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CAREGIVER

ACTIVITY GUIDE



Activity #1

Go for a walk

Activity #2

Listen to music

Activity #3

**Read your favorite
childhood book**

Activity #4

**Make an ice
cream sundae**

Activity #5

**Create a new
recipe together**

Activity #6

Play cards

Activity #7

**Watch a
talk show**

Activity #8

**Play with
a slinky**

Activity #9

**Clip coupons & see
how much
you can save**

Activity #10

Plant an herb garden

Activity #11

Color pictures

Activity #12

**Write a letter to a
family member**

Activity #13

**Have a friend
bring a pet**

Activity #14

**Play a
board game**

Activity #15

**Raise
sea monkeys**

Activity #16

**Look through
old photo albums**

Activity #17

**Sing
old songs**

Activity #18

**Visit
the library**

Activity #19

**Put a puzzle
together**

Activity #20

**Talk about
favorite memories**

Activity #21

**Create a
family tree**

Activity #22

Water house plants

Activity #23

**Browse
Pinterest**

Activity #24

Pick flowers

Activity #25

**Create a menu
for the week**

Activity #26

**Make
a craft**

Activity #27

**Take a
ride together**

Activity #28

**Watch a
kids ballgame**

Activity #29

**Host lemonade
stand for charity**

Activity #30

**Make a
shopping list**

Activity #31

**Have
afternoon tea**

Activity #32

People watch
(almost anywhere)

Activity #33

Sing

Activity #34

**Plant
a flower**

Activity #35

**Take a
car ride**

Activity #36

**Feed
the birds**

Activity #37

Dance

Activity #38

Have a picnic

Activity #39

Go get manicures
(or do them from home!)

Activity #40

Give a hand massage

Activity #41

Feed ducks

Activity #42

**Name the
presidents**

Activity #43

**FaceTime
with loved ones**

Activity #44

Volunteer Together

Activity #45

**Cut pictures
from magazines**

Activity #46

Stretch

Activity #47

**Give each other
a makeover**

Activity #48

**Make greeting cards
for loved ones**

Activity #49

Go to the park

Activity #50

Pajama day movie marathons

(our personal favorite)

*Thank you Caregivers
for all you do!*



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