

RELAX, HAVE FUN, STAY POSITIVE!

FUN INDOOR EXERCISE ACTIVITIES

9 Fun Workout Games

<https://successiblelife.com/9-fun-workout-games-to-make-your-fitness-routine-more-enjoyable/>

Fun Fitness- 5 Childhood Games for Adults

<https://www.everydayhealth.com/healthy-living/fitness/fun-fitness-5-active-childhood-games-adults/>

Virtual Treadmill Workouts (just walk at home while viewing)

<https://www.youtube.com/watch?v=zGsukAcmmwo>

READING RESOURCES

Idaho Falls Digital Library

<https://www.ifpl.org/digital-library/#online-learning>

Free E-Books from Project Gutenberg

<https://www.gutenberg.org/>

PRINTABLE PUZZLES

Mental Health Word Search Puzzles

http://www.whenwordsearch.com/word_search_puzzles/mental_health/108/word_searches.jsp?pg-991821212=3&sc-991821212=&sd-991821212=

DRAWING AND COLORING

Anti Stress Coloring Pages for Adults

<https://www.justcolor.net/relaxation/coloring-zen/>

Draw Baby Yoda Step by Step

<https://www.youtube.com/watch?v=UwYzyPcqefU>

How to Draw Disney Characters

<https://www.drawingnow.com/how-to-draw-disney-characters>

LIVE CAMS- ANIMALS, AQUARIUMS, ZOOS

San Diego Zoo Animals Live Cameras

<https://zoo.sandiegozoo.org/live-cams>

Aquarium of the Pacific

<http://www.aquariumofpacific.org/exhibits/webcams>

Explore Animal Livecams- Orcas, Seals, Owls and More

<https://explore.org/livcams/orcas/orcalab-base>

LIVESTREAM MUSEUMS AND HISTORICAL SITES

12 World Class Museums You Can Visit Online

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<https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>

Live Webcams- Historic Sites Around the World

<http://www.mylivestreams.com/webcam-locations/historic-landmarks-streaming-webcams/10276.html>

LIVESTREAM PERFORMANCES

Metropolitan Opera Free Live Stream During Quarantine

<https://www.metopera.org/>

A List of Live Performances Streaming during Coronavirus shutdown

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

BAKING

Easy Flatbread Recipe

<https://www.biggerbolderbaking.com/flatbread-recipe-3-ingredients-easy/>

Microwave Mug Brownie

<https://www.biggerbolderbaking.com/microwave-mug-brownie/>

Easy Sugar Cookies (no eggs needed)

<https://www.food.com/recipe/fluffy-eggless-sugar-cookies-breathtaking-delicacies-372087>

CRAFTS

25 different paper flower crafts

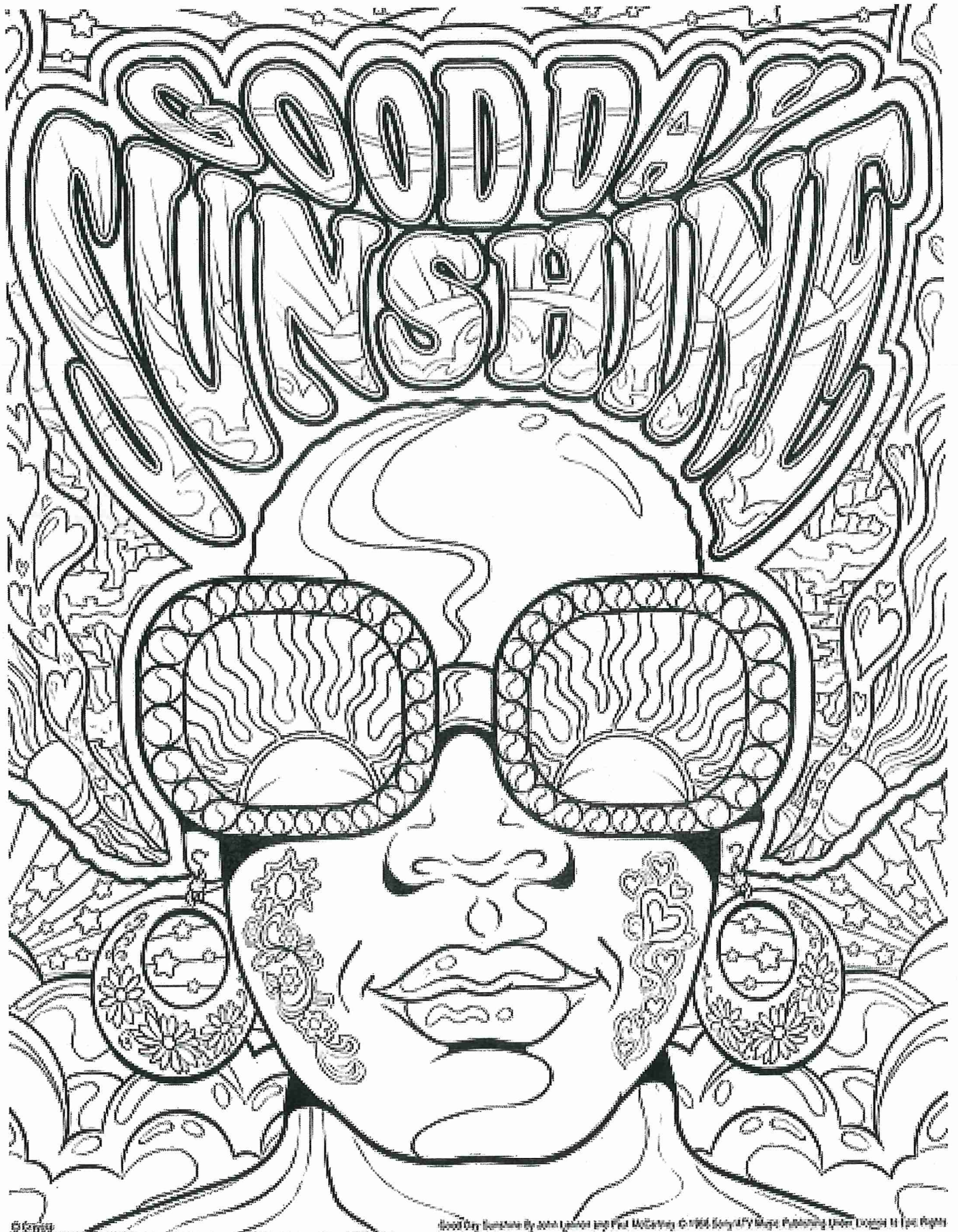
<https://artscraftsymom.com/flower-crafts-for-kids/>

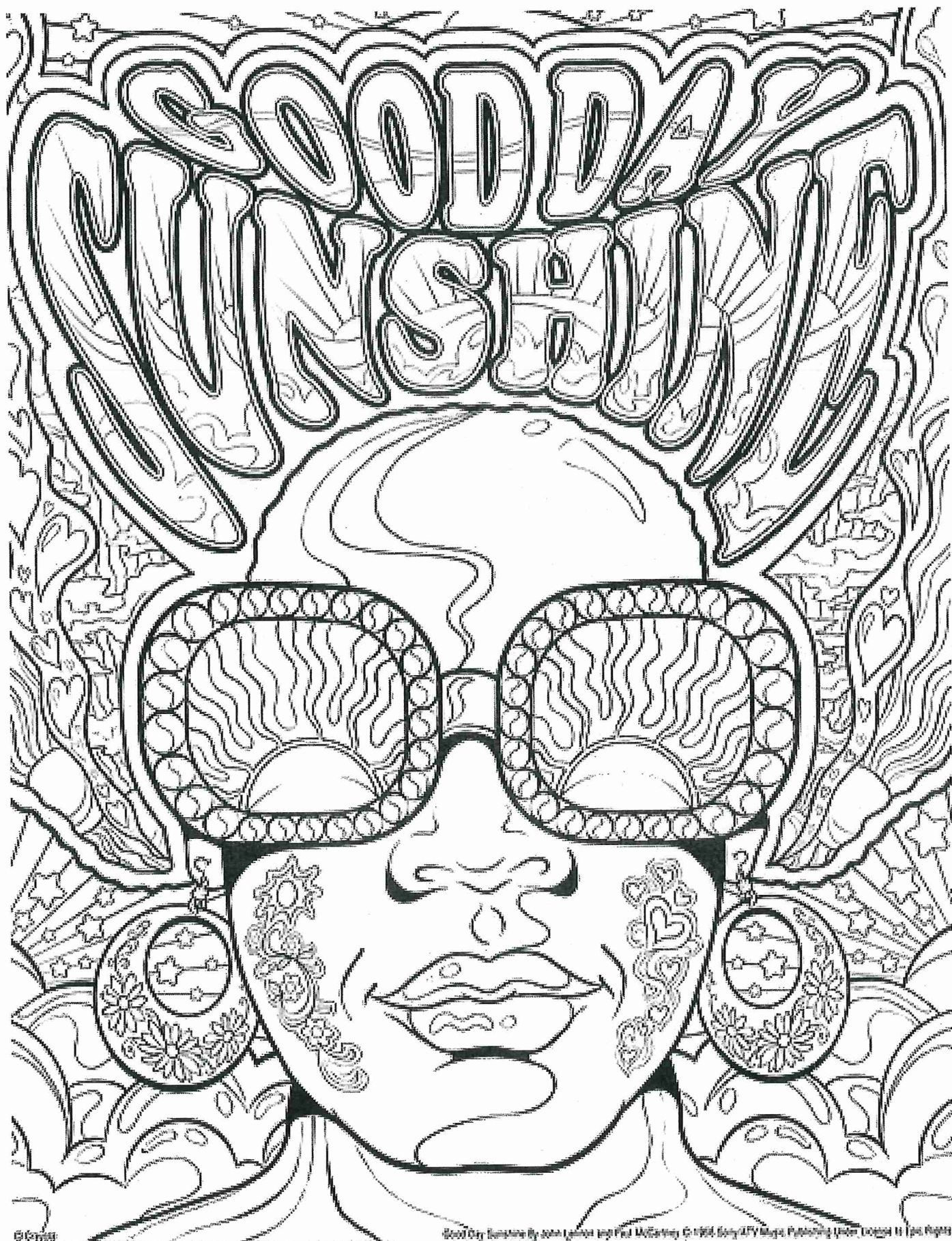
14 Cheap and Easy Home Decor Ideas

<https://www.youtube.com/watch?v=Ty4zFth9Gx0>

Easter Craft Ideas

<https://www.everythingetsy.com/2012/02/101-handmade-easter-craft-ideas/>











HERBATA



EASY SUDOKU #1

	8	9			5	1	4	
3			8	1	7			6
7	1		6		4	3	8	
	4	3	9					
9	7						1	4
					8	7	3	
	9	6	4		2		7	1
4			1	5	9			2
	2	1	7			4	9	

Be Positive

M M I B W R Y V K S C B D T S S E K C V
Z V T N E M E G A N A M S S E R T S F U
H P V T D V N P S W U X Y Y K K I P V C
F E M D P I P W K C A T S V O M S L I P
N A A Y C R E P M S Y E W T P J W P Q W
C Z B L F W I Z O H I E K X C Y A Z N C
Y O G F T F H F I B L L N Y T A S A O E
F Q P V G H O O B L A C H I G I M N I C
L N P I B W Y O N W A R V O H P X B T A
T K M H N J H E D I Y I E Z O Y E T A E
R K E G Z G S Y J D T K C D T H X H X P
M V X U E S S A S C P I C O D Z N A A H
T F R A C I R K A A T P T F S U P N L O
U P X L H Q Z E I R Q U D S T E O K E G
Y W X R X C R I E L J Y U W R S R F R E
S T A N M U K A D R L N T R O P P U S L
Q W O P S S D U Q H U S P M J Z C L W I
H B I I S U C O F E B B M Z H G K K X M
C E E F E I E S I C R E X E R W W H Y S
I L M U W D H U M O R B X W G H Q S L D

COPING SKILLS

EXERCISE
FOCUS
HEALTHY
HOBBIES
HUMOR
JOY

LAUGH
LEISURE ACTIVITY
PEACE
READ
RELAXATION
SMILE
SOCIALIZE

STRESS MANAGEMENT

SUPPORT
THANKFUL
WALK
WELLNESS

Admin Staff Word Search



AMANDAA
AMBERW
ANGELIAT
DYLENS
HAILEYS

JAMALD
JENNIFERH
JODIEP
KARLEYL
KATEYC

LINDAA
MCKENZIR
NINAL

Admin Staff Word Search



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DCS

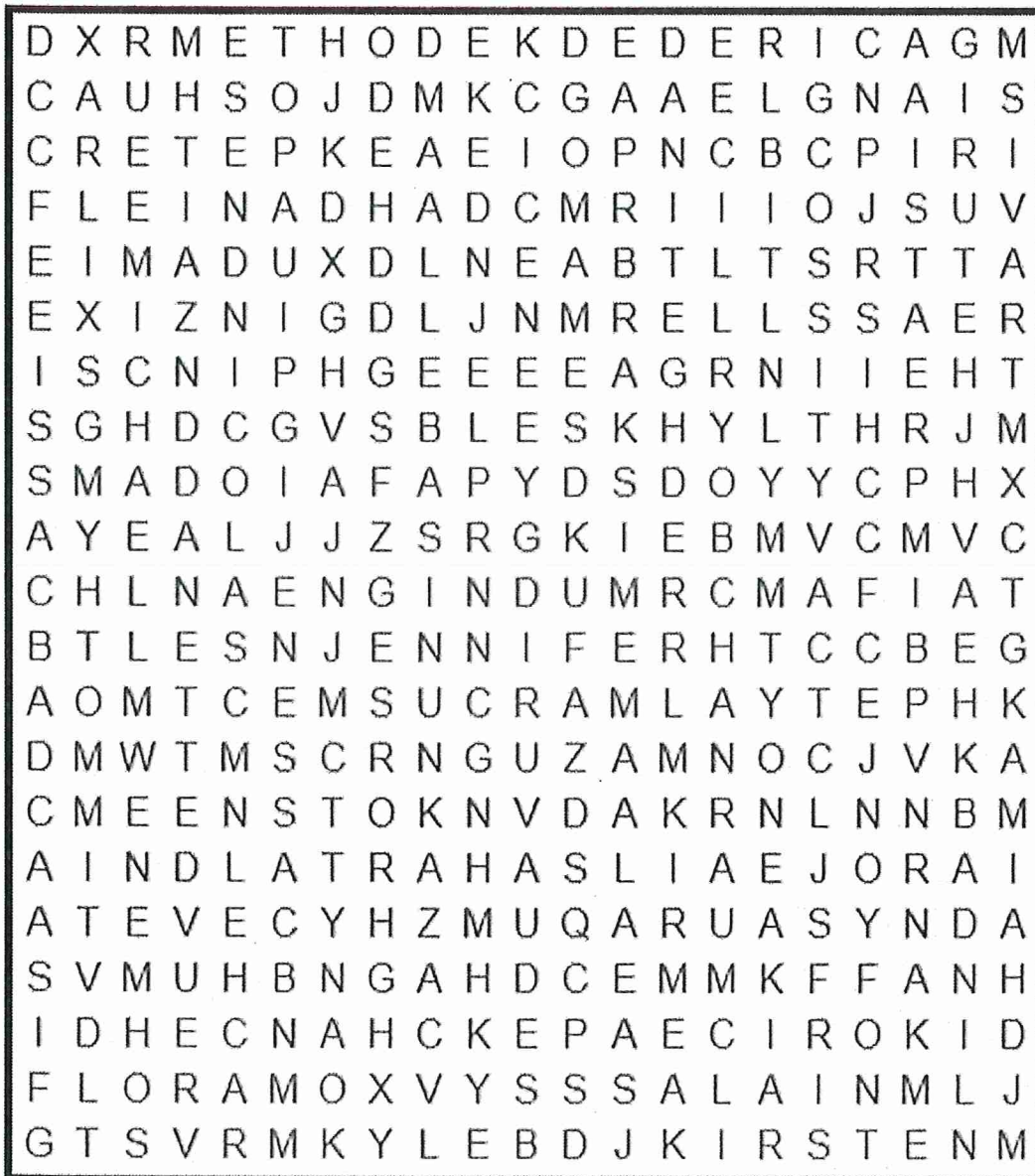
D	X	R	M	E	T	H	O	D	E	K	D	E	D	E	R	I	C	A	G	M
C	A	U	H	S	O	J	D	M	K	C	G	A	A	E	L	G	N	A	I	S
C	R	E	T	E	P	K	E	A	E	I	O	P	N	C	B	C	P	I	R	I
F	L	E	I	N	A	D	H	A	D	C	M	R	I	I	I	O	J	S	U	V
E	I	M	A	D	U	X	D	L	N	E	A	B	T	L	T	S	R	T	T	A
E	X	I	Z	N	I	G	D	L	J	N	M	R	E	L	L	S	S	A	E	R
I	S	C	N	I	P	H	G	E	E	E	E	A	G	R	N	I	I	E	H	T
S	G	H	D	C	G	V	S	B	L	E	S	K	H	Y	L	T	H	R	J	M
S	M	A	D	O	I	A	F	A	P	Y	D	S	D	O	Y	Y	C	P	H	X
A	Y	E	A	L	J	J	Z	S	R	G	K	I	E	B	M	V	C	M	V	C
C	H	L	N	A	E	N	G	I	N	D	U	M	R	C	M	A	F	I	A	T
B	T	L	E	S	N	J	E	N	N	I	F	E	R	H	T	C	C	B	E	G
A	O	M	T	C	E	M	S	U	C	R	A	M	L	A	Y	T	E	P	H	K
D	M	W	T	M	S	C	R	N	G	U	Z	A	M	N	O	C	J	V	K	A
C	M	E	E	N	S	T	O	K	N	V	D	A	K	R	N	L	N	N	B	M
A	I	N	D	L	A	T	R	A	H	A	S	L	I	A	E	J	O	R	A	I
A	T	E	V	E	C	Y	H	Z	M	U	Q	A	R	U	A	S	Y	N	D	A
S	V	M	U	H	B	N	G	A	H	D	C	E	M	M	K	F	F	A	N	H
I	D	H	E	C	N	A	H	C	K	E	P	A	E	C	I	R	O	K	I	D
F	L	O	R	A	M	O	X	V	Y	S	S	S	A	L	A	I	N	M	L	J
G	T	S	V	R	M	K	Y	L	E	B	D	J	K	I	R	S	T	E	N	M

ALAINM
 ANGLEAA
 CASSIEE
 CHANCEH
 CHRISTINAD
 CORTL
 DANETTED
 DANIELF
 DEBORAHM
 ERICAG
 ESPERANCEB
 FLORAM
 GRACEM
 HUSAMAT
 ISAACDA
 ISABELLAA
 JACKSONK

JAMESD
 JEANNEK
 JENESSAC
 JENNIFERH
 JESSEC
 JESSICAE
 JOSHUAC
 KAMIAHD
 KIMBERLYC
 KIRSTENM
 KORIC
 KYLEB
 KYLED
 LINDAB
 MARCUSM
 METHODEK
 MICHAELL

MOHAMADAL
 MOHAMEDAD
 MWENEM
 NGINDUM
 NICOLASCM
 PETERC
 PHILLIPG
 RACHELN
 RASHIDIE
 RUTEH
 SAMUEL
 TAIFAM
 TIMMOTHYM
 TRAVISM
 TYBREAUNAHN
 VICTORIAAC

Direct Care Staff



ALAINM
 ANGLEAA
 CASSIEE
 CHANCEH
 CHRISTINAD
 CORTL
 DANETTED
 DANIELF
 DEBORAHM
 ERICAG
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Tree of Life

- Roots:
 - Where you come from (village, town, city, country, etc.)
 - Family history (name, ancestry, ethnicity, heritage, extended family)
 - Names of people who have taught you the most life, who you look up to, favorite place to be, things you hold dear to you heart

- Ground:
 - What do you do?
 - Who are you on the outside?
 - Activities you are engaged with in your daily life

- Trunk:
 - Who are you on the inside (core, talents, etc.)?
 - What are your skills, abilities and strengths?

- Branches:
 - What are your hopes, goals, dreams for your future?

- Leaves:
 - Who are the significant people in your life (alive or passed)?

- Fruit:
 - What gifts have you been given in your life (not necessarily material gifts)?



