



# ACTIVITIES FOR MEANINGFUL DAYS

*Choose at least one activity of interest each day for each category. Create moments of joy with creativity and freedom to make mistakes. Have FUN!!*

Last Name, First Name: \_\_\_\_\_ Room # \_\_\_\_\_

GEM® Level  Sapphire  Diamond  Emerald  Amber  Ruby  Pearl Date: \_\_\_\_\_

Risk Factors:  Dehydration  Malnutrition  Social Isolation  Falls  Other \_\_\_\_\_

Strategies:  Hand-under-hand (HUH)  Visual / Verbal / Touch  Positive Physical Approach

Cues Needed:  Initiate  Sequence  Switch Gears  Memory Book  Music \_\_\_\_\_

**Sapphire** – Volunteering, going out to the theater, attending social functions, spending time outdoors

**Diamond** – Enjoyable and familiar activities, socializing with friends and family, re-energizing through fitness, relaxation, gardening, volunteering, cooking, and other production activities

**Emerald** – Socializing with friends and family, re-energizing through fitness, relaxation; gardening, volunteering, cooking, and other productive activities

**Amber** – Activities that appeal to the senses, gross motor activities, walking, listening to music and dancing

**Ruby** – Gross motor activities, listening to music and dancing, putting items in and out of containers, aromatherapy

**Pearl** – Music, singing, and humming, rocking in a chair or glider, providing simple foods to taste and smell, warm blankets and pillows.

## Productive:

\_\_\_\_\_

\_\_\_\_\_

## Leisure:

\_\_\_\_\_

\_\_\_\_\_

## Self-care:

\_\_\_\_\_

\_\_\_\_\_

## Restorative:

\_\_\_\_\_

\_\_\_\_\_

