

Activity Boxes

General Information

Boxes -

- are to be used by ALL caregivers
- should contain all materials needed
- must be readily available
- must have instructions and information on the lids
- should be put away when not in use



Examples of Instructions

1. Gather your box and make sure everything is ready... THEN
2. Use a positive approach to engage the person

For people who are interacting with you – (typically Diamonds-Ambers)

- ask for their help or to try
- ask them to do the first step
- show them what to do
- gesture to the objects/task
- work along side them
- encourage talk about old times – remember about... (family, work, hobbies, childhood memories, experiences, background, other times and places and people...)

For people who are looking at your hand or other object (Ambers-Pearls) (- *not* responding to your words)

- call their name again and wait for a response
- offer them an item, if they take it, offer another
- gesture to an object
- touch or tap an object
- show the person what to do, then hand them an object
- offer one object at a time, unless they take over

For people who don't seem to be interested in touching or handling the materials (Rubies & Pearls) -

- do more of the activity next to them or near them – let them watch
- talk about the activity as you do it... OR... if they seem just to want to watch, just do the activity
- offer pieces or parts as you go – NOT forcing them, but offering...
- ask for their input or opinion as you do

3. Give positive feedback - positive regard – thanks – simple praise for efforts & help – sound sincere!



4. If the person *is actively engaged* with the box activity -

AND is interacting with you -

- stay with them and engage them until they are done
- OR excuse yourself and find out if they *need* you there to continue - if so come back

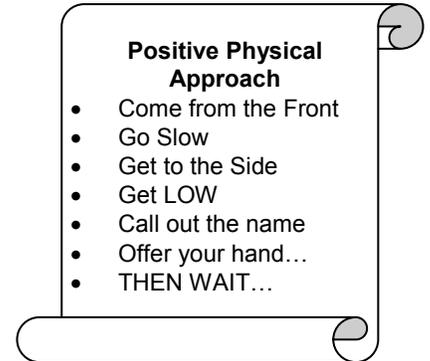
AND is not interacting with you -

- move away from the person and monitor for completion
- check on progress quietly

5. When finished -

- put the box away
- note the session

Letter Code for Functional Abilities: D=diamond E=emerald A=amber R=ruby P=pearl



Examples of Boxes

1. Flower Arranging

Materials -

- artificial flowers cut into single stems (leaves and flowers) - different colors
- plastic glasses or vases
- (optional – add a small drop of different scents to the various flowers)



Possible Activities -

1. sort by color into groups (D-A)
2. make up arrangements (D-A)
3. put arrangements on tables for decorations (D-R)
4. collect flowers and put back into the box (A-R)
5. handle flowers (A-R) – look at them, smell them (R-P)

2. Pipe Construction

Materials -

- Lots of 3/4" or 1" PVC pipe lengths (available at Home Depot or Lowes in 10' lengths - must be cut - can use a hacksaw then sand the ends for smoothness - a high functioning resident may be able to help make this up (D))
- Lots of connectors - 2-way, 3-way, 4-way
- pictures of completed arrangements (for higher level folks)



Possible Activities

1. put pieces together (E-A)
2. put pieces together following a set pattern (D-E)
3. take pieces apart that are already assembled (E-R)
4. use rhythm sticks while singing – or blow into it like a musical instrument (rinse afterward with cleaning solution)
5. sort into different types and sizes (E-A)

3. Sanding Blocks

Materials -

- 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



Possible Activities

1. sand pieces of wood
2. roll sanding paper against one another
3. handle the sand paper

4. Lotion

Materials - (***) always check for skin allergies prior to doing this activity)

- Different lotions
- Scented lotions
- Unscented lotions



Possible Activities

1. have person apply lotion to self (D-R)
2. apply lotion for the person on arms and hands (A-P)
3. give a 'massage' or 'rub' – with permission – verbal or non-verbal (D-P)

5. Laundry Kit

Materials -

- 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
- small laundry basket
- clothespin bag



Possible Activities

1. have someone help you set up clothesline outside (D-E)
2. put clothespins out on the line (E-A)
3. take clothespins off the line (E-A)
4. you wet the items - hang out the wash (D-A)
5. sort clothespins - by color, by type (E-A)
6. take in dry laundry (D-R)
7. fold laundry (E-R)
8. put laundry away in a drawer (E-R)
9. put pillow cases on pillows (D-A)
10. take down clothesline (D-R)
11. hand you the clothespins (A-R)
12. hand you the items to hang up (A-R)
13. take items and put them in a basket as you take them off (A-R)
14. handle the clothes and clothespins (A-P)

6. Office Work (this can be divided into several smaller kits)

Materials

- 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 and a electric one, if you can find 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
- business cards



Possible Activities

1. fold papers (D-E) – if pre-folded – to re-fold (E-A)
2. stuff envelopes (D-A)
3. take papers out of envelopes and open them up (D-E) – two steps (A)
4. sort papers by color (E-A)
5. collate papers (D-E)
6. paper clip papers together (D-E)
7. staple papers together (D-A)
8. file papers into file folders (maybe matching colors, letters, numbers or words) (D-E)
9. put file folders into file folder holder (alphabetically or by words for some) (D-E)
10. use calculator (use sheet of numbers to enter, give simple problems) (D-E)
11. sharpen pencils (D-A)
12. tape pieces of paper or pictures onto page (D-A)

13. cut up paper, cut out pictures, cut out ads (D-A)
14. sort index cards by color (D-A)
15. put index cards into a box - one at a time (E-R)
16. take index cards out of the box (E-A)
17. rubber band index cards (E-A)
18. tape recipes/ads on index cards (D-E)
19. open junk mail (D-A)
20. sort, stack, or file business cards (D-A)

7. Yarn

Materials

- skeins of yarn
- small styrofoam balls to start wrapping yarn around
- knitting already started on large needles
- crocheted work already started - large crochet hook



Possible Activities

1. Wind yarn on ball (E-R)
2. Pull yarn off ball, while you wind it (A-R)
3. Pull yarn off skein while you wind it (D-E)
4. Crochet - single or double (D-E)
5. Pull out crocheted work (D-R)
6. Knit (D-E)
7. Pull out knitted work (D-A)

8. Utensils

Materials

- Sorting tray
- Plastic ware - different colors
- Metal ware
- Drying cloth - dish cloth
- (for some populations) - silverware, silver paste, cleaning rags



Possible Activities

1. put utensils in tray - give sample (E-A)
2. sort utensils by types (knives, forks, spoons) (E-A)
3. sort utensils by color (E-A)
4. place utensils out on tables for meals (E-R)
5. pick up place settings not used and put them away (E-R)
6. wash silverware and dry, then put away (E-A)
7. (for some folks) - polish the silver (D-A)

9. Dusting

Materials

- dust cloth
- lemon spray
- (dusty surfaces are needed for folks with higher skills)
- feather dusters (R at least)



Possible Activities

1. Clear surface to be dusted (D-E)
2. Put spray on rag (D-E)
3. Dust surface (D-A)
4. Wipe surfaces (D-R)
5. Put items back in place (D-E)
6. Dust off surfaces with feather duster (D-A)
7. Run feather duster along walls and blinds (D-E)

10. Nuts and bolts

Materials

- Nuts (vary sizes for some folks)
- Washers (vary sizes for some folks)
- Bolts (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



Possible Activities

1. sort each item by size (D-E)
2. sort by type (washers versus nuts, etc.) (D-A)
3. put together/take apart nuts and bolts (E-A)
4. put together/ take apart nuts, washers, bolts (E-A)
5. put bolts through plates/wood and put on washers and put on nuts (D-A)
6. use wrenches to tighten/loosen bolts and nuts (D-E)

11. Coupon Clipping

Materials

- blunt scissors
- magazines
- food stores flyers
- newspapers
- mailers
- folder
- small boxes
- small accordion file



Possible Activities

1. find coupons
2. cut out coupons
3. sort coupons
4. file coupons
5. talk about coupons
6. talk about food
7. talk about sales

12. Folding & Hanging Clothing

Materials

- variety of clothing items (Goodwill) - many of same things
- small laundry basket
- plastic hangers
- 'hanging' rack



Possible Activities

1. fold items - put in basket or drawer (D-A)
2. put items on hangers(D-E)
3. hang items (D-A)
4. button buttons (D-A)

13. Window Washing

Materials

- spray bottle of water OR water with a small amount of white vinegar
- paper towels
- newspaper
- bag for trash



Possible Activities

1. spray windows (D-A)
2. wipe windows with paper towels (D-R)
3. wipe windows with newspaper (D/R)
4. put used paper in trash bag (E-R)

14. Sweeping Up

Materials

- broom
- dust pan
- vacuum cleaner



Possible Activities

1. sweep floor (D-R)
2. hold dust pan (D-A)
3. run vacuum (D-R)

15. Car Care

Materials

- cleaning rags
- soap
- buckets
- squeegee
- polishing cloths
- wax
- window cleaner
- brushes
- hose
- nozzle
- magazines or catalogs with cars
- calendars with cars on them



Possible Activities

1. wash cars (D-R)
2. supervising washing cars (D-A)
3. wash windows of cars (D-A)
4. talk about cars (D-A)
5. wax cars (D-A)
6. dry cars (D-R)
7. clean wheels (D-A)
8. look at car calendars (D-P)
9. look at care catalogs (D-P)

16. Snack Making

Materials

- butter knife
- pitcher
- cup measure
- stirring spoon
- tray
- napkins
- paper cups
- paper plates
- supplies for preferred drinks and snacks



Possible Activities

1. make drink
2. make snack
3. serve drink
4. serve snack
5. clean-up after snack
6. deliver snacks

17. Stuffed Animals

Materials

- small stuffed animals of various types
- brushes and combs
- ribbons
- collars



Possible Activities

1. holding and petting (A-P)
2. brushing (A-R)
3. stroking(A-P)
4. setting them out (E-R)
5. putting ribbons on them (E-A)
6. putting collars on them (E-A)
7. talking about animals and pets (D-A)
8. sharing them with someone else (D-R)

18. Hot Socks

Materials

- 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...)
- (use of a microwave)
- basket to carry heated socks



Possible Activities

1. Make up socks (D)
2. help pour rice/beans into socks (D-E)
3. hold socks(E-R)
4. hold funnel (A-R)
5. measure rice/beans (D-E)
6. select herbs to use (D-A)
7. crush dried herbs (D-A)
8. put herbs in sock (D-E)
9. tie knot in sock OR tie sock with a ribbon (D-E)
10. help microwave sock - P-R minutes on high (D-E)

11. share socks with others (D-R)
 12. hold onto sock(A-P)
 13. put sock on shoulders, lap, arms, neck (D-P)
 14. get a massage with the sock (D-P)
 15. give you a massage with a sock (D-A)
 16. empty out socks for another day (D-A) ***
- *** of course you can keep them, if you don't want to make them up over and over

19. Button or Ribbon Sort

Materials

- large assortment of buttons or ribbons
- lots of small containers
- small baggies



Possible Activities

1. sort buttons/ribbons into piles or containers
2. simplify sorting to match the person's abilities
3. have person put all buttons/ribbons back into one container
4. handle and count or move buttons from one container to another

20. Coin Sort

Materials

- 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



Possible Activities

1. Sort coins (D-E)
2. Count out coins (D-E)
3. Put coins in rolls (D-A)
4. Handle the money(D-A)
5. Put coins in a piggy bank (E-R)
6. Give you coins to put in the rolls (A-R)

21. Shoe Cleaning

Materials

- Dull/dirty shoes or boots (Goodwill or Thrift Stores are good resources)
- polish
- cleaning rags
- polishing brush



Possible Activities

1. clean shoes (D-A)
2. polish shoes (D-E)
3. brush off shoes (D-A)
4. shine shoes (D-A)
5. pair up shoes (E-A)

22. Music Time

Materials

- CDs from the 20's, 30's, 40's
- Song sheets (mostly for you)
- CD player



Possible Activities

1. singing (D-P)
2. dancing (D-R)
3. talking about memories (D-A)
4. relaxing (D-P)
5. encouraging folks to come to a given location (E-R)
6. encouraging folks to stay in a given location (E-R)

23. Socks Sort

Materials

- lots of socks of the same type
- lots of socks of different colors or types
- small basket



Possible Activities

1. sort socks by color (D-A)
2. sort socks by type (D)
3. pair up socks (D-A)
4. fold/roll pairs (D-A)
5. put socks in a drawer (D-R)
6. put paired socks in the basket (E-R)

24. Pillow Stuffing

Materials

- small sewn pillows with one end open
- small sewn pillows – one end open with gathering cord at that end
- long tube socks
- bags of polyester stuffing material
- safety pins, diaper pins or clothespins
- pieces of ribbon or cord



Possible Activities

1. stuff pillows (D-A)
2. safety pin pillows shut (D-E)
3. draw cord and tie it to close pillow end (D-E)
4. stuff socks (D-A)
5. tie socks shut at various points along the length making a 'caterpillar' type creature (D-E)

25. Nail Care Kits

Materials

- 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)



Possible Activities

1. do hand warm soaks with warm wet washcloth wraps (D-P)
2. dry hands (D-P)
3. clean around and under nails(D-P)
4. apply lotion to nail areas and hands (D-P)
5. remove old polish from nails (D-P)
6. help with nail care, or have nail care done (D-P)
7. select preferred color (D-A)
8. help apply polish or have it applied (D-P)
9. admire one another's nails(D-R)
10. have the person do your nails (D-E)
11. paint toe nails (unless medical condition prohibits it) (D-R)

26. **Foot Care Kits** (**make sure there are not conditions prohibiting foot care)

Materials

- basin
- towels
- baby oil
- lotion
- washcloths
- foot massage machine (available at drug stores and 'Walmart'- type stores) – must be cleaned between people and uses



Possible Activities

1. soak feet (might put some oil in the water) (D-R)
2. rub feet (D-P)
3. dry feet (D-P)
4. put lotion on feet (D-P)
5. do a foot massage (D-P)

27. **Newspaper Box**

Materials

1. newspapers
2. ad inserts
3. paper bags (folded)



Possible Activities

1. read the paper (D-E)
2. look at pictures (D-A)
3. open out the paper
4. tear paper into long strips (top to bottom) – for paper mache projects) (D-R)
5. crumple paper into balls (D-R)
6. throw newspaper balls into a basket or a paper bag (D-A)
7. have a 'snowball fight' (D-A)
8. clean up after the game or 'snow ball' activity (D-R)
9. stuff pillow cases or 'scarecrow' with wadded paper (D-R)

28. Egg Hunt

Materials

- plastic buckets with handles
- plastic eggs
- plastic grass
- treats for the eggs (make sure all participants can eat what is in the eggs)
- empty egg cartons



Possible Activities

1. put items in eggs and close them up (D-E)
2. hide eggs (D-E)
3. hunt eggs(D-A)
4. pick up eggs and put in basket (E-R)
5. open eggs(D-A)
6. eat treats (D-R)
7. carry baskets (D-R)
8. fill egg cartons with plastic eggs – sorted by color (D & E), in general (A & R)

29. Market Basket – Clean up

Materials

- basket with handles
- stuff to collect and pick up



Possible Activities

1. carry basket (E-R)
2. collect items (E-A)
3. put things in basket (E-R)
4. put things away (E-A)

30. Grocery Put-Away

Materials

- small cans of vegetables and fruit
- boxes of food - rice, macaroni and cheeses....
- grocery bags
- (area with shelves)



Possible activities

1. carry grocery bags of food (D-R)
2. put groceries up on shelves or on low shelves (D-R)
3. sort cans and boxes by type(D-E)
4. put items away in locations to match (D-E)

31. Paper Airplanes

Materials

- recycled office paper
- marked paper with simple fold patterns
- markers – water based
- paints – water based
- brushes
- sponges
- paper plates or plastic plates for paint
- newspaper for table top covering during painting/coloring



Possible Activities

1. Make simple paper airplanes out of used/recycled paper (E-D)
2. Fold airplanes that have been pre-folded (A-D)
3. Fly airplanes (R-D)
4. Fly planes at targets (E-D)
5. Paint airplanes with brushes or sponge print (A-D)
6. Color airplanes with markers (A-D)