

50 Activity Ideas

Do something outside.



- Take a walk
- Plant flowers
- Water plants
- Feed the birds
- Rake leaves
- Go to the park
- Sit on a bench or a swing
- Watch dogs at a dog park
- Play catch or toss a ball
- Play horseshoes
- Visit a beach or forest preserve
- Sweep the porch or patio
- Set up a picnic on the lawn or in the backyard
- Sit on the porch and drink coffee, hot chocolate or lemonade

Do something inside.



- Listen to the person's favorite music
- Look at family photo albums
- Prepare afternoon tea
- Watch a favorite sport on television
- Model with play dough
- Play checkers or dominos
- Name the presidents
- Look at photos in a photography book or magazine
- Identify states on a U.S. map
- Complete a puzzle together
- Read from one of their favorite books
- Watch a favorite movie or sitcom
- Watch a sporting event
- Ask the person about his or her childhood, siblings, school, pets or first car
- Read the newspaper together or read it to them
- Play a card game

Do something personal.

- Give the person a hand massage with lotion
- Brush his or her hair
- Give the person a manicure
- Take photos of the person and make a collage
- Encourage the person to talk more about subjects they enjoy
- Make a family tree posterboard



Do something in the kitchen

- Bake cookies or bread
- Set the table
- Make the person's favorite lunch or snack
- Wash and dry dishes
- Put silverware away

Celebrate family holiday traditions.

- Listen to favorite holiday music
- Bake holiday desserts
- Color eggs
- Carve a pumpkin or make a pumpkin pie
- Decorate a tree
- Create holiday greeting cards
- Watch a favorite holiday movie
- Play a piano or guitar and sing holiday songs