

Spirit of Supportive Living - Activity Ideas and Resources



1. The “Time of Your Life” Project

[Download this set of questions](#) and distribute them to residents’ rooms. Ask them to write their name at the top of the page, answer the questions and turn them in at the end of the week.

The answers can be read the next week during a fun guessing game of “How well do you know your neighbor?” The answers can also be shared with family members to initiate fun conversations and to help them learn more about the lives of their loved ones.

- 2. Ask employees to take photos of their residents** as they work independently in their rooms on different projects such as puzzles, solitaire, art, etc. Ask them to email the photos to AALC for Facebook posts. These photos could also be posted on an AALC Spirit Page on website under SL 2020.
- 3. Ask residents to participate in a coloring contest.** Download coloring sheets in several categories. See our webpage! Residents can select what they want to color. Have employees take a photo of the resident with the final piece and email to AALC to post on Facebook and Spirit Page on website. Have residents select their favorites and award prizes!
Share the final art with loved ones by sending a photo via email or sending in the mail.
- 4. Ask residents to create a “Time of Your Life” Memory Board.** This can be a list of their favorite memories, photos of their favorite things, or anything that they create that showcases a memorable time in their life. Each resident has a unique story to tell full of accomplishments, happy memories, etc. It’s a great opportunity to create a collage with photos, magazine clippings, art, etc. that fits in with our “Time of Your Life” Supportive Living theme. Employees could then take a photo of the resident with their creation and email to AALC. These could also be shared with family members.
- 5. Ask a Question of the Day.** Ask a new question each day and write each resident’s answer to the question on a white board. Take a picture of them standing next to their answer. Make a collage of all the photos, with the question at the top! Post the collage with all the photos below on a poster board or share the question and answers on your social media page. Email collage photos to AALC and send individual photos to loved ones via e-mail.
Sample Questions: What’s your favorite movie? What’s your favorite color? Who’s your favorite actor?
Where’s your favorite place to visit/vacation?
- 6. Create a personalized Word Search or Word Scramble Puzzle!** It’s easy to do! Type in names of residents, the name of your community, and other familiar names, then download the results! <https://www.puzzlefast.com/> or <https://tools.atozteacherstuff.com/word-search-maker/wordsearch.php>

We’ve already created a few for you if you don’t have time!
[Word Search](#) [Word Scramble](#)
- 7. Have an idea or want to share an activity?** Send AALC an email and we’ll be sure to post in on our Facebook page and on our resources page on the AALC website!

Remember! As a Supportive Living Community, you are instrumental in the fight against COVID-19. You’re making a positive difference by helping individuals stay out of emergency rooms and hospitals. As a Supportive Living Program member, you are reducing the pressure on an already overburdened health care system in a time of need.

Your SPIRIT is one of the reasons Supportive Living is such a success!

Thank you for all the work you do.

Now let’s celebrate the SPIRIT OF SUPPORTIVE LIVING! Questions? Contact: staff@aalcoffice.com