

***My Activity Book:
6 Weeks of Learning
and Fun!***



Week 4

Let's Think, Create, and Relax!

INTRODUCTION FOR CAREGIVERS

The HCQU has designed 6 activity books to help people learn and grow in various ways. Each book has a theme and includes daily activities related to the theme for that week.

Encourage those who are able to work on the books to complete them as independently as possible. Some self-advocates will require your assistance to complete the activities in the book. You may want to read through each book before anyone starts working on it to make sure all necessary supplies for the activities are available. We encourage caregivers to participate in the activities, as there are opportunities to learn, create, move, and have fun. Self-advocates may be more likely to complete the learning in the books if they are doing it with someone else.

We hope that these books spark new things to do as well. The theme for each week can promote conversation between you and those in your care and lead you to explore other areas of interest. Feel free to add more information to the topics of each week; make it specific to the person using the book. Most of all, have FUN with it!

HOW TO USE THE INFORMATION OFFERED IN THESE BOOKS

It is best to review this guide slowly and focus on one section at a time, encouraging the person to talk and/or ask questions after each idea/page is presented.

For best practices:

- Allot time to review this material when the individual is alert and interested.
- Ensure that the setting is free from distraction.
- Ensure any necessary materials are available.
- Review each daily activity, explain it to the individual, then practice it with the person.
- Remain positive, calm, and upbeat.
- Remember to offer positive reinforcement and encouragement along the way, especially when the person is making an effort to participate.

DAY 1 – A HEALTHY MIND

Having a healthy mind is just as important as having a healthy body. Your mind can help you to do a lot of amazing things! It can also help you to feel good about yourself. You might be wondering, “What does it mean to have a healthy mind?”

Having a healthy mind means

- * **Thinking positive thoughts**
- * **Keeping your mind active**, known as exercise for your mind
- * **Eating healthy foods** – Healthy foods have vitamins and minerals that give you energy to do your favorite things; doing fun things keeps your mind active throughout the day.

Think of the activities you tried from last week’s challenge.

How did you feel as you completed those activities?

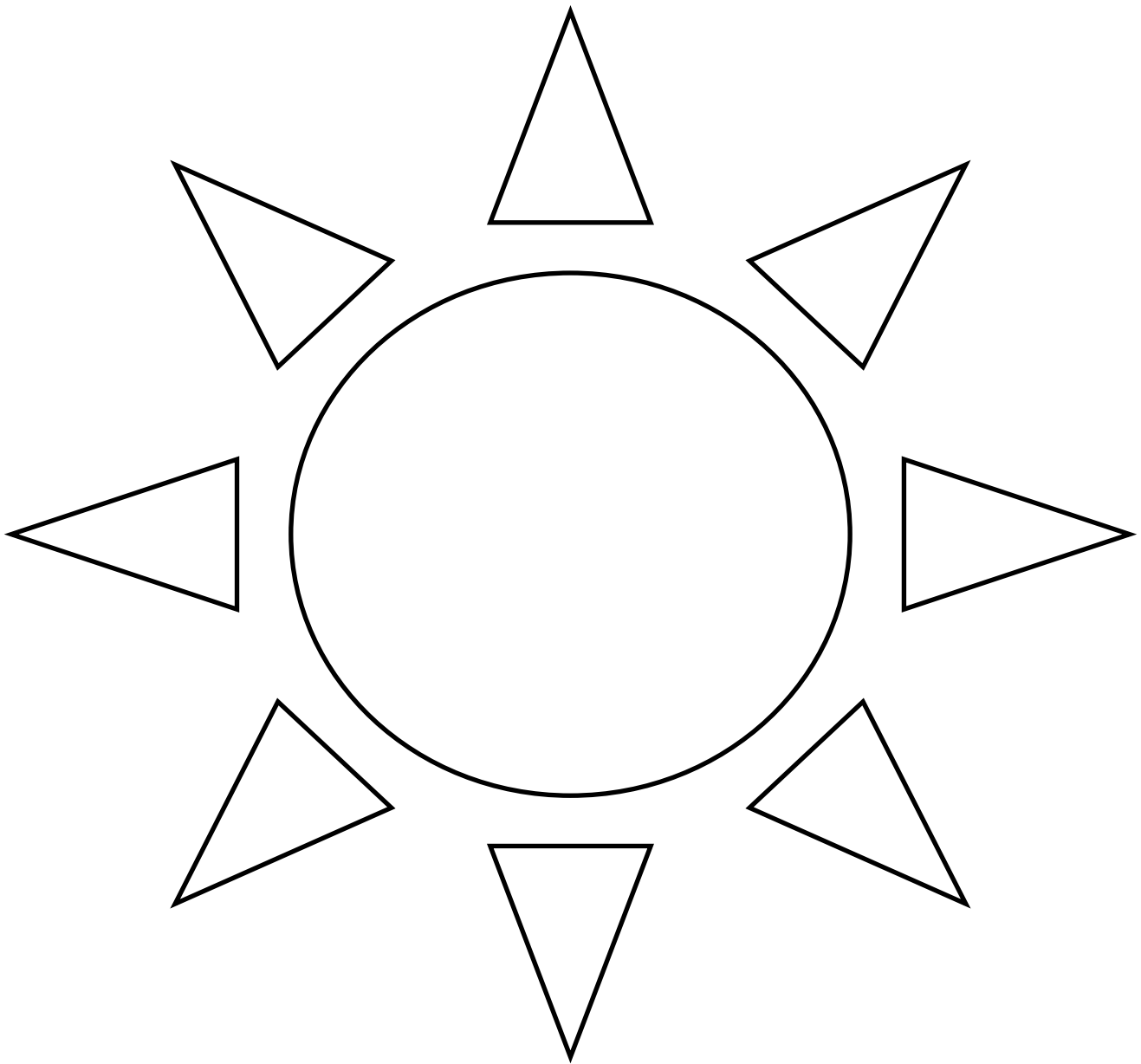
When your mind is healthy, you feel more peaceful and relaxed. You are doing things to take better care of YOU!

Go to the next page for a fun activity!

HEALTHY MIND ACTIVITY - 1

Focus on something fun... like coloring!

Some people find it relaxing to color. It can help your mind focus on a new idea. It can help you be creative to use the colors that you enjoy seeing.



HEALTHY MIND ACTIVITY - 2



HEALTHY MIND ACTIVITY - 3



DAY 2 - THINKING

Activities that make you think, exercise your mind. Using your mind to remember can be a fun and healthy challenge.

The next 5 pages have some activities to help you exercise your mind by thinking.

Memory Games

Find the Differences Game

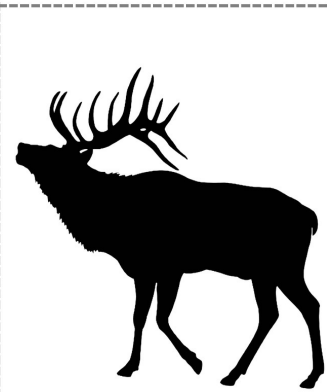
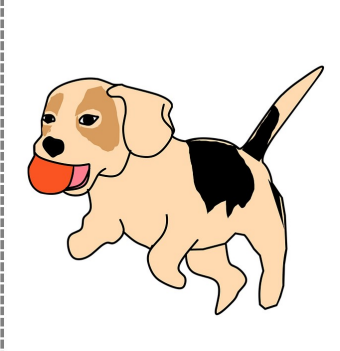
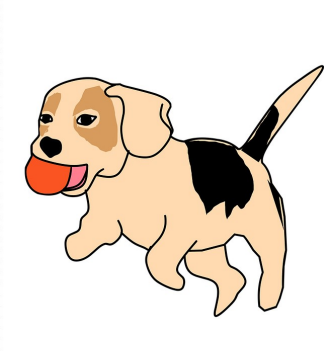
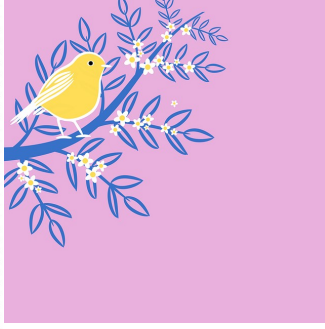
Mazes

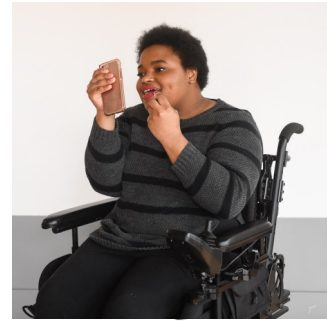
Go to the next page for a fun activity!

THINKING ACTIVITY – MEMORY GAME

How to Play

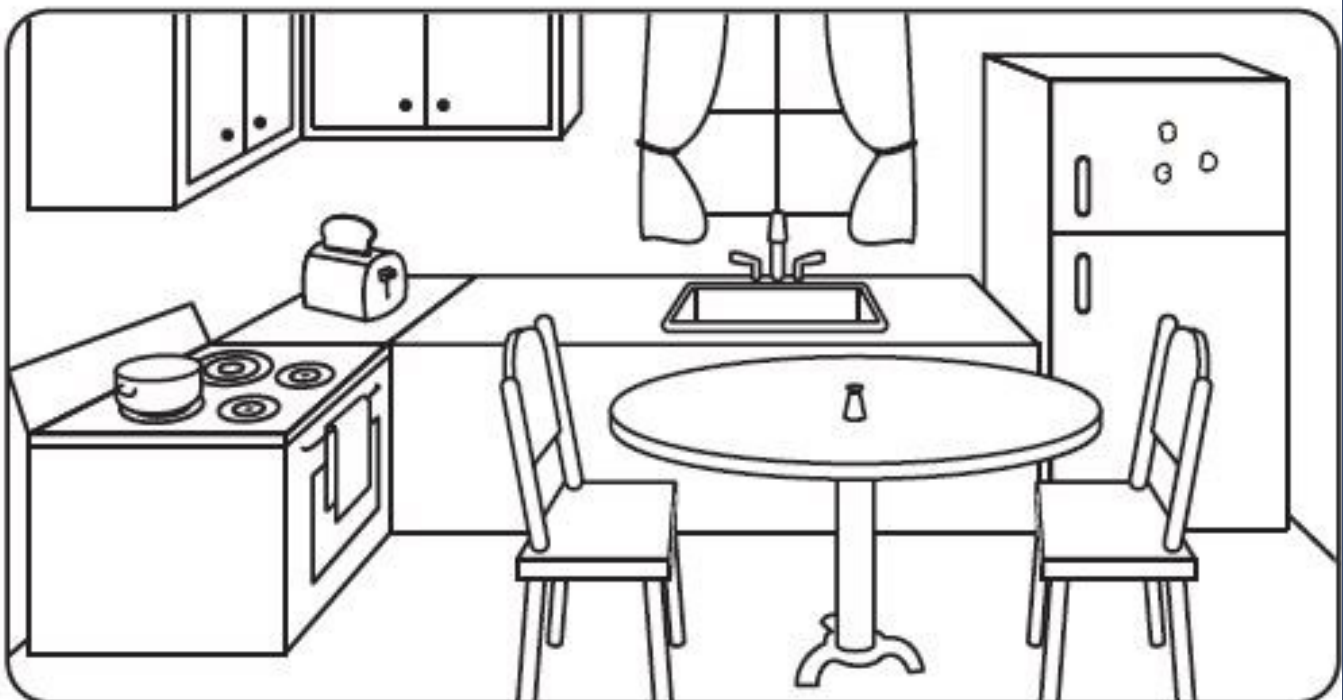
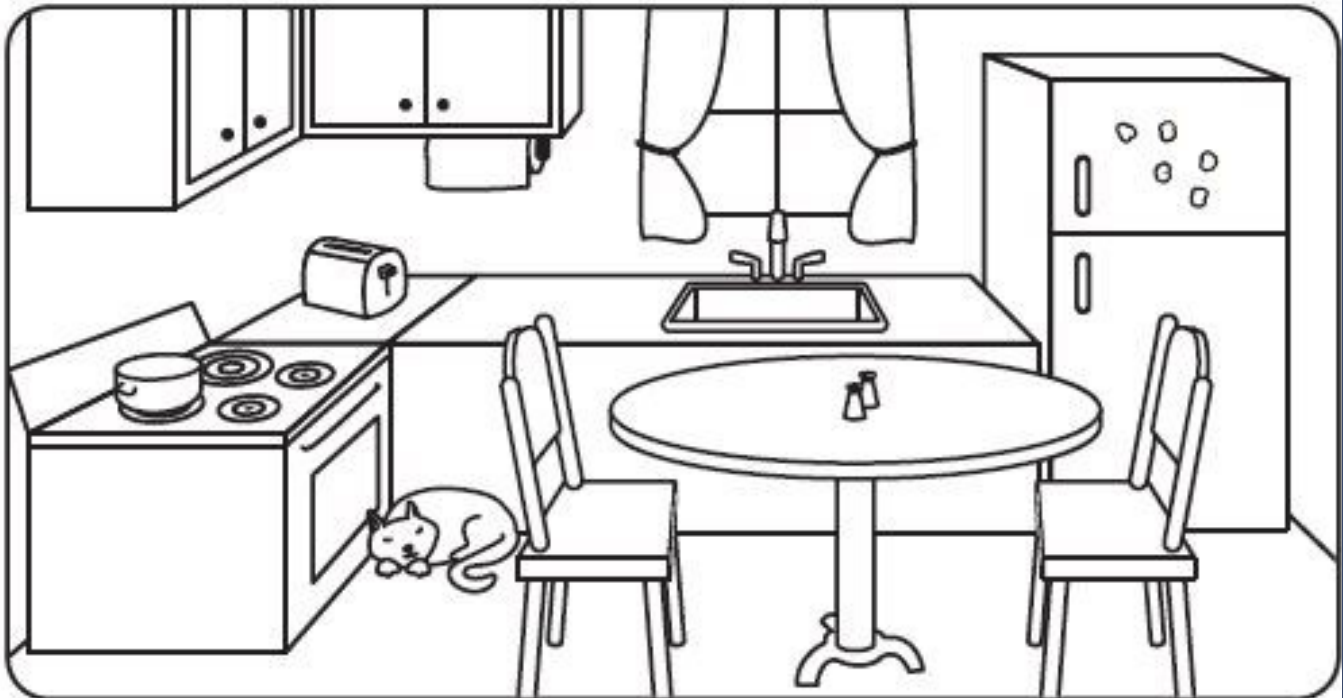
- Cut out all of the sets of matching picture cards on the next 2 pages. Ask a caregiver to help you, if needed.
- Spread the picture cards on a table, with the pictures facing the table so you cannot see the pictures anymore.
- When it is your turn, flip over any 2 cards that you think match.
 - If the pictures are the same, keep the cards.
 - If the pictures are different, turn the cards over and return them to their places on the table.
- Try to remember the picture on each card that you flip and that other players flip, so you can pick a match when it is your turn.
- Players take turns until there are no cards left to flip.
- The player with the most cards wins!





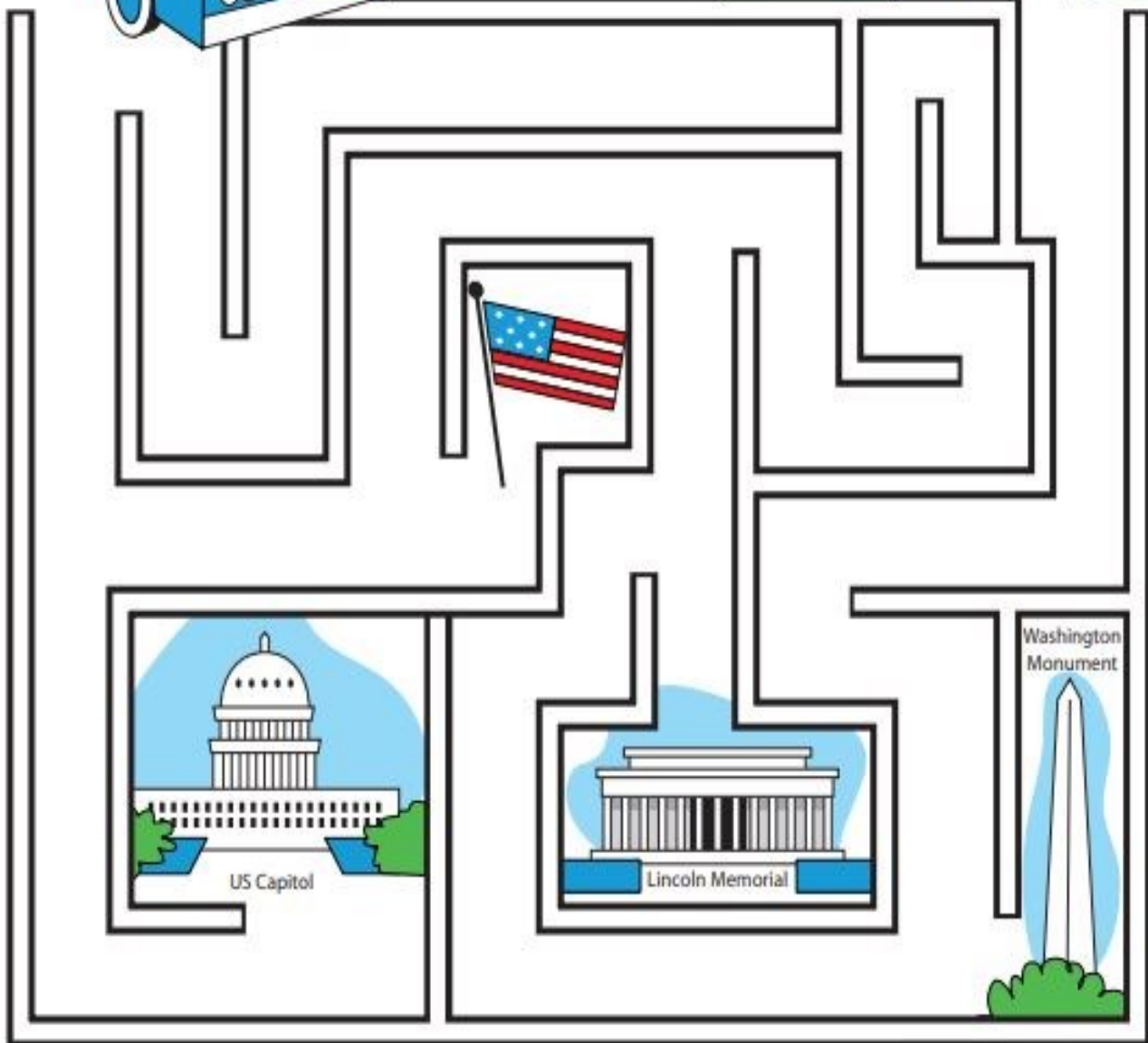
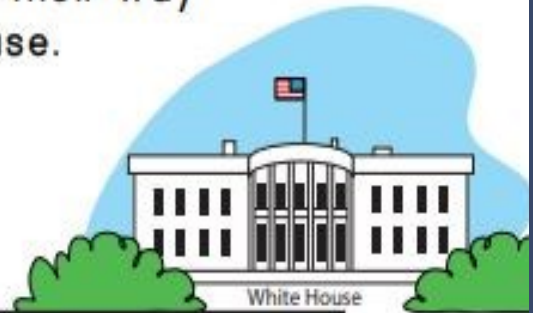
THINKING ACTIVITY – FINDING THE DIFFERENCES

Use your eyes and mind to find differences between the two



THINKING ACTIVITY – MAZE

Help the Presidents find their way
to the White House.



DAY 3 – MAKE A CARD

Your mind can feel calm and happy when you are showing other people that you are thinking of them and that you care. A good way to do that, especially if you cannot see a person as often as you want, is to make them a card!



Make a Card Activity

On the next 2 pages are cards that you can print. Write a message, color a picture, and send them to people you miss seeing. Show them you care!

Go to the next page for a fun activity!

thinking
of you ♡



miss
you!



DAY 4 – RELAXING

Would you like a little help relaxing?

Breathing in a slow, controlled way can help you feel calm and peaceful. On the next page, there is a breathing exercise that might help you to relax. Your caregiver can read the steps to you as you breathe along. Try doing the exercise several times throughout the day today.



Go to the next page for a fun activity!

RELAXING ACTIVITY

Relaxing Breath

Instructions for caregiver: Ask participants to get into a comfortable seated position and minimize distractions. This will help participants to be 'present'. Demonstrate the exercise prior to asking participants to perform them. Speak slowly, using a calm, soothing voice. Perform the exercise along with participants, reading each step aloud and modeling the breath timing. Ask participants to think about their breathing.

1. Breathe slowly in through your nose, until your lungs feel full.
2. Hold your breath for a few seconds. *(If participants have difficulty holding breath in, skip this step.)*
3. Slowly breathe out through your mouth, making a "whoosh" sound, until your lungs feel empty.
(Participants might find the whooshing sound funny, and that is ok.)
4. Let's repeat these steps four to six times.



DAY 5 – ANOTHER RELAXING ACTIVITY

Relaxing the Muscles

Instructions for caregiver: Ask participants to get comfortable in a seated or reclined position and minimize distractions. This will help participants to be 'present'. Demonstrate the exercise prior to asking participants to perform them. Speak slowly, using a calm, soothing voice. Perform the exercise along with participants, reading each step aloud and modeling the breath timing. Pause between suggestions. Continue the exercise as long as participants' attention is maintained.

1. Relax with your arms at your sides, and your feet on the floor. Close your eyes. Take a deep breath in through your nose. Breathe out through your mouth. Think to yourself, "I am going to relax completely. When I finish this exercise, I will feel relaxed."
2. Think about your feet. Wiggle your toes. Move your ankles. Now relax your feet, so they feel limp and heavy.
3. Imagine that your legs, your knees, and your thighs are heavy — sinking into the floor, feeling warm, heavy, and relaxed.
4. Think about your hands. Wiggle your fingers. Move your wrists, then let them relax.
5. Think about your arms, your elbows, and all the way up to your shoulders. Now relax your arms; pretend they are melting into the floor.
6. Think about the area around your belly. Relax this area so your breathing flows smoothly and deeply.

Relaxing the Muscles (continued)

7. Think about your stomach and your chest. As you breathe in deeply, feel your stomach get bigger, *not* your chest. Imagine all your worries leaving your body as you breathe out and relax more and more.
8. Think about your throat, your neck, and your head. Let them feel limp and relaxed.
9. Relax your face. Let the bottom part of your jaw (*mouth*) drop down, separating your lips and teeth. You are feeling more relaxed.
10. If you feel any tension (*tightness*) in any part of your body, think about that part and let go of the tension.
11. Stay completely relaxed for a few minutes. Think happy, positive thoughts; or just think about your breathing.
12. When you are ready, slowly say to yourself, "I am deeply relaxed. I am ready to become more active, still feeling relaxed and refreshed."
13. Take a deep breath in through your nose; breathe out through your mouth.
14. Open your eyes. Stretch your body. Slowly move your wrists and ankles in a circle. Gently shake your arms, then legs. You are calm, peaceful.

You are ready to face the rest of the day!

DAY 6 – GROUNDED

Instructions for caregiver: Make sure there is a safe area of grass to walk on, free of potential hazards to walking barefoot. Individuals with certain health conditions, like diabetes, should not walk barefoot. As with all activities, adapt this exercise according to each individual's abilities and needs.

Many experts believe that touching the earth with your feet can have a healing energy. Many believe that touching the earth can help reduce aches, pain, fatigue, and improve sleep!



If you want to try it, take off your shoes and socks and put your feet on the earth. Sit, stand, or walk on the earth in your bare feet for 30 minutes or more. It might tickle your toes!

Doing this every day during nice weather might help you feel less tired and have less pain. It might even help you sleep better!

It might sound silly, but lying in the grass can be very relaxing! Be sure that the skin on your hands and feet touch the earth and the grass.



DAY 7 – REVIEW



Good Job!

This week, you have tried:

- ♦ Coloring
- ♦ Puzzles
- ♦ Card making
- ♦ Relaxing

Do the activities in this book (and others like them) as often as you like. They will help you create, think, and relax!

FIND MORE FUN ACTIVITIES

Click on the links below to find more fun activities you can try.

- **Coloring Pages, Crafts, and Games**

<http://www.supercoloring.com>

- **Memory Games**

<http://www.busybeekidsprintables.com/Free-Printable-Memory-Games.html>

- **Spot the Difference Pictures and Mazes**

<https://www.education.com/worksheets/mazes/>

REFERENCES

KEPRO SW PA Health Care Quality Unit. (2022, February). *Relaxation for self-advocates* training. Retrieved August 15, 2023, from <https://hcqu.kepro.com/>

Disabled and Here. (n.d.). [photograph of a person of color who uses a wheelchair, p. 10]. Retrieved August 15, 2023, from <https://affecttheverb.com/collection/2/>

Education.com (2011, May 18). *What's different in the kitchen?* (worksheet). Retrieved August 15, 2023, from <https://www.education.com/worksheet/article/kitchen/>



For additional information regarding this activity book or
any of our physical or behavioral health trainings,
contact

Acentra Health SW PA Health Care Quality Unit
(Kepro HCQU)

hcqu.kepro.com

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