

# Productive Activities

❖ Helping another resident	❖ Counting things
❖ Helping staff members	❖ Folding things
❖ Completing community tasks	❖ Marking things
❖ Making something for another	❖ Cleaning things
❖ Sorting things	❖ Taking things apart
❖ Fixing things	❖ Moving things
❖ Building things	❖ Cooking/baking related functions
❖ Making things	❖ Setting up/breaking down things
❖ Caring for things	

Some resident need purposeful/meaningful activities where they are appreciated

Reference: "Alzheimer's Activity Ideas & Tips" Teepea Snow

## Consider spontaneous activities

Sing-a-longs	Staff members do a skit
Generationally appropriate music	Movement or dance

## Pay it forward and Random acts of kindness

Give affection to make someone's day	Praise your co-workers
Be a friend who listens	Help someone learn
Send a card or thank you note	Spend time with someone
Let someone go in front of you	Send a note of appreciation
Ask if you can help someone	Ask for help (even if you don't need help)
Praise a parent for their child	Smile at strangers (smile more in general)
Forgive someone	Give someone flowers
Compliment someone	Arrive on time

Reference: The Random Acts of Kindness Foundation