



Suggested Distancing Life Enrichment

In order to maintain physical, mental, social, emotional and spiritual aspects of well-being for our residents during distancing, recommendations below are activities that fall under the umbrella of LEAP. Please measure apartment space between each to ensure the 6ft. recommendation for distancing is being met.

Suggestions:

- Hallway Kickball- Setting chairs, wheelchairs and walkers outside of units allowing residents to enjoy kickball including staff participation as they walk through the hall conducting duties. Include music a boost in energy and mind stimulation.
- Hallway Hungry Hungry Hippo
- Hallway Bingo
- Seed starting and window herbs
- Pen Pal with other CCL Community residents
- Hallway Olympics (noodle vault, bean bag throw, ribbon throw)
- Survival Activity Kit (include positive note, games and puzzles, juice mix, small water, snack or any little things that would bring a smile, supplies good for one week)
- Stress Ball or Balloon (MCU and ALF one-on-one)
- Thankful Ball or Balloon
- Letter writing and reading from residents via Facebook to families
- DIY projects help one-on-one activities with residents
 - For example, hand sanitizer play doh for stress relief
- Face Art (this is a template of blank face that residents can draw what they feel as a way for them to vent and express their feelings)
- Door Hangers for outside their doors (positive quotes)
- Inspiration banners for their room as reminders that we are all in this together
- Resident testimonials (one-on-one with LEC)
- Nail painting in room would give a hygiene lesson as you are helping them get ready for manicure
- Doorway bubble blowing contest or any contest you could do in a hallway with residents

- Connect with local churches regarding volunteers that can FaceTime services
- Hallway Guess That Word- Engage staff with residents in this activity.
 - Take 8x10 paper and utilizing a sharpie include letters. Have staff, as they are going through the halls, show the letters and stick them to the walls in a scramble form including mentioning the letter. Then allow residents to Guess That Word!
- Family Window Love- for families that have a special day coming up like a birthday.
 - Provide the family member outside of the building window crayon.
 - Allow the family member outside to write on the window a special message for their loved one.
- Family LIVE Facebook Day- Set a time in your schedule that you can utilize LIVE Facebook time so families know the time each week you will be live and residents can give a special hello to their loved ones including grandchildren.
- Senior Selfie Day- Have your residents do a selfie and write a special hello to their friends and families.
 - When posting their selfie on Facebook you can add that special hello to your post.