

Beat the Heat!

Fun Indoor Therapy Activities

1

Cooking Group

Cut up fresh fruits and make homemade ice-cream. Reminisce about favorite summer eating experiences while also improving balance, endurance, problem solving and memory.



2

Obstacle Course

Create an obstacle course to assist residents and patients through to improve balance, endurance and independence.



3

Domino Group

Gather around a table for a classic game of Dominoes. This activity will improve memory, problem solving, fine motor coordination and visuo-spatial awareness.



4

Duct Tape Flag Activity

Place different colors of duct tape on a rope to hang down, resembling a flag. Ask patient to kick different colors. For a bigger challenge, give the patient a pattern of colors to kick! This will improve balance, coordination, motor planning and motor memory.



5

Bean Bag Balance Game

Place a bean bag on patient's foot and have them balance it until they can reach to drop it in a bucket! This is sure to bring laughter while enhancing balance, strength, endurance and patience!

