has some useful exercise ideas to keep active

If you have YouTube Joe wicks is starting free exercise classes on his YouTube channel **The Body Coach TV** Monday to Friday at 9am

100+ INDOOR ACTIVITIES

CRAFTS

MAKE PAPER AIRPLANES
SALT PAINTING
MAKE SUNCATCHERS
MAKE SALT DOUGH
MAKE SPONGE STAMPS
MAKE A CEREAL BOX AQUARIUM
MAKE SCRATCH ART
MAKE YOUR OWN BOOKMARKS
PAINT PET ROCKS
MAKE RECYCLED CRAYONS
MAKE PAPER BOATS
FINGER PAINT
MAKE FRIENDSHIP BRACELETS
MAKE A BIRD FEEDER
MAKE PAPER BAG PUPPETS
MAKE HANDPRINT ART
MAKE A SCRAPBOOK
DECORATE T-SHIRTS
MAKE A THANKFUL JAR
PAINT LEAVES
MAKE A TIME CAPSULE
MAKE BUTTON ART
PAINT WITH WATERCOLORS
COLOR IN A COLORING BOOK
MAKE PAPER CRAFTS
BUILD A CARDBOARD CASTLE
MAKE TISSUE BOX MONSTERS
MAKE A TOILET PAPER ROLL
BUTTERFLY
STAMP WITH CELERY
MAKE CHALK ICE
MAKE PUFFY SIDEWALK PAINT
DRAW A SELF PORTRAIT
USE RUBBER STAMPS
DO SCRAPE PAINTING
PAINT A RECYCLED JAR
MAKE SUPERHERO COSTUMES

ACTIVITIES

MAKE PLAYDOUGH
MAKE SLIME
MAKE PLAY MUD
MAKE RAINBOW RICE
MAKE FAKE SNOW
MAKE A SENSORY BIN
MAKE A SENSORY BAG
BUILD A FORT
HAVE A PILLOW FIGHT
WRITE A STORY
MAKE ICE CREAM IN A BAG
MAKE GUMMY BEARS
MAKE FRUIT ROLL-UPS
HAVE A MOVIE DAY
PUT ON A FASHION SHOW
BAKE CUPCAKES OR MUFFINS
DO YOGA
BUILD AN OBSTACLE COURSE
MAKE DINNER TOGETHER
PLAY WITH MAGNETIC TILES
BUILD SOMETHING WITH LEGO
USE DOT MARKERS
BUILD A STACK OF CARDS
PUT ON A PUPPET SHOW
MAKE A TREASURE HUNT
INDOOR BOWLING
LEARN TO DRAW
PUT ON A PLAY
MAKE INDOOR HOPSCOTCH
DO A FAMILY CHORE TOGETHER
HAVE A DANCE PARTY
HAVE A TEA PARTY
PLAY WITH WATER IN A BIN
SET UP A PLAY STORE
MAKE A SOCK TOSS GAME
MAKE PERLER BEAD ART
WRITE IN A JOURNAL

GAMES

PLAY WOULD YOU RATHER
PLAY I SPY
PLAY SIMON SAYS
PLAY BOARD GAMES
PLAY HIDE AND SEEK
INDOOR SCAVENGER HUNT
PLAY BINGO
PLAY CARD GAMES
DO A PUZZLE
PLAY CHARADES
BUILD YOUR OWN GAME
PLAY FREEZE DANCE
PLAY HOT POTATO
PLAY MARBLES
KEEP THE BALLOON UP
PLAY DOMINOES
PLAY HANGMAN
PLAY TIC-TAC-TOE

EDUCATIONAL

READ BOOKS
DO A SCIENCE PROJECT
LEARN ORIGAMI
LEARN ABOUT A NEW ANIMAL
LEARN A NEW CARD GAME
LEARN TO SEW
LEARN TO KNIT
DO BRAIN TEASERS
LEARN A NEW LANGUAGE
LEARN ABOUT A COUNTRY



AT HOME ACTIVITIES

**1. Ocean sensory bin**

(water, blue food coloring, ocean animals)

2. Toy Car Wash

(toy cars, water, soap, sponge, wash cloth)

3. Baking soda and vinegar experiment

(baking soda, vinegar, food coloring)

4. Make slime

(glue, baking soda, lens solution, food coloring)

5. Color mixing with colored ice cubes

(ice cube tray, food coloring, water)

6. Make rainbow rice

(rice, food coloring, vinegar)

7. Make & paint with puffy paint

(white glue, food coloring/paint)

8. Make color mixing bags

(plastic bag, water, food coloring, glitter)

9. Salt painting

(paper, permanent marker, salt, food coloring)

10. Free the frozen animals

(water, toy animals)

11. Bubble prints

(water, soap, food coloring, straw, paper)

12. Rain cloud experiment

(water, shaving cream, liquid watercolors)

13. Clean the baby dolls

(baby dolls, water, soap, towel)

14. Make sensory bottles

(water bottle, water, glue, food coloring, glitter)

15. Make ice paint

(water, ice cube tray, popsicle sticks)

16. Ice painting

(ice, paint)

17. Target practice with spray bottles

(Paper, tape, spray bottles, water, paint)

18. Citrus sensory bin

(old orange/lemon, water, food coloring)

19. Toy wash

(plastic toys, water, soap, sponge, towel)

20. Dance party with flash lights

(music, flash lights, dance moves)

21. Create an obstacle course

(Items from around the house)

22. Color bath

(liquid water colors or food coloring, water)

23. Paint the bath/shower walls

(washable paint, paint brushes)

24. Decorate a cardboard box

(cardboard box, anything you want to decorate with)

25. Black water scavenger hunt

(water, black food coloring, things to find)

26. Play foam sensory bin

(soap, water, food coloring, blender)

27. Giant coloring page

(roll of paper, black crayon, water color paint)

28. Pom pom soup

(pom poms, water)

29. Dot the rainbow

(paper, markers, dot markers or stickers)

30. Make & play with cloud dough

(Flour, oil, food coloring)

Thank you from the Occupational Therapy team

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