

ACTIVITIES FOR MEANINGFUL DAYS

Choose at least one activity of interest each day for each category. Create moments of joy with creativity and freedom to make mistakes. Have FUN!!

Last Name, First Name: _____ Room # _____

GEM® Level ☐ Sapphire ☐ Diamond ☐ Emerald ☐ Amber ☐ Ruby ☐ Pearl Date: _____

Risk Factors: ☐ Dehydration ☐ Malnutrition ☐ Social Isolation ☐ Falls ☐ Other _____

Strategies: ☐ Hand-under-hand (HUH) ☐ Visual / Verbal / Touch ☐ Positive Physical Approach

Cues Needed: ☐ Initiate ☐ Sequence ☐ Switch Gears ☐ Memory Book ☐ Music _____

Sapphire – Volunteering, going out to the theater, attending social functions, spending time outdoors

Diamond – Enjoyable and familiar activities, socializing with friends and family, re-energizing through fitness, relaxation, gardening, volunteering, cooking, and other production activities

Emerald – Socializing with friends and family, re-energizing through fitness, relaxation; gardening, volunteering, cooking, and other productive activities

Amber – Activities that appeal to the senses, gross motor activities, walking, listening to music and dancing

Ruby – Gross motor activities, listening to music and dancing, putting items in and out of containers, aromatherapy

Pearl – Music, singing, and humming, rocking in a chair or glider, providing simple foods to taste and smell, warm blankets and pillows.

Productive:

Leisure:

Self-care:

Restorative:
