

Activity Boxes – to improve focused activity of the residents who wander or are agitated.

Household Activities

Activity Box Name	Materials Needed	Possible Activities
Laundry Kit	<ul style="list-style-type: none"> • clothes line • clothes pins (clip and push on) • washcloths • pillow cases • plastic bottle to put water in - used to wet items so that they need to be hung out • clothespin bag • laundry basket 	<ul style="list-style-type: none"> • help set up/take down clothesline • put clothespins out on the line • hang out the wash • take in dry laundry • fold/put away laundry • put pillow cases on pillows • sort clothespins - by color, by type
Folding & Hanging Clothing	<ul style="list-style-type: none"> • variety of clothing items (Goodwill) • small laundry basket • plastic hangers • 'hanging' rack 	<ul style="list-style-type: none"> • old items - put in basket or drawer • put items on hangers, hang them up • button buttons
Cleaning Shoes	<ul style="list-style-type: none"> • Dull/dirty shoes or boots (Goodwill or Thrift Stores are good resources) • polish • cleaning rags • polishing brush 	<ul style="list-style-type: none"> • clean shoes • polish shoes • pair up shoes
Socks Sort	<ul style="list-style-type: none"> • lots of unrolled socks of different colors and/or types • small basket 	<ul style="list-style-type: none"> • sort socks by color/type • pair up socks • put socks in a drawer or basket
Utensils	<ul style="list-style-type: none"> • Sorting tray • Plastic ware - different colors • Metal ware • Drying cloth - dish cloth • silverware, silver paste, cleaning rags 	<ul style="list-style-type: none"> • put utensils in tray - give sample • sort utensils by types (knives, forks, spoons) • sort utensils by color • place utensils out on tables for meals • pick up place settings not used and put them away • wash silverware and dry, then put away • (for some folks) - polish the silver
Dusting	<ul style="list-style-type: none"> • dust cloth • lemon spray • (dusty surfaces are needed for folks with higher skills) • feather dusters (2 at least) 	<ul style="list-style-type: none"> • Clear surface to be dusted • Dust surface with rag or duster • Put items back in place • Run feather duster along walls and blinds
Sweeping Up	<ul style="list-style-type: none"> • broom • dust pan • vacuum cleaner 	<ul style="list-style-type: none"> • sweep floor • use dust pan • run vacuum
Washing Windows	<ul style="list-style-type: none"> • spray bottle of vinegar and water mixture • paper towels or newspaper • bag for trash 	<ul style="list-style-type: none"> • spray windows • wipe windows • put used paper in trash bag

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Office Activities

Activity Box Name	Materials Needed	Possible Activities
Office Work	<ul style="list-style-type: none"> • papers that have fold lines on them (you fold them, unfold and stack) • envelopes • colored paper - mixed or sorted • box of paper clips • stapler with staples • calculator (hand operated if you can find one, and an electronic one) • pencils • pencil sharpener • worksheets • blunt paper scissors • tape with dispenser • small pieces of colored paper, pictures, articles • file folders • hanging file holder • index cards with an index card holder • rubber bands • junk mail • 	<ul style="list-style-type: none"> • fold papers • stuff envelopes • take papers out of envelopes and open them up • sort papers or index cards by color • collate papers • paper clip papers together • staple papers together • file papers into file folders (maybe matching colors, letters, numbers or words) • put file folders into file folder holder (alphabetically or by words for some) • use calculator (use sheet of numbers to enter, give simple problems...) • sharpen pencils • tape pieces of paper or pictures onto page • cut up paper, cut out pictures, cut out ads • rubber band index cards • tape recipes/ads on index cards • open junk mail • rubber band business cards
Clipping Coupons	<ul style="list-style-type: none"> • blunt scissors • magazines, food store flyers, newspapers, mailers • folder • small boxes • small accordion file 	<ul style="list-style-type: none"> • find coupons • cut out coupons • sort coupons • file coupons • talk about coupons, food, sales

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Arts and Crafts

Activity Box Name	Materials Needed	Possible Activities
Stuffed Animals	<ul style="list-style-type: none"> • small stuffed animals of various types • brushes • ribbons/collars 	<ul style="list-style-type: none"> • putting ribbons/collars on them • talking about animals • sharing them with someone else • setting them in a display
Yarn	<ul style="list-style-type: none"> • skeins of yarn • small Styrofoam balls to start wrapping yarn around • knitting already started on large needles • crocheted work already started - large crochet hook 	<ul style="list-style-type: none"> • Wind yarn on ball • Pull yarn off ball or skein while you wind it • Crochet - single or double • Pull out crocheted work • Knit • Pull out knitted work
Flower Arranging	<ul style="list-style-type: none"> • artificial flowers cut into single stems (leaves and flowers) - different colors • plastic glasses or vases 	<ul style="list-style-type: none"> • sort by color into groups • make up arrangements • put arrangements on tables for decorations • collect flowers and put back into the box
Stuffing Pillows	<ul style="list-style-type: none"> • small sewn pillows with one end open • long tube socks • bags of polyester stuffing material • safety pins, diaper pins or clothespins • pieces of ribbon or cord 	<ul style="list-style-type: none"> • stuff pillows • pin pillows shut • stuff socks • tie socks shut at various points along the length making a 'caterpillar' type creature
Making Hot Socks	<ul style="list-style-type: none"> • long sports socks • large bag of uncooked rice • large bag of dry beans • large mouth funnel • plastic measuring cup • dried herbs (lavender, rosemary, lemon thyme...) • basket to carry heated socks 	<ul style="list-style-type: none"> • measure rice/beans • help pour rice/beans into socks • select and crush herbs • put herbs in sock • tie knot in sock OR tie sock with a ribbon • help microwave sock - 1-2 minutes on high • share socks with others • put sock on shoulders, lap, arms, neck • give or receive a massage with the sock • empty out socks for another day

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Sorting and Organizing

Activity Box Name	Materials Needed	Possible Activities
Sorting Buttons or Ribbons	<ul style="list-style-type: none"> • large assortment of buttons or ribbons • lots of small containers • small baggies 	<ul style="list-style-type: none"> • sort buttons/ribbons into piles or containers • put all buttons/ribbons back into one container • handle and count or move buttons from one container to another
Sorting Coins	<ul style="list-style-type: none"> • large number of coins • coin rolls • containers • plastic coin holders (they have preset levels for what goes in a roll) • 'piggy bank' or other container with slit in the top of it 	<ul style="list-style-type: none"> • Sort coins • Count out coins • Put coins in rolls • Handle the money • Put coins in a piggy bank • Give you coins to put in the rolls

Music

Activity Box Name	Materials Needed	Possible Activities
Music Time	<ul style="list-style-type: none"> • CDs from the 20's, 30's, 40's • Song sheets (mostly for you) 	<ul style="list-style-type: none"> • singing • dancing • talking about memories • relaxing • encouraging folks to come to a given location • encouraging folks to stay in a given location

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Foot and Hand Care

Activity Box Name	Materials Needed	Possible Activities
Nail Care Kits	<ul style="list-style-type: none"> • Washcloths (some for wet and some for dry) • basin to put warm wet washcloths in • bag for used washcloths • polish • polish remover • cotton balls and pads • orange sticks • emery boards • nail clippers • soaking dishes • water pitcher • lotion • sealable bags to put used polish remover pads in (smell) 	<ul style="list-style-type: none"> • do warm hand soaks with warm wet washcloth wraps • clean around and under nails • apply lotion to nail areas and hands • remove old polish from nails • help with nail care, or have nail care done • select preferred color • help apply polish or have it applied • have the person do your nails • do toe nails (unless medical condition prohibits it)
Foot Care Kits (**make sure there are not conditions prohibiting footcare)	<ul style="list-style-type: none"> • basin • towels • lotion or oil • washcloths • foot massage machine (available at drug stores and 'Walmart'- type stores) 	<ul style="list-style-type: none"> • soak feet • rub feet • put lotion on feet
Lotion	<ul style="list-style-type: none"> • Different lotions • Scented lotions • Unscented lotions 	<ul style="list-style-type: none"> • have person apply lotion to self • apply lotion for the person on arms and hands • give a 'massage' or 'rub'-hands, forearms

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Construction

Activity Box Name	Materials Needed	Possible Activities
Pipe Construction	<ul style="list-style-type: none"> • Lots of 1 1/2" or 2" PVC pipe lengths (available at Home Depot or Lowes in 10' lengths - must be cut - can use a hacksaw - a resident may be able to help make this up) • Lots of connectors - 2-way, 3-way, 4-way • pictures of completed arrangements (for higher level folks) 	<ul style="list-style-type: none"> • put pieces together • put pieces together following a set pattern • take pieces apart that are already assembled • use rhythm sticks while singing • sort into different types and sizes
Sanding Blocks	<ul style="list-style-type: none"> • Several square 2x4" blocks with one side covered with a sheet of sandpaper that is secured with duct tape • Pieces of wood that can be sanded • Shapes that can be sanded 	<ul style="list-style-type: none"> • sand pieces of wood • roll sanding paper against one another • handle the sand paper
Nuts and bolts	<ul style="list-style-type: none"> • Nuts, bolts, washers (vary sizes for some folks) • Short metal plates with several holes through them • Pieces of wood with holes drilled through them • small containers with lids (margarine containers work well) • crescent wrenches 	<ul style="list-style-type: none"> • sort each item by size, types • put together/ take apart nuts, washers, bolts • put bolts through plates/wood and put on washers and nuts • use wrenches to tighten/loosen bolts and nuts