



In House Activity Guide

CONTENTS

1) Table Top Activities

2) Arts & Crafts

3) Card Games

4) Electronic Activities

5) Outdoor Activities

6) Judaic Programing

7) Household Activities

8) Physical Activities

9) Sensory Activities

1) Table Top Activities

Program Name:	Memory Matching Game
Estimated Time:	10 Minutes
Materials Needed:	<ul style="list-style-type: none">- Picture matching cards (in appendix, can be photocopied/scanned and copied/reprinted)- scissors
Instructions:	<ul style="list-style-type: none">- Cut out all pictures- Lay cut out pictures FACE DOWN on table- Taking turns each player selects 2 cards to flip over- If the cards are a match that player keeps the cards and is awarded a second turn- If the cards do not match the player flips the card back to face down and the next person take their turn- The game is over when all cards have been matched and the winner is the person with the most number of matched cards at the end of the game.

Program Name:	Word Search
Estimated Time:	10 Minutes
Materials Needed:	<ul style="list-style-type: none"> - Word Search Pages (can be found online to match skill set Google “word search printable”) - Pencil/pen/marker/highlighter
Instructions:	<ul style="list-style-type: none"> - Print word search sheets - Find hidden words in the puzzle according to the word find list - Circle/cross out found words from word list

Program Name:	Magazine/Newspaper Hunt
Estimated Time:	20-30 minutes
Materials Needed:	1 magazine or newspaper per individual
Instructions:	<ul style="list-style-type: none"> - Pick a random item (tree, flower, man, woman, table, etc.) for the individuals to find - Once everybody has found that item, pick another and so on

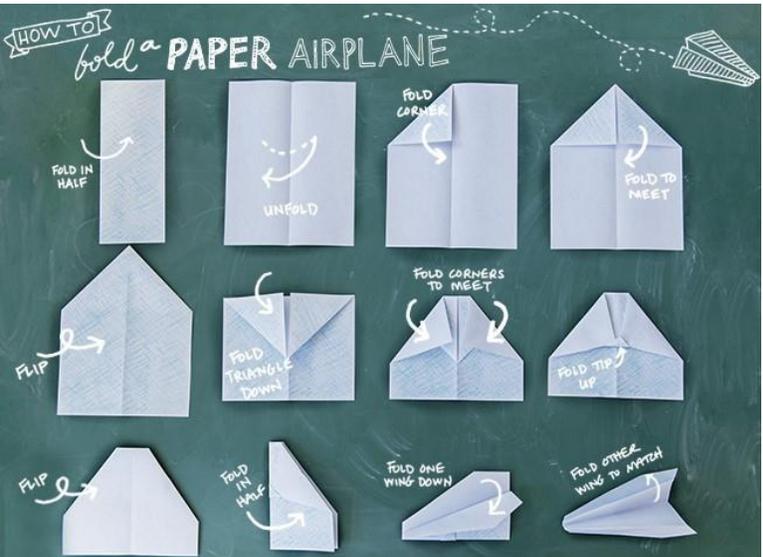
Program Name:	Group Reading
Estimated Time:	20 Minutes
Materials Needed:	Books
Instructions:	<ul style="list-style-type: none"> - Either have one person ready a story aloud to the group - Or take turns reading together around the table

Program Name:	Work Sheets
Estimated Time:	5-10 minutes
Materials Needed:	<ul style="list-style-type: none"> - Worksheets found on line
Instructions:	<ul style="list-style-type: none"> - Search for printable worksheets that suite the interests of the individuals - Examples could be math, literacy (fill in the missing letter of words, reading comprehension), etc.

2) Arts & Crafts

Program Name:	Colouring Pages
Estimated Time:	As long as needed
Materials Needed:	<ul style="list-style-type: none"> - Printed colouring pages (can be found by searching google) - Markers/crayons/pencils
Instructions:	<ul style="list-style-type: none"> - Print off colouring pages - Try to find images that are of specific interests to your individuals - Have them sit at a table and colour the picture, use hand over hand prompting if necessary <p>***also can use colour by number pages found online as well</p>

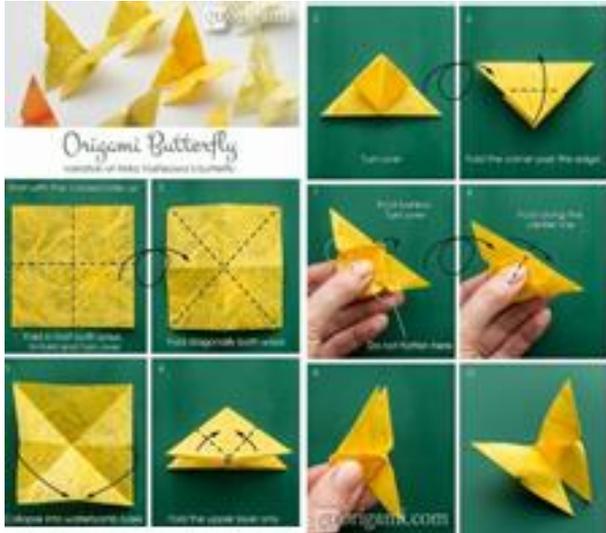
Program Name:	Photo Collages
Estimated Time:	45-60 minutes
Materials Needed:	<ul style="list-style-type: none"> - Magazines/newspapers/flyers/ photographs
Instructions:	<ul style="list-style-type: none"> - Cut out images and glue them onto a large sheet of paper to make a picture collages

<p>Program Name:</p>	<p>Paper Plane!</p>
<p>Estimated Time:</p>	<p>10-15 mins</p>
<p>Materials Needed:</p>	<p>Piece of paper</p> <p>This how-to-</p>  <p>chart:</p>
<p>Instructions:</p>	<ul style="list-style-type: none"> • Fold the paper in half and then unfold. • Then fold one corner to the middle line. • Then fold the other corner to the middle line. • Now flip the whole paper and making sure the folds stay in place. • Now fold the triangle down. • Fold the corners to meet in the middle. • Now fold the tip over. • Flip over one more time. • Fold in half now.

	<ul style="list-style-type: none"> • Fold one wing down & then the other wing. • Now you have a fighter jet at the ready! Let em' fly!
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Program Name:	How To Draw A Bird
Estimated Time:	10 mins
Materials Needed:	<p>Piece of paper, pencil, crayons & this diagram:</p> <p>A Little Bird that starts with an Arrow</p> <p>©2002 by Joy Sikorski</p>
Instructions:	<ul style="list-style-type: none"> • First draw a curved arrow going upwards with a big arrow head. • Then draw a small circle near the arrow head & a smaller circle inside. • Then draw another line from the tip of the arrow, around the circle and have it meet the end of the arrow.

- Then draw two forks from the bottom of the “belly” of the bird & another line from the bottom of the “eye” heading outwards.
- Then draw a little handle at the bottom, that would become the tail.
- Colour it in with any colours you like!

Program Name:	Origami Butterfly
Estimated Time:	10-15 mins
Materials Needed:	<p>Piece of paper</p> <p>This how-to-chart:</p> 
Instructions:	<ul style="list-style-type: none"> • Fold the paper in half both ways and then unfold & turn over. • Now fold diagonally.

- Collapse into itself through the waterbomb base.
- Now fold the upper layer only.
- Turn over.
- Now fold the corner past the edge.
- Fold behind & turn over. Don't flatten at the edges.
- Now fold along the center line.
- Your butterfly is ready to flit about!

3) Card Games

Program Name:	War
Estimated Time:	5-30 Minutes or more
Materials Needed:	Deck of Playing Card (purchased from store or made from appendix)
Instructions:	<ul style="list-style-type: none">- Each player gets an equal amount of card to start- Each turn consists of every player flipping over the card at the top of their pile- The highest valued card is considered the winner (in order from least value to highest value 2-3-4-5-6-7-8-9-10-J-Q-K-A)- If players flip identical value cards, they must draw 3 cards face down and then flip the 4th card. This is called a “war”- The player with the higher valued card in this match is declared the winner and keeps all cards (the original matched cards, all 6 face down cards and the 2 newly flipped cards)- The game ends when one player has all 52 cards

Program Name:	Go Fish
Estimated Time:	10 minutes
Materials Needed:	Deck of Playing Card (purchased from store or made from appendix)
Instructions:	<ul style="list-style-type: none"> - Each player receives 7 cards to start - One player is designated to start - Each player takes a turn asking another player if they have a card (i.e. "do you have a 4") - If the player asked has that card, they must forfeit all cards of that value (if they have two 4's they must give the player who asked both) - If the player asked does not have that card, they say "go fish" - The player who asked, draws a card from the pile of remaining card - Turns are taken one by one in a clockwise order - Once a player makes a set of all 4 cards of a value they place them face up on the table - At the end of the game when all sets of 4 cards have been collected the winner is determined by who has the most sets of 4 cards

4) Electronic Activities

Program Name:	TV Karaoke
Estimated Time:	Up to 2-3 hours
Materials Needed:	Smart TV or Computer with speakers
Instructions:	<ul style="list-style-type: none">- Find YouTube videos of karaoke style songs chosen by the individuals and staff- Sing as individuals or in groups

Program Name:	Movie Night
Estimated Time:	2 hours or more
Materials Needed:	<ul style="list-style-type: none">- Smart TV or TV with DVD player- Netflix or other login- DVDs
Instructions:	<ul style="list-style-type: none">- Put on movie- Make snacks to enjoy during the movie- Possibly rearrange furniture to give the TV room a theater style feel

Program Name:	Dance Freeze
Estimated Time:	20-30 minutes
Materials Needed:	Music source (computer, phone, TV, radio)
Instructions:	<ul style="list-style-type: none">- Involve everybody in dancing together- Have one person in charge of playing the music, when they pause the music everybody is to freeze on the spot- When the music continues everybody will resume dancing- This can become an elimination game if your individuals enjoy competing with one another.

5) Outdoor Activities

Program Name:	Community Walks
Estimated Time:	As long as needed
Materials Needed:	Proper clothing as weather dictated
Instructions:	Go for a walk around the community, try to avoid going into stores or areas of large gatherings

Program Name:	Gardening/Planting Seeds
Estimated Time:	As long as needed
Materials Needed:	Gardening tools <ul style="list-style-type: none">- Shovels- Rakes- etc.
Instructions:	<ul style="list-style-type: none">- clean up garden areas- dig hole in soil to plant seeds from fruits and vegetables that have been eaten at the house- cover the seeds with soil

6) Judaic Programing

Program Name:	Baking Challah
Estimated Time:	2 hours
Materials Needed:	<ul style="list-style-type: none">- 7 cups flour- $\frac{3}{4}$ cup sugar- 1 tablespoon salt- 1.5 tablespoons instant dry yeast- 2 eggs- $\frac{1}{2}$ oil- 2 cups warm water
Instructions:	<ul style="list-style-type: none">- Mix all ingredients together in a large bowl- Once mixed cover the bowl with a damp dish towel and let the dough rise for 30-40 minutes (or until the size has doubled)- Cut/rip dough into smaller piece- Take 3 smaller pieces and braid them together- Place on baking sheet with non-stick parchment paper- Bake at 350 degrees for 40 minutes or until it reaches an internal temperature of 190 degrees

Program Name:	Shabbat Dinner
Estimated Time:	As long as it takes
Materials Needed:	<ul style="list-style-type: none"> - Challah - Candles - Kippahs - Wine glass - Grape juice - Shabbat meal
Instructions:	<ul style="list-style-type: none"> - Refer to your Judaic training manual and Shabbat 1-page laminated document - Although this should be happening weekly in the home, during this time we should make an extra effort to make the Shabbat dinner special

Program Name:	Cleaning For Passover
Estimated Time:	As long as needed
Materials Needed:	Refer to Passover training material and Passover guide to be posted on Sharevision
Instructions:	As we are at the homes all day now, take the time to involve the individuals in Passover cleaning and the changeover of dishes and cutlery.

7) Household Activities

Program Name:	Baking Cookies
Estimated Time:	40 minutes
Materials Needed:	3 cups all-purpose flour 3/4 teaspoon baking powder 1/4 teaspoon salt 1 cup unsalted butter, softened 1 cup sugar 1 egg, beaten 1 tablespoon milk Baking Sheet
Instructions:	<p>- Sift together flour, baking powder, and salt. Set aside. Place butter and sugar in large bowl of electric stand mixer and beat until light in color. Add egg and milk and beat to combine. Put mixer on low speed, gradually add flour, and beat until mixture pulls away from the side of the bowl. Divide the dough in half, wrap in waxed paper, and refrigerate for 2 hours.</p> <p>- Preheat oven to 375 degrees F.</p> <p>- Remove 1 wrapped pack of dough from refrigerator at a time, sprinkle rolling pin with powdered sugar, and roll out dough to 1/4-inch thick. Move the dough around and check underneath frequently to make sure it is not sticking. If dough has warmed during rolling,</p>

	<p>place cold cookie sheet on top for 10 minutes to chill. Cut into desired shape, place at least 1-inch apart on greased baking sheet, parchment, or silicone baking mat, and bake for 7 to 9 minutes or until cookies are just beginning to turn brown around the edges, rotating cookie sheet halfway through baking time. Let sit on baking sheet for 2 minutes after removal from oven and then move to complete cooling on wire rack. Serve as is or ice as desired. Store in airtight container for up to 1 week</p>
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Program Name:	Bedroom Decorating
Estimated Time:	As long as needed
Materials Needed:	Items already found in bedroom Posters/artwork made at home
Instructions:	<ul style="list-style-type: none"> - Ask the individual if they would like to rearrange/reorganize/decorate their bedroom. - If they agree, ask what they would like moved around, do not do any heavy lifting (i.e. beds/dressers/desks) - Ask if they would like to put up pictures, art or other things on the walls

	<ul style="list-style-type: none"> - Use tape and push pins for the time being and if they want items hung up long term make a property request at a later date.
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Program Name:	Homemade Ice Cream
Estimated Time:	30 minutes
Materials Needed:	1 cup half-and-half 2 tbsp. granulated sugar 1/2 tsp pure vanilla extract 3 cups ice 1/3 cup kosher salt
Instructions:	<ul style="list-style-type: none"> - In a small resealable plastic bag, combine half-and-half, sugar, and vanilla. Push out excess air and seal. -In a large resealable plastic bag, combine ice and salt. - Place small bag inside the bigger bag and shake vigorously, 7 to 10 minutes, until ice cream has hardened. - Remove from bag and enjoy with your favorite ice cream toppings.

8) Physical Activities

Program Name:	Yoga
Estimated Time:	20 minutes
Materials Needed:	<ul style="list-style-type: none">- TV or Computer with internet connection
Instructions:	<ul style="list-style-type: none">- YouTube search for “cosmic kid’s yoga”- Pick a video to watch and follow along

Program Name:	Bean Bag Toss
Estimated Time:	10-30 minutes
Materials Needed:	<ul style="list-style-type: none">- Rice/beans/sand- Ziploc bags- Tape
Instructions:	<ul style="list-style-type: none">- Fill Ziploc bags with rice/beans/sand about $\frac{1}{4}$ full- Seal the top of the bag and reinforce the seal with tape- Make various targets around the house- Lightly toss the “bean bag” towards the target- The person closest to the target is the winner

Program Name:	Sock Golf
Estimated Time:	15-20 Minutes
Materials Needed:	<ul style="list-style-type: none"> - 1 pair of socks rolled up - Paper towel roll (or other not dangerous stick)
Instructions:	<ul style="list-style-type: none"> - Around the house find a target (a tile in the kitchen, an air vent, etc.) - Taking turns hit the rolled up socks with the paper towel roll or stick towards the target - The person to reach the target in the least amount of shots is the winner - Continue as many times as you want

Program Name:	Creative Dance
Estimated Time:	20-30 mins
Materials Needed:	Open Space, Music Equipment (computer/speakers)
Instructions:	<ul style="list-style-type: none"> • Choose some music options that have a strong beat, are age appropriate, and are not too fast. • Think through how your students might move to the music, and predict any problems or issues.

- Provide a brief introduction to the activity, and remind students there are no 'right' or 'wrong' ways to dance – it is simply the music guiding and moving your body through movements
- Give students some scarves or silk ribbons (having these ready in a special box can add a touch of theater to the activity).
- Play some music that you have chosen
- Encourage students to select a ribbon or scarf and assist with any hand grips or support needed
- Have students move about the room moving their ribbons or scarves to the music, with you as teacher participating also

9) Sensory Activities

Program Name:	Colour Hunt
Estimated Time:	5 Minutes per colour
Materials Needed:	Large zip lock bag Colored construction paper Room full of colored objects
Instructions:	<p>The set up: place a single sheet of colored construction paper into a plastic bag. Set up objects in the room with the colors of construction paper being used.</p> <p>Ask the individuals to find the color in the room. If the color of construction paper in the bag is green, the individuals are to look for green objects in the room, a small prize could be offered to the individual that finds the most colors</p>

Program Name:	Homemade Play-Doh (non-toxic, safe if eaten but not very tasty)
Estimated Time:	20 Minutes to make
Materials Needed:	1 cup flour 2 tsp cream of tartar ½ cup salt 1tbsp cooking oil 1 cup water Food colouring
Instructions:	<ul style="list-style-type: none">- Mix food colouring with water- Add cooking oil (vegetable oil) and water with food colouring to a large pot- Add all the dry ingredients to the pot and mix WELL- Cook over medium heat until the dough starts to form and becomes dry- Once its starts to form a ball take off the heat and let it cool- Knead the dough for 5 minutes- Enjoy!

Program Name:	The Listening Game
Estimated Time:	20-30 minutes
Materials Needed:	Any household items that make noise (examples: box of macaroni and cheese, 2 spoons banging together, empty cans, etc.)
Instructions:	<ul style="list-style-type: none">- Have the individuals sit around the table- Label each item and have them listen as you make noise with each item one at a time- Once all items are labeled and listened to, have the individuals close their eyes- Make the sounds again one at a time and have the individuals guess what item is making the noise.

WEB RESOURCES

Yoga:

<https://www.youtube.com/user/CosmicKidsYoga>

Card Games (with instructions):

<https://www.considerable.com/entertainment/card-games/card-games/>

Karaoke:

<https://www.youtube.com/user/singkingkaraoke/videos>

Memory Matching Game (printable):

<http://www.dltk-cards.com/memory/>

Bingo Game Cards (printable):

<http://www.dltk-cards.com/bingo/>

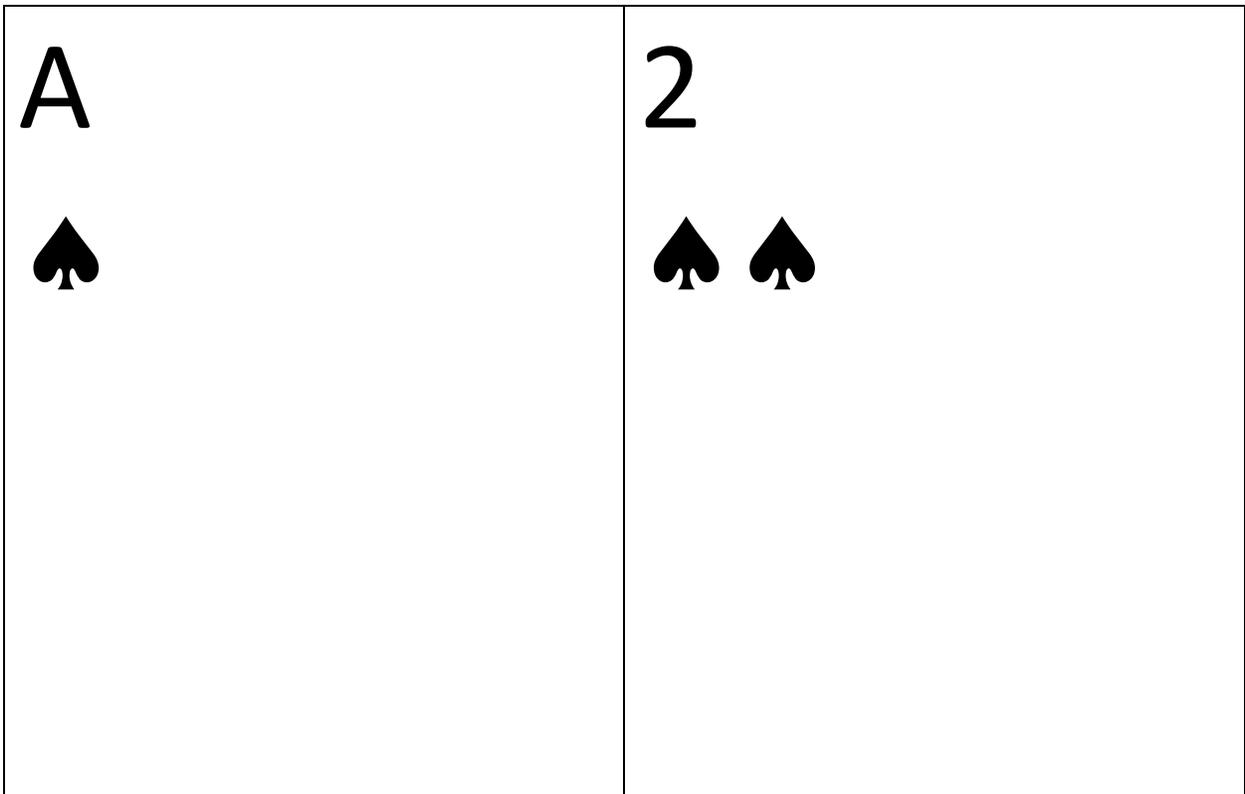
Crayola Colouring Pages:

<https://www.crayola.com/featured/free-coloring-pages/>

APPENDIX

Playing Cards

- Cut out each card neatly
- If possible glue onto cardboard/construction paper for durability



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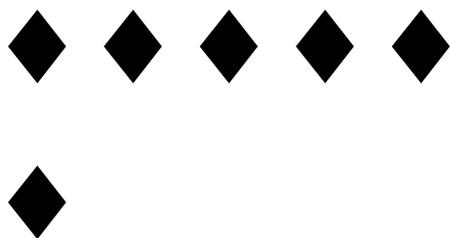
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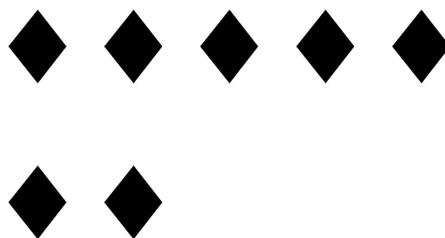
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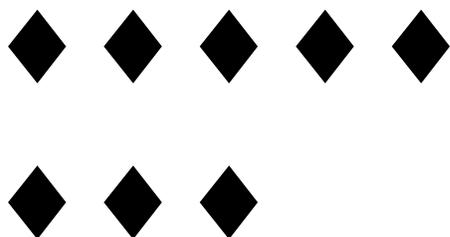
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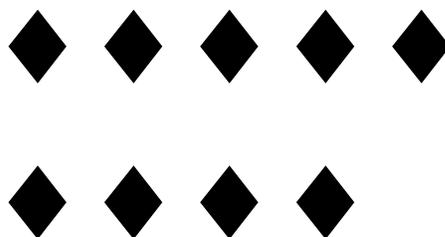
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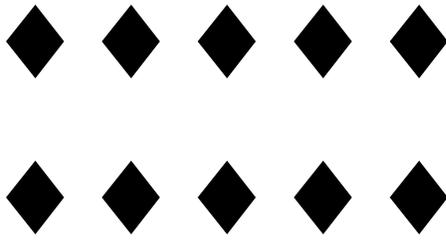
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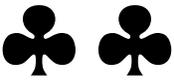
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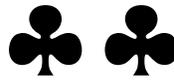
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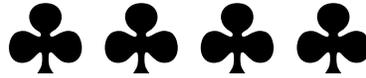
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