

Meaningful Activity Ideas During Covid 19

What makes an activity/event/object 'meaningful'?

The definition of meaningful is something that has a purpose, that is important or that has value. If you describe **something** as **meaningful**, you **mean** that it is serious, important, or useful in some way. A meaningful activity should enhance one's quality of life.

Adult Services Staff have compiled a list of activities, based on ideas forwarded by Staff/people supported; however, it's important to note not all of these ideas will be meaningful to everyone! Knowing the people that you support and what is important, valuable or purposeful to them is the first step in determining what is meaningful to them.

Arts and crafts to do at home

E.g. Seasonal/events (like Christmas-gnomes), knitting, loom knitting, beading, painting, learning to sew, making Sun catchers etc. There are online tutorials or sites like Pinterest for anything you might be interested in.

Back yard games, weather permitting

-Darts, bocce ball, other sports like basketball or shooting hoops

Baking/Cooking

-Search new recipes on internet (suggestion to print off so don't spill on technology). Try a new one per week. Online cooking/baking classes.

Beach to watch waves

Bible study group via FaceTime

Bike rides (downhill biking, bike trails), weather permitting

Board games/Card Games/ Game Nights/ Puzzles/Free Word Searches found online.

Books - both actual books and e-books (inspirational/uplifting)

Christmas - classic movies, Christmas light tours, virtual shopping, gifts/cards, decorating, tree, crafts, stories and Carols,

Colouring books for Adults

Computer or other Technologies- Online lessons/learning (e.g. Math, how to use zoom), IPAD games/activities, Sensory apps, Online concerts/tours, Virtual Shows, you tube, online cooking recipes, yoga classes, art classes, music/art therapy online, Animal videos, Surfing the *internet* with purpose. Help someone to answer those types of questions you sometimes have the answers for by helping enter searches.

Communication - Facetime, Facebook Messenger, Zoom, Google Meetup, with family and friends, visiting outside with family/friends

Couponing for groceries

Decluttering/Restoring – donating things, organizing rooms, decorating/refinishing items

Drivers test online

Exercise videos & classes online

Fashion magazine on iPad (audio) or scrolling fashion Pinterest or in actual magazines.

Fishing

Gaming - Nintendo Switch, Play Station 4, Virtual Games, Headsets.

Gardening - vegetable garden (started in spring; weed & water); flowers starting indoors, lawncare

Hiking/ Walking- variety of trails, Scavenger Hunt, exploring, regular exercise walks elsewhere.

Horse racing on tablet

Interacting with pets

Model Airplanes, other models, joining online groups for enthusiasts.

Movies, Movie nights, Netflix

Music Listening

Photography, Looking at Photos, family memory book

Picnic lunch, weather permitting

Podcasts - True Crime, comedic, adventure, religious, self-interest.

Pumpkin carving

Remote control cars/trucks

Resume and jobs to apply to after Covid

Sensory activities e.g. fish lamp viewing

Sculpture figures/plates

Shovel driveway/side walks

Spa day/night (painting nails, facemasks, hair, pampered)

Televised Concerts

Trip planning after Covid

TV BINGO

