

## Categories for suggested Activity Periods population sizes

*(Not all games are listed in alphabetical order)*

### Small (2-6)

Alphabet Games  
Basketball Shoot  
Beat the Dice  
Beetle  
Bunko  
Bowl a Ball  
Bowling  
Add a Letter  
Can You Identify  
Card Knockout  
Clapping Clues(5/6)  
Crossword Puzzle  
Concentration  
Create a Comic Strip  
Dot's Dot  
Golf Toss  
Graph-paper Drawing  
Hearts  
I am going on a trip...  
License Plate Nametag  
Map Scavenger Hunt  
One Minute of Words  
Picture, Picture  
Product Slogans  
Ping & Pong  
Scribbles  
Skunk  
Spoons  
Team Hangman  
Twenty Questions  
UNO  
What's the Occupation  
Washers with beanbag  
Wheel of Fortune  
Word Spaghetti  
Weave a Word  
Word Search

### Medium (7-12)

Action Trivia  
Are you more like...  
Around the World  
Alphabet Games  
Basketball Shoot  
Birthday Mime  
Bowl a Ball  
Baton Balloons  
Blackboard Relay  
    Calling Out  
Circle Pass  
Can You Identify  
Charades (various)  
Creative Categories  
Clapping Clues  
Crossword Puzzle  
Describing the Object  
Dice Baseball  
    Dot's Dot  
Egg Carton Bounce  
Going Blank  
Graph-paper Drawings  
Guess the Guest  
Guess Who  
Hot Potato  
Last Letter  
License Plate Name Tag  
Map Scavenger Hunt  
Moon ball  
Name that Sport  
Name Six  
Opinion Game  
One minute of words  
Pin Guard  
Personality Game  
    Password  
Pin Knockdown

### Large (13-20)

Action Trivia  
Are you more like...  
Adult Musical Chairs  
Balloon Batting Relay  
Birthday Mime  
Bucket Series Beanbag  
Ball and Bucket  
Creative Categories  
Clapping Clues  
Dice Baseball  
Face Up Card Toss  
Find Someone Who...  
Goin' for a Ride  
Guesstures  
Hot Potato  
Hoola Hoop Dice Toss  
Magic Square Toss  
Moon ball  
    Musical Hat  
Name that Sport  
Name Six  
Opinion Game  
Pin Guard  
Paper Ball Toss  
Relays (outside)  
Ring Toss  
Spin the Bottle Exercises  
Straddle Ball  
Target Baseball  
Target Toss  
Ward Feud  
Tic Tac Toe  
Baseball Quiz  
Frisbee Landing  
Baseball Throw

### Any

Adverts  
Balloon V-ball  
Basic Exercise  
Bocce Ball  
Win, lose or draw

(Continuation of Activity Period Sizes)

**Small (2-6)**

Word Games/ couples  
Leisure Name Game  
Scattogories  
Add a Letter  
Uno Stacko  
Dominoes  
Skip Bo  
Yahtzee  
Scrabble

**Medium (7-12)**

Product Slogans  
Ping & Pong  
Ring Toss  
Scrabble Scramble  
Spelling Bee  
State Trivia  
Target Toss  
Team Hangman  
Twenty Questions  
What's the Occupation?  
Washers with Bean Bags  
Wheel of Fortune  
Word Spaghetti  
Weave a Word  
What's the password?  
Leisure Name Game  
Tic Tac Toe  
Scattogories  
Frisbee Landing  
Add a Letter  
Uno Stacko  
Baseball Throw  
Word Games/ couples  
Birdie in a Cage

**Large (13-20)**

**Any**

**Title:**

Action Trivia

**Group Size:**

Medium to Large

**Materials:**

Game board squares, trivia questions and large dice.

**Set up/Area:**

Gather clients, in chairs, circling the dayroom.

**Description:**

1. Place the game pieces around the room in numerical order, resembling a game board. The last piece should be FINISH LINE.
2. Make a list of the participants in the order in which they take their turn.
3. Ask the first person on the list a trivia question. If he answers it correctly he may roll the die and advance that many spaces. If the square instructs him to do something he should do it before the next player takes his turn.
4. If a question is answered incorrectly, that player does not get to roll the die or move.
5. The object is to be the first player to reach the FINISH LINE.

**Alternatives:****Comments:**

**Title:**

Add a Letter

**Group Size:**

Small to Medium

**Materials:**

Markerboard, Dry Erase Markers

**Set up/Area:**

Have the players sit in the side day room where they can see the markerboard.

**Description:**

- 1) The first person comes up to the board and writes a letter with a word in mind.
- 2) The next person comes up to the board and adds another letter with a word in mind. They must attempt to NOT complete a word!
- 3) A player gets a "mark" against him whenever he accidentally completes a word or is forced to finish the word.
- 4) If a player goes to the board and it looks like he has to complete the word, he can "fake a letter".
- 5) Faking is pretending that you have a word in mind, but in reality you are just adding a random letter to the word.
- 6) However, if the next player in line thinks that player is faking, than he can challenge.
- 7) If the player at the board can tell what word he had in mind and it is a "real" word, than the challenger gets a "mark".
- 8) But, if the player at the board is caught in the bluff, than the player gets a "mark".
- 9) The winner is the player with the least amount of "marks".

**Alternatives:****Comments:**

**Title:**

Adult Musical Chairs

**Group Size:**

Large

**Materials:**

Chairs, radio and a soft ball

**Set up/Area:**

Set up chairs in a circle. There should be the same number of chairs as the number of team players minus one. Turn every other chair in or out. Allow enough space for people to be able to move on the inside of the circle, as well as the outside of the circle. Remove any obstructing objects. REMEMBER SAFETY!

**Description:**

1. Some people are on the inside of the circle and some are on the outside.
2. **Inside circle** moves clockwise. **Outside circle** moves counter-clockwise.
3. Practice the rotation of circle to make sure that everyone understands movement directions.
4. Begin music.
5. Add a ball that must be passed back and forth while they are moving.
6. Stop music.
7. When the music stops everyone must take a seat. The person who did not get a chair is eliminated.
8. Begin music, again and repeat process until one person is left.

**Alternatives:**

**Comments:**

**Title:**

Adverts

**Group Size:**

Any size

**Materials:**

Advertisement cards, answer sheet, paper and pencil.

**Set up/Area:**

Gather small to medium group of clients in area with table, for large groups use verbal answering as alternative.

**Description:**

1. Instruct players to number their paper from 1-20.
2. Instruct participants that they are to write down the name of the advertised product.
3. They are not to compare answers with peers unless pairs have been established as a part of the group.
4. Pass around the advertisement cards.
5. When all of the cards have been passed and collected, the leader instructs the players that they receive one point for each correct answer.
6. The leader then holds up a picture and allows the group to tell what they think is the correct answer.
7. The correct answer is then revealed and the players determine whether or not they earned a point.
8. The player with the most points wins.

**Alternatives:**

- To make the game simpler, give the participants a list of the product names and ask them to match them to the correct picture.
- If group is large or several have difficulties with writing, pictures may be held up by the leader for players to answer. The leader must establish rules to how players will answer to maintain organized class.

**Comments:**

**Title:**

Alphabet Game

**Group Size:**

Small to Medium

**Materials:**

Marker board, dry erase marker and eraser

**Set up/Area:**

Gather clients in side dayroom areas where marker board is visible. Prepare the board by writing the alphabet down the board, in columns.

**Description:**

1. After writing alphabet in columns, choose a category. Title it above the column.  
Example: birds, fruit, food groups, cars, vegetables, breakfast foods, dogs, cities, states, capitals, countries, insects, sports figures, movie stars, etc.,
2. The group together must find a word for each letter.
3. This group is intended to be fun and promote social interaction while brainstorming yet must stay on task with completing designated categories.

**Alternatives:****Comments:**

Leader may use book resources, such as dictionary or library book, with additional answers beyond the obvious to assist group in their quest.

**Title:** Ante Up

**Group Size:** Any

**Materials:** Container of game pieces (titled Ante UP!) for the "pot", questions written on index cards beforehand

**Set up/Area:** Clients sit around table being able to see one another.

**Description:**

1. Residents sit around table.
2. Each start out with the same number of game pieces (100 pieces in the container.)
3. The "pot" of game pieces is placed in the middle.
4. Each resident takes turns reading a card and following the directions on it.
5. Each card tells the reader to either give or take a game piece.
6. The resident with the most game pieces at the end "wins", but this is also just a fun socializing game and is good for ice breakers, too.
7. Very quick to organize after you've done it once.

Some sample cards would be:

\*If you have ever been to Hawaii, take a game piece from the pot.

\*If you are wearing eyeglasses, give a game piece to the person on your right.

\*If you like ice cream, give a game piece to each person sitting at the table.

\*If you know how to type, take a game piece from the person across from you at the table.

\*If your favorite color is blue, give a game piece to the pot.

\*If you can say hello in another language, do so, then take a game piece from the pot.

\*Shake hands with the person on your right, and give him a game piece.

\*If you have ever been on a boat, take a game piece from the pot.

\*Whistle Dixie, and then give a game piece to a person wearing red.



- \*If you like to eat popcorn during a movie, give the person to your left a game piece
- \*If you are wearing a jacket/coat give a game piece to the pot.
- \*Say the Pledge of Allegiance, and then take a game piece from the pot.
- \*If you were born before 1970, take a game piece from a person born after 1970.
- \*If you were born after 1970, take a game piece from a person born before 1970.
- \*If you have eaten alligator, give a game piece to the person to your right.
- \*If you have been to the Gateway Arch give a game piece to the person across from you.
- \*Name a game you enjoy from Nintendo/Play station, take a game piece from the pot.
- \*Tell everyone what the formula H<sub>2</sub>O means, take a game piece from 5 people at the table.
- \*Imitate what an elephant sounds like; take a game piece from the pot.
- \*If James Bond is one of your favorite movie characters, give a game piece to the person on your right.
- \*If you enjoy playing dominoes, give the person of your choice one game piece.

**Ante Up!**

**Ante Up!**

**Ante Up!**

**Ante Up!**

**Ante Up!**

**Ante Up!**

**Ante Up!**

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**Ante Up!**

**Ante Up!**

**Ante Up!**

**Ante Up!**

**Ante Up!**

**Ante Up!**

**Ante Up!**

1 Game Piece

1 Game Piece

1 Game Piece

1 Game Piece

1 Game Piece

1 Game Piece

1 Game Piece

1 Game Piece

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1 Game Piece

**Title:**

Are you more like...

**Group Size:**

Medium to Large

**Materials:**

Worksheet for leader

**Set up/Area:**

Gather clients in dayroom providing plenty of space to move about the room.

**Description:**

1. The purpose of this activity is for the players to decide, when given two options, which of the options are they more like.
2. The leader is to designate to which side of the room players are to move, right side or left side.
3. Before options are read, instruct players to note who stands on their side of the room for each set of options.
4. The leader will read each pair of options as the group members are to individually decide which of the options they are most like. **Example:** (They must choose 1) - are you more like a teacher, move to the right. If you are more like a student, move to the left.
5. The leader calls out options and following completion each player must state from the activity one person they identified as similar to them and one person they identified as different to them.

**Alternatives:**

**Comments:**

**Title:**

Around the World

**Group Size:**

Medium

**Materials:**

Flash cards

**Set up/Area:**

Have all players sit in a circle around the dayroom. This group of players should be of similar functioning abilities to allow for fair and competitive play. Continue to adjust the level of difficulty of the flash card to the player's level, by choosing easier problems for the lower functioning players.

**Description:**

1. Choose 2 players seated next to each other to go first.
2. They are shown a flash card and instructed to give the correct answer as quickly as possible.
3. The player who gives the correct answer first wins that match. That person then must continue clockwise around the circle, defeating each of the other players.
4. If another player defeats them, they must then trade places with their opponent.
5. The new champion then proceeds around the circle answering until he is defeated.
6. The object of the game is to defeat as many of your opponents as possible, therefore, **MAKING IT ALL THE WAY AROUND** the circle.

**Alternatives:**

**Comments:**

**Title:**

Ball & Bucket

**Group Size:**

Large

**Materials:**

3-6 Buckets/containers, 3 foam balls, point signs for each bucket, masking tape

**Set Up/Area:**

- Have clients sit in 2 rows of chairs in the dayroom.
- Assign a point value to each bucket. Write it on a piece of paper & tape it to the bucket.
- Line up the buckets with the smallest point value closest to the thrower.
- Establish a starting point by taping an X to the floor.

**Description:**

1. Have the first player come up to the starting point. Each player receives 3 attempts at putting the balls in the bucket.
2. The points are added together to make a total score.
3. You can divide the group into 2-3 teams or keep individual scores.

**Alternatives:**

Vary the size of buckets or balls.

Move the starting point closer or farther away.

**Comments:**

**Title:**

Balloon Batting Relay

**Group Size:**

Large

**Materials:**

Balloons, 4 Paper plates, 2 chairs  
(balloons & paper plates in Activity closet)

**Set Up/Area:**

1. Divide the group into 2 teams.
2. Have them stand and form 2 straight lines.
3. Set the chairs at the other end of the room, across from each team.

**Description:**

1. Give the first person of each team 2 paper plates and a balloon.
2. On the "go" signal, the first player from each team must bat their balloon with the paper plates around their chair and back to their teammates. (All of this must be done by batting the balloon, not carrying or cradling it.)
3. They must then pass the balloon to the next person in line.
4. If a balloon falls to the floor, the player must bat it back up.
5. The team to get all of its players through first wins!
6. Continue play until the time is over.

**Alternatives:**

- Use only one plate
- Use only right or left hand

**Comments:**

Everyone is expected to participate by standing unless they are medically excused. In that case, they may sit close to the playing area and must be an active spectator.

**Title:**

Balloon Volleyball

**Group Size:**

Medium to Large

**Materials:**

A balloon or beach ball, chairs & masking tape  
(balloon/beach ball in activity closet)

**Set Up/Area:**

1. Mark a large square in the day room with masking tape. (make the square as wide as the nursing station.)
2. Put two heavy chairs on the edge of the square, in the center of the square. Pull a piece of tape between the two chairs for a net.
3. Put 4-6 chairs on each side of the net, in the playing area.
4. Set the rest of the chairs around the edge of the square. Have the clients rotate in and out of the game like regular volleyball.

**Description:**

Play like regular volleyball using the following rules:

- A player may only hit the ball one time consecutively
- The team should only get 3 hits to get the ball over the net
- Teams must rotate after a point is scored! (server rotates in)
- Teams can only score when they are serving

**Alternatives:**

If the players are having trouble getting the ball over the net, allow them to have more than 3 hits.

**Comments:**



**Title:**

Baseball Quiz

**Group Size:**

Large

**Materials:**

Chairs and Trivia Cards

**Set up/Area:**

- Set up 4 chairs in the large dayroom as the ball field with a first, second, third, and home base.
- Divide the group into 2 teams.
- Have the team that is up to bat stand along the front counter and the team in the outfield can be seated in chairs alongside the playing field.

**Description:**

1. The leader acts as a pitcher in the middle of the playing field.
2. The leader "pitches" by asking a question to the first player up to bat.
3. If the player answers the question correctly, he proceeds to 1<sup>st</sup> base and the next batter for the team is up to bat.
4. If the player is unable to answer the question or gives an incorrect answer than he is out and the next person is up to bat.
5. After 3 outs, the teams switch places.
6. Each time a player reaches home base, their team scores a point.

**Alternatives:**

Rate the trivia questions as a single, double, or home run.

**Comments:**

**Title:** Basketball Golf

**Group Size:** small- medium

**Materials:** Basketballs, Score Card, Pen/ Pencil & Tape

**Set up/Area:**

Exercise area with basketball goal

Use tape to place numbers to create 1 station of 9 positions for shooting.

To accommodate numbers may set up 1 station on each half of basketball court. Have appropriate number of staff available to assist with each station.

**Description:**

Basketball golf is played like golf, using "pars" to keep score. In basketball golf, one station is set up on each half of a basketball court.

1. Divide students into groups of four, with each group receiving a score card and a pencil.
2. Beginning at the first position, each client shoots until he/ she makes shots taken, no more than 5 (clients should take turns recording the scores.)
3. Score for position is equivalent to number of shots needed to make basket up to 5 tries. If they make the 5<sup>th</sup> shot it is 5, if they do not make the 5<sup>th</sup> shot give them 6.
4. After clients have completed the first position, then they move on the position #2 and so on. After clients have completed all nine positions, they may tally their scores to see who came the closest to "par".
5. Time permitting, students can switch stations and repeat the score keeping process.

**Alternatives:**

**Comments:**

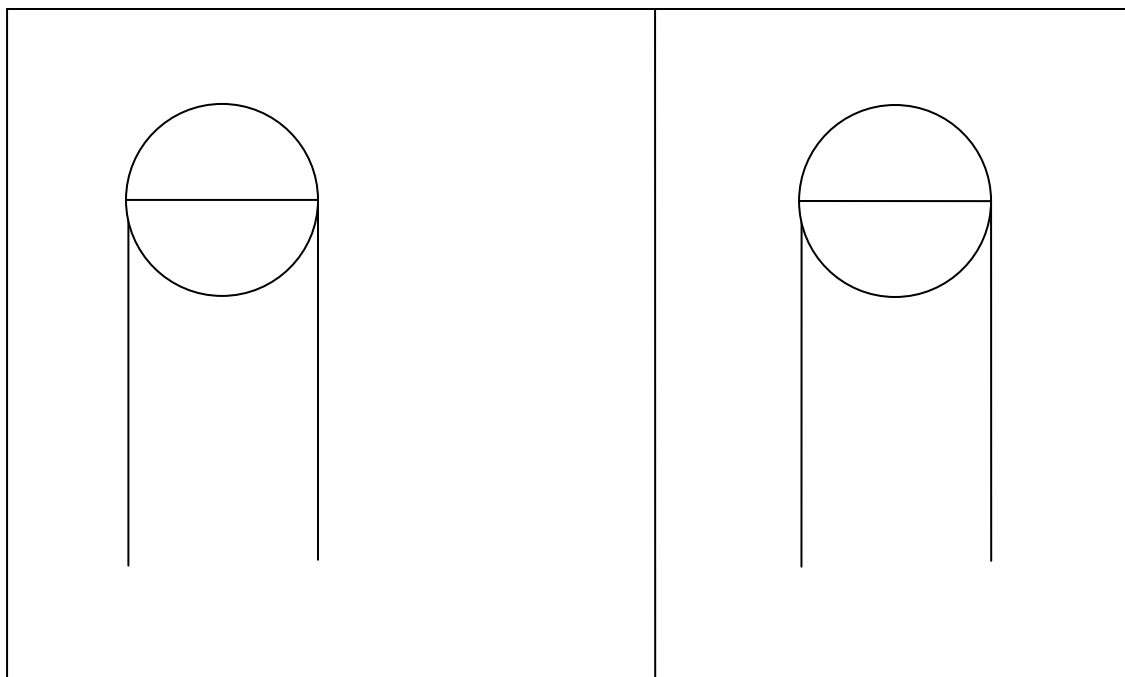




# Basketball golf

“A”

“B”



1

2

3



4

5

6

7

8

9

**Title:**

Basketball Shoot

**Group Size:**

Small to Medium

**Materials:**

Floor Basketball Hoop, Ball, Masking Tape  
(Hoop & ball located in AT closet)

**Set Up/Area:**

1. Have the clients sit in two rows of chairs with the basketball hoop in the middle.
2. Set the floor basketball hoop at one end of the playing area.
3. Place a line of masking tape at the other end of the playing area and one line at the half way point.

**Description:**

1. Have the first player shoot from the line furthest from the basket. If he makes this shot he is given 2 points. He then moves to the closer line. If he makes this shot he is given 1 point.
2. Have the next player come to the line. Each player gets only one shot at each basket. Then it is the next player's turn to shoot.
3. The player with the highest score is the winner!

**Alternatives:**

10 Point Ball:

- Divide the group into 2 teams
- Give each client 2 shots. Award 2 points, if the first shot is a basket and 1 point if the second shot is a basket.
- The first team to reach 10 points is the winner.
- Continue play until the time is over.

**Comments:**

**Title:**

Baton Balloons

**Group Size:**

Medium

**Materials:**

2 Balloons, rolled up paper for batons, and chairs  
(balloons & paper in AT closet)

**Set Up/Area:**

Have clients sit in 2 rows of chairs facing each other about 4-6 feet apart.

**Description:**

1. The leader throws the balloons into the center between the 2 groups and each team aims to hit the balloons over the heads of the other team.
2. Players must remain seated and use only the batons to hit the balloons.
3. If a balloon passes over a team and touches the floor behind them, the other team scores a point. The leader returns the balloon to the center and the game continues.

**Alternatives:**

- Have the clients use their hands if batons are not available.
- After a few rounds of the above game, have them set goals to see how many times they can hit the balloon and keep it in the air.

**Comments:**



**Title:**

Beat the Dice

**Group Size:**

Small

**Materials:**

Dice (1), pen & paper, one set of dice cards for each player  
(the cards can be found in Tupperware in AT closet)

**Set Up/Area:**

Seat players around a table.

**Description:**

1. Give each player a set of 6 dice cards. Instruct the players to lay the cards down in front of them, face up.
2. Each player takes a turn rolling the die and turns over their card that corresponds with the die.
3. Each player gets only one roll per round.
4. If they roll a number that they have already turned over, it goes to the next person.
5. The first person to turn over all 6 cards first wins the round.

**Alternatives:**

**Comments:**

**Title:**

Beetle

**Group Size:**

Small

**Materials:**

One Die, paper & pencil for each player  
(found in activity closet)

**Set Up/Area:**

Seat players around a table

**Description:**

1. The object of Beetle is to be the first player to complete the drawing of a beetle. The beetle consists of 13 body parts: body, head, tail, 2 eyes, 2 feelers, and 6 legs.
2. Numbers on the die correspond to parts of the beetle as follows:
  - 1 - for the body
  - 2 - for the head
  - 3 - for each leg
  - 4 -for each eye
  - 5 - for each feeler
  - 6 - for the tail
3. Before a player can start drawing his beetle, he must roll a 1. This permits him to draw the body. Once the body is drawn, he may start drawing the other parts when the corresponding number is rolled. However, He cannot add the feelers or eyes until the head is drawn!
4. Players take turns rolling the die, each player only throwing it once each round.
5. If the die is rolled and that body part is already drawn, then play goes to the next person.
6. A round ends when one player has completed his beetle. He scores 13 points, and each of the other players scores 1 point for each part he has drawn.
7. Game continues until time is over.

**Alternatives:****Comments:**

**Title:** Birdie in a Cage

**Group Size:** Medium

**Materials:** A ball (beach ball, volleyball, any ball)

**Set up/Area:** Players form a circle in gym or spacious area.

**Description:**

1. One person ("IT") stands in the middle of the circle.
2. The ball is passed player to player in the circle.
3. "It" tries to touch the ball.
4. Players in the circle cannot pass to their neighbor immediately to the right or left.
5. When "IT" touches the pass of one of the players, the player who made the pass becomes "IT".
6. If a bad pass is made and the ball leaves the circle, the passer has to replace "IT".

**Alternatives:**

**Comments:**

**Title:**

Blackboard Relay

**Group Size:**

Medium

**Materials:**

Marker board and Dry Erase Markers

**Set Up/Area:**

Have the players stand, and form two separate lines, facing the marker board in the side day room.

**Description:**

1. On the "Go!" signal from the leader, the first person from each team runs (walks fast) to the board and writes the first word of a sentence.
2. He then runs (walks fast) back and hands the marker to the next player, who runs (walks fast) up and adds one word to the sentence. This continues until a sentence is completed.
3. The first team to complete a sentence gets a point. The team with the most points in the end is the winner.

**Alternative:**

- Remind the players to write small enough so there is room at the board for 2 team members.
- You might want to increase the difficulty by saying that there has to be a certain number of words in each sentence.
- The leader may need to step in and write the word for some of the clients.

**Comments:**

**Title:**

Bocce Ball

**Group Size:**

Small, Medium, or Large

**Materials:**

1 small ball (i.e.: tennis ball), 2 larger balls for each team (i.e.: nerf ball, plastic bowling ball)

**Set Up/Area:**

- If the group is large, have them sit in two rows of chairs with the playing area in the middle.
- If it is a small or medium group, have the players stand for the game.
- Put a line of masking tape down for the clients to stand behind when it is their turn.

**Description:**

1. Toss the small ball away from the players.
2. A player from each team then takes turns rolling his own ball towards the smaller one, attempting to touch it.

1 point to the person nearest the small ball

5 points if touching the small ball

**Alternatives:**

Try using more than one small ball so they have more targets to aim at.

**Comments:**

**Title:**

Bowl a Ball

**Group Size:**

Small to Medium

**Materials:**

Chair, balls, pencil, paper and score sheets

**Set up/Area:**

Gather group in dayroom. Make to rows of chairs in which the clients sit to watch the activity and each other take turns.

**Description:**

1. Place chairs in a line in the middle of the playing area as illustrated below.
2. Place score cards on the front chair of each row.
3. Players come up one at a time and try to roll a ball under the chair(s) without hitting any part of the chair.
4. Players 1<sup>st</sup> roll the ball under the chair worth 5 points.
5. If they make it they move on to the chair worth 10 points.
6. If they again make it they move on to the chair worth 15 points.
7. If they again make it they move on to the chair worth 20 points.
8. They then continue the process until they miss. At anytime if the player misses their turn is over and it is the next player's turn.
9. Whoever has the highest score after each player has had a turn, is the winner.
10. You may also just keep a total score for the entire playing time determining the winner after the last round.

**Alternatives:****Comments:**

**Title:**

Bowling

**Group Size:**

Small

**Materials:**

Plastic bowling ball & pins, pencil, paper, and masking tape  
(materials can be found in activity closet)

**Set Up/Area:**

Have the clients sit in plastic chairs in dayroom, facing the playing area.  
Set the pins at one end of the playing area.  
Mark the lanes with masking tape

**Description:**

1. Explain how points are given to the clients (see below)
2. Instruct the players to roll the ball in order to knock over as many pins as possible.
3. After the player rolls, he then goes to sit up the pins for the next person. This cycle continues throughout the game.
4. Each player is given 1 point per pin.
5. Each player gets 2 chances to knock down all of the pins.
6. If the player knocks down all of the pins on the first roll (STRIKE!), then the player receives 20 points.
7. If all of the pins are knocked down on the second roll (SPARE!), then the player receives 15 points.
8. The player/team with the most points at the end of the final frame wins!

**Alternatives:**

The players can be divided into 2-4 teams or score can be kept for each individual player.

**Comments:**

**Title:**

Bucket Series Beanbag

**Group Size:**

Large

**Materials:**

3 buckets (or containers) and 5 beanbags  
(found in activity closet)

**Set Up/Area:**

1. Have the clients sit in two rows of chairs in the large dayroom.
2. Set up 3 buckets/containers in a row leading away from the players.

**Description:**

1. Each player is given 5 beanbags and they are to attempt to get at least 1 beanbag in each of the three buckets. If the player succeeds, the team gets one point.
2. Continue play until the time is over.

**Alternatives:**

- To make the game harder, ask the participants to throw with the opposite hand.

**Comments:**



**Title:**

Bunko

**Group Size:**

Small

**Materials:**

4 dice, paper & pencil

(can find these materials in activity closet)

**Set Up/Area:**

Seat the players around the table.

**Description:**

1. The leader will be the first person to roll the die. The number that is rolled is the number that all of the players try to roll.
2. The first player then rolls all 4 dice, trying to roll the same number that the leader rolled.
3. Each time the number comes up, the player receives 1 point.
4. If the player rolls and the number does not come up, he then passes the dice to the next player.
5. If all four dice are rolled and the specified number is rolled on each dice, then it is automatic BUNKO!
6. Each player is trying to get to 21. The first one to 21 wins.

**Alternatives:**

**Comments:**

**Title:**

Calling out

**Group Size:**

Small to Medium

**Materials:**

Chairs

**Set Up/Area:**

Set up chairs in a circle (one less than the number of participants)

**Description:**

1. Have clients sit on chairs in a circle.
2. One person stands in the middle and says, "I'm calling out to anyone who. . ." completing the sentence with a fact about himself. (such as blue eyes)
3. All the blue-eyed participants must then leave their chairs to find new ones.
4. The person in the middle also looks for a chair.
5. The person left standing becomes the new center person and "calls out" to the group with a fact about himself.

**Alternatives:**

**Comments:**

**Title:**

Can you Identify?

**Group Size:**

Small to Medium

**Materials:**

Pictures, Pencils, and Paper  
(All located in the Activity Closet)

**Set Up/Area:**

Clients should be gathered around a table, so they can see the pictures.

**Description:**

1. Have clients number their paper from 1-20.
2. The leader holds up picture #1.
3. The clients guess what they think that picture is and write in after #1 on their paper.
4. If they do not know what the picture is, they can write something down that they do know about it.
5. After all pictures are shown, the clients can ask to see pictures that they missed or would like to see again.
6. The leader goes through the pictures one by one asking the clients to share their answers.
7. The leader reveals the correct answer, clients with that answer receive a point.
8. The group can discuss the pictures.
9. The client with the most points wins.

**Alternatives:**

- Have clients work together in groups of two.

**Comments:**

**Title:**

Card Knockout

**Group Size:**

Small

**Materials:**

Several decks of playing cards (don't have to be full decks)

**Set Up/Area:**

Side Dayroom at a table

**Description:**

1. Choose one person to be the caller.
2. Give the caller several decks of cards.
3. Deal out 4 cards to each player.
4. Have players lay out cards face up on the table in front of them.
5. The caller calls out the first card on his deck, including number and suit.
6. If any of the players have that card they turn it face down on the table.
7. The caller continues to call out cards including number and suit.
8. The first player who has all four cards facing down calls "KNOCKOUT."
9. The dealer takes all cards and shuffles them into the deck.
10. The dealer deals four more cards to the players, and play continues.

**Alternatives:**

**Comments:**

- Be sure to sort decks of cards after the Activity Period is over.

**Title:**

Charades

**Group Size:**

Medium

**Materials:**

Charade examples found in the Activity file box

**Set Up/Area:**

Have clients sit in chairs on one side of the dayroom with their team.

**Description:**

1. Divide the group into two teams.
2. Have a client from team A come up and act out a charade for team A.
3. Clients on team A try to guess what charade the person is acting out in a reasonable amount of time.
4. If team A correctly guesses the charade, they get a point.
5. The turn then goes to team B.
6. The team with the most points at the end of playing time wins.

**Alternatives:**

If there is a smaller group, have them in one group, but let the person that guesses the charade be the one to act out the next charade. (No point system is needed)

**Comments:**

Charades Examples: Feel free to add your own to the list

Category Charades-only act out items in the same category, can use "Outburst" cards too.

T.V. shows

Movies

## Songs

### Occupation Charades:

Nurse  
Carpenter  
Teacher  
Musician  
Librarian  
Postman  
Construction Worker  
Lawyer  
Policeman  
Doctor  
Operator  
Fireman  
Cook  
Sales Clerk  
Actor  
Dancer  
Painter  
Farmer  
Secretary  
Teacher  
Mechanic  
Dentist  
Gardener

### Kitchen Charades:

Making Spaghetti Noodles  
Cranking Ice Cream  
Kneading and baking bread  
Frosting a Cake  
Flipping pancakes  
Making a Pizza  
Assembling a Taco  
Dropping cookie dough on a sheet  
Frying eggs  
Making a bowl of cereal  
Making Hot dogs  
Grilling Hamburgers

### Leisure Charades:

|            |             |               |             |
|------------|-------------|---------------|-------------|
| Running    | Baseball    | Skateboarding | Skiing      |
| Painting   | Woodworking | Swimming      | Golfing     |
| Basketball | Hiking      | Bowling       | Needlepoint |

### Singing Charades:

Row, Row, Row, Your Boat  
Happy Birthday to You  
I've Been Working on the Railroad  
Swing Low, Sweet Chariot  
Star Spangled Banner  
God Bless America

Don't it Make My Brown Eyes Blue  
The Lion Sleeps Tonight  
It's My Party, and I'll Cry if I Want To  
Don't Sit Under the Apple Tree  
Take Me Out to the Ballgame  
Yellow Rose of Texas  
When the Saints Go Marching In  
You are My Sunshine  
Blue Suede Shoes  
Puff the Magic Dragon  
On top of Old Smokey  
He's Got the Whole World In His Hands  
Rock Around the Clock  
Oh Where, Oh Where Has My Little Dog Gone

**Title:**

Circle Pass

**Group Size:**

Medium

**Materials:**

Ball

**Set Up/Area:**

Have clients stand in a circle about 2 feet apart. A leader stands in the center of the circle.

**Description:**

1. The players pass a ball around the circle to the right.
2. When the leader claps twice, the players pass the ball in the opposite direction.
3. When he claps once the person who has the ball at that moment must place their hands behind their back, for the rest of the game. The others pass the ball by them.
4. The game continues until there is no one to pass the ball to.
5. The last person left is the winner.

**Alternatives:****Comments:**

- All clients are expected to participate actively, unless medically excused. If medically excused they are expected to sit near the playing area, and be an active spectator.



**Title:**

Clapping Clues

**Group Size:**

Small to Large

**Materials:**

None

**Set Up/Area:**

Clients should sit in chairs in one area of the dayroom.

**Description:**

1. One person is selected to leave the room. (Must be monitored by another staff)
2. The rest of the group picks an object for the person to find.
3. The person returns to the group and tries to find the object.
4. As the person gets closer to the object the claps become louder and more enthusiastic.
5. If the person gets farther away from the object, the claps become quiet and weak.
6. When the object is found someone else is chosen to leave the room.

**Alternatives:**

**Comments:**

**Title:**

Concentration

**Group Size:**

Small

**Materials:**

Concentration Cards (check in activity closet or cabinet with games)

**Set up/Area:**

Have the participants sit around a table.

**Description:**

- 1) Place all cards face down on the table.
- 2) The first player turns over 2 cards and reveals them to the other players.
- 3) If the 2 cards match, they are removed from the rows and kept by the person who chose them.
- 4) If they do not match, they are turned back over and play goes to the next person, who again chooses 2 cards.
- 5) When a player does make a match, his turn continues until he chooses 2 cards that are not a match.
- 6) The object of the game is to find as many pairs as possible.
- 7) The player with the most pairs at the end of the game is the winner!

**Alternatives:**

**Comments:**

**Title:**

Create a Comic Strip

**Group Size:**

Small

**Materials:**

Colored Pencils, Blank Comic Strips (In Activity Closet)

**Set Up/Area:**

Side dayroom at a table.

**Description:**

1. Hand out colored pencils and sheets with blank comic strips.
2. Have clients fill in the words for the comic strips.
3. Have clients color the comic strips.
4. Have clients share their comic strips with 10 minutes left in the group.

**Alternatives:**

**Comments:**

**Title:**

Creative Categories

**Group Size:**

Medium

**Materials:**

Pencils and two sheets of paper for each of the four teams.

**Set Up/Area:**

Divide groups into four teams, and have the teams sit together.

**Description:**

1. Each team picks a team "secretary" that writes for that group.
2. The leader announces the 4 categories.
3. The secretary for each team writes them at the top of each side of paper.
4. The team gets 10 minutes to meet together as a group and list all they can think of for each category. The teams call them out and that team's secretary writes them on the paper.
5. When time is up all of the teams come together.
6. One team's secretary reads what that team wrote for one category.
7. Other teams with any of the same items, raise their hands and their secretaries score it according to the following:
  - Items listed by only one team: 3 points
  - Items listed by two teams: 2 points
  - Items listed by three teams: 1 point
  - Items listed by four teams: 0 points
8. The team with the highest number of points wins!

**Alternatives:****Comments:**

Can use "Outburst" cards for examples of categories.

Examples of Categories:

- Things that are soft
- Cities in our state
- Mountains around the world
- Things that are round
- Things that come in pairs
- Things that grow taller over time
- Words with two letters
- Things that change colors
- Ways to greet others

**Title:**

Crossword Puzzle

**Group Size:**

Small to Medium

**Materials:**

Crossword Puzzles from Activity Closet file box.

Write and Wipe Marker, Eraser

**Set Up/Area:**

Side dayroom by the marker board.

The leader draws the crossword puzzle on the marker board.

**Description:**

1. Group leader divides the group into two teams, and the teams sit together.
2. Group captains are chosen. During play, these captains will answer for their entire team, after consulting with the team.
3. The group leader will give a the clue from the puzzle to team A, team A will discuss and the team captain will give a guess as to what word team A thinks may go into the puzzle.
4. If that guess is right, the leader writes it into the puzzle, and team A gets a point.
5. If the guess is wrong, the group leader will then ask the team B captain for a guess.
6. Play continues until all of the words are filled into the puzzle.

**Alternatives:****Comments:**

**Title:**

Describing the Object

**Group Size:**

Medium

**Materials:**

A bag or a bucket

**Set Up/Area:**

Have clients sit in chairs in one area of the dayroom.

Get a variety of objects that are normally on the ward. Examples: pen, eraser, magazine, paper towel, etc.

**Description:**

1. Place one of the objects in the bag, without letting the clients see it.
2. One client reaches into the bag and feels the object without looking at it.
3. This client describes the object, but DOES NOT say what he thinks it is. He must describe the object by giving its size, shape, texture, and so on.
4. The group tries to guess what the object is from the description given.

**Alternatives:**

**Comments:**

**Title:**

Dice Baseball

**Group Size:**

Medium to Large

**Materials:**

Dice, 3 chairs

**Set Up/Area:**

Set up chairs for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> base; Use the front counter for home. Have clients sit in chairs in teams in the order in which they bat.

**Description:**

1. Break group into two teams.
2. Have clients sit according to their teams.
3. Each batter rolls the dice and their "hit" will be according to the number shown on the dice.

2=Home Run

3=Triple

4=Single

5=Fly out

6=Strike out

7=Ground out

8=Walk

9=Ground out

10=Single

11=Double

12=Home Run

4. Players will move around the bases according to their "hits" or "outs."
5. Play continues like regular baseball.

**Alternatives:**

**Comments:**

2=Home Run

3=Triple

4=Single

5=Fly out

6=Strike out

7=Ground out

8=Walk

9=Ground out

10=Single

11=Double

12=Home Run



**Title:**

Dominoes

**Group Size:**

Small

**Materials:**

Dominoes and paper/pencil to keep score

**Set up/Area:**

Have participants sit around a small table.

**Description:**

- 1) Place all dominoes on the table face down, so no spots show, and shuffle.
- 2) Each player draws 7 dominoes and stands them up so that only he can see them. The remaining dominoes left on the table are called the "pile".
- 3) The player with the highest double plays first, laying his domino face up on the table. Play then continues around the table.
- 4) In order to play, a player must have a domino with a matching number of spots, which he must place on the table in line, end to end, with the previously played dominoes. He may play on either end of the line.
- 5) If a player is unable to play, because he fails to have a domino which matches, he must draw from the Pile until he is able to play. If a player is unable to play and no dominoes remain in the pile, he must pass and his opponent plays until he is able to play again with a matching domino.
- 6) The object of the game is to dispose of all of one's dominoes before his opponents.
- 7) The winner is the player who first disposes of all his dominoes and his score is the total number of spots on the dominoes held by his opponents.
- 8) The player with the highest score at the end of the time, is the overall winner.

**Alternatives:**

**Comments:**

**Title:**

Dot's Dot

**Group Size:**

Small to Medium

**Materials:**

Blank Paper and pencils

**Set Up/Area:**

Clients should be around a large table in the side dayroom.

**Description:**

1. Give a sheet of paper and a pencil to each player.
2. Tell each client to cover the paper with 20-30 dots that are large and easy to see.
3. The clients should pass their papers to a neighbor.
4. Tell the clients to look at the dots and try to see if they can imagine pictures and then connect the dots to make a picture. Sometimes turning the paper in different directions is helpful.
5. Have each client show his drawing. If time allows, have each client tell a story about their picture.

**Alternatives:**

**Comments:**

**Title:**

Egg Carton Bounce

**Group Size:**

Medium

**Materials:**

Egg Carton, Ping-pong balls

**Set Up/Area:**

Have clients sit in chairs in designated area.

**Description:**

1. Place the egg carton on the floor.
2. Players take turns bouncing the ping-pong balls so it will land in the carton.
3. Players throw 4 balls on their turn.
4. Any ball that lands in the carton counts as one point.
5. The player with the most points wins!

**Alternatives:**

**Comments:**

**Title:**

Face Up Card Toss

**Group Size:**

Large

**Materials:**

Deck of playing cards; Bucket; pencil and paper for leader

**Set Up/Area:**

Divide the clients into two teams, have the teams sit on each side of the playing area.

A line is placed 3-4 feet away from the bucket.

**Description:**

1. Deal out the entire deck of cards to team A. Some clients may have more cards than others.
2. The clients on team A take turns throwing their cards at the bucket.
3. The leader counts the points according to this system:
  - Face down cards are worth 0
  - Face up 2-10 are worth face value
  - Face up Jack, Queen, and King are worth 10 points
  - Face up Aces are worth 15 points
  - Cards that land in the bucket are worth double the amount of points regardless if they are face up or face down.
4. Team B then takes their turn.
5. The team with the most points wins.

**Alternatives:**

You can play this game with two teams going at the same time, but with two buckets and two different colored decks of cards.

**Comments:**

**Title:**

Find Someone Who. . .

**Group Size:**

Large

**Materials:**

Handouts and pencils

**Set Up/Area:**

Large area for clients to walk around

**Description:**

1. Pass out attached handouts.
2. Tell clients to find someone who fits the description and get his/her signature on the paper.
3. Each person should sign the paper only once.
4. Leaders and staff may also complete the form.
5. When all participants are finished, discuss the activity by asking for people who fit each of the descriptions.

**Alternatives:**

**Comments:**

### Find Someone Who. . .

1. Has read a book just for fun.
2. Has gone camping.
3. Has been horseback riding.
4. Knows how to swim.
5. Likes to read novels.
6. Watches T.V.
7. Can toss a Frisbee.
8. Likes pizza.
9. Participates in sports.
10. Has learned a new skill recently.
11. Plays checkers.
12. Enjoys movies.
13. Plays a musical instrument.
14. Has a hobby.
15. Enjoys dancing.
16. Has memorized a poem.
17. Likes to sing.
18. Enjoys cooking.
19. Enjoys exercise.
20. Plays basketball.

### Find Someone Who. . .

1. Is a stranger to you.
2. Has the same color hair.
3. Has the same color eyes.
4. Has the same shoe size.
5. Has the same color shirt.
6. Is the same height.
7. Was born in the same month.
8. Has the same first letter of the last name.
9. Has the same color of shoes.
10. Has the same first letter of the last name.
11. Dislikes the same things.
12. Has the same hobbies as you.

**Title:**

Frisbee Landing

**Group Size:**

Medium to Large

**Materials:**

3 Hula Hoops and 2 Nerf Frisbees  
Masking Tape for the starting line

**Set up/Area:**

- Set up the 3 hula hoops in 3 different spots, each farther away from the starting line.
- Divide the group into 2 teams.
- Have them sit in chairs on either side of the play area.

**Description:**

1. Have the first player come to the starting line.
2. The object is to throw the Frisbees so that they land inside the hula hoop. (It does not count if the Frisbees are hanging over the edge)
3. The closest hula hoop should be worth the least amount of points and the one furthest away should be worth the most.

**Alternatives:**

Instead of dividing into two teams, see how many points the group can score as one team.

**Comments:**



**Title:**

Goin' for a Ride

**Group Size:**

Medium to Large

**Materials:**

Slips of paper with several different types of rides listed

**Set up/Area:**

Have clients stand in a circle

**Description:**

1. With everyone standing in a circle, ask 2 volunteers to step into the center.
2. Give them a paper slip to read silently, and then without talking together or identifying the trip, they begin acting out the type of ride. If they like, they can add appropriate sound effects, but no talking, please!
3. After 30 seconds or so, the 2 volunteers stop and invite all those who think they've figured it out to guess what they are doing.
4. Then ask 2 people who guessed correctly to be in the center. If they have already had a chance to be in the middle, have them pick a peer to go in their place.
5. Continue until the time is over.

**Alternatives:**

**Comments:**

**Title:**

Golf Toss

**Group Size:**

Small

**Materials:**

Golf Toss Target, 3 red bean bags and 3 yellow bean bags

**Set up/Area:**

Lay target on floor. Stand 5 feet or more away from the board. Participants may stand or sit around target area. All need to be able to observe the target and allow for active participation.

**Description:**

1. Players toss a bean bag and try to land it completely on the first green.
2. If it lands completely on the green in the first attempt it is a hole in one.
3. If the bean bag is not completely on the green the player continues to toss the bean bags until on elands completely on the green.
4. Then the turn passes to the next player. This type of play continues throughout all nine holes.
5. Each toss is considered a stroke.
6. The player with the fewest strokes at the end of the 9<sup>th</sup> hole wins the game.

**Alternatives:****Comments:**

**Title:**

Graph-paper drawing

**Group Size:**

Small to Medium

**Materials:**

Graphing paper, pencil or fine-line felt-tipped marker for each player, assorted crayons

**Set up/Area:**

Group should gather around and use table.

**Description:**

1. Give each participant a sheet of graph paper and a pencil or marker.
2. Have everyone come up with a mental picture of something very common such as a flower, an animal, a building, a person.
3. Ask players to think about the details of their pictures- the petals of the flower, the tail on the animal, the windows in the building, and so forth.
4. The task is to draw the picture using the lines of the graph paper. Curves will become a series of small, straight, step-like lines.
5. After the outlines are finished, players can color them with crayons and markers to create texture.

**Alternatives:**

Have everyone think of as many pictures as they can to fill in the small grid squares with tiny drawings.

**Comments:**

**Title:**

Guess the Guest

**Group Size:**

Medium

**Materials:**

Index card and pencil per player

**Set up/Area:**

Divide group evenly in half, and have them sit randomly opposite the other team.

**Description:**

1. Distribute index cards and pencils to all.
2. Have each person secretly list 5 little known facts about themselves.  
Example: has lived in 6 states or lies to bake or walks fast.
3. Make sure that each person has his name on the bottom of the card.
4. Gather the cards from each team, keeping them separate.
5. Read a card from Team A, allowing Team B 30 seconds after each clue to guess who from Team A wrote the card.
6. If the guest is guessed on clue 1, give the guessing team 5 points.  
Award 4 points if they can guess the guest in 2 clues, 3 points on clue 3, 2 points on clue 4, and 1 point if it takes all 5 clues.
7. Even if a team guesses after a few clues, it is fun to hear all 5.
8. Flip Flop between teams, until all the cards are used.

**Alternatives:**

**Comments:**

**Title:**

Guess Who

**Group Size:**

Medium

**Materials:**

none

**Set up/Area:**

Sit all participants in a circle.

**Description:**

1. Ask for one volunteer to stand with his back to the group.
2. Another volunteer in the group describes one member of the circles.
3. The person with his back to the group tries to guess who is being described.
4. When he guesses correctly another volunteer becomes the guesser.

**Alternatives:**

- The play with his back to the group asks questions to figure out who the group has chosen.

**Comments:**

**Title:**

Guestures

**Group Size:**

Large

**Materials:**

Guesture cards, guesture card holder, pencil and paper

**Set up/Area:**

Divide the group into 2 teams. Line teams in chairs in day room.

**Description:**

1. Choose one player from one of the teams to perform the charades.
2. That person needs to draw cards one at a time and perform the charade on the card.
3. His teammates must guess the words that he is trying to perform.
4. If he does not feel that he will be able to perform one of the clues, then he may pass that word.
5. The other team receives a point for each word that is passed.
6. The performer's team gets a point for each word guessed during the allotted time. Use the timer provided to determine the length of time.
7. After his turn is over, it is the other team's turn to have a player perform the charades.
8. The team with the most points after the final round wins.

**Alternatives:**

**Comments:**

**Title:** Hamburger Relay

**Group Size:** any size

**Materials:** Frisbee, small ball

**Set up/Area:** Gym/ exercise area

**Description:**

1. For this relay players become waiters.
2. Make 2 teams with equal numbers of players per line.
3. Each player balances the small- ball "hamburger" on a Frisbee "tray".
4. On your signal the 1<sup>st</sup> person in line moves to the designated distance line or cone. If a player's hamburger falls from the tray to the ground, he must perform 3 good jumping jacks (or designated exercise) before continuing.
5. After reaching the line/cone, he must return to the starting line and relays the "tray and hamburger" to the next player.
6. Continue to all players have run the relay.
7. Depending on the amount of time taken completing, alternative forms of locomotion skills should be considered for additional relays such as hop, skip, jump, side shuffle, baby steps, large steps, quick steps, or locomotion of choice.

**Alternatives:**

**Comments:**

**Title:** Hang Time

**Group Size:** any size

**Materials:** Tennis ball, stopwatch, piece of paper, pencil, and one referee

**Set up/Area:** Outside exercise area. Large size groups 2 or more teams established.

**Description:**

1. Establish teams and amount of turns each player on teams will have for one game. Such as each person in line throw ball two times.
2. To play throw the ball in the air and hve the Referee see how many seconds it stays in the air and then record how many seconds it stays in the air.
3. Then the alternate team has player in line take his turn, and do the same thing.
4. When each players has had their established amount of turns for a game add up the seconds.
5. The team with the most seconds wins.

**Alternatives:**

- For a small group of people score can be kept individually or in pairs for competition.

**Comments:**



**Title:**

Hearts

**Group Size:**

Small

**Materials:**

Deck of Cards

**Set up/Area:**

Set the players around the table

**Description:**

1. The dealer shuffles the cards, and then deals all cards, one at a time, face down, to each player until all of the cards have been dealt.
2. Each player receives an equal amount of cards. If any cards remain, they are placed face down on the table and are taken by the player who takes in the first hand.
3. The person to the right of the dealer begins the game by laying down one card of his choice. Each player must follow by laying down a card of the same suit if he can.
4. If a person cannot follow suit, he may discard any other card, always trying to get rid of a heart.
5. The person who lays down the highest card in the group takes the hand.
6. The winner of each hand goes next.
7. When someone plays their last card, all who can, play on it and the game is over.
8. Each player counts their score, adding up the cards each is holding. All heart cards count as 10 points. All other cards receive face value. The player with the **lowest** score wins the game.

**Alternatives:**

**Comments:**

**Title:**

Hoola Hoop Dice Toss

**Group Size:**

Large

**Materials:**

Hoola Hoops and 2 foam Dice (masking tape)

**Set up/Area:**

Have the clients sit in 2 rows of chairs.

Set up 2-3 hoola hoops on the floor.

Mark an X on the floor for the starting point.

**Description:**

1. Divide the group into 2 teams.
2. Alternate players and have them toss the dice cubes into the hoola hoops.
3. The dice have to land completely inside the hoola hoops for the points to count. Add up the numbers of the dice after the dice have been thrown.
4. The player then picks up the dice and hands it to the next player.
5. The first team to get 50 points wins the round.
6. Play continues until the time is over.

**Alternatives:**

**Comments:**

**Title:**

Horseshoes

**Group Size:**

Small

**Materials:**

2 sets of Horseshoes with post, masking tape, pen and paper

**Set up/Area:**

Set up post at each end of playing area. Use masking tape to hold the post down.

**Description:**

1. Divide the player into teams.
2. Have the team members stand at opposite posts. (They will be throwing to each other)
3. Points are awarded as follows:
  - 0 points if does not land around the post or on the mat
  - 1 point if it lands on the mat
  - 2 points if it is leaning against the post
  - 3 points if it is a ringer
4. The player with the most points at the end of the final round wins.

**Alternatives:**

**Comments:**

**Title:**

Hot Potato

**Group Size:**

Medium to Large

**Materials:**

Question cards, beach ball, radio/tape player  
(cards & balloon in activity closet)

**Set up/Area:**

Have all clients sit in a circle.

**Description:**

1. Begin playing the music and instruct the participants to throw the beach ball to each other while the music is playing.
2. When the music stops, whoever has the ball must hold onto it.
3. That person must stand up and draw a question card. He must then read the card and answer it in front of the group.
4. The music then starts up again and the beach ball is passed around again.
5. Continue the game until the time is up.

**Alternatives:**

**Comments:**

**Title:**

I'm going on a Trip

**Group Size:**

Small

**Materials:**

None

**Set Up/Area:**

Have clients sit on chairs in a circle.

**Description:**

1. The first player says "I'm going on a trip, and I'm going to bring (something that starts with an A) Anchors."
2. The next player says, "I'm going on a trip and I am going to bring Anchors and (something that starts with a B) Blueberries."
3. The third player says, "I'm going on a trip and I am going to bring Anchors, Blueberries, and (something that starts with a C) Cornflakes."
4. Each player must state what each person said that they would bring before they add their item.
5. Players can be assisted by staff, or the client that added an item if they are having difficulty.

**Alternatives:**

**Comments:**

**Title:** Indoor Golf

**Group Size:** Small

**Materials:** 8 cones  
wiffle ball and for every player  
Putter (wiffle ball bat)  
Paper and pencil to keep score

**Set up/Area:** Lay out course using cones and put them around the gym or day room area.

**Description:**

1. Start at Hole 1. Let each player take his turn hitting the ball toward the first hole (cone).
2. When the cone is hit, that player has made the shot.
3. If it takes more than 5 shots then they pick up their ball and play for the next hole (cone).
4. As each player completes a hole mark the number of turns they needed to complete that hole.
5. The player with the lowest score wins the game.

Example

|       | <u>Hole</u> | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u>  | <u>Total</u> |        |
|-------|-------------|----------|----------|----------|----------|----------|----------|----------|-----------|--------------|--------|
| Joe   |             | <u>5</u> | <u>1</u> | <u>2</u> | <u>4</u> | <u>3</u> | <u>2</u> | <u>3</u> | <u>5=</u> | <u>25</u>    | WINNER |
| Karen |             | <u>3</u> | <u>3</u> | <u>2</u> | <u>5</u> | <u>3</u> | <u>4</u> | <u>2</u> | <u>4=</u> | <u>26</u>    |        |

**Alternatives:**

**Comments:**

**Title:** King's Corner

**Group Size:** Small/Medium

**Materials:** A standard kickball

**Set up/Area:** Gym or Exercise area. Create (with tape, chalk or lines in area) 5- 8x8 squares all touching each other and 1- larger square.

**Description:**

1. Rank the squares in order #1 King, #2 Ace, #3 Prime Minister, #4 Queen, #5 Prince and nothing on the #6.
2. Each player occupies one of the squares. Initially assign players to a square until established.
3. Start game with King serving the ball by bouncing it in his own square once and then hitting it towards one of the other squares. The receiving player then hits the ball to any other player, and play continues until one of the following things occur:
  - a. A player hit the ball (or is hit BY the ball) before it bounces once in their square.
  - b. A player does not hit the ball before it bounces twice.
  - c. A player hits the ball out of bounds (it must land in someone's square first.)
4. Once a player is 'dead', they move back to the lowest ranking square. The other players then move up to fill the vacancies. If there are more players than squares, that person goes to the back of the line, and the person at the front of the line gets to move onto the lowest square and play.
5. Playing off of walls, poles, etc is not only legal but encouraged.

**Alternatives:**

**Comments:**

**Title:**

Last Letter

**Group Size:**

Medium

**Materials:**

Marker, Markerboard, and Eraser

**Set Up/Area:**

All clients should be gathered around the Markerboard.

**Description:**

1. The leader picks a theme in which all the words used during the game should be focused.
2. The first participant goes to the board and writes any word which comes to his head related to the theme.
3. The next person then must write a word that begins with the same letter that the last word ended with.
4. Words may only be used once.

**Alternatives:**

**Comments:**

Example: LEAF-FALL-LAWN-NOVEMBER



**Title:**

Leisure Name Game

**Group Size:**

Small to Medium

**Materials:**

None

**Set Up/Area:**

Have clients sit in plastic chairs in a circle.

**Description:**

1. Have clients introduce themselves by their first name and a leisure activity that they enjoy that begins with the same letter as their first names.
2. The next person repeats the preceding name and activity and then adds their own.
3. Play continues until the last person has recited everyone's name and activity.
4. No leisure activity may be used more than one time.

**Alternatives:**

**Comments:**

Have lower functioning client go earlier in the game, so that they will have fewer names and leisure activities to remember.

**Title:**

License-Plate Name Tags

**Group Size:**

Small to Medium

**Materials:**

Blank Paper, Crayons, Markers, or Colored Pencils

**Set Up/Area:**

Have clients set around a table.

**Description:**

1. Give each client a piece of paper.
2. Instruct clients them to create and design their own personalized license plates.
3. Encourage them to use a creative combination of numbers and letters.
4. Limit the total number of numbers and letters that can be used on the plate.
5. Give clients time to share their license plates with the group at the end of the session. They can also create a background design for their license plates.

**Alternatives:**

Clients can use any states they wish to represent their license plates.

**Comments:**

**Title:**

Magic Square Toss

**Group Size:**

Medium to Large

**Materials:**

Game board, bean bag or other small object to toss, masking tape  
Items located in Activity Closet

**Set up/Area:**

1. Set up 2 rows of chairs facing each other with the playing area in the middle.
2. Put the board at one end of the playing area and put down a piece of masking tape for the starting line.

**Description:**

1. Have one player come up to the starting point and toss the beanbag onto the game board.
2. Each turn may consist of 2-3 tosses.
3. Score is kept by adding up the total each throw. The player or team with the most points by the end of the activity period wins.

**Alternatives:**

- You can have them keep score as a team or individually

**Comments:**

**Title:**

Map Scavenger Hunt

**Group Size:**

Small & Medium

**Materials:**

A large world map (Located in Activity Closet)

**Set up/Area:**

Place the map in front of the group

**Description:**

1. Divide the group into 2 teams. (If it's a small group, play together. Players can help each other out)
2. One person from team A is given a clue about a place on the map or asked to find a place or thing on a map (Give them a limited amount of time).
3. If this person is successful in doing so, team A receives a point.
4. If they are not successful in doing so, one person from team B has the chance to win the point.
5. The next question then starts with Team B. If they are successful, then they receive a point. If they are not successful, Team A has the chance to steal the point.
6. Play continues until the activity period is over.

**Alternatives:**

**Comments:**

**Title:**

Moon ball

**Group Size:**

Medium to Large

**Materials:**

Beach ball, balloon, or soft volleyball depending on the group

**Set up/Area:**

Have the clients stand in a circle.

**Description:**

1. Once the players are in a circle, have them set a goal to see how many times they can hit the ball as a group, without the ball touching the floor.
2. A player can only hit the ball one time in a row.
3. A player can only use their hands.

**Alternatives:**

**Comments:**

As a leader, you may want to stop and ask the clients if they have any suggestions on improvements they could make so they can reach a higher goal. Make sure they do not "point fingers", but offer positive suggestions.

**Title:**

Musical Hat

**Group Size:**

Large

**Materials:**

Slips of paper with fun questions, in small container (Found in Activity Closet), Music

**Set up/Area:**

Have clients sit in a circle in the large dayroom.

**Description:**

1. Pass the container around the circle as the music plays.
2. The leader then stops the music.
3. The player holding the container draws a question out of the container, reads it out loud, and answers the question. (You may ask the player to stand up when reading the question)
4. The music starts again and players continue to pass the container of questions. If it lands on a player that has already had an opportunity to answer a question, he may pick a peer to go in his place.
5. Play continues until everyone has had the opportunity to answer a question.

**Alternatives:**

**Comments:**

Give the person to your right a compliment.

What is a baby bear called?

Name two states that begin with "A"

Sing the first line of your favorite song.

What is something that makes you laugh?

Pretend you are mowing the yard.

Tell us one goal you have for your life.

What is your favorite holiday of the year?

What was the fairy's name in Peter Pan?

Tell something you can do well.

Where would you like to go on vacation?

If you could be a musical instrument, which one would you like to be?

Name something you don't like.

Pretend you are a baseball pitcher.

Use one word to describe yourself.

Who is your favorite TV star?

What card game could you play without a partner?

What is your favorite flavor of ice cream?

Name 3 sports you can watch on television.

Name 3 states that begin with "M".

What was the name of the ship that hit an iceberg?

If you could be any famous person, who would you be? (Living or dead)

Name 3 holidays.

Tell what your favorite song is.

What is your favorite color?

What is the capital of Missouri?

Name a food you don't like.

What is your favorite leisure activity?

What is your favorite holiday? Why?

What is your favorite food?

Who was the famous talking horse on television?

If you could be any animal, which one would you like to be?

Name 2 country singers (male or female)

If you could live anywhere in the world, where would you like to live?

What was the name of the rabbit in the movie Bambi?

Name a famous President.

What was the most precious gift anyone ever gave you?

Name one thing you are thankful for.



If you were a balloon, where would you like to land? Why?

Act out your favorite leisure activity.

Say "Have a Good Day!" to the person on your right.

Who were the first man and woman?

What is your favorite television show?

Name any well known author.

**Title:** Musical Scattergories

**Group Size:** Any

**Materials:** Piece of paper and pencil for each team

**Set up/Area:** 2 tables or 1 large table for all to maintain involvement. Split group into 2 teams. Give both teams a topic and a time limit. The team with the most qualifying answers wins.

**Description:**

1. Each team brainstorms and writes the answers to questions such as: "Song titles that have girls' names in them" (or boys, flowers, states, the word love, the word you, colors, weather words, etc.)
2. Teams stop writing when time is called (5 minutes is average depending on age, ability, etc.)
3. To gather responses, each team takes turns singing one or two lines from the chosen song.
4. They are the only team allowed to score points for that song. They must be able to sing the song to gain the points.
5. The team with the most points at the end of the game wins.

**Alternatives:**

**Comments:**

**Title:**

Name Six

**Group Size:**

Medium to Large

**Materials:**

A beanbag, tennis ball, and any other small object

**Set up/Area:**

All the players sit in a circle, while one player stands in the center.

**Description:**

1. The center player closes his eyes while the others pass a small object around the circle.
2. When the center player claps his hands, the player caught with the object must keep it. The center person opens his eyes and gives the person with the object a letter of the alphabet.
3. The person with the object starts it passing around the circle again, **meanwhile** naming six objects that begin with the letter named.
4. If the player does not succeed in naming 6 objects by the time the object is passed around (back to him), the player must change places with the one in the center. If he names 6 objects successfully, the game continues with the same player in the center.

**Alternatives:**

**Comments:**

**Title:**

Name that Sport

**Group Size:**

Medium to Large

**Materials:**

Additional worksheet material

**Set up/Area:**

Line up two groups in rows or circles in dayroom or two round tables in side dayroom.

**Description:**

1. Ask the first question to team 1.
2. If they answer correctly they receive 1 point.
3. If they answer incorrectly the question goes to team 2- player 1 and so on.
4. Keep score on paper or board to 10 points or until time is up.
5. Group leader will give a team name/ person's name- client will match the city/ sport.

**Alternatives:**

**Comments:**

## Name that Sport

### PERSONAL

Mark McGwire plays what sport

Willie Mays

Jerry West

Mohammad Ali

Jerry Rice

Barry Sanders

Wilt Chamberlain

Sammy Sosa

Bill Russell

Evander Holyfield

Ozzie Smith

Mia Hamm

Babe Ruth

Michael Jordan

Lennox Lewis

Pele

Petro Martinez

Joe Montana

Scotty Pippin

Derrick Thomas

Randall Cunningham

Joe Lewis

Rocky Marciano

Coquille O'Neal

Larry Byrd

Johnny Bench

Reggie White

Hank Aaron

Bob Gibson

Magic Johnson

Lawrence Taylor

Gale Sayers

Jeff Bagwell

Toni Quinn

Tim Duncan

### SPORT

baseball

baseball (center)

basketball

boxing

football

football

basketball

baseball

basketball

boxing

baseball

soccer

baseball

basketball

boxing

soccer

baseball

football

basketball

football

football

boxing

boxing

basketball

basketball

baseball

football

baseball

baseball

basketball

football

football

baseball

baseball

basketball

### TEAM

Cardinals

Giants

Lakers

49ers

Lions

Lakers

Cubs

Cardinals

Yankees

Bulls/Wizards

Boston

49ers/Chiefs

Bulls

Chiefs

Vikings

Lakers

Celtics

Packers

Lakers

|                 |                      |         |
|-----------------|----------------------|---------|
| Mike Tyson      | boxing               |         |
| Walter Payton   | football             | Bears   |
| Reggie Jackson  | baseball             |         |
| Carl Lewis      | track & field        |         |
| Patrick Ewing   | basketball           |         |
| Merlin Olson    | football             |         |
| John Elway      | football             |         |
| Oscar Delarhoja | boxing               |         |
| Tyron Davis     | football             | Denver  |
| Sandy Coax      | baseball             |         |
| Charles Barkley | basketball           | Suns    |
| Floyd Patterson | boxing               |         |
| Pete Rose       | baseball             | Reds    |
| Ty Cobb         | baseball             |         |
| Joe Frazier     | boxing               |         |
| Steve Young     | football             | 49ers   |
| Nolan Ryan      | baseball             | Rangers |
| Michael Johnson | track- sprinter      |         |
| Chipper Jones   | baseball             |         |
| Mario Limieux   | hockey               |         |
| Dan Marino      | football             |         |
| Tiger Woods     | golf                 |         |
| Fran Trakenton  | football             |         |
| Arthur Ash      | tennis               |         |
| Andre Agassi    | tennis               |         |
| Barry Bonds     | baseball             |         |
| Calvin Murphy   | basketball           |         |
| Dennis Rodman   | basketball           |         |
| Joe Namith      | football             |         |
| Jesse Ventura   | wrestling            |         |
| Bo Jackson      | football/ baseball   |         |
| Bobby Bonilla   | baseball             |         |
| Bake McBride    | baseball             |         |
| Pre Fontaine    | track & field runner |         |

Match the city to their baseball team's title.

- |                   |           |
|-------------------|-----------|
| 1. St. Louis      | A's       |
| 2. Kansas City    | Angels    |
| 3. Chicago (N)    | Mets      |
| 4. Chicago (A)    | Tigers    |
| 5. New York (A)   | Expos     |
| 6. Atlanta        | Yankees   |
| 7. Los Angeles    | Cardinals |
| 8. San Diego      | Brewers   |
| 9. Montreal       | Giants    |
| 10. Pittsburg     | Blue Jays |
| 11. Philadelphia  | Padres    |
| 12. Toronto       | White Sox |
| 13. Detroit       | Orioles   |
| 14. Cincinnati    | Astros    |
| 15. Houston       | Phillies  |
| 16. San Francisco | Dodgers   |
| 17. New York      | Cubs      |
| 18. Boston        | Red Sox   |
| 19. Baltimore     | Reds      |
| 20. Milwaukee     | Pirates   |
| 21. California    | Braves    |
| 22. Oakland       | Rangers   |
| 24. Texas         | Mariners  |

**Title:**

Opinion Game

**Group Size:**

Medium to Large

**Materials:**

None

**Set Up/Area:**

Playing area needs to be an area that has two designated walls or sections. Put a piece of paper on one wall that states "Agree," and the other "Disagree."

**Description:**

1. Start with an easy statement like, "I like marshmallows in my hot chocolate."
2. Group members that agree with that statement move to the "Agree" side of the room. Those that disagree should move to the wall marked "Disagree."
3. Those clients who are not sure of their opinion may stand in the middle between the two walls.
4. As each statement is given, remind the clients that their opinions are valid, and that it is OK to differ in opinion.
5. After using all of the examples below, have clients give their own examples.

**Alternatives:**

**Comments:**

Examples:

I like marshmallows in my coca.

I like watching television.

I like coffee.

I like exercise.

I like eating vegetables.



I like dogs.  
I like ice cream.  
I like doing dishes.  
I like spring.  
I like cats.  
I like getting up early in the morning.  
I like staying up late at night.  
I like watching movies.  
I like snow.  
I like working.  
I like making my bed.  
I like reading books.  
I like spinach.  
I like autumn.  
I like swimming.  
I like playing basketball.  
I like seafood.  
I like taking naps.  
I like going fishing.

**Title:**

Paper Ball Toss

**Group Size:**

Large

**Materials:**

Wad up 50-75 pieces of paper. Paper can be found in the activity closet.

**Set Up/Area:**

Divide the dayroom into two sides by making a "net" out of masking tape. String a piece of tape between two chairs. Have clients sit in chairs on either side of the net. Put half of the paper balls on one side of the net and the other half of the balls on the other side.

**Description:**

1. Divide the clients into two teams.
2. Instruct clients to throw the paper balls to the other team's side when the music starts. Clients should be instructed that they should remain seated at all times during the game.
3. The music starts, and the clients throw balls until the music stops.
4. The number of balls on each side are counted.
5. The team with the least amount of balls on their side wins.
6. Repeat
7. The score may be kept for each round and a final tally may determine the winning team.

**Alternatives:**

**Comments:**

**\*This activity must be monitored closely to keep control of the game.**

**Title:**

Password

**Group Size:**

Medium

**Materials:**

Password cards

**Set Up/Area:**

Have clients break into pairs, and sit across from each other. There should be two rows of chairs with the partners sitting across from one another.

**Description:**

1. The leader picks a word from the cards.
2. The leader gives the card to the first pair in line.
3. The players give one word clues to their partner, and the partner tries to guess the word with one guess.
4. If the guess is incorrect, play goes to the next set of partners.
5. If the guess is correct, the pair that guessed gets a point, and play continues with a new card to the next pair.
6. The pair with the most points wins.

**Alternatives:**

**Comments:**

Clue: Players should pay attention to the clues and guesses of the other pairs because they are trying to guess the same word.

**Title:**

Personality Game

**Group Size:**

Medium

**Materials:**

Pencils and Paper

**Set Up/Area:**

Have clients sit around a large table.

**Description:**

1. Ask clients to write 5 likes on one side of the paper and 5 dislikes on the other side of the paper.
2. Clients **should not** write their names on the paper.
3. Allow 10-15 minutes to write their dislikes and likes on the paper.  
Some clients may need some assistance and suggestions.
4. The leader collects the lists and reads them out loud.
5. The clients try to guess who wrote each set of likes/dislikes.

**Alternatives:**

**Comments:**

**Title:**

Picture, Picture

**Group Size:**

Small

**Materials:**

Provided pictures

Paper and Pencil

**Set Up/Area:**

Have clients sit around table so they can all see the pictures when shown.

**Description:**

1. Have clients list the alphabet down their paper.
2. Explain to clients that they will be seeing a picture, they will need to write down all of the items they see with a certain letter.
3. Clients look at a picture and have 3 minutes to write down all the items that they see in the picture which start with the letter A.
4. After the time has run out, clients share what items they have found.
5. The leader then shows the picture again, and clients have 3 minutes to write down all the items that they see in the picture that start with the letter B.
6. After the time has run out, clients share what items they have found. Play continues through the alphabet.

**Alternatives:**

**Comments:**

**Title:**

Pin Guard

**Group Size:**

Medium to Large

**Materials:**

One plastic bowling pin

Nerf ball

**Set Up/Area:**

Have clients form a circle with the pin in the center of the circle.

**Description:**

1. One person volunteers to be in the center, guarding the pin.
2. The other players toss a ball trying to knock over the pin.
3. When a player is successful at knocking it over, he takes over the center space.

**Alternatives:**

**Comments:**

**Title:**

Ping and Pong

**Group Size:**

Small to Medium

**Materials:**

2 paper plates for each player

1 ping pong ball for each team

**Set Up/Area:****Description:**

1. If group is medium divide the group into teams of six or more, or have one group.
2. Have each team make a circle.
3. Ask teams to hit the ping pong ball back and forth across the circle until everyone has had one turn.
4. Each player may hit the ball only once.
5. See which team can finish first.

**Alternatives:**

Divide the group into teams or have one large group. See how many times the ball can be hit before it hits the floor. Each player can only hit the ball one time in a row. Challenge the group to keep beating their record.

**Comments:**

**Title:**

Product Slogans

**Group Size:**

Medium

**Materials:**

Markerboard and Markers

**Set Up/Area:**

Divide clients into 2 teams around the Markerboard.

**Description:**

1. Write a slogan on the markerboard and ask the first member of team A if they can identify the product that slogan represents.
2. If this client answers correctly, team A gets a point.
3. If the client answers incorrectly, play goes to the first player on team B.
4. If the player on team B is correct, team B gets a point.
5. If the player on team B is incorrect, the leader then asks if anyone knows the product. This answer will be just for fun, no points will be awarded.
6. Play continues back and forth between the teams until all of the slogans have been asked.

**Alternatives:**

If group is small this activity can be done individually.

**Comments:**

Conversation Starters:

- What is your favorite slogan?
- Does advertising serve a useful purpose?
- What products have you bought because of the advertisement?
- What products would you never buy because of the advertisement?
- Do you think slogans work?



## Product Slogans

- |   |                        |
|---|------------------------|
| 1. "It floats"  | Ivory soap             |
| 2. "The breakfast of champions"                           | Wheaties               |
| 3. "When it rains, it pours"                              | Morton Salt            |
| 4. "The candy with the hole in the middle"                | Lifesavers             |
| 5. "You can be sure if it is. . . ."                      | Westinghouse           |
| 6. "Good to the last drop"                                | Maxwell House          |
| 7. "Hasn't scratched yet"                                 | Bon Ami Cleanser       |
| 8. "Chases dirt"  | Old Dutch Cleanser     |
| 9. "The flavor lasts"                                     | Wrigley Gum            |
| 10. "It keeps on ticking"                                 | Timex                  |
| 11. "As the man who owns one"                             | Packard                |
| 12. "They satisfy"  | Chesterfield           |
| 13. "Covers the earth"                                    | Sherwin Williams Paint |
| 14. "His master's voice"                                  | Victrola               |
| 15. "The pause that refreshes"                            | Coca-Cola              |
| 16. "57 varieties"  | Heinz                  |
| 17. "The skin you love to touch"                          | Woodbury               |
| 18. "Time to re-tire"                                     | Fisk tires             |
| 19. "From contented cows"                                 | Carnation Milk         |
| 20. "Makes clothes sparkle"                               | Oxydol                 |
| 21. "Squeezably soft"                                     | Charmin                |
| 22. "Double the flavor, double the fun"                   | Doublemint Gum         |
| 23. "Which twin wears the . . ."                          | Toni Home Perm         |
| 24. "Mm-Mm good"  | Campbell's Soup        |
| 25. "Not a cough in the carload"                          | Old Gold               |
| 26. "Mountain grown"                                      | Folger's Coffee        |
| 27. "I'd walk a mile for a . . ."                         | Camel Cigarettes       |
| 28. "Call for . . ."                                      | Phillip Morris         |
| 29. "Hire's to you"                                       | Hires Rootbeer         |
| 30. "Reach out and touch someone"                         | AT&T                   |
| 31. "LSMFT"   | Lucky Strike           |
| 32. "Take me away"  | Calgon                 |
| 33. "Plop-plop, fizz-fizz"                                | Alka Seltzer           |
| 34. "How do you spell relief"                             | Rolaids                |
| 35. "When you care enough to send the very best"-Hallmark |                        |
| 36. "Have you driven a ---- lately?"                      | Ford                   |
| 37. "Melts in your mouth, not in your hand"               | M&M's                  |

- |  |                        |
|--|------------------------|
| 38. "I love what you do for me"  | Toyota                 |
| 39. "Strong enough for a man, but made for a woman"-Secret                     |                        |
| 40. "The only gum my mom lets me chew"   | Trident                |
| 41. "Sometimes you feel like a nut, sometimes you don't"-Almond Joy            |                        |
| 42. "Great American chocolate bar"   | Hershey's              |
| 43. "The San Francisco Treat"  | Rice-A-Roni            |
| 44. "You got chocolate in my peanut butter"-Reese's Peanut Butter Cup          |                        |
| 45. "Protects you like a man, but treats you like a woman"-Lady Speed<br>Stick |                        |
| 46. "Gotta have it"  | Pepsi                  |
| 47. "You got the right one baby-Uh-huh"  | Diet Pepsi             |
| 48. "Just for the taste of it"   | Diet Coke              |
| 49. "We like to make you smile"  | McDonald's             |
| 50. "Where's the beef"   | Wendy's                |
| 51. "You've come a long way baby"  | Virginia Slims         |
| 52. "Finger lickin' good"  | Kentucky Fried Chicken |
| 53. "Like sleeping on a cloud"   | Sealy Mattress         |
| 54. "Tell them Charlie sent you"   | Starkist Tuna          |
| 55. "Leave the driving to us"  | Greyhound Bus          |
| 56. "You're in good hands with. . . ."   | Allstate               |
| 57. "Buy a piece of the rock"  | Prudential             |
| 58. "Snap, Crackle, & Pop"   | Rice Krispies          |
| 59. "A little dab'll do ya"  | Brylcream              |
| 60. "Let your fingers do the walking"  | Yellow Pages           |
| 61. "Only you can prevent forest fires"  | Smokey the Bear        |
| 62. "We'll leave the light on for you"   | Motel 6                |
| 63. "Keep the school girl complexion"  | Palmolive              |
| 64. "The Heavenly Coffee"  | Chock Full O' Nuts     |
| 65. "Washes dirt right down the drain"   | Ajax                   |
| 66. "Be Prepared"  | Boy Scouts             |
| 67. "All for one, one for all"   | Three Musketeers       |
| 68. "In God we trust"  | United States          |
| 69. "When better cars are built, ----- will build them"-Buick                  |                        |
| 70. "Children cry for it"  | Fletcher's Castoria    |

**Title:**

Relays

**Group Size:**

Large

**Materials:**

Over & Under Relay: 2 Balls that are the same size

Basketball Dribble Relay: 2 basketballs, cones

Spoon & Ping Pong Ball Relay: 2 spoons & 2 ping pong balls, cones

Balloon Relay: 3 balloons (take 3 extra in case some pop), cones

One-Foot Relay: cones

William Tell Relay: 2 Beanbags, cones

Bases Relay: 4 Bases

**Set Up/Area:**

Divide the clients into teams and have them stand in single file lines for the relays.

**Description:**

- Over & Under Relay: The first player in each line has a ball. At the signal to start, the first player passes the ball over his head to the second player, who passes it between his legs to the third. The ball is passed "over and under" the whole length of the line. The last player, upon receiving the ball, runs forward to the front of the line and starts the ball again. This is continued until the line is back in its original position.
- Basketball Dribble Relay: Divide into as many teams as necessary. Mark a start and finish line. At the start signal, the first player in each line dribbles the ball around the cone and back to their team. They bounce the ball to the next person in line. Play continues until everyone on the team has had a turn.

- Spoon & Ping Pong Ball Relay: Divide into as many teams as necessary. Have the first person on each team balance the ball in the spoon and walk to the turning point and back. If the ball rolls off, it may be replaced with the free hand. The person then hands the spoon and ball to the next person in line.
- Balloon Relay: Inflate 3 balloons. Divide the group into 2-3 teams of equal number and line up single file behind the starting line. One member from each team must bat the balloon to the turn around point and then bat it back to pass off to the next team member. The balloon must not touch the floor and if it does, the player must come back and start over. Players may use any body part to bat the balloon. Continue play until everyone has a turn.
- One Foot Relay: Have the players line up in teams. Instruct the players to hop on one foot to the turning point and then hop on the opposite foot on the way back.
- William Tell Relay: Have the player's line up in teams. The first person on each team is given a bean bag. The player must keep the bean bag balanced on his head and walk to the turning point. (If it falls off, they can pick it up and replace it back on their head.) Once there, he may take hold of it and run back with it, passing it on to the next player at the start. Continue play until everyone has a turn.
- Bases Relay: Have the players line up in teams. Each team is given 2 bases. At the starting signal, the first player on each team lays one base down and steps onto it. Then they lay down the second base, step onto it, reach back and pick up the base left behind. Players can only move to finish line by stepping from sheet to sheet. Once they reach the finish line, they can pick up the bases and run back to the next player.

**Alternative:** If a client is not physically able to participate, have them sit and be an active spectator. You should still assign them to a team to belong to.

**Comments:** Feel free to make up your own relays or have the clients give suggestions!

**Title:**

Ring Toss

**Group Size:**

Medium to Large

**Materials:**

Ring Toss/cones and 4 rings (located in activity closet), masking tape

**Set up/Area:**

Have the clients sit in 2 rows of chairs with the playing area in the middle.

**Description:**

1. Divide the group into 2 teams.
2. Have a player from each team come to the starting line.
3. Each player gets 2 rings of the same color.
4. The players take turns throwing their rings at the target.

**Rules:**

- All throws are to be made behind the starting line.
- If a player from one team puts a ringer on top of a ringer from the opposite team, the ringers cancel each other out, and neither team scores.
- If a ring is touching the base of the target or leaning against the post it is **1 point**.
- Ringers are scored at **5, 10, 15, 20, or 25** points, depending on how the posts are marked.

**Alternatives:**

The basic rules are listed above; the leader can be as creative as he/she wants to be.

**Comments:**

**Title:**

Scattergories

**Group Size:**

Small to Medium-

**Materials:**

Scattergories game sheets (extra copies in the gray box/activity closet), alphabet dice (or put alphabet on pieces of paper in a sack/bowl and let the participants draw them out), timer, pencils

**Set up/Area:**

Have the players sit around a table. Give each of them a scattergories sheet and a pencil.

**Description:**

Explain the following rules to the participants:

- 1) A participant will roll the alphabet dice and at the same time a participant will start the timer.
- 2) The group members will write a word, starting with the letter that was rolled, for each category on the scattergory sheet.
- 3) A player may not use the same word twice during the same round. (Ex: You cannot answer Daisy for a flower and also for a girl's name)
- 4) Once the time is up, everyone takes turns reading their answers out loud. If 2 or more people have the same answer, then they have to cross it off.
- 5) If someone has an answer that no one else used, than they can circle it and it will count for one point.
- 6) If the group wants to challenge an answer than they bring it to a vote. (Even the challenged gets to vote) Participants vote with a thumbs up or thumbs down and majority rules.
- 7) The person with the most points at the end of a round wins. Play as long as time allows.

**Alternatives:****Comments:**

**Title:**

Scrabble Scramble

**Group Size:**

Medium

**Materials:**

31 sheets of construction or typing paper for each team.

**Set up/Area:**

In open area, divide group into 2 teams. Teams line up at one end of the playground/ room and the 2 lettered stacks are placed on the opposite end about 10 yards away.

**Description:**

1. Make 2 sets of alphabet cards with paper and marker. Print one large letter on each sheet. Give each set 2 sheets of A, E, I, O and U.
2. The leader calls out a category- Example: sports, TV, fast food, birds, trees, and so forth.
3. Teams huddle together to agree on a word to spell that relates to the category. Example: category is "tree"- 1 team may spell "maple" and the other "elm".
4. Teams run to their alphabet stacks and scramble to find the necessary letters. Team members grab letters and run back, arranging themselves in the proper order.
5. The 1<sup>st</sup> team to spell a word receives a point for each letter.
6. The team with the most points after a predetermined number of rounds is the winner.

**Alternatives:****Comments:**

**Title:**

Scribbles

**Group Size:**

Small

**Materials:**

A sheet of standard- sized paper and pencil for each person.

**Set up/Area:**

Seat each participant around a large table.

**Description:**

Our imaginations are always working to organize and structure the world, even if no structure exists. We look up at the clouds and see faces take form in their billowy masses. We look down at a crack in the sidewalk and find the shapes of animals and monsters. This activity is another challenge for our ingenuity.

1. Pass out a sheet of paper and a pencil to each player.
2. The object of this game is to turn the most pointless scribble into something recognizable. Each person draws a simple scribble on the paper and passes it to a neighbor.
3. Now everyone must make this new scribble part of a drawing of a recognizable object or scene.
4. After everyone has finished, have players try to pick out the original scribbles. The one with the most ingeniously disguised scribble gets the Scribble of the Year Award.

**Alternatives:**

**Comments:**



**Title:**

Skip-Bo

**Group Size:**

Small

**Materials:**

Skip-Bo card game (located in game cabinet)  
(Directions are in the box if you need them)

**Set up/Area:**

Have the participants sit around a small table.

**Description:**

- 1) The dealer gives everyone 10 cards that must remain face down. This is the "*stock pile*". They are then instructed to turn the top card face up. The object of the game is to get rid of this pile.
- 2) The left over cards go in the middle for the "*draw pile*".
- 3) The first player draws 5 cards from the *draw pile*. If they have a skipbo card or a 1 in their hand, or on top of their *stock pile*, they can discard into the 4 "*building piles*", which are on each side of the *draw pile*. The *building piles* consist of placing the cards in sequential order (1-12). Skipbo is a wild card. Once the *building pile* reaches 12, it is taken out and a new *building pile* can start.
- 4) If the player uses all 5 cards, he draws 5 more and continues playing.
- 5) Once he cannot play anymore, or chooses not to, he lays one of his cards into one of his 4 "*discard piles*". *Discard piles* sit, in a row, next to a players *stock pile*.
- 6) On a player's second turn he must start with 5 cards in his hand. (So if he has 3 left from the last round, he will draw 2 from the *draw pile*.)
- 7) Remember, in each turn a player can play from his hand, his *stock pile*, or his *discard piles*. Yet, the object of the game is to be the first to get rid of your *stock pile*.

**Alternatives:**

**Comments:**

**Title:**

Skunk

**Group Size:**

Small

**Materials:**

2 dice, pen and paper.

**Set up/Area:**

Players should be seated around one table.

**Description:**

1. Each player is given a chance to roll 2 dice.
2. They are given points by adding the total of the rolls of both dice.
3. They can roll as little as one time.
4. If they roll only once they get the total of that roll as their score.
5. If they choose to roll more than once they get the total of all of the rolls combined.
6. However, if at any time they roll a "1" they lose all of the points earned in that turn. If they roll double "1s" they lose all points that they earned for the entire game.
7. The first person to reach 100 points wins.
8. **EXAMPLE:** Player rolls a 3 and a 4 on the first roll. So he can stay with 7 points or roll again. He rolls again and rolls a 6 and a 2. Therefore, they have 15 points. If they roll again and roll a "1" they lose the 15 points. If they roll again and roll a double "1" they lose the 15 points plus any other points that they had earned in previous rounds.

**Alternatives:**

**Comments:**

**Title:**

Spelling Bee

**Group Size:**

Medium

**Materials:**

Box with word ideas (ex: puzzle book, word search book, dictionary, etc)

Marker board, Dry erase markers

**Set up/Area:**

Have the clients sit in chairs in a half circle. This can be done in the front day room or in the side day room.

**Description:**

1. Call the first player to stand in front of the participants.
2. Read him a word to spell out.
3. If he spells it correctly, than he receives a point.
4. If he spells it incorrectly, than you can give him the correct answer or let the next person try. (only let a word go to 3 participants and then give them the correct spelling and go to a new word)

**OR**

- 1) Divide the group into 2 teams.
- 2) Have 2 players go up to the marker board.
- 3) Give them a word to spell.
- 4) The first one to write the correct answer gets a point.

**Alternatives:**

- You can divide the players up into teams.
- You can assign 1 point to easy words and 2 points to more challenging words and let them pick which one they would like.

**Comments:**

**Title:**

Spin the bottle exercise

**Group Size:**

Any

**Materials:**

2- Liter bottle with slips of paper with exercises written on them.

**Set up/Area:**

Players stand in a circle in the dayroom.

**Description:**

1. One player spins the bottle. Whoever the neck of the bottle points to must take out a slip of paper and lead the exercise or movement that the paper states.
2. The person leading the exercise must determine how many of how long the exercise is to be done.
3. The person leading the exercise then spins the bottle to determine the next leader.
4. Continue until all exercises have been completed or 40 minutes are up.

**Alternatives:**

**Comments:**

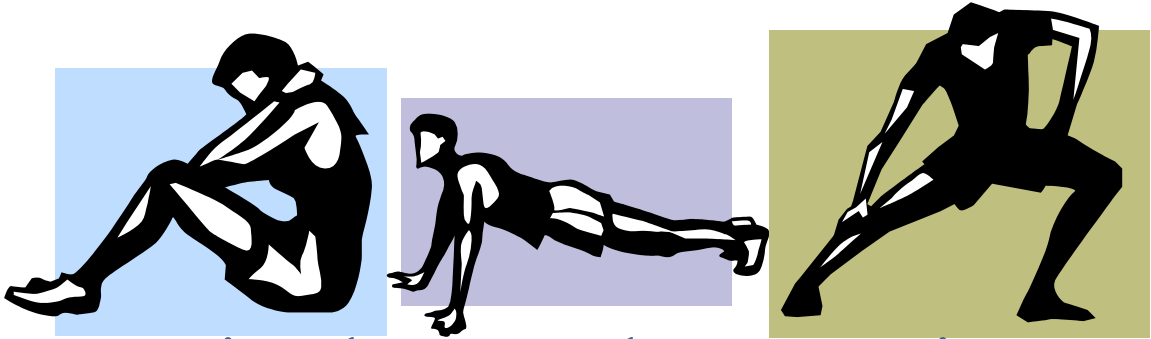
|   |                        |   |
|---|------------------------|---|
| <b>Deep Breathing</b>   | 5 x                    | While, inhaling, lift arms over your head. As you exhale, return arms to your side.   |
| <b>Shoulder Shrugs</b>  | 10 x each              | Lift shoulders upward toward ears, return to normal position. Repeat.   |
| <b>Shoulder Rotations</b>   | 10 x each<br>Direction | Move shoulders, at the same time, in a circular motion. Forward then back.  |
| <b>Neck Relaxers</b>  | 5 x each side          | Stand with feet about shoulder width apart. While relaxing your neck, try to drop your head, letting your chin touch your chest. Slowly roll your head to the left as if to lay your ear on your shoulder. Then slowly roll your head to front, keeping your chin tucked to your chest, and then roll your head to the right. <u>Do not tilt head back.</u> Repeat. |
| <b>Reach for the sky</b>  | 5 each side            | Stretch right arm upward toward the ceiling until you feel a good stretch in your side. Alternate sides.  |
| Additional- may continue movement picking up pace and repeat move left to right for 30 seconds. |                        |   |
| <b>Arm Circles</b>  | 10 x each direction    | With arms extended outward, even with the shoulders and palms up, move arms in circular motion to the front. Repeat in opposite direction.  |
| <b>Trunk twists</b>   | 10 x each direction    | With feet shoulder width apart, slowly twist to one side as far as possible. Repeat to other side.  |

|                            |                       |  |
|----------------------------|-----------------------|--|
| <b>Triceps tricks</b>      | 10x each arm          | Extend right arm straight up, palm facing front, keeping arm as close to the side of your head, as possible. Make a fist with your right hand as you drop the upper arm back, keeping your elbow pointed at the ceiling. Slowly extend this arm back to starting position. Repeat x10 and do left arm. |
| <b>Side benders</b>        | 5 x each side         | With feet about shoulder width apart, slowly bend to side- hold for a few seconds and bend to other side (arm may be extended over head while bending for a better stretch.)   |
| <b>Reach for your toes</b> | 5 xs                  | With feet about shoulder width apart and knees slightly bent, bend over at the waist and reach for your toes (no bouncing- a slow steady stretch). Hold for 5 seconds and stand up straight. Repeat.   |
| <b>Back stretch</b>        | 5 xs                  | With feet about more than shoulder width apart and knees slightly bent, bend over at the waist and reach between your feet toward your heels for more of a back stretch. Stand up and repeat.  |
| <b>Upper back stretch</b>  | hold<br>15-30 seconds | Clasp hands in front at shoulder level, reaching out, tuck head and turn it from left to right side.   |
| <b>March in Place</b>      | 60 seconds            | Raising knees waist high, march in place, swinging arms to increase heart rate.  |

|                            |                              |  |
|----------------------------|------------------------------|--|
| <b>Ankle/ foot relaxer</b> | 5 x each<br>Ankle/ direction | Sitting in a chair or using support of front counter/ wall lift right leg and rotate ankle (both direction) then switch and do other ankle.  |
| <b>Windmills</b>           | 5-10 each side               | Standing with feet about shoulder width apart, arms extended out at shoulder height, bend over at the waist and reach for the left foot with the left hand. Stand erect and reach for the right foot with the right hand. Continue, alternating sides. |
| <b>Jumping Jacks</b>       | 25 x                         | Arms at sides, feet together, on count 1, jump and spread feet apart while at the same time swing arms overhead. On count 2, return to starting position. Repeat.  |
| <b>Lunges</b>              | 30 seconds each<br>Leg       | Standing with feet about shoulder width apart, take one small step forward with the right foot. The front knee is bent, the back leg is straight. (both feet should be pointing straight ahead. The back leg is feeling the stretch.) Repeat.          |
| <b>March in Place</b>      | 60 seconds                   | Raising knees waist high, march in place, swinging arms to increase heart rate.  |
| <b>March in Place</b>      | 60 seconds                   | Raising knees waist high, march in place, swinging arms to increase heart rate.  |

|                       |            |   |
|-----------------------|------------|---|
| <b>March in Place</b> | 60 seconds | Raising knees waist high, march in place, swinging arms to increase heart rate.   |
| <b>Jumping Jacks</b>  | 25 x       | Arms at sides, feet together, on count 1, jump and spread feet apart while at the same time swing arms overhead. On count 2, return to starting position. Repeat. |
| <b>Jumping Jacks</b>  | 25 x       | Arms at sides, feet together, on count 1, jump and spread feet apart while at the same time swing arms overhead. On count 2, return to starting position. Repeat. |





# Spin the Bottle Exercise

**Title:**

Spoons

**Group Size:**

Small

**Materials:**

1 deck of cards, plastic spoons (one less than the # of players)

**Set up/Area:**

Players should sit around a large table.

**Description:**

1. The dealer deals out 4 cards to each player.
2. The dealer then takes one card off the top of the deck at a time, looks at it and determines whether or not he wants to keep it.
3. Each player is trying to get 4 of a kind in their hand.
4. The dealer either passes the card or trades it for another card in his hand and then passes that card.
5. Therefore, only leaving 4 cards in his hand at all times.
6. Each of the other players look at the cards one at a time and either keep them by trading for another card in their hand or passing them on.
7. The 1<sup>st</sup> person to get 4 of a kind in their hand discretely grabs a spoon from the center of the table.
8. As the other players see this, they grab a spoon. The one who does not get a spoon is out. This continues until there is only one player left.
9. Repeat, until one person is left.

**Alternatives:****Comments:**

**Title:** Squid

**Group Size:** Large

**Materials:** Foam ball, 4 cones

**Set up/Area:** Gym/ Exercise area. Set up cones to make a square playing area.

**Description:**

1. After marking off area in square with cones.
2. Choose one player to be the "Squid". Squid has a foam ball.
3. The other students "the fish" assemble on one end of the playing area.
4. The "Squid" calls out "Swim fish swim!" to start play.
5. The fish run to the opposite side without getting hit below the waist by the squid's ball. Students who are hit must freeze where they were hit. They will become "frozen fish".
6. When Squid calls out "Swim fish swim" again, the remaining take off for the other side. The "frozen fish"- who **may not** move their legs-, try to use their arms to gently tag others (to be frozen) as they go by.
7. The game ends when there is one fish left who has not been hit by Squid's ball or tagged by one of the frozen fish

**Alternatives:**

**Comments:**

**Title:**

State Trivia

**Group Size:**

Small & Medium

**Materials:**

State trivia papers (located in activity closet)

State Map also included in folder

**Set up/Area:**

Sit clients in a circle or around a table

**Description:**

1. Once the clients are seated, explain the activity.
2. Ask the participants the questions listed on the state trivia sheets.
3. Encourage them to answer and share experiences related to the geographical areas.

**Alternatives:**

**Comments:**

# State Trivia

What state are you in when.....?

- You stepped off your plane and were greeted by "Aloha" and given a necklace of flowers.....**Hawaii**
- You have found yourself in the state of four P's: Pecans, Peaches, Peanuts, and President Carter.....**Georgia**
- You are strolling along the cobbled streets of Beacon Hill. You stop to have a beer at Cheers. You are in the city of the famous tea party.....**Boston, Massachusetts**
- You find yourself on Bourbon Street dancing to jazz music.....**New Orleans, Louisiana**
- You cross the Golden Gate Bridge.....**San Francisco, California**
- You have been playing roulette.....**Las Vegas, Nevada, or Atlantic City, New Jersey**
- You find yourself in the home of the King of rock and roll.....**Memphis, Tennessee**

What country are you in when.....?

- You take a gondola across the water to do your sightseeing.....**Venice, Italy**
- You walk along the Champs Elysees to the Arc de Triomphe. You stop at the Eiffel Tower.....**Paris, France**
- You jump on a red double-decker bus and head for Downing Street. You stop and ask directions from a bobby.....**London, England**
- You take your shoes off as you enter the restaurant. You are seated by a woman in a silk Kimono.....**Japan**
- You are walking through a beautiful field of tulips, when you come across a windmill. You see men and women in wooden shoes.....**Netherlands (Holland)**

State Capitals: See if the residents can match the capital with the state.

|                |                |
|----------------|----------------|
| Montgomery     | Alabama        |
| Phoenix        | Arizona        |
| Madison        | Wisconsin      |
| Albany         | New York       |
| Nashville      | Tennessee      |
| Little Rock    | Arkansas       |
| Raleigh        | North Carolina |
| Santa Fe       | New Mexico     |
| Juneau         | Alaska         |
| Trenton        | New Jersey     |
| Bismarck       | North Dakota   |
| Austin         | Texas          |
| Sacramento     | California     |
| Cheyenne       | Wyoming        |
| Denver         | Colorado       |
| Columbus       | Ohio           |
| Charleston     | West Virginia  |
| Olympia        | Washington     |
| Hartford       | Connecticut    |
| Richmond       | Virginia       |
| Dover          | Delaware       |
| Oklahoma City  | Oklahoma       |
| Tallahassee    | Florida        |
| Montpelier     | Vermont        |
| Atlanta        | Georgia        |
| Salem          | Oregon         |
| Concord        | New Hampshire  |
| Honolulu       | Hawaii         |
| Pierre         | South Dakota   |
| Carson City    | Nevada         |
| Columbia       | South Carolina |
| Boise          | Idaho          |
| Harrisburg     | Pennsylvania   |
| Helena         | Montana        |
| Springfield    | Illinois       |
| Salt Lake City | Utah           |

Indianapolis

Topeka

St. Paul

Annapolis

Des Moines

Frankfort

Augusta

Jefferson City

Lansing

Boston

Jackson

Baton Rouge

Lincoln

Providence

Indiana

Kansas

Minnesota

Maryland

Iowa

Kentucky

Maine

Missouri

Michigan

Massachusetts

Mississippi

Louisiana

Nebraska

Rhode Island

## State Nicknames:

The Show me State: Missouri

Blue Grass State: Kentucky

Lone Star State: Texas

Buckeye State: Ohio

Keystone State: Pennsylvania

Empire State: New York

Sunflower State: Kansas

Land of Lincoln: Illinois

Sunshine State: Florida

Peach State: Georgia

Hoosier State: Indiana

Prairie State: Illinois

Aloha State: Hawaii

Cotton State: Alabama

Grand Canyon State: Arizona

Little Rhody State: Rhode Island

Badger State: Wisconsin

Evergreen State: Washington

Pelican State: Louisiana

Constitution State: Connecticut

Find the State:

|         |         |        |         |        |
|---------|---------|--------|---------|--------|
| Candles | born    | batter | fifteen | closet |
| Meal    | minutes | march  | chicken |        |

There are sixty in one hour \_\_\_\_\_  
5

The month after February \_\_\_\_\_  
9

If he's lucky, he hits a home room \_\_\_\_\_  
8

You were \_\_\_\_\_ on your birthday \_\_\_\_\_  
7

A girl or boy who just turned nine \_\_\_\_\_  
Would have to blow out nine \_\_\_\_\_!  
3

A good place to hang your clothes \_\_\_\_\_  
6

It comes out of an egg \_\_\_\_\_  
2

The number after fourteen \_\_\_\_\_  
4

Breakfast, Lunch, or Dinner \_\_\_\_\_  
1

Answer: \_\_\_\_\_  
1 2 3 4 5 6 7 8 9



**Title:**

Straddle ball

**Group Size:**

Large

**Materials:**

A ball

**Set up/Area:**

In large open area, the players need to stand in a circle with their feet in a straddle position touching the person's feet next to them.

**Description:**

1. One person who is It stands in the center of the circle with the ball and tries to roll it out of the circle between someone's legs.
2. The player tries to stop the ball with his hands.
3. If he does, he gives the ball back to the person in the center of the circle.
4. If the person in the center of the circle is successful at getting the ball through the player's legs, the player whose legs the ball went through is It.

**Alternatives:**

**Comments:**

**Title:**

Target Baseball

**Group Size:**

Medium to Large

**Materials:**

Poster board with various baseball plays on it, 4 chairs, sponge ball.

**Set up/Area:**

In dayroom, divide the players into 2 teams. Choose a team name for each. The chairs should be set up in a diamond shape, just like a regular baseball diamond.

**Description:**

1. The 1<sup>st</sup> batter takes the sponge ball and throws it at the target which has various baseball plays on it.
2. The target may be placed on the floor or taped to wall where the batter can throw the ball to hit one of the boxes on the target.
3. The player then advances as he would in baseball.
4. After one team has 3 outs the other team is up to bat.
5. Play 9 innings the team with the most runs wins.

**Alternatives:****Comments:**

**Title:**

Target Toss

**Group Size:**

Medium to Large

**Materials:**

Game board, bean bags or other non-rolling objects

**Set up/Area:**

In open area, players gather in a circle or rows so that game board is visible.

**Description:**

1. Players take turns throwing objects into circles on the game board.
2. They score values of 5, 3, or 1 points depending on the circle that it lands in.
3. The object scores for the smallest valued circle it touches even if most of the object lies inside a bigger one.
4. The person with the most points at end of the game wins.

**Alternatives:**

**Comments:**

**Title:**

Team Hangman

**Group Size:**

Small to Medium

**Materials:**

White board, dry erase marker, pencil and paper.

**Set up/Area:**

In side dayroom where white board is available. Split teams into 2 teams.

**Description:**

1. The leader makes a list of words to be used. May draw list from crossword books, picture cards, or other materials available to help.
2. The moderator then chooses a word for the group and puts the blanks up on the chalk board and tells category.
3. Team 1 may begin guessing letters to fill in the blanks for solving.
4. One by one, each team member should select one letter and have an opportunity to guess the answer.
5. Then another teammate will guess a letter and have the same opportunity.
6. If a team member guesses incorrectly, the opportunity to guess letters and solve goes to Team 2.
7. As guesses are incorrect, write incorrect letters on the board for reminders of what has been guessed.

**Alternatives:**

**Comments:**

**Title:**

Tic Tac Toe

**Group Size:**

Medium to Large

**Materials:**

Trivia questions and X and O boards

**Set up/Area:**

In dayroom, divide group into 2 teams. Give one team the X's and the other team the O's. Set up chairs in 3 rows with 3 chairs in a row.

**Description:**

1. Ask one player of the O team a trivia question.
2. If they answer it correctly they get to sit with their O in one of the seats.
3. If they fail to answer the question correctly it is the other teams turn to be asked a question.
4. If they answer it correctly they get to sit an X in one of the seats.
5. The object for both teams is to get a tic-tac-toe.

**Alternatives:****Comments:**

**Title:**

Twenty Questions

**Group Size:**

Small to Large

**Materials:**

Dry erase board and chairs

**Set up/Area:**

Gather players in an area in which dry erase board can be used.

**Description:**

1. Have prepared list of categories. Example: animals, fruits, food, birds, places, people, or cities.
2. Have one person sit with his back to the erase board.
3. Another person writes a word on the board that fits into the previously chosen category.
4. The seated person tries to guess the word by asking all the other players up to 20 questions which will only be answered with yes or no.  
Example: Is it something that you wear? Can you eat it?
5. Game continues until everyone has a turn or time is out.

**Alternatives:****Comments:**

**Title:**

UNO Stacko

**Group Size:**

Small to Medium

**Materials:**

UNO Stacko game (located in game cabinet)

**Set up/Area:**

Have the clients sit around a table. (They may be standing around the table during the game)

**Description:**

The rules to this game are on the side of the box.

They are very easy to follow and you can refer to them as you play along.

- Start by building the tower with three blocks, the next layer needs to be turned the opposite direction. (refer to example on box)
- The first player pulls out a block and places it back on top.
- Then next player has to pull the same color or number as the block before him. ( Rules for reverses, skips, wilds, etc. are on the box)
- The winner is the last player to make a move without the tower falling over.
- Have the clients help build the tower back up after the rounds.

**Alternatives:**

**Comments:**

**Title:**

Uno

**Group Size:**

Small

**Materials:**

Uno Cards

Piece of paper and pen

**Set Up/Area:**

Each player is dealt 7 cards, extra cards are placed face down to form a "draw" pile. The top card of the draw pile is turned over to begin the "discard" pile.

**Description:** For more detailed instructions, please see UNO box

1. The first player has to match the card in the discard pile by number, color, word, or play a wild card.
2. If the player doesn't have anything to match, he must pick a card from the draw pile.
3. If he can play, he does so, if he cannot play it is the next person's turn.
4. When you have one card left, you must yell UNO. If the person does not, and someone else yells UNO before the person who has one card left, the player must draw 2 cards.
5. When a player has no cards left in his hand the hand is over.
6. The player who has run out of cards gets all the cards from the other players hands and they are scored.
7. The first player to 500 wins.

**Alternatives:**

**Comments:**

Scoring:

All Cards through 9= Face Value

Draw 2= 20 points

Reverse= 20 points

Skip= 20 points

Wild= 50 points

Wild Draw Four= 50 points



**Title:**

Ward Feud

(Similar to "Family Feud")

**Group Size:**

Large

**Materials:**

Outburst Cards from the game "Outburst" found with the games.

Taboo buzzers

**Set Up/Area:**

Divide group into 2 teams

**Description:**

1. One player from each team comes forward for the "face off."
2. They are instructed that they will be given a topic, and must think of an item falling under this topic.
3. The leader reads the topic.
4. The first person to hit the buzzer with a correct item on the Outburst card gains a point for his team, and play continues with that team.
5. Members of the team must take turns answering.
6. If a member correctly answers their team receives a point.
7. If they answer incorrectly (by not saying one of the items on the card) their team receives a strike card.
8. If the team does not receive the total 3 strike cards and guesses all of the items on the card, play starts again by one player from each team coming forward for the "face off."
9. After the team has received 3 strike cards, play goes to the other team.
10. This team receives a point for each correct answer.
11. If that team correctly finishes all of the answers on the card without receiving 3 strikes, play starts again with a "face off."
12. If this team get 3 strikes, all the rest of the answers are read aloud, and play starts again with a "face off."
13. The team with the highest score when time is up wins.

**Alternatives:****Comments:**

**Title:**

Washers with Bean Bags

**Group Size:**

Small

**Materials:**

Even number of bean bags

2 soda carton boxes with an inner circle (found in the activity closet)

**Set Up/Area:**

Set the two cartons about 20 feet apart

Place all the bean bags by one carton

Break up the clients into teams of two

Have one person from each team stand by carton "A" and one by carton "B"

**Description:**

1. With one player from team 1 and team 2 behind carton A, take turns tossing 3 bean bags a piece toward carton B.
2. After points are given, one player from team 1 and team 2 throw the bags from behind carton B toward carton A.
3. Play continues until time is up, or a team has reached the limit.

**Alternatives:**

- If there are more than just 4 clients, teams can take turns playing.
- Set a limit, such as the first team to 15 wins.

**Comments:**

Scoring:

1 point for the team closest to the carton

2 points for each bean bag inside the carton, but not in the inner circle

3 points for each bean bag inside the inner circle

**Title:**

Weave a word

**Group Size:**

Small to Medium

**Materials:**

Pencils and paper

**Set up/Area:**

Have residents sit around table.

**Description:**

1. Two or more players each draw a 5 square grid.
2. The 1<sup>st</sup> player calls out any letter of the alphabet and everyone puts the letter in any one of their boxes.
3. The next player calls out another letter which everyone enters into their grid and so on until 25 letters have been called out and each grid is filled.
4. Once a letter is entered in a box, it cannot be moved around!
5. There are no restrictions on the letters called so there may be repeats.
6. The goal is to place the letters in the grid so as to spell as many words as possible in all directions: Horizontally, vertically, and diagonally. No proper nouns allowed!

To Score:

Count 10 points for a five letter word

Count 5 points for a four letter word

Count 3 points for a three letter word

Count the longest word, not the words within it

**Alternatives:**

**Comments:**

L A G E R

N E T E O

P I T I L

K N O W E

E X P O X

**Title:**

What's the Occupation?

**Group Size:**

Small

**Materials:**

Pencils

Markerboard

**Set Up/Area:**

Have clients sit around the Markerboard

**Description:**

1. Write the suggested item on the markerboard.
2. Have clients list as many occupations that use the suggested item.
3. Once the clients have thought of as many occupations as possible, go to the next item.

**Alternatives:**

**Comments:** Clients may need some suggestions to get going.

|               |             |          |
|---------------|-------------|----------|
| Pencil        | Microphone  | Shovel   |
| Television    | Typewriter  | Computer |
| Cash Register | Potato      | Gasoline |
| Airplane      | Tractor     | Stove    |
| Baseball      | Stethoscope | Animals  |
| Boat          | Broom       | Apron    |
| Chalk         | Piano       | Paint    |
| Patient       | Glass       | Book     |
| Tire          | Whistle     | Scale    |

**Title:**

Wheel of Fortune

**Group Size:**

Small to Medium

**Materials:**

List of people, places, things, phrases, books or song titles

Dry erase board and marker for it

**Set up/Area:**

Gather players in chairs where dry erase board is available.

**Description:**

1. Make area on board for puzzle category, incorrect guesses and puzzle blanks.
2. The only clue provided is that of the puzzle category.
3. The participant at the board places lines on the board to represent the number of letters in the word, leaving spaces between words.
4. Each participant has a chance to guess a letter that may appear in the word or phrase.
5. The object of the game is to solve the puzzle by guessing letters which will be placed on appropriate blanks, if contained in the puzzle
6. Or put guessed letters behind "incorrect guesses" if not contained in the puzzle.
7. Guesses may only be made when it is that person's turn.
8. If they continue to guess correctly they may continue to make letter guesses or solve. It is their turn until incorrect guess is made.
9. If they solve it correctly they have the chance to be the person who puts the next puzzle on the board.
10. Individual scores may be kept if desired.

**Alternatives:****Comments:**

**Title:**

Win, Lose, or Draw

**Group Size:**

Small, Medium, or Large

**Materials:**

Marker board, Markers & Win, Lose or Draw cards

**Set up/Area:**

Have clients sit facing the marker board

**Description:**

1. Divide the players into 2 teams.
2. One person from each team is shown a word from the box of cards.
3. At the signal, the players must draw symbols representing the word or phrase. No letters or numbers may be used.
4. The 1<sup>st</sup> team to correctly guess the word or phrase wins a point.
5. Play continues until everyone has had a turn or time runs out.

**Alternatives:**

**Comments:**

## Word Couples

Directions: Have the clients split into two teams. Ask Team 1 to complete the word couple. If they answer correctly, they receive a point. If they are incorrect, the opposite team member gets a chance to steal the point. You can keep going back and forth until someone answers correctly or give the answer and start with a new player on Team 2.

Jack & Jill

Ham & Eggs

Salt & Pepper

Ice cream & Cake

Shoes & Stockings

Mutt & Jeff

Fish & Chips

Cap & Gown

Thunder & Lightning

Hook & Eye

Knife & Fork

Cup & Saucer

Tea & Coffee

Lock & Key

Soap & Water

Crackers & Cheese

Pots & Pans

Brush & Comb

Amos & Andy

Pen & Ink

Bread & Butter

Coat & Hat

Cat & Mouse

Black & Blue/White

Love & Kisses

Hammer & Nails

Hit & Run

Nuts & Bolts

Romeo & Juliet

Cream & Sugar

Bow & Arrow

Paper & Pencil

Horse & Buggy

Rise & Shine

Rain & Wind

Stars & Stripes

Sticks & Stones

Girl & Boy

Ball & Bat

Cat & Dog

Macaroni & Cheese

Catsup & Mustard

Come & Go

Milk & Honey

Yea & Nay

Day & Night

Meat & Potatoes

Pork & Beans

Liver & Onions

Peanut butter & Jelly

Sugar & Spice



## Word Games

Clichés about soups and stews

Fast cars are "----- Up".....**Souped Up**

The fog is as thick as.....**Pea Soup**

Too many cooks.....**Spoil the Broth**

He's left to stew.....**In his own juices**

---- and Sandwich.....**Soup**

Soup and ----.....**Salad**

A watched pot.....**Never Boils**

## Advertisement Slogans

What juice is made from 8 vegetables?.....**V-8**

What's the best tuna?.....**Chicken of the Sea**

It's the real thing.....**Coca Cola**

The Uncola.....**7-UP**

Good to the last drop.....**Maxwell House**

Soup is good food.....**Campbell's House**

**Title:**

Word Searches

**Group Size:**

Small

**Materials:**

Word Searches (in activity closet) or blank pieces of paper, pencils

**Set up/Area:**

Have the clients sit around a table either in the side day room, or in one of the leisure rooms.

**Description:**

- 1) Pass out a copy of the word search to each participant.
- 2) Have them work quietly on finding the hidden words.
- 3) You may have them work in partners, especially if some participants have difficulty reading.

**OR**

- 1) Give each player a blank sheet of paper.
- 2) Have them make a grid on their paper. (ex: 6 boxes across, 6 boxes down)
- 3) Give them a few minutes to put words in the boxes with random letters around the words.-----creating their own word search.
- 4) Remind them to write their hidden words at the bottom of the page.
- 5) Next, pass the word search to the participant on their left and have them work on finding the hidden words.

**Alternatives:**

Give all participants the same word search.

Call out a hidden word and the first participant to find it gets a point.

**Comments:**

**Title:**

Word Spaghetti

**Group Size:**

Small to Medium

**Materials:**

Marker board & markers

**Set up/Area:**

Have clients sit in chairs facing the marker board

**Description:**

1. The leader divides the group into 2 teams or they can play individually.
2. The leader then puts a "spaghetti" word on the top of the marker board.
3. Each player comes up to the board and tries to find as many sub-words as possible from the "spaghetti" word.
4. For example: "spaghetti" word is Vegetable—sub words include: table, leg, beg, late, tab, get, beat, at, ate, beet, etc.
5. For each sub word, the player gets a point.
- 6.

**Alternatives:**

**Comments:**

**Title:**

Yahtzee

**Group Size:**

Small

**Materials:**

Yahtzee Game (located in game cabinet)

**Set up/Area:**

Have the participants sit around a small table.

**Description:**

\*Please refer to attached Yahtzee directions.

If the leader has never played before, may want to ask the participants if they can help explain rules as you play.

**Alternatives:**

**Comments:**