

Inside Activities



Fun Inside Activities for Home

In light of COVID-19 and the need to be at home more, The Arc NCR has put together a list of fun indoor activities for Community Living homes. Although these are uncertain times, we don't want to forget all the ways we can still have fun at home, so keep these activities handy.

- Miss your friends from Special Olympics, visit their [website](#):
 - Search for "Fit in 5," they have short workouts you can do at home
 - Go to Resources (<https://resources.specialolympics.org/health/strong-minds>). Strong minds have yoga and stress relieving exercises you can do.
- Go to Positively Present: (<https://www.positivelypresent.com/>). This link has a "pandemic positivity" section with ABC's of self-care, coloring pages, optimism worksheets and more.
- Search YouTube workout videos.
- Live stream zoo's and other animal parks. San Diego and Smithsonian National Zoo offer live streams, as do many zoos.
- Write a positive message or draw an image and hang in your window for others to see.
- Play board games or card games.
- Listen to music or have an indoor dance party.
- Call your friends and family through FaceTime, video call or phone call.
- Write a letter to someone you care about and mail them!
- Make a new recipe and cook a meal for roommates. Pick four ingredients randomly and come up with your own recipe.
- Organize or reorganize your bedrooms or a closet. Sort clothing and things you want to keep and things you want to donate.
 - Search Marie Kondo online and learn new ways to think about and fold your things.
- Do puzzles or word searches.
- Color adult coloring books, pages, or just doodle.
- Do "21 questions" or ice breaker games you can find on Pinterest and do before lunch or dinner.
- Make a poster, card or video to thank those essential staff who are working through this pandemic. Our own DSP's (tape a Thank You to the computer), Doctors, Nurses, Postal Workers (leave a Thank You in the Mailbox), and Sanitation Workers (make a card and leave it on top the trash can).
- Learn or teach a new skill, can you knit or crochet, make origami, offer to teach it to those in your home or where you are working.
- Take a class. Search free classes online. Want to say you went to Yale or Harvard? Both universities are offering free online classes.
- Want to learn how to regulate your emotions and ask for the things you want in a way that makes it more likely you will get them? Reach out to Kim Albert, kalbert@arcncr.org, Lauren, Bailey or Allie and we can set you up with online Skills System. Nine modules and you are done!
- Staff check your work email. Every week we are sending out Spirit Week Activities and ideas. Didn't see them the first week? That's ok, you can do the activities on your own whenever you want.
- See the world - you can do it from your home. GetYourGuide has an initiative to bring live and interactive tours, classes and other travel themed experiences directly into your home via a smartphone, laptop or iPad. Call the World at Home.
- Write your bucket list. When this is all over, what are those things you want to do?