**SUGGESTIONS FOR ACTIVITIES TO ACCESS THE ADAPTIVE MODE**

**Connected**
- Listen to a song together, **discuss music or sing**
- Play cards or a game
- Create art together
- Take a walk
- Watch clips of interests (sports, dancing, movies, animals)
- Cook or **discuss food**
- Talk about or play sports (play catch; use arms as a paperball basketball hoop)
- Read together (passage from religious text, poem, literature)

During or afterwards, say: “I really enjoyed spending this together, how about you?”

**Helpful**
- Take on a helping role at the facility (help with a group/community meeting/club, take notes at a meeting, clean/set up for something, update people about the news)
- Decorate the unit
- Write cards for organizations (e.g., VA, children’s hospitals)
- Organize a charity project on the unit (clothing drive, items for an animal shelter)

During or afterwards, say: “You’re a really helpful person, aren’t you?”

**Energized**
- Listen to a song
- Play cards or a game
- Watch a video clip
- Do something artistic
- Exercise or stretch
- Read together

During or afterwards, say: “I have a lot more energy after doing that, what about you?”

**Capable**
- Ask for advice about something (fashion, food)
- Have them teach you how to do something they are skilled in
- Do an activity or talk about an individual’s unique knowledge pocket (previous trade or job, playing music or singing, cooking)
- Unit talent show/open mic night/art show

During or afterwards, say: “What does it say about you that you know so much about that?”

**Bolded items can be done without access to technology**

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