



### **Activities to promote engagement**

It is important that during this time we all stay engaged. Active engagement in meaningful occupation can have a positive impact on our health and well-being (Tilda, 2017). Given that engagement in occupation is more challenging at the moment, we have collated some activities that can be used to support engagement. It is important to note that meaningful occupations are *individual* therefore, some of the activities listed will not be appropriate for each person.

- 1. Activities at home**
- 2. Movement activities**
- 3. Apps for engagement**



### Activities at home

Set up WhatsApp video call/facetime to call family and friends



Jigsaws



Painting



Gardening



Paper Mache



Paint nails





**Blowing bubbles**



**Scrapbooking**



**Practice a skill e.g buttoning clothes**



**Playdough**



**Jewellery making**



**Listen to audiobook**



**iPad/tablet**



**Sensory modulation activities**





### **Movement activities**

#### ***Easy Exercises-***

See link below.

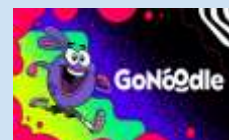
<https://www.healthpromotion.ie/hp-files/docs/HPM00487.pdf>

This is a HSE document which contains a programme of chair based exercises.



#### ***GoNoodle App-***

Movement and Mindfulness videos.  
Includes 100s of short dance videos



#### ***Zumba youtube video-***

10-minute workouts – Zumba Beginner's Level  
[https://www.youtube.com/watch?v=9\\_MxwQw10RI](https://www.youtube.com/watch?v=9_MxwQw10RI)



### Applications for Engagement

#### Games:

- ❖ Knots
- ❖ Bits board

#### Video maker:

- ❖ AdobeSpark

#### Art:

- ❖ Squigglish
- ❖ Drawing Pad
- ❖ Adult colouring

#### Music:

- ❖ Spotify
- ❖ Youtube
- ❖ TapATune

#### Visual Discrimination

- ❖ Spot the difference with friends
- ❖ Whats the difference
- ❖ Matching pictures
- ❖ Memory

#### Cause & effect:

- ❖ Talking Tom
- ❖ Fish fingers
- ❖ Fart piano
- ❖ Bubble wrap

#### Children's applications

- ❖ Khan academy kids
- ❖ Easy A-Z alphabet
- ❖ Nursery Rhymes