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**Activity ideas for when you need to stay at home**

When we need to stay at home it can be hard to know what to do with our time. Here are some suggestions of activities you could try. These will not be appropriate for everyone, so pick and choose based on your knowledge of the person you support and previous guidelines and recommendations from health care professionals. Lots of resources and ideas can be sourced online.

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Personal care tasks

Have a vigorous shower – use different sponges and scrubs and different soaps

Teethbrushing and flossing

Hairbrushing – trying different hairdos, plaits, ponytails (ideas online!)

Have a shave, use a brush and shaving foam

Massage (head, shoulder, feet, hands)

Bubble bath

Paint your finger nails

Moisturising/creaming

Aromatherapy activities

Essential oils on hot/cool flannel

Footspa

Hot water bottle (not too hot) and wheat microwavable pillows (there are scented versions)

Do some meditation classes, there are different kinds you can find and try online



(guided imagery, progressive muscle relaxation, mindfulness)  
Do online exercise classes – there are all kinds online including seated versions

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### Domestic tasks

Hoovering/vacuuming

Dusting and polishing

Sweeping

Mopping the floors

Spring cleaning -organising drawers and wardrobes

Emptying the bins

Checking the cupboards and writing a shopping list

Ordering shopping online and putting things away

Laundry (putting things in the washer, hanging things up with pegs to dry, folding and sorting, putting away in drawers)

Handwashing clothes

Putting things you don't need in a bag for charity

Looking after plants (watering and re-potting and planting, removing the dead leaves/flowers)

Changing your bed sheets

Washing and drying up (use lots of soap and bubbles and different types of scrubbers and sponges)

Loading and emptying the dishwasher

Wiping down counters and tables

Setting and clearing the table

Polishing shoes

Mending things (holes in clothes, or things that need gluing)

Ironing

Making tea (you could use a teapot and a tray and sit down for tea-time together)

Washing windows

Home decorating



### *Cooking:*

Loads of recipes online

Peeling and washing and preparing food

Fruit/vegetable salad

Sandwiches and toasties

Ice-lollies

Fruit smoothies with blender

Soda stream for fizzy drinks

Chocolate crispies

Non-cook recipes (like fruit kebabs, lots of recipes online)

Baking bread or biscuits – use packet or raw ingredients

Popcorn

Angel delight

Crumble

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### Leisure tasks

#### *Arts and crafts:*

Cards and letters – make your own, send to your friends and family

Scrap-books related to personal interests ie trains, popstars

Keep a diary, make a story about what you did when you had to stay at home

Taking selfies and family photos – have fun with filters!

Making a collage

Hand painting/printing

Sewing/embroidery/knitting

Making jewellery, beadwork

Making models

Modelling with papier-mache

Printing with stencils

Painting by numbers

Magic (water) painting



Using online apps to do art work

T-shirt decorating

Sticker books

Drawing or painting

Pottery with air drying clay

Making salt dough (make the dough at home from flour and water and salt, mould it in to shapes, bake and paint, recipes online)

Block printing (or use a potato-stamp!)

Reading or looking at magazines/newspapers/old photo albums

Acting and role play

Have a fashion show, dress up!

Make a 'smelly box' with different scents (ie body lotion, coffee beans, washing powder, mint mouthwash, marmite, star anise, cinnamon, perfume, essential oils etc)

*Music:*

Playing musical instruments – have a concert

Singing – record it, make an album!

Listening to music

Make your own playlists – make different playlists for different times(upbeat/relaxing)

Karaoke

Dancing – even seated chair dancing!

Make your own musical instruments (ie plastic bottle with rice or lentils inside)

Musical bingo

*Socialising:*

Sending emails and text messages and voice recordings and video clips about your day to checking in with friends and family

Sending letters and cards

Using social media to connect with others

Using the telephone to call people – use the video function to see them

Discussions about people/places things

Storytelling



Start a blog or website to share your interests with others

Games:

Games on ipad – there are all kinds of apps you can tailor for individual interests

Wii

Jigsaw puzzles

Card games, such as snap

Bingo

Memo

Ball or bean bag games – throw these into a basket (add points for competition)

Velcro dartboard

Balloon volleyball (bat this backwards and forwards between you, or balloon tennis - try to get it over something a line of tape on the floor)

Clapping games

Rhymes and tongue twisters

Jenga and connect 4

Board games

Tabletop football

Water play with colenders, funnels, pots and pans, paintbrushes

Blow bubbles – catch and pop these

If you have access to a garden:

Potting plants

Weeding

Sitting in swing chair

Ball or racket games

Frisbee

Touching and smelling plants and herbs and flowers

BBQ

Looking after birdtable or feeder – you can make your own birdfeeder with old plastic bottle (instructions online)

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Sowing seeds (can also be done inside)

Growing vegetables

Watering the garden

Caring for hanging baskets and window boxes

Looking after compost

Thank you for your support – it is invaluable in keeping the person you support and community well! Please contact the team using the number above if you have any queries we may be able to support with, or if you are struggling to find activities to do with the person you support at home.