

Residential Activities

**Together We Will Get Through
This...**



Melissa D'Accordo, Ph.D.
Curriculum & Training Specialist
United Cerebral Palsy Associations of New York State, Inc.
d/b/a Constructive Partnerships Unlimited
2324 Forest Ave.
Staten Island, NY 10303
mdaccordo@cpofnys.org

Introduction

We have now been quarantined for a month and at times the days seem very long. There is still uncertainty about COVID-19 and when we will get back to our regular lives and have some normalcy. I am hoping that these activities will help the staff, who are going above and beyond and are true heroes during this crisis to create some type of normalcy within the residences. As challenging as each day is, it is important that the people we support remain active and have some type of routine. Another resource guide was created in March to help staff and the individuals we support called, COVID-19 Resources and Activities for Residential <https://www.cpunlimited.org/pdf/COVID-19-resources-activities.pdf> (please refer to this resource as well for helpful ways to explain COVID-19 to the people we support, to create a daily routine and engage in various activities).

The following activities are meant to provide staff with ideas of things that can be done in our residences to keep the individuals active. Pick and choose what works for the people you support and feel free to adapt activities to meet the person's needs. All activities are meant to be simple and easy to implement. Be sure to take pictures and/or videos so that we can post on our website and social media sites. Have fun with the activities and thank you all for everything that you are doing!

The tests we face in life's journey are not to reveal our weaknesses but to help us discover our inner strengths. We can only know how strong we are when we strive and thrive beyond the challenges we face.

~ Kemi Sogunle

Stay Safe & Be Well!

Virtual Tours

Tired of being stuck in the house? Here are some places you can explore virtually on a smartphone, tablet and/or computer.

- **Discovery Education** offers free virtual field trips complete with companion guides and hands-on learning activities. <https://www.discoveryeducation.com/learn/tundra-connections/>
- **Cincinnati Zoo & Botanical Garden** Every weekday at 3 PM EDT, the Cincinnati Zoo will host a Home Safari Facebook Live that features a different animal each day. For those who don't have social media, the zoo will post the safaris on both their website and YouTube. <https://www.facebook.com/cincinnati-zoo/>
- **Monterey Bay Aquarium** offers ten live cams where viewers can sneak a peek at the sharks, do a little birdwatching in the aviary, and they can even check the goings-on in the open sea. <https://www.montereybayaquarium.org/animals-and-exhibits/live-web-cams>
- **The San Diego Zoo** has ten live cams to choose from, including penguins, tigers, koalas and giraffes. <https://zoo.sandiegozoo.org/live-cams>
- **Fox Sports** Enjoy your favorite sporting events <https://www.foxsports.com/virtual-reality>
- **A list of World Famous Museums that can be virtually toured**
 - [British Museum, London](#)
 - [National Museum of Modern and Contemporary Art, Seoul](#)
 - [The J. Paul Getty Museum, Los Angeles](#)
 - [Van Gogh Museum, Amsterdam](#)
 - [Guggenheim Museum, New York](#)
 - [National Gallery of Art, Washington, D.C.](#)
 - [Pergamon Museum, Berlin](#)
 - [The Louvre](#)

- **Yellowstone National Park** The first established National Park and popular vacation destination is now accessible to virtual travelers. The interactive maps are a great way to see the Mammoth Hot Springs and Mud Volcano, and Old Faithful Geyser live-stream. <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- **Ellis Island** Virtual field trip to Ellis Island, the former immigration inspection station in New York Harbor that is also home to the Statue of Liberty. <http://teacher.scholastic.com/activities/immigration/webcast.htm>
- **Blarney Castle** Though you won't be able to kiss the famous Blarney Stone, you can still take a virtual tour of Blarney Castle, built nearly 600 years ago by one of Ireland's great chieftains. <https://www.virtualvisittours.com/blarney-castle/>
- **Disneyworld** Use Google Street View to get an up-close look at the Magic Kingdom, including all the countries of Epcot Center. <https://www.google.com/maps/@28.418732,-81.5813006,3a,75y,90t/data=!3m6!1e1!3m4!1svlXS5W-lSh3-0p7hbptVCA!2e0!7i13312!8i6656>
- **Disney Virtual Rides** Enjoy virtual rides without the long wait times <https://parade.com/1018029/alexandra-hurtado/virtual-disney-rides/>
- **billboard** watch live streams and virtual concerts. <https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

*Create a journal, make a collage or become a travel reporter discussing everything you saw on your travels and how it made you feel.



Recycling Crafts

Earth Day is April 22nd!

Don't have arts and crafts on hand? Here are some simple arts and crafts ideas that can be made with everyday household items. FYI you do not need to use the exact materials, be creative and improvise using materials on hand...Have fun & take pictures to share on our social media sites.

1. **Hanging Planter** Large plastic bottles become beautiful hanging planters in this green-living and green-thumb project. A great way to make a gorgeous hanging garden. <https://www.weareteachers.com/earth-day-crafts-classroom-activities/> (for additional crafts and step by step visual guidance)



2. **Feed the Birds** Herald spring with this easy crowd-pleaser: the large plastic bottle (milk cartons work as well) bird feeder. <https://www.weareteachers.com/earth-day-crafts-classroom-activities/> (for additional crafts and step by step visual guidance)



3. **Raindrop Suncatcher** Make a beautiful suncatcher to hang in the window. Be creative, you can make any design (think of things you like, flowers, sport symbols, music symbols etc.). FYI You do not need to use a wooden dowel, use a stick, a straw, a skewer etc. <https://www.crayola.com/crafts/raindrop-suncatcher-craft/#.Xo3gQme6Wus.email>



Raindrop Suncatcher

powered by
 Crayola

4. **Sensory Bottle**

- Sensory bottles are containers (plastic water bottles, juice bottles, soda bottles etc) filled with various materials (wet and/or dry) to engage one's senses.
- This is a great way to use your senses to explore materials in your environment.
- Sensory bottles can be used when we want to relax or calm down.

Directions: In a tightly secured (add glue to the cap when tightening) plastic bottle you want to add (these are suggestions, be creative):

- Food coloring, water, vegetable oil
- Water and dish soap (only fill half way so that you can see the bubbles)
- Food coloring, water, glitter, beads
- Food coloring, water, baby oil
- Water and crayon shavings
- Rice or macaroni and colorful materials
- Salt and colorful materials
- Popcorn and colorful materials

*additional colorful materials (beads, pom poms, buttons, marbles etc.)



5. Sculpting Dough

You will need:

- 1 cup flour
- 1/2 cup salt
- 1/2 cup water
- Old fashioned oats *optional for sensory
- Food coloring **optional to make different colors

Make your own creative sculpture with your hands or use cookie cutters, a rolling pin, pizza cutter and/or potato masher.

Mix all ingredients together. If the dough feels too sticky add more flour. Store sculpting dough when finished in a ziplock bag and place in refrigerator.



6. **Musical Instruments** 52 homemade musical instruments all made from recycled household items. Find your favorite, make it, play your favorite songs and jam out. <https://feltmagnet.com/crafts/Music-Instruments-for-Kids-to-Make>

Healthy Comfort Foods

3 simple snack recipes that everyone will enjoy and can participate in making.

1. **Rice Pudding** video <https://spicysouthernkitchen.com/old-fashioned-rice-pudding/>

INGREDIENTS

- 6 cups whole milk, divided
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/2 cup long grain white rice, I use a heaping half cup
- 2 teaspoons vanilla extract
- ground cinnamon, optional

INSTRUCTIONS

- In a large saucepan, combine 5 1/2 cups milk, sugar, and salt. Bring to a boil over medium-high heat.
- Stir in rice and reduce heat to low. Be sure to adjust the heat so that it is at a gentle simmer.
- Stirring occasionally, cook for 50 to 60 minutes. Mixture should thicken up to consistency of yogurt.
- Once thickened, remove from heat and stir in vanilla.
- Let cool and then refrigerate. The last 1/2 cup milk is stirred in just before serving. Sprinkle with cinnamon if desired.



2. **Frozen Fruit Smoothy** video <https://www.dinneratthezoo.com/frozen-fruit-smoothie/>

INGREDIENTS

- 1 1/2 cups apple juice
- 2 cups assorted frozen fruit I used cherries, raspberries, blueberries and mango
- 3/4 cup vanilla Greek yogurt
- additional fruit and/or mint sprigs for garnish optional

INSTRUCTIONS

- Place the juice, fruit and yogurt in a blender.
- Blend until completely smooth.
- Pour into 2 glasses. Garnish with additional fruit and mint sprigs if desired.



3. **Yogurt Parfait** video <https://www.simplysissom.com/simplyyogurtparfaits/>

INGREDIENTS

- 1 32 oz container of whole milk plain yogurt, organic recommended
- 3 Tbs. honey
- 1 lb. of fresh or frozen berries
- 1 1/2 – 2 cups of granola

INSTRUCTIONS

1. Add honey to the container of yogurt. Stir well.
2. In a mason jar, layer yogurt and berries. Top with granola.



Get more yummy recipe ideas at <http://www.tastespotting.com/>

Finding Your Inner Peace

Stressed out? Here are some meditation exercises to help you relax during a not so relaxing time.

- **7 Minute Breathing Exercise** https://vimeo.com/403448396/331057a2bf?utm_source=Synergetic+Play+Therapy+Community+Conversations&utm_campaign=d86fbc9d93-EMAIL_CAMPAIGN_2020_03_07_02_51&utm_medium=email&utm_term=0_c2693e8f08-d86fbc9d93-328657362&mc_cid=d86fbc9d93&mc_eid=751733fdc9
- **A NY State of Mind** <https://www.headspace.com/ny>
- **Free NY Meditation Classes** <https://www.eventbrite.com/d/ny--new-york/free--classes/meditation-classes/> Check out the schedule for days and times.
- **Exercise Video that is all inclusive (Part 1)** This video was designed for intellectually disabled adults and people with limited mobility. It features exercises that improve flexibility, strength, and cardiorespiratory endurance. <https://www.youtube.com/watch?v=zTBBVJsksal> **(Part 2)** <https://www.youtube.com/watch?v=IQOilFnoyfc>



Additional Activities

<https://www.cpunlimited.org/pdf/COVID-19-resources-activities.pdf>

Want more to do? Here are additional ideas...take the lead, think outside the box, think about the things the people you support enjoy doing and make it happen.

Examples:

1. Create a weekly schedule with the people you support (give choices)
2. Chores (use the Task Analysis template-click on link above)
3. Cooking (use the Task Analysis template-click on link above)
4. Baking (use the Task Analysis template-click on link above)
5. Reading <https://classroommagazines.scholastic.com/support/learnathome.html?caching> (magazines, books, newspapers, closed captioning on favorite show/movie)
6. Arts & Crafts (paint, color, make wreathes, make jewelry, make picture frames, make a collage from old magazines, wood work, knit, crochet etc.)
7. Adult Coloring <https://www.justcolor.net/>
8. Plant seeds and/or flowers (make flower pots out of recycled bottles)
9. Express feelings (record it, journal writing, collages)
10. Board Games www.gametable.com
11. Bingo <https://myfreebingocards.com/bingo-card-generator>
12. Karaoke
13. Listen to music or even create a playlist
14. Dance Party
15. Movie Night (choose a movie, prepare snacks, drinks)
16. Signs of spring (what do you see out the window, sitting outside or on a walk)
17. Mystery box (use 5 senses to guess what items are in a box)
18. Beauty Day (hair, nails, makeup) take before and after pics
19. Write a letter to mail or send a card
20. Communicating with family & friends through video chats

You can find great ideas on Pinterest <https://www.pinterest.com/pin/142285669451615896/>

HAVE FUN AND TAKE PICTURES TO SHARE!!!