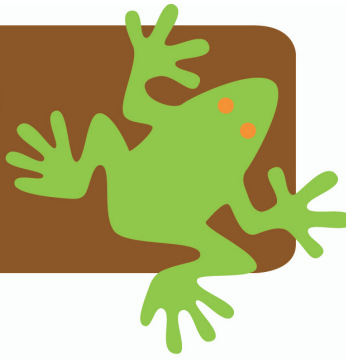


# LEAP

Life Enrichment Activity Program



## Activity Tip

### Physical Distancing Activity

## Doorway Ball Pass

### Materials:

- Foam pool noodles (you can typically get these from stores like Target, Walmart or even the Dollar Store)
- Beach ball or balloon (beach balls are a bit heavier and may pass more easily and accurately)



### Instructions:

This interactive game will allow residents to stay at a safe distance from each other, but still have all the fun of a group sport!

Using a beach ball or balloon, have residents pass a ball to each other. The options for what type of game you play are many. You can have one side of the hallway vs. the other in a volley ball type game, where a point is earned if someone misses the ball and it hits the wall. Or, you can have participants answer a question (trivia or maybe a "get to know you" type question) and pass the ball to the next person to do the same. You can also play music and play hot potato - whoever has the ball when the music stops is out! This activity combines many wellness factors! Have fun!