

Resources, Activities, Ideas for All

Ways to Avoid Going Stir Crazy

Whether you are staying inside because your area is on lockdown, 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 going stir crazy and feeling trapped. Please note that these are just general ideas, and they may not be appropriate for every person in every situation.

Interest topics listed in Document:

- 📱 Electronics
- 📱 Learning opportunities
- 📱 Sensory Activities
- 📱 Arts and Crafts
- 📱 Staying active indoors
- 📱 Music and Dance
- 📱 Cooking, Baking
- 📱 Organizing, Cleaning
- 📱 Relaxing Activities
- 📱 Connections
- 📱 Outdoor activities and Ideas



Indoor Activities and ideas

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)
- **Virtual tours of dream houses** <https://www.dreamhomesource.com/>
- **Go through your "To Watch" list, start tackling the list**
- **Play an addictive video game** (Facebook, WII, Play station, computer games, Gameboy, etc.)
- **Start a blog or podcast (or listen/watch one)**
- **Make a music playlist, watch music videos on Youtube**

Learning opportunities

- **Saved in Covid-19 resources folder: Curriculum and activities**
 - Vocational skills worksheets
 - Independent living skills and moving (variety of worksheets), meal planning
 - Building self-determination
 - Health Matters (learning about healthy eating and exercise)
 - Learning about boundaries, regulation and social skills
 - Friends Worksheets
 - PCT Tools (Great time to discovery people) 😊
- **Study a new language** (many public libraries offer free access to on-line language courses)
- **Read a book or listen to an audiobook** (Goodreads.com is a good way to keep track of your reading list)
- **Want a driver's permit/license? study the drivers manual** <https://driving-tests.org/minnesota/mn-dmv-drivers-handbook-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** (you tube has almost everything!)
- **Learn to juggle:** https://m.youtube.com/watch?v=x2_j6kMg1co

Museum tours

- <http://www.virtualfreesites.com/museums.museums.html>
- <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?amp=true>

Virtual Tours

- **The San Diego Zoo** has a website just for kids with amazing videos, activities, and games. Enjoy the tour! <https://kids.sandiegozoo.org/>
- **Tour Yellowstone National Park!**
<https://www.nps.gov/.../lea.../photosmultimedia/virtualtours.htm>
- **Explore the surface of Mars on the Curiosity Rover.**
<https://accessmars.withgoogle.com/>
- **This Canadian site FarmFood 360** offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs. <https://www.farmfood360.ca/>
- **Travel to Paris, France** to see amazing works of art at The Louvre with this virtual field trip. <https://www.louvre.fr/en/visites-en-ligne>
- **This Virtual Tour of the Great Wall of China** is beautiful and makes history come to life. <https://www.thechinaguide.com/destinati.../great-wall-of-china>
- This iconic museum located in the heart of London allows virtual visitors to tour **the Great Court and discover the ancient Rosetta Stone and Egyptian mummies.** <https://britishmuseum.withgoogle.com/>

Sensory Activities

- **Oobleck** <https://www.toddlerapproved.com/2020/02/rainbow-oobleck-toddler-sensory-play.html>
 - **Fluffy Slime** <https://www.thebestideasforkids.com/fluffy-slime-recipe/>
 - **Foil painting** <http://frogsandsnailsandpuppydogtail.com/foil-painting-sensory-art/>
 - **St. Pattys day coin hunt** <https://littlebinsforlittlehands.com/st-patricks-day-shaving-cream-sensory-play/>
 - **Back yard scavenger hunt** <https://soeasybeinggreen-blog.com/back-yard-scavenger-hunt-printable/>
 - **ABCs of relaxation** <https://www.rachaelkable.com/blog/top-relaxation-tips-and-strategies>
 - **Sensory activities for anxiety** <https://dailycaring.com/6-alzheimers-sensory-activities-reduce-anxiety-without-medication/>
 - **Jello and baking soda experiment** <https://fun-a-day.com/jell-o-vinegar-a-multisensory-science-experiment/>
-

Continue to next page →→→

Arts and Crafts

Pinterest.com has millions of ideas!

- **Imitate a picture-** show a picture of a tree. Ask the participants to stand like a tree. Show other objects and have participants imitate that picture.
- **Rock painting-** find rocks outdoors (yep, this can be an activity in it self). Return indoors or to a picnic table and paint the rock.
- **Body Trace-** tape several pieces of large blank paper (or newspaper) and tape it to the wall. Have participants 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. Guess who the cut-out are?
- **Litter Bug Collage-** give participants a variety of materials like cloth scraps, felt, rug samples, yarn, string, buttons, computer disks, etc. Give them glue and wrapping paper and make a collage of his/her choice.
- **Wish Poems-** in groups or individually have the participants 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 member suggest a line.
- **Knitting** (loom knitting is often more accessible for those with weak hands and limited range of motion)
- **Poems Written to Music-** play an instrumental piece and ask the participants to close their eyes and listen carefully to the music. Ask the 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.
- **Thumbfoolery-** press a thumb on a stamp pad and then press the thumb on a sheet of paper. Draw a tail, ears, eyes on the thumb print to make an animal. Make another with eyes, nose, antlers, etc.
- **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.
- **Circular art-** give each person a sheet of paper and pencil, crayon or paint brush. Each person must listen to specific instructions of the leader.
 - put your name on back of the paper
 - draw an outline of a face. Pass the sheet to your right.
 - draw the right eye. Pass the sheet to your right
 - draw the left eye. Pass continue with other parts of the face until the picture is completed
 - Return the picture to the original artist.
- **Circular art without specific instructions-** play music. Invite participants 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.
- **Fan making-** indoor or on a nice day, cut out some wall paper samples. Let participants choose their own patter. Fold the paper in half and then fold it accordion style. Tape the ends together and you have a fan to keep you cool!
- **Beadwork/Jewelry making**

- **Painting, finger painting, water colors, chalk, pastels, etc.**
- **Drawing, Coloring** (digital coloring is an excellent alternative if paper coloring is too difficult, and watercolor pencils are softer than regular colored pencils)
- **Color by numbers**

Staying Active indoors

- **Exercise and have fun: variety of short-timed exercises for every level on youtube**
- **Take an exercise class online**
- **Yoga, palates**
- **Play board/card games, charades** ([BoardGameGeek](#) has a great database and sharing/trading/buying/selling forums)
- **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 some 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.
- **Charades/Animal Antics-** charades can be modified and simplified; utilize simple charades such as brushing hair, driving a car, playing baseball. In Animal Antics, participants mimic animals for others to guess.

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 a tape, place the group in a circle and instruct the group to move to the right around in a circle. Them move to the left. Move 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.
- **Guided movement**- play music. Guide the participants to the following movements: make yourself small like a seed and slowly stretch yourself as if you were growing into a sunflower.
 - Grow leaves and stretch in all directions.
 - imagine a leaf falling slowly to the ground. Settle down with a sigh.
 - be silly and grin, then giggle, and finally laugh uncontrollably
 - make other 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**
- **Online music games or trivia**
- **Bingo!** (games on line and printable numbers/boards)
- **Learn a new dance** (YouTube, Tik tok)
- **Have a karaoke party** (you can find most songs w/ lyrics on YouTube or lyrics.com)
- **Enter a poetry, short story, or essay contest**

Cooking, baking

- **Cooking/ baking** [Finding NMD-Friendly Recipe Ideas](#)
- **Try new recipes!**
- **Meal planning and prepping**
- **Make a fancy meal and have everyone dress in their best attire**
- **Use meal times to travel around the world:** cook food from various countries and look up facts about their country
- **Blind food tasting** (review dietary restrictions prior to playing), each person gets to touch and taste each food item and guess what it is. The person with the most guesses win!

Organizing and Cleaning

- **Organize your medical supplies, household items, cabinets, refrigerator, etc.**
- **Inventory your pantry and refrigerator: throw out expired foods**
- **Spring cleaning**
- **Go through your closets: see what can be kept, donated, thrown out, etc.**
- **do laundry, clean bedding**
- **Rearrange your bedroom and items on your wall for a new look!**

Relaxing

- Practice meditating and or Yoga
- Movies, TV and popcorn
- 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
- Do virtual volunteer work (one example is through the [United Nations](#))
- Listen to and/or create music
- Start building a wish 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.)
- Love on your pets
- 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 eachother through questions and pictures: such as favorite memories, hidden talents, favorite holiday, hobbies, etc.
- Update and or create 1 page descriptions for team, staff, and people we support

Outdoor Activities and ideas

~ Continue practicing social distancing, washing hands, and use of hand sanitizer, while out and about

- Maybe a contest??...who can identify the most bird types in their own backyard?
<https://mercury.postlight.com/amp?url=https%3A%2F%2Fmn.audubon.org%2Fbirds%2Fbirding-minnesota>
- **Scavenger Hunts** (can take a picture of the items, rather than touch/hold items)
- **Collecting Things**- collecting hobbies are fun. They encourage participants to independently work on their hobby. Begin the group by talking about collecting things and what they may want to collect for a hobby. Suggestions include bottle caps, stones, leaves, flowers, milk caps, baseball cards, stamps, autographs, etc. Groups can collect similar objects and spend group time on hunts and on showing what they have collected from the previous week.
- **Walks**- on a walk, always mix fun, challenges, excitement and movement. Play games as you go (follow the leader, don't step on cracks, freeze every time the leader says "freeze"). Tell stories. And sing!
- **Back to Nature walks**-
 - a- Listen! How many sounds can you hear? Can you tell what's making the sound.
 - b- Feel! How does the pine needle feel? Feel the brick. Feel the dirt. Does this leaf feel the same as that one?

- c- Sniff! What do you smell? Where is the smell coming from? Smell this flower.
- d- Look! Take a magnifying glass with you. Look at leaves, pine needles, flowers, bugs. Take along pictures of things to look for.
- e- Sssh! Take a silent walk. Be as quiet as you can and you may see some shy animals
- **Campfire Sing-a-long-** if its nice out, build a small fire outdoors and cook marshmallows. Sing campfire songs. If meeting indoors, build a simulated fire with logs and a red light underneath it.
- **Frisbee golf-** play a 9 hole or an 18 hole course indoors or outdoors. Targets can be simple to difficult depending on ability of participants. Participants can choose the targets or the leader can pre-set a course. Start the game by having each participant tossing a Frisbee at a target. Count the number of times each player tosses the Frisbee to hit the target. Lowest count wins that "hole." Play as a team, play individually. Set up a tournament. Play for fun.
- **Balloon or beachball volleyball-** play volleyball with regular rules or with modifications to meet the needs of the clients. (additional taps may be allowed by the serving team to get the balloon over the net; any number of hits may be allowed to get the balloon over the net; same player may hit the ball several times in succession, etc.)
- **Kite Flying-** with a good kite and a good wind, kite flying can be exciting and enjoyable for the participants and those just viewing.
- **Rope Whipping-** with a strand of rope 10-15ft long, pair up partners and give them plenty of space. Each partner can whip the rope (each holding one end) and make waves and other movements. Play music and invite partners to move the rope in rhythm.
- **Park/trail walks** <https://www.alltrails.com/explore/map/new>
- **Disc golf** <https://www.discgolfscene.com/courses/Minnesota>
- **Ride your bike/scooter**
- **Take pets for a walk in your neighborhood**
- **Play basketball or soccer at nearby park**