

Activity Ideas



Movement Activities

Staying active is important to all of us, it makes us happy. Physical activity is a “big body” movement and provides sensory feedback that is both calming and alerting

Advice and Guidance

Activities listed in the folder are to be used at interval throughout the day; if we are meaningfully occupied doing activities that we enjoy this will support our positive behavior support plan.

The overall aim of Positive Behaviour Support (PBS) is to improve the quality of a person's life and that of the people around them. To reduce the likelihood of behaviours that challenge occurring by creating physical and social environments that are supportive and capable of meeting people's needs

The activities can range from 5-20 minutes, and the same activity can be used several times in the day.

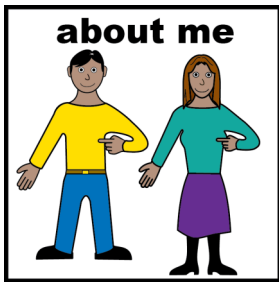
Don't force an activity on an individual, they may be unsure what the task is or the expectations.

Try modeling the activity you are offering, doing it whilst the person watches and then encouraging participation.

The individual doesn't have to be involved in the whole task as it may be too long, but any involvement can be meaningful, putting the last slice of bread on the sandwich is still activity participation

Remember to have fun 😊

'wipe clean'; disinfect any items, before and after use



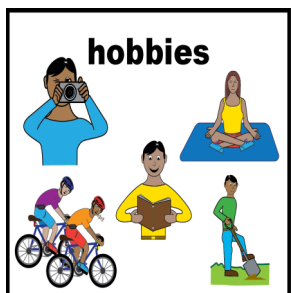
Meaningful occupation is very individual, its about the things that are important to you as an individual— **your quality of life**



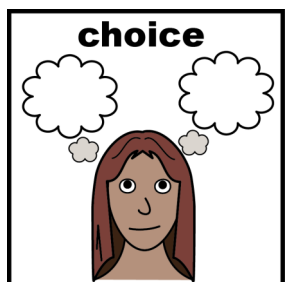
Think about the things that make you happy, this will help you to identify meaningful activities



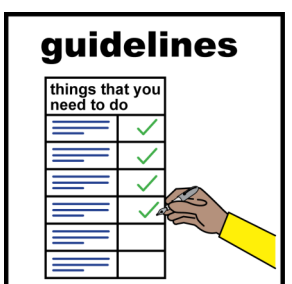
We all have jobs and roles to do in the day, especially if we live in supported living, but these may need to be scheduled through out the week— not all at once



Our hobbies are the fun things we look forward to doing, we may want to try new activities, we may need to try it several times as it may be different



Use the activity ideas in this pack to provide choice, you can repeat the activity in the day or offer on another day



REMEMBER—these activities are general guidelines and suggestions not designed for an individual, use with your own knowledge of the individual and your risk assessments—supervision may be needed

Dancing and Singing

Set up a disco in your front room.

What are your favourite songs ?

Dig out your old CD's—find a music channel on the TV

Have you got a karaoke machine—if not why not make your own microphone or sing into a hairbrush !!!

Teach each other dance moves

Prizes and certificates for the best dancer 😊



Gym Ball Activities

Have you got a gym ball at home

The sensation of your body having deep pressure touch is calming. Gym balls are a great way of providing this sensation without you needing to use your hands on a person

Activity:-

- Make sure you have enough space to use the gym ball
- Make sure there are no objects near that you may fall and hit if you wobble off the gym ball
- Have you got a yoga/gym mat you can use either side?
- You may need to demonstrate to what you want others to do and show a the picture



Gym Ball Activities

1.



Lie your tummy on the ball with his feet and hands on the floor— he can stay there as long as he would like

2.



Gym ball squeeze when sitting on the floor

3.


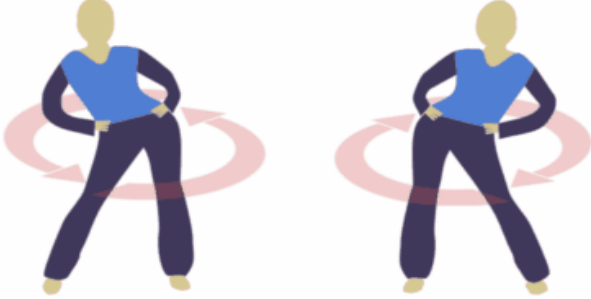

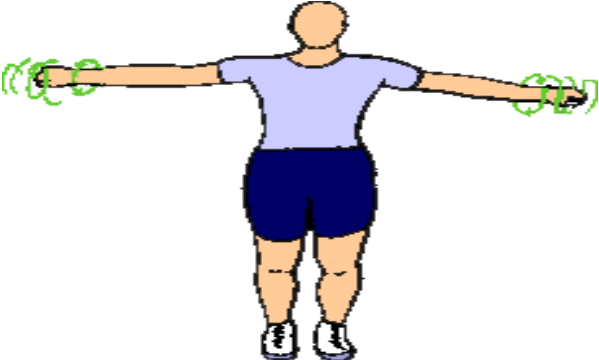


Gym ball roll— lying flat on his tummy. Staff to roll the ball over the body applying gentle pressure

Physical Activity—Movement Breaks

Activity:-

- . Make sure you have enough space for the activity
- . You may need to demonstrate to what you want others to do and show a picture to do and show a picture
- . Pick from the following activities, throughout the day:-

	<p>Wall push ups</p>
	<p>Hip circles and a wiggle</p>
	<p>Jumping Jacks</p>
	<p>Arm circles and a wiggle</p>

Physical Activity—Movement Breaks



Marching

Try singing when the saints



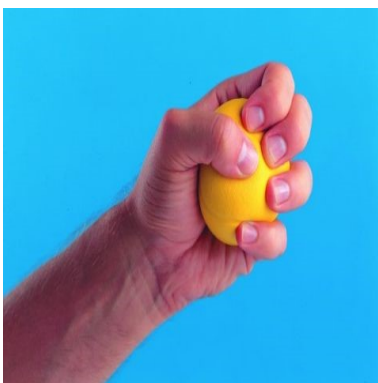
Stretch—standing or sitting



Self Squeeze—give your
self a hug

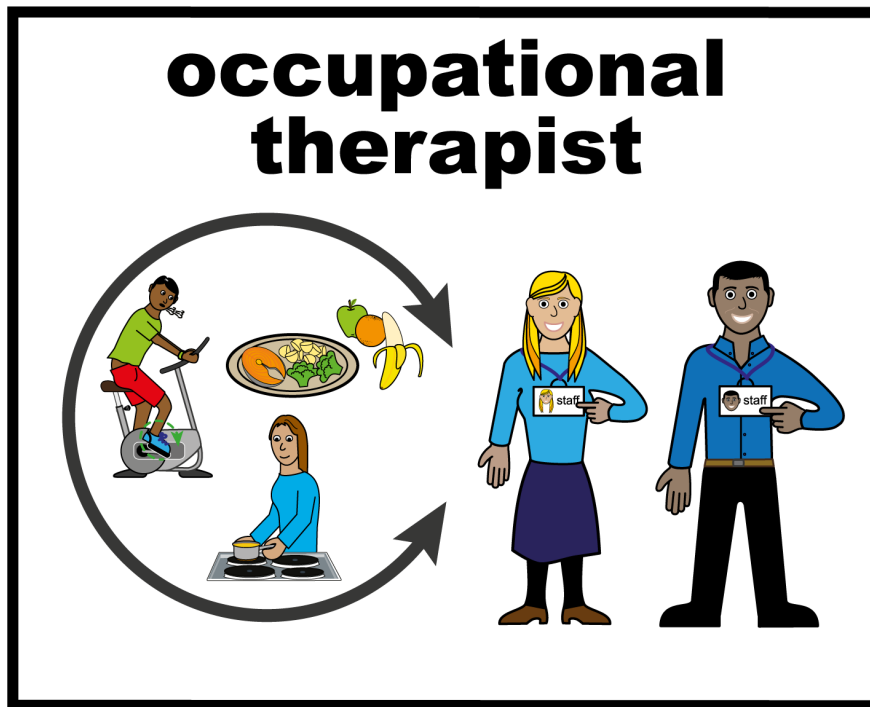


Go for a walk in the garden
or around the house



Hand Squeeze

Try ball games in the garden



This activity pack was created by the Learning Disability Occupational Therapy team for more information please call **(01604) 657700** or visit the website at hwww.nhft.nhs.uk/



This folder was made on:- 26th March 2020