

A to Z Activities

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A

- A to Z Categories*
- Activity Aprons
- Aerobics
- America Says
- Antique Road Show
- Antonyms*
- Apples to Apples
- Are You Smarter Than a 5th Grader?
- Art Appreciation
- Art Projects
- Astrology
- Astronomy

Objectives:

1. TO EXPAND YOUR REPERTOIRE OF ACTIVITY INTERVENTIONS. 
2. TO IDENTIFY WAYS TO ADAPT SOME INTERVENTIONS TO DIFFERENT POPULATIONS/AGES. 
3. TO REDUCE YOUR TIME IN RESEARCH OR DESIGNING NEW ACTIVITIES. 




A to Z Categories



Materials Needed:

- Option 1-A piece of paper with the letters A through Z listed in one or two columns with spaces for participants to fill in on their own with a pen or pencil.
- Option 2-A large white board/chalkboard and write the letters A through Z and work as a group to fill in answers for the chosen category with dry erase markers or chalk.

- Animals
- Boys & Girls Names
- Cities or Countries
- Food & Drinks
- Flowers
- Fruits & Vegetables
- Hobbies
- Movies or TV Shows
- Song Titles

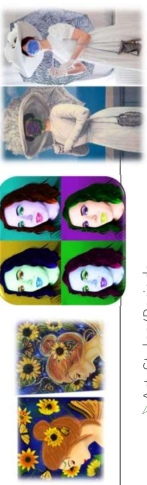




Antique Road Show

- Option 1:
 - Bring in items from the past that participants can try to identify and discuss what it was used for and announce the cost then and now.
 - Check with your local historical society to see if they have items available for use, or if they can come in to discuss items.
 - Discuss findings of what them item may be worth today.
- Option 2:
 - Invite participants to bring objects of theirs that might be of small value and set it up like the TV show.
 - You and the participant come to a table and discuss what they know about the item, while you research the item online on a laptop or tablet.
 - Discuss findings of what them item may be worth today.


B

- Badminton
- Baking
- Ball Games
- Band or Bell Choir
- Baseball
- Basketball
- Bean Bag Games
- Bible Study
- Bingo
- Biographies
- Birdwatching
- Board Games
- Book Club
- Boggle
- Bowling
- Breadmaking
- Bumper Stumpers*
- Bunco



Art Appreciation

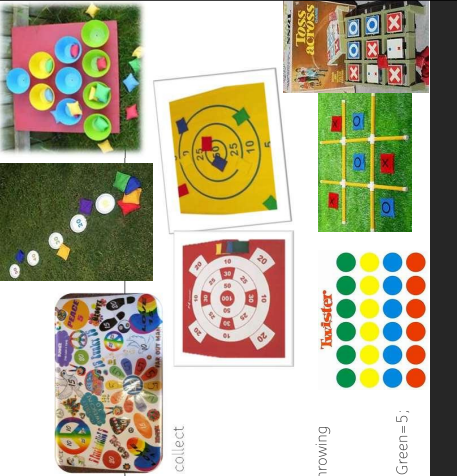
- Artists
 - Introduce Individual Artists
 - Show some of their Paintings or Sculptures through Pictures or Online
 - Attempt to Recreate Pictures
 - Painting/Drawing to Match Picture or Art Style
 - Take Photos of Participants Posing in the Style of a Picture/Portrait using items on-hand for props, if needed.
- Art Styles/Periods
 - Ancient Art
 - Medieval Art
 - Renaissance
 - Baroque
 - Rococo
 - Neoclassical
 - Romanticism
 - Academic
 - Realism
 - Pre-Raphaelite
 - Impressionism
 - Post-Impressionism
 - Symbolism
 - Fauvism
 - Expressionism
 - Cubism
 - Futurism
 - Abstract
 - Precisionism
 - Surrealism
 - Art Deco
 - Pop Art
 - Photorealism
 - Conceptual



Ball Games

- Baseball
- Basketball
- Football
- Racquetball
- Soccer
- Tennis/Table Tennis
- Volleyball
- Toss 'n Talk Beach Ball (sswww.com)
- Music
- Movement
- Trivia
- Getting to Know You
- Talk About Women Stuff/Men Stuff
- Talk-About
- Positive Attitude

Bean Bag Games



- **A Groovy Game**
 - Throw bags onto a game board and collect points as they land on them.
- **Target Toss**
 - Buy or make own target boards.
- **Tic-Tac-Toe**
 - Divide into two teams; take turns throwing bags to try to get three in a row.
- **Twister**
 - Throw Bag on Colors to get points. Green=5; Yellow=10; Blue=25; Red=50

C

- Candle Making
- Capitalism Card Game
- Card Bingo
- Card Flip
- Card Sharks
- Categories*
- Chain Reaction*
- Chair Chi
- Chronicle Book Games
- Clue
- Coloring
- Community Service
- Computers
- Concentration
- Cooking Class
- Cookouts
- Cootie
- Crazy 8's
- Cribbage
- Crochet
- Croquet
- Crossword Puzzles

Bumper Stumpers

➤ Create License Plates with popular phrases on them but leaving out letters or adding numbers, etc.

➤ Encourage participants to solve them together or individually

Deciphering License Plates

Match the license plate to the phrase below.

LBR 68R	NETAXIS	ORCLE	2602840X	1 4 2	OCURANT	RIE VITL	IR KOWE	PARMTHO	NE14CND	DOULVJS
BWMLR	AGTWE	HTLBE	7TH HW	FD JDL	RIE VITL	ROVIGELY	CP8KA	JMP-3Y	NE14CND	DOULVJS
LDVILV	TTAUS	7MBOS	4TTAHTS	I CVO 2	OTEBK	MRT BROS	LVZ-REED	RIR-5K8	URNTUET	HWCFRK
USADT	DULWOU	ZMBOS	INTREST	JASN V	8TANON	HHRH CLB	8CY DU	URADVLS	MSCFRK	CNDART
KOSGR8	ONE-4AD8	INMOUO	BLU VLV	BLU VLV	BLRBDTY	2 TTY	U RKRZ	TRL ELZE		

Deciphering License Plates

Match the license plate to the phrase below.

RESOME	ONE-4AD8	INMOUO	BLU VLV	BLRBDTY
RESOME	ONE-4AD8	INMOUO	BLU VLV	BLRBDTY


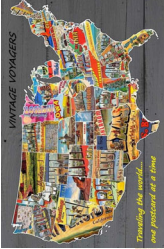

Chronicle Book Games



- 50 Things To Do Outside
- 50 Things To Do on a Plane
- 50 Things To Do in a Car
- Charades
- Do You Remember
- Family Time
- Get Smart
- Girls Night In
- How Well Do You Know Me
- Love Trivia
- Name That Tune
- Name That Word
- Riddle Me This
- Travel Trivia
- Which Would You Choose


Community Service

- Adopt-a Family
- Bake Sale
- Bell Ringing for Salvation Army
- Card Exchange w/Other Facilities
- Card Exchange w/School Kids
- Care Packages
- Craft Sale/Vendor Sale
- Food Drive
- Hats for Newborns

Dancing

- Dancercise (Exercise)
- Dance Groups (Community)
- History of Dance (Decades)
- Just Dance (Video Game)




D

- Don't Forget the Lyrics
- Donut Making
- Double Duty
- Drawing
- Drum Circle
- Drumming (Cardio)
- Dancing
- Darts
- Deal or No Deal
- Dice Bingo
- Dining In/Out
- Dominoes

Dice Bingo

➤ Materials: One or Two Dice; Number Boards; Bingo Chips to Cover Numbers

➤ Procedure: Choose if you are going to play 1-6 or 2-12 Game. One player rolls the die or dice and covers the number(s) on his/her Number Board. Play moves to next player. This continues until someone covers all numbers on his/her board.



1	2	3
4	5	6

1	2	3	4
5	6	7	8
9	10	11	12

Drum Circle

➤ For the purpose of community and coming together. Play Along to Music; Call and Response; Instrument Play Alone. Learn about instruments in a Drum Circle and African or Native American Culture.



Cardio Drumming

➤ For the purpose of exercise. Play Along to Music, following an Instructor. Need large exercise balls, drumsticks and a base to keep the balls in place.



Encore

- Each card includes a list of 4 words and 1 category.
- After giving a word, the object is to name/sing as many songs with the word in it as possible.
 - Ex: Girl – My Girl, Girl You Know It's True, I Kissed a Girl, etc.
- If using the category option, list/sing as many songs from that category.
 - Ex: Weather – You Are My Sunshine, Stormy Weather, It Never Rains in Southern California, etc.



E

- Egg Coloring
- Egg Shakers
- Embroidery
- Encore
- Entertainment


- Escape Rooms
- Essential Oils
- Events for Special Occasions
- Exercise*



Entertainment

- Birthday Party
- Car Shows
- Carnival
- Happy Hour
- Magicians
- Musicians
- Storytellers
- Students
- Talent Shows

Events for Special Occasions

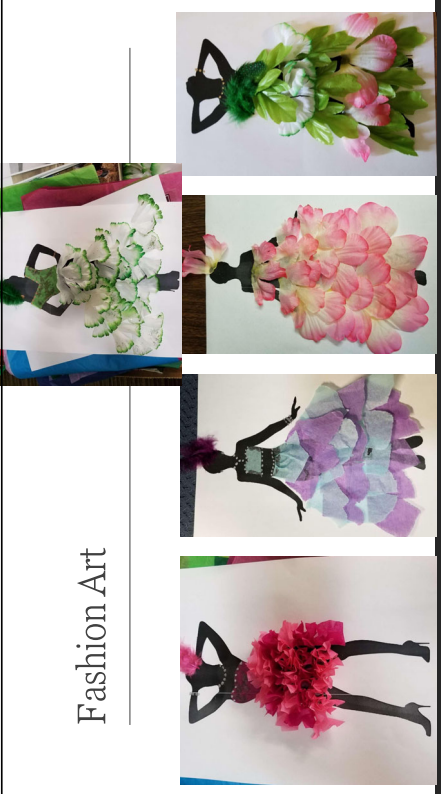


- January
 - New Year's Day; AP's Week
- February
 - Valentine's Day; President's Day
- March
 - St. Patrick's Day; Spring
- April
 - Easter
- May
 - Mother's Day; SNF Week; Memorial Day
- June
 - Father's Day; Summer
- July
 - Independence Day
- August
 - Sunflowers; Dogs Days
- September
 - Labor Day; Back to School; Fall; AL Week
- October
 - Halloween
- November
 - Veterans' Day; Thanksgiving
- December
 - Christmas

F

- Family Feud
- Fancy Nails
- Fantasy Sports
- Farkle
- Fashion Show*
 - <https://www.facebook.com/lutheranhomesfondulac/videos/10156893453887971>
- Feather Art
- Filmmaking
- Finish Lines
- Finish the Phrase
- Fishing
- Fishing for Music
- Flowers
- Foil Art
- Food Drive
- Football

Fashion Art



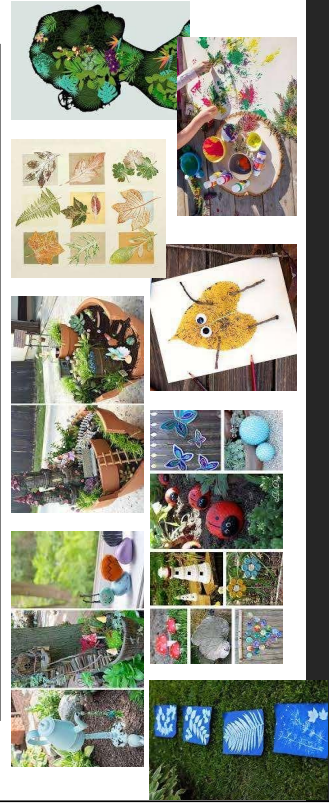
Foil Art



G

- Game That Song
- Garage Band
- Garden/Nature Art
- Gardening
- Genealogy
- Geocaching
- Geography
- Geology
- Get the Picture
- Go Fish
- Golf
- Google It
- Guess Who?
- Guitar

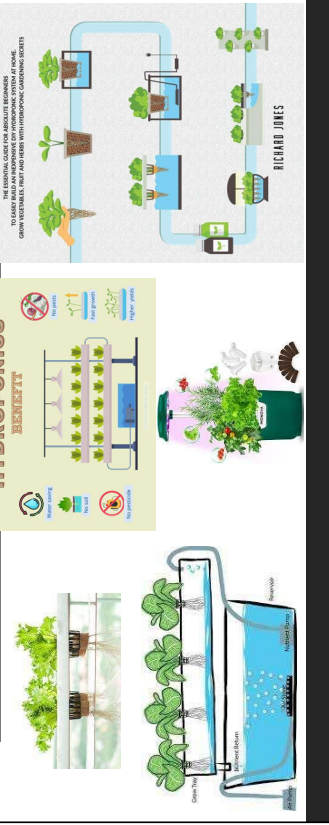
Garden/Nature Art



H

- Handbells
- Hangman/Wheel of Fortune
- Happy Hour
- Hello, My Name Is...
- History: US, World, People
- Hit List
- Hockey
- Horse Racing
- Horseshoes
- Hungry, Hungry Hippos
 - <https://www.facebook.com/100063602489832/video/10154838997422971>
- Hunting
- Hydroponics

Hydroponics

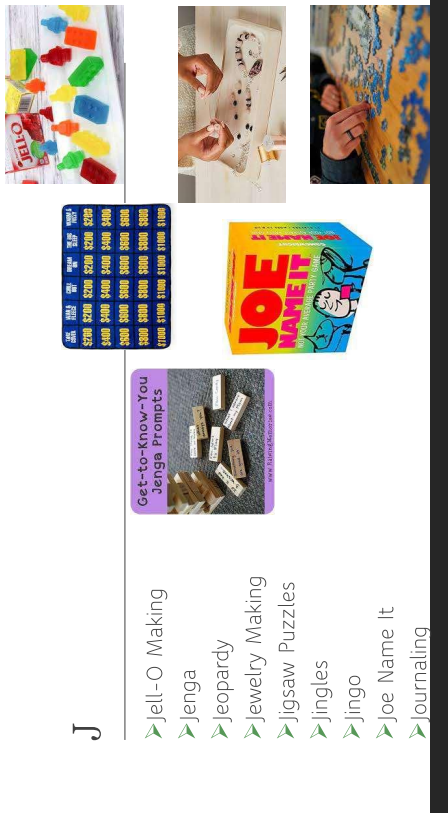


I

- "I Am..." (Memory Book)
- Ice Cream Making/Social
- Illustration
- Imaginiff
- Improv
- In A Pickle
- Ink Blot Art
- Instrument Playing
- Inventions
- iPad Apps
- ITZI


J

- Jell-O Making
- Jenga
- Jeopardy
- Jewelry Making
- Jigsaw Puzzles
- Jingles
- Jingo
- Joe Name It
- Journaling



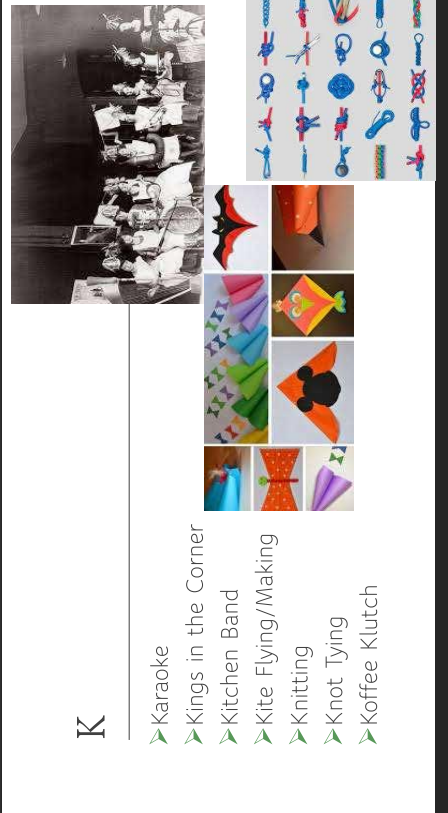
Instrument Playing

- Boomwhackers
- Drums
- Guitar
- Kazoo
- Piano
- Recorder
- Ukulele
- Rhythm Instruments
- Bells
- Cymbals
- Egg Shakers
- Maracas
- Other Shakers
- Tambourines
- Triangles
- And Many More! (SSWW.com or westmusic.com)



K

- Karaoke
- Kings in the Corner
- Kitchen Band
- Kite Flying/Making
- Knitting
- Knot Tying
- Koffee Klutch



L

- Languages
- Laughter Yoga
- Lawn Darts (Indoor)
- Learn an Instrument
- Left Right Center
- Letter Writing
- Library
- Life (The Game of Life)
- Life Story* (Memory Book)
- Lingo
- Link Words/Letters
- LumoPlay

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Link Words/Letters

- Link Letters
- Add letters one at a time to create a word until you cannot go any further. Var 1 - Letters have to be in order; Var 2 - Letters may be added anywhere.
- Examples:
 - A - An - Ant - Ante
 - I - In - Inn - Inns
 - S - As - Say - Yaks - Shaky
- Link Words
- Start with a word and have each participant say the first word that comes to mind after hearing the previous one. List can be short or very long depending on your group. Oftentimes, it ends on the first word as it comes back.
- Example:
 - Day - Light - Saber - Tooth - Sharp - Cheddar - Cheese - Mouse - Trap, etc.

34

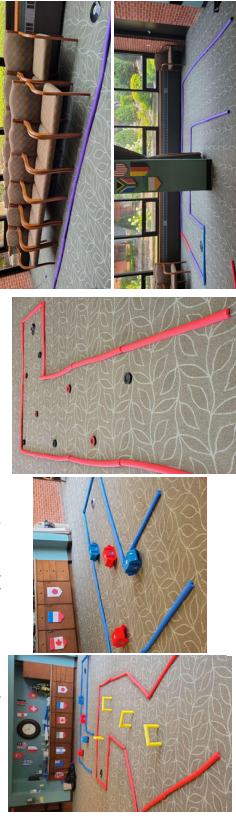
M

- Mad Gab
- Mad Libs
- Magic
- Malarky
- Match Game
- Meditation
- Memory Training
- Mini Golf
- Models
- Monopoly
- Mosaics
- Movies
- Museums
- Music & Movement
- Music Games
- Music History
- Music Listening
- Music Making
- Music Writing

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Mini Golf

- Here are the Golf Holes I created, but endless ideas depending on space & supplies you have.



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Music Games



- Beamz
- Don't Forget the Lyrics
- Encore
- Fishing for Music
- Like..er No
- Music Jeopardy
- Music Tic-Tac-Toe
- Music Bingo* (Song Picture)
- Music Yahtzee
- Music Trivial Pursuit
- Music Pictionary
- Music Crosswords
- Music Mad Libs*
- Music Trivia
- Name That Broadway Show
- Name That Tune
- Name That TV Theme Song
- Rewrite the Lyrics

Nail Art



➤ Fingernails

➤ Nails/Wood/String

N

- Nail Art (Fingernails)
- Nail Art (Nails & String)
- Name 5
- Name That Tune
- Name That TV Show
- Nature Walks
- Needle Point
- News/Newspaper
- Noodle Art
- Noodle Hockey

Noodle Art




O

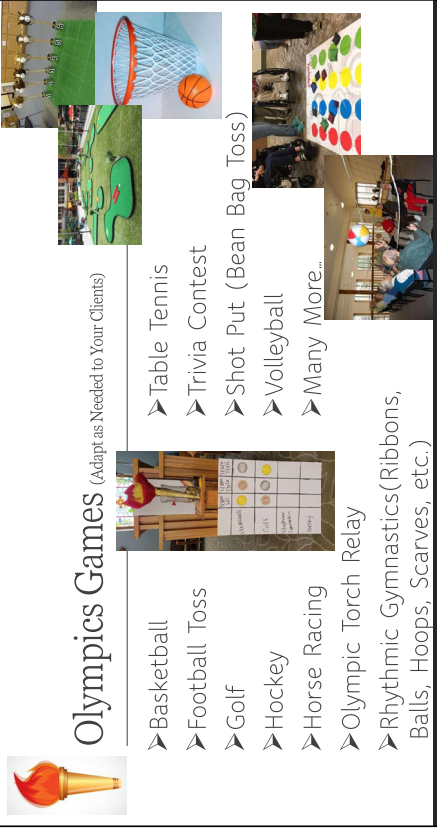
- Obstacle Course
- Oil Pastels
- Olympics
- Oodles
- Orchestra
- Origami
- Outburst
- Outings to the Community
- Over Under

Outings to the Community

- Baseball/Basketball Game
- Church
- Community Events
- Dance Recitals
- Farmer's Market
- Fishing
- Going Out to Eat
- Movies
- Museums
- Parades
- Parks
- School Concerts/Plays
- Shopping
- Theater
- Youth Sports
- Zoo



Olympics Games (Adapt as Needed to Your Clients)



- Basketball
- Football Toss
- Golf
- Hockey
- Horse Racing
- Olympic Torch Relay
- Rhythmic Gymnastics (Ribbons, Balls, Hoops, Scarves, etc.)
- Table Tennis
- Trivia Contest
- Shot Put (Bean Bag Toss)
- Volleyball
- Many More...

P

- Painting
- Parachute
- Parades
- Pass the Pigs
- Password
- Pen Pals
- Penny Ante
- Petting Zoo
- Phase 10 (Card or Dice)
- Photography
- Picnics
- Ping Pong Toss
- Poetry
- Poker
- Polka-robics
- Po-Ke-No
- Price is Right
- Puppetry
- Pyramid

Poetry

- Read and/or Write Poems
- Turn a Poem into a Picture or a Song
- Following Examples from Vibrant Teaching

Cinquain Poem

A cinquain poem consists of 5 lines arranged in a special way. The first line is the topic of the poem and each line describes it.

Line 1: 1 noun
Line 2: 2 adjectives
Line 3: 3 -ing action words
Line 4: 4 word phrase or feeling
Line 5: 1 synonym for your topic

Teacher
Kind, Smart
Working, Helping, Writing
She loves to read
Mrs. Sartori



Color Poem

There are 2 types of color poems. The first type describes a color and uses the color words to describe the subject. The second type uses the 5 senses to describe a color. You can choose your favorite color, least favorite color, or a color that represents a certain mood.

Brown is dirt
Brown is mud
Brown is a bear
Brown is mother nature
Yellow looks like sunshine
Yellow sounds like birds chirping
Yellow smells like sweet flowers
Yellow feels like happiness



Acrostic Poem

The first letter of each line is uppercase and forms a word. The word is the subject of the poem.

White fluffy snow all around
Ice skating is fun to do
Need to wear a hat and gloves
Trees have lost their leaves
Enjoying hot chocolate
Really cold outside



Poetry

LIMERICKS

Limericks are light-hearted 5 line poems with an ABAAB rhyme scheme. The first and third lines have the same number of syllables (A) and end with a rhyming word. The second and fourth lines have the same number of syllables (B) and end with a rhyming word. The fifth line has a different number of syllables (A) and ends with a rhyming word.

There was an old man from Peru
Who always was eating his shoe
One day he got so fat
With a terrible fright
To discover it was totally true!



Diamante Poem

This is a 7 line poem about opposites. The words form the shape of a diamond.

Line 1: 1 noun
Line 2: 2 adjectives for line 1
Line 3: 3 -ing action words for line 1
Line 4: 2 adjectives for line 2
Line 5: 3 -ing action words for line 2
Line 6: 2 adjectives for line 3
Line 7: 1 noun that is the opposite of line 1

Fun/Cat
Cuddling/Purring, Sleeping
Meow, Tuna, Bark, Bounce
Purring, Meowing, Purring
Precious/Lovable
bag



Autobiography Poem

An autobiography poem is also known as a bio poem. It is a poem written following a certain format.

Line 1: First name
Line 2: 4 adjectives to describe yourself
Line 3: 3 people, places, or things
Line 4: Year of birth (month, day, or stage)
Line 5: Who reads (I thought)
Line 6: Who fears (I thought)
Line 7: Who loves (I thought)
Line 8: What I do (I thought)
Line 9: 100 reasons of your city and state
Line 10: Last name

Rhyme
Finger, rock/rock, sunny
Sister of apples and oranges
Who love happy, beautiful, and helpful
Who love to read, write, and help
Who would like to be a poet, funny, white, and the most beautiful
Assistant



Poetry

Concrete/Shape Poem

Concrete poems are also known as shape poems. The words form the shape of an object and describe it. The description outlines it.


Round flat apple drops down
Red
One bite and it's gone
Sweet and delicious



Alliteration Poem

Alliteration is the repetition of the first consonant sound in words. You can use these sentences to create a poem. Good examples are tongue twisters such as Peter Piper picked a peck of pickled peppers.

She sells sea shells by the sea shore
Leo the Lion
Leo the lion loved the outdoors.
Leo the lion loved the outdoors.
Leo liked the lime, ligher, light at night.
During the day they were out of sight.




Lune Poem

A Lune is made up of 3 lines and uses 11 words in all. The first line has 3 words, the second has 5, and the last has 3 again.

Line 1: 3 words
Line 2: 5 words
Line 3: 3 words

I love class
Chocolate is my favorite treat
Oh so yummy!



Poetry

Tanka Poem

This form of poetry is very similar to a haiku poem except it has 5 lines. It has a 5-7-5-7-5 syllable pattern. It is usually written about nature, seasons, love, sadness, or any other strong emotion.

Line 1: 5 syllables
Line 2: 7 syllables
Line 3: 5 syllables
Line 4: 7 syllables
Line 5: 5 syllables


It is scorching hot
When my sandalwood feet
I hear seagulls in the air
Time for yummy cold ice cream



Ballad Stanza Poem

A ballad stanza is a group of 4 lines. That group is called a stanza. The last word of line 2 and line 4 should rhyme.

Friendship
When you need them most
They always tell the truth
And never ever boast.




Haiku Poem

This is a traditional form of Japanese poetry made up of 3 lines. The first syllable has 5 syllables, the first syllable has 7 syllables, and the last syllable has 5 syllables. It is usually written about one simple thing like an animal, season, or nature.

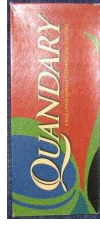
Line 1: 5 syllables
Line 2: 7 syllables
Line 3: 5 syllables

Yellow and black stripes
Bees as flower to flower,
Watch out they can sting!



Q

- Quandary
- Quiddler
- Quilling
- Quilting
- Quirkle
- Quizzes



R

- Rain Stick Making
- Random Acts of Kindness
- Reading
- Recycled Art
- Red Herring
- Remote Control Vehicles
- Riddles*
- Ring Toss
- Ripley's Believe It or Not
- Robotics
- Rook
- Route 66
- Rummikub
- Rummy

Rain Stick Making

- Materials:
- Cardboard Tube
- Nails (Push nails into tube)
- Masking Tape (Cover nail heads)
- Decorative Paper (Cover tube w/one color or multiple to cover tape. Then decorate however you want.)
- Rubber Bands (To hold paper/cloth at ends of tube)
- Beads (Fill tube)



Recycled Art

- Materials:
- Anything that can be cleaned before use.
- Creative Mind.

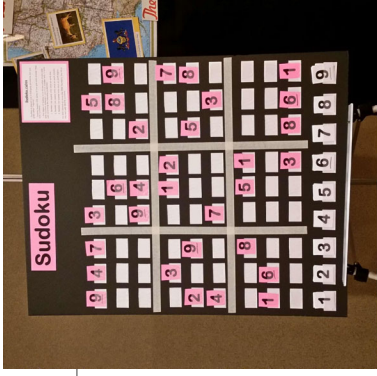


S

- Sand Art
- Say It
- Scattegories
- Skip-Bo
- Soccer
- Social Media
- Songburst
- Splurt
- Square Shooters Dice Game
- Stamping/Stenciling
- Storytelling (See Writing Prompts*)
- Sudoku
- Scavenger Hunt*
- Science Club
- Scrabble
- Scrapbooking
- Sequence
- Sensory Stimulation/Skill Retaining
- Sevens Card Game
- Shuffleboard
- Shut Box

Sudoku

- Group Sudoku
- Create a Board (Like Picture)
- Set up in a common area for all to work on.



Sensory Stimulation/Skill Retaining

- Adult Color
- Baby Dolls
- Benevolent Touch
- Essential Oils
- Fancy Nails
- Folding Laundry
- Lacing/Yarn
- Lap Activity Pads
- Lotion & Massage
- Matching
- Puppy/Kitten
- Puzzles
- Relaxation
- Sensory Room
- Sensory Tubes
- Small Test
- Sound Match
- Taste Test
- Textures
- Theme Kits
- Twiddle Muffs



T

- Tattoos & Booze
- Tenzi
- Terrariums
- That's It
- The Game of Things
- The Humming Game
- Themed Bingo Games*
- Think 'N' Sync
- This or That*
- Tic-Tac-Toe
- Tie Dye
- Tile Art
- Toss 'Em Dice Game
- Travelogues
- TriBond
- Trivia
- Trivial Pursuit
- TV Game Shows

U

- Ukulele
- Ultimate Frisbee
- United States History
- Uno/Dos (Cards)
- Upwords

Volunteering

- Assisting w/Crafts
- Assisting w/Group Activities
- Be a BINGO Caller
- Be a Facility Greeter
- Distribute Calendar/Mail
- Folding Clothes
- Folding Papers
- Help Decorate
- Help w/Gardening
- Lead a Card Group
- Manicures
- Proofreading
- Read to Others
- Stuffing Envelopes
- Visit with Others
- Wrapping Silverware/Napkins

V

- Vacation Memories
- Video Games
- Video Making
- Virtual Reality
- Volleyball
- Volunteering

W

- War Card Game
- Washer Box/Toss
- Weaving
- Wedding Memories
- Weight-Lifting
- What's My Line?
- Wii Games
- Wild West History
- Win, Lose or Draw
- Wine Tasting
- Wonders of the World
- Woodworking
- Wordle/Quordle/Heardle
- Word Mining*
- Word Search Puzzles
- Word Teasers
- Words of the Wise
- Writing (Prompts)*




Wonders of the World




- Discuss each Wonder; Show Pictures or Travel Video; Reminisce about Visits if anyone has ever been to one of them.
- Ancient Wonders, Modern Wonders, Natural Wonders, etc.

- Pyramids of Giza
- Great Wall of China
- Taj Mahal
- Serengeti National Park
- Grand Canyon
- Machu Picchu
- Iguazu Falls
- Amazon Rain Forest
- The Forbidden City
- Bagan Temples
- Dead Sea
- Bora Bora
- Jerusalem
- Petra
- Easter Island
- Vatican
- Valley of the Kings
- Carlsbad Cavern
- Kathmandu Valley
- Pompeii
- Yellowstone
- Antarctica
- Sahara

X






- X-Box
- Xtreme Sports
- Xylophone

Word Teasers

These are variety of word games including trivia, riddles, slang, funny sayings, old wives' tales and so many more.

Each card gives you a word on one side with a definition, origin of the word, how the word came to be used, and a did you know? The other side gives you a phrase or asks a question to initiate conversations with others.



Look for our entire collection of Word Teasers available on Amazon!

TRIVIA • LAUGH • LEARN

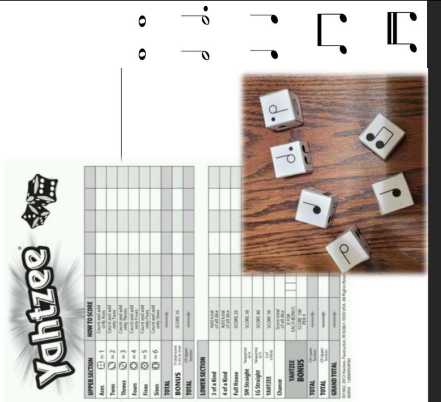
Word Teasers

Y

- Yahtzee
- Yard Games
- Yodeling
- Yoga
- You Be the Judge
- YouTube
- Yo-Yo


Yahtzee

- Yahtzee
- Play with 5 Dice; roll 3 times to try to create a play (see card)
- Musical Yahtzee
- Play the same as Yahtzee but with music related dice (see picture)



The image shows a Yahtzee game board with a grid for tracking scores. Below the board are five dice with musical notes and symbols on their faces. To the right, there are musical notes and a treble clef.


YouTube



- Art
- Biographies
- Comedy Shows
- Current Events
- Documentaries
- Exercise
- Funny Kid/Baby/Pet Videos
- Geography
- History
- Lists & Facts for Almost Anything
- Movies
- Music
- Relaxation/Meditation
- Religious Services
- Science
- Technology
- TED Talks
- Travelogues
- Trivia
- Quizzes
- Vintage TV Shows
- Virtual Tours/Walks

Yard Games


- Bocce Ball
- Corn Hole
- Croquet
- Do-It-Yourself
- Frisbee Golf
- Kan Jam
- Ladder Ball
- Lawn Darts



The image is a collage of various yard games including Bocce Ball, Corn Hole, Croquet, Frisbee Golf, Kan Jam, Ladder Ball, and Lawn Darts. A green arrow points from the 'Do-It-Yourself' category to a specific game.

Z

- Zen Tangles
- Zodiacs
- Zoology
- Zumba



The image shows four categories: Zen Tangles (a complex geometric pattern), Zodiacs (a circular zodiac chart), Zoology (a group of people doing Zumba), and Zumba (a group of people doing Zumba).

#'S

- 1001 Places to See
- 21/Blackjack
- 3D Art
- 5 Second Rule

