

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?"

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?"

Energized

Brief but predictable interactions about something simple that doesn't require a lot of verbal participation:

- 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?"

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