MIND & MEANING

GAMES & ACTIVITY MENU

Purposeful engagement for every stage of the cognitive journey

1 MIND ACTIVATION

Attention • Language • Reasoning • Problem-Solving

- **Category Challenge**
  Name items in a familiar category, with picture cues as needed.
- **Word Connections**
  Complete phrases, opposites, rhymes and word associations.
- **Picture Sequencing**
  Arrange everyday events or story images in a logical order.
- **Pattern & Sorting Lab**
  Match, sort and continue patterns using cards or objects.
- **Everyday Problem-Solving**
  Plan a picnic, compare choices or organize a simple task.
- **Tabletop Strategy**
  Modified UNO, dominoes, Connect Four, checkers and matching games.

2 MEMORY THROUGH MEANING

Identity • Life Story • Familiarity • Legacy

- **Then & Now**
  Explore photographs, advertisements and objects from earlier decades.
- **My Life Story**
  Create personal memory books, timelines or recorded stories.
- **The Year I Was 20**
  Discuss music, fashion, work and important events from that year.
- **Family Traditions**
  Share favorite celebrations, recipes, customs and meaningful roles.
- **Memory Box**
  Handle familiar objects and discuss their purpose or personal meaning.
- **Legacy Studio**
  Create letters, recipe cards, keepsakes or messages for loved ones.

3 MUSIC & RHYTHM

Expression • Recall • Mood • Connection

- **Personal Playlist**
  Listen to music selected from each participant's history and culture.
- **Finish the Song**
  Complete familiar lyrics or identify a tune from a short musical cue.
- **Rhythm Echo**
  Copy simple claps, taps or percussion patterns.
- **Sing Together**
  Enjoy familiar standards, hymns, show tunes or cultural favorites.
- **Name That Tune**
  Identify artists, songs or musical eras using supportive choices.
- **Seated Dance**
  Pair music with expressive upper-body movement and simple routines.

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4 MOVE & THINK

Coordination • Confidence • Dual-Task Engagement

- **Balloon Volleyball**
  Use colors, names or counting cues while keeping the balloon moving.
- **Target Toss**
  Toss soft objects toward targets and add simple scoring or categories.
- **Follow the Rhythm**
  Perform seated movement patterns to music or visual cues.
- **Move & Name**
  Pair safe movement with naming animals, foods, places or favorite things.
- **Action Sequence**
  Practice short functional movement sequences with demonstration.
- **Garden Walk & Talk**
  Enjoy supervised walking paired with observation and conversation.

5 PURPOSEFUL LIVING

Contribution • Independence • Everyday Meaning

- **Garden Club**
  Plant herbs, water plants, arrange pots or prepare seasonal displays.
- **Kitchen Connections**
  Measure, mix, assemble snacks and organize recipe ingredients.
- **Hospitality Team**
  Set tables, fold napkins or prepare a welcoming centerpiece.
- **Creative Workshop**
  Arrange flowers, make cards, paint or complete seasonal projects.
- **Community Giving**
  Assemble care packages, pet toys or notes for community partners.
- **Member Leadership**
  Welcome guests, choose music or assist with familiar group routines.

6 SOCIAL & SENSORY WELLNESS

Belonging • Creativity • Calm • Joy

- **Conversation Café**
  Use friendly prompts for small-group stories and shared interests.
- **Cooperative Games**
  Play team trivia, telephone, charades or group storytelling.
- **Creative Expression**
  Explore painting, collage, clay, poetry or guided storytelling.
- **Sensory Discovery**
  Engage with safe scents, textures, nature items and familiar objects.
- **Calm & Restore**
  Practice guided breathing, gentle stretching or quiet garden time.
- **Celebration Circle**
  Recognize birthdays, cultures, accomplishments and moments of joy.