

## Tips for What to Do When You and the Individuals You Support Are Bored: Especially for Direct Support Staff

### Individual Activities

Other activities some individuals might enjoy doing by themselves are:

- **Journaling** - Use words, doodles, photos cut from magazines, or draw.
- **Reading**
- **Having a manicure or pedicure**
- **Wearing your hair a different way**
- **Rearranging your room or your closet**
- **Calling family or friends on the phone**
- **Using Skype or Zoom to connect with others**

You can do almost everything else on this tip sheet 1:1 with an individual you support. They may have different levels of participation depending on their disability. Now is a really good time to see what they may be able to do with more independence that you thought they had before!

### Indoor Group Fun:

- **Play cards or a board game.** It doesn't matter if it's played according to the rules! Just let everyone participate and play without "winners" or "losers." Explain that the only rule is that everyone participates. If you work with someone who "has to play by the rules," play the actual game with them later.
- **Crumpled paper ball.** You can use crumpled paper for a "pillow-fight," a game of catch or kick-the-ball, or waste-basket-ball.
- **Exercise.** If you can't safely go out for a walk, do stretching or weight lifting exercises inside. You can use canned food for weights. Some good exercises specifically for people with disabilities can be downloaded from The Arc of the United States at <https://thearc.org/healthmeet-top-5-exercises-people-intellectual-developmental-disabilities/>.
- **Listen to music with or without dancing.**
- **Movie night with popcorn.** Or movie morning or afternoon.



## Things to Make:

- **Puzzles.** Paste magazine pictures on cut-up cardboard boxes. Let everyone piece the puzzle back together again.
- **Thank you cards.** Everyone can make one for the SuperStar staff who must still work and they can be sent or delivered to the mailboxes of health care workers, long-term care facilities, or shelters. You can even send them to your colleagues in another community residence.
- **Hand puppets out of old socks.**
- **Sculpture.** Use anything you find in your home (toilet paper rolls, bits of plastic or metal) and glue or tape them together.
- **Painted rocks.**
- **A mural.** Everyone can use crayons, markers, colored pencils, magazine cut-out, labels from grocery products, etc., to write or glue on a large piece of paper to decorate one of the rooms.



## Outdoor Group Fun:

- **Childhood games.** We know these aren't age appropriate for adults but, in these times, they can bring some laughter to everyone. Try things like hide-and-seek, "Mother May I," hopscotch, "What time is it Mr. Fox?," or kick the can. You can find directions for most of these games just by googling them if you forgot how to play!
- **Do-it-yourself adult games.** Using whatever you have around the house, play bocce (by rolling cans if needed), horseshoes or other tossing game, or lawn bowling to knock a stack of things over.
- **Formal games.** If you have the equipment, you can also play volleyball, croquet, badminton, frisbee, or whiffle ball.
- **Go for a walk around the house.** If you do go any further because you live near a trail or park, remember no more than 5 people in a group!
- **Community Participation**
- **Planet Fitness.** Check out "United We Move: Home Work-Ins" for times at [https://www.planetfitness.com/united-we-move?msclkid=1effc0a49cdc16af814c9e2944e37dd2&utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=PF\\_US\\_ENG\\_National\\_UnitedWeMove\\_Brand&utm\\_term=planet%20fitness&utm\\_content=PF\\_Discount\\_BMM&gclid=CKi4sov-2OgCFRTeswodrCQMfw&gclid=ds](https://www.planetfitness.com/united-we-move?msclkid=1effc0a49cdc16af814c9e2944e37dd2&utm_source=bing&utm_medium=cpc&utm_campaign=PF_US_ENG_National_UnitedWeMove_Brand&utm_term=planet%20fitness&utm_content=PF_Discount_BMM&gclid=CKi4sov-2OgCFRTeswodrCQMfw&gclid=ds).
- **Invite neighbors to an "everyone eat in their own yard" party.**

## Faith Services:

Here are just a few websites to check out for streamed services:

- **Catholic** <http://www.catholictv.org/masses/catholictv-mass>
- **Jewish** <https://www.besyn.org/religious-life/live-streaming/>
- **Muslim** <http://ramadanprayerline.com/> For an accurate notice of prayer times where you live, see <https://www.islamicfinder.org/prayer-times/>
- **Episcopalian** <https://www.trinitywallstreet.org/videos>
- **Emanuel Baptist** <https://ebcnewington.com/live/> or <https://www.youtube.com/channel/UCaeAubEW9XcYboG80QZ8NLg>

## Educational:

- **Virtual museum tours.** <https://freedomhomeschooling.com/virtual-field-trips/>
- **Virtual national park tours.** <https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours>
- **Virtual zoo and aquarium tours.** <https://people.com/pets/zoos-aquariums-virtual-tours-livestreams-coronavirus/>
- **Virtual tours of historic places.** <https://scholasticatravel.com/2012/09/05/virtual-tour-of-15-historic-places-explore-before-your-class-field-trip/>
- **To answer what people wonder about.** <https://wonderopolis.org/wonders>
- **Make music.** <https://musiclab.chromeexperiments.com/Experiments>

## Skill Building:

Even if you often do some of these things FOR the people you support, now is a great time to do WITH them. For some, this may mean they sit near you as you talk your way through what you're doing. For others, this may mean a conversation with them to teach decision-making skills. For others, it may mean that they do the skills with or without supervision.



## Online Shopping:

You can have individuals help choose and order things they need for their home and which are delivered to their door on such websites as <https://smile.amazon.com/> (same service as amazon.com except a small percentage goes to a non-profit which may include your own agency).

- **Shopping for pick-up.** Most grocery stores use <https://www.instacart.com/> but you can't expect their usual "one hour delivery" so plan ahead!
- **Make inside chores fun.** Sing songs, see who can put the most things away in 5 minutes, rearrange the furniture and get those dust-bunnies, disinfect surfaces by drawing pictures in the spray with the paper towel you're going to use to wipe the surface down.
- **Make outdoor clean-up fun.** Start a pile of leaves and twigs (maybe even trash) and have everyone find what they can and add to the pile to see how high it gets.
- **Teach mobile device and internet safety.** You can find some resources here: <http://www.yodisabledproud.org/resources/safety-online.php>.
- **Make and bake.** Here are some recipes specifically for people with disabilities: <https://accessiblechef.com/recipes/>. You do not need to use any of the brand names or specific types of products (for example, plain salt can be used instead of Kosher salt and you can make your own cream topping by whipping heavy cream and adding a little sugar as it thickens instead of using Cool Whip).
- **Take the time to teach independence.** Separating colors from whites for laundry? How to measure how much detergent to use? Useful cell phone apps like maintain health records, emergency contacts, keeping track of upcoming TV shows, etc.



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