

Additional Resources

Here you will find additional options for activities and resources to find more information. Many of those activities listed here were performed by other National Church Residences properties. When possible, the property name will be included with the activity description.

Online Generators for Simple Activities:

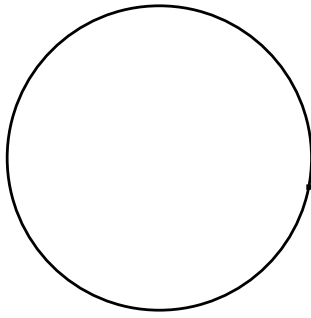
1. Scavenger Hunts: <https://www.scavenger-hunt-fun.com>
2. Crossword Puzzles: <https://www.education.com/worksheet-generator/reading/crossword-puzzle/>
You will need to provide your own answers and clues for this one.
3. Word Searches: <https://www.education.com/worksheet-generator/reading/word-search/>
Here you will also need to provide words for the worksheet. This website also has some other generators and ready made printable worksheets, though they are geared toward elementary children.
4. Sudoku Puzzles: <https://www.education.com/worksheet-generator/just-for-fun/sudoku/>
5. Coloring Pages: <https://www.justcolor.net>, <http://www.supercoloring.com>

Other Activities:

1. Arts and Crafts Mobile Cart (submitted by Island Parkway Manor)
2. Book and Puzzle Exchange
3. Guess Who Bulletin Board (submitted by Lakeside Villa)
4. Activity Room Service Door Tag (see page 2)
5. The Wellness Trail (see page 3)
6. Home Exercise Bingo (See page 5)

Name: _____

Room Number: _____



ACTIVITY ROOM SERVICE

Independent Activities

- Crossword Puzzle
- Word Search
- Sudoku Puzzle
- Reading Material

- Music/Movie

- Other

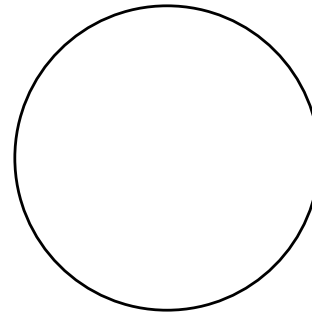
Social Activities

- Coffee/Tea Chat
- Mini Dance Party
- Read Aloud
- Video Chat

Best Time: _____

Name: _____

Room Number: _____



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Independent Activities

- Crossword Puzzle
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Best Time: _____

The Wellness Trail

You have most likely mastered “physical distancing” by now but you may be stuck in the same routine. Use the trail map on the back of this page and the list of challenges below to complete the entire trail. Each space on the map is color-coded. Pick any challenge listed below for that color’s tile. Advance forward when you have completed a challenge correlated to that color’s tile. Try to complete the entire trail in one week! Good luck!

Environmental

- Pull a weed out of the flower garden
- Conserve energy by turning off lights in areas not being used
- De-clutter your home or office
- Recycle something today
- Talk about recycling with someone today
- Sit outside & breathe in some fresh air

Physical

- Stand up and sit down as fast as you can for 30 seconds.
- Briskly walk for 5 minutes
- Complete 10 wall push-ups
- Side step at your kitchen counter for 5 minutes
- Stand at least 5 minutes for every hour you are awake today
- Take an extra walk today

Social

- Write an encouraging letter to your favorite local business
- Call someone you haven’t talked to in a month
- Mail a card to someone
- Give a compliment to someone
- Ask someone for help or offer to help someone
- Take a walk with a friend (6ft apart)
- Have coffee with a neighbor (6ft apart)

Intellectual

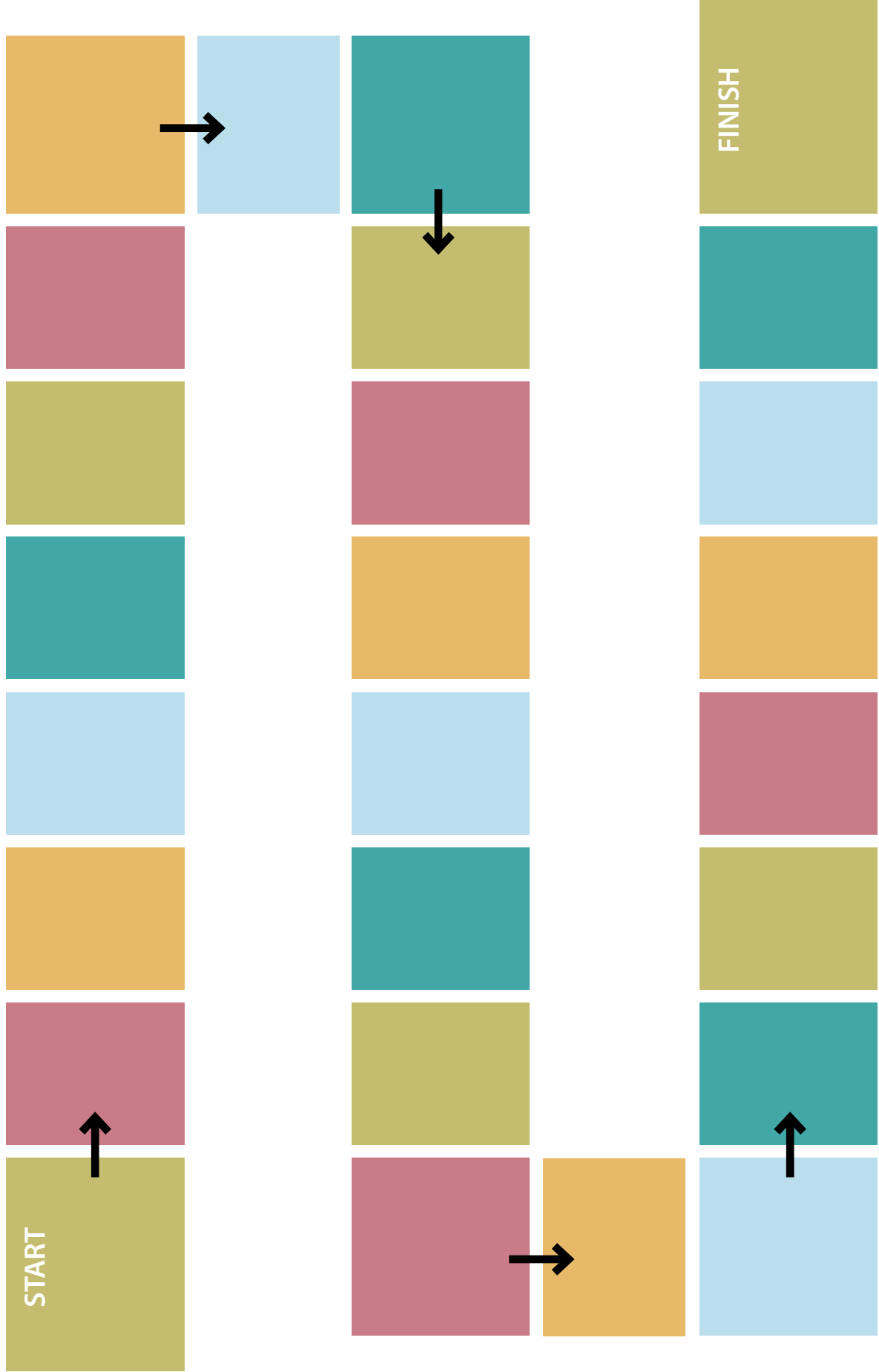
- Play a game
- Count backwards by 3’s from 99
- Journal your thoughts for one day
- Read for fun
- Write down 50 objects that start with the letter “T” and/or “P”
- Recite the alphabet backwards
- Write a short poem
- Create a new personal goal

Spiritual

- Practice mindful breathing for 5 minutes
- Let negative thoughts go & try to find 3 positives about today
- Pray
- Meditate
- Appreciate the beauty of the season
- Try a YOGA pose
- Write down 3 accomplishments you are proud of
- Self-reflect

THE CHALLENGE STARTS HERE!

This is a green tile, so use the list on the other side to choose a green (environmental) challenge!



HOME EXERCISE BINGO

GOAL: Get up and get moving to complete as many BINGOs as possible! (Examples: Horizontal(s), Vertical(s), Diagonal(s) & Full House)

B	I	N	G	O
Complete 20 Heel Raises + 20 Toe Raises	Stretch for 5 Minutes Before Going to Bed	Make Your Bed in the Morning	Spend 10 Minutes Meditating or in Deep Relaxation	Eat 2 Servings of Fruit
Complete 10-15 Shoulder Blade Squeezes	Practice 5 Minutes of Side Stepping	Perform 2 Minute of Marching (Seated or Standing)	Complete 10-15 Sit to Stands	Practice Deep Breathing for 1 Minute
Complete 10 Side Leg Raises (Each Leg)	Drink 3 Glasses of Water Throughout the Day	REST DAY "FREE SPACE"	Get Up and Dance for an Entire Song	Complete 10 Wall Push Ups
Eat 2 Servings of Vegetables	Complete 10 Arm Circles (FWD + BKWD)	Spend 10 Minutes Cleaning Home or Apartment	Complete 10 Leg Curls (Each Leg)	Spend 5 Minutes Journaling
Go for a 10 Minute Walk	Complete 10-15 Hip Bridges	Complete 1 Minute of Ankle Circles (Each Ankle)	Practice Weight Shifts for 1 Minute	Stretch for 5 Minutes After Waking Up