

### **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** 



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#### **Blowing bubbles**



#### Scrapbooking



Practice a skill e.g buttoning clothes



Playdough



**Jewellery making** 



Listen to audiobook



iPad/tablet



Sensory modulation activities



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#### **Movement activities**

#### **Easy Exercises-**

See link below.

https://www.healthpromotion.ie/hpfiles/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 Mx wQw10RI

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Applications for Engagement					
Games:	Video maker:				
<ul><li>Knots</li><li>Bits board</li></ul>	<b>❖</b> AdobeSpark				
Art:	Music:				
<ul><li>Squigglish</li><li>Drawing Pad</li><li>Adult colouring</li></ul>	<ul><li>Spotify</li><li>Youtube</li><li>TapATune</li></ul>				
Visual Discrimination  Spot the difference with friends  Whats the difference  Matching pictures  Memory	Cause & effect:  ❖ Talking Tom ❖ Fish fingers ❖ Fart piano ❖ Bubble wrap				
<ul> <li>Children's applications</li> <li>❖ Khan academy kids</li> <li>❖ Easy A-Z alphabet</li> <li>❖ Nursery Rhymes</li> </ul>					