



Fun activities to keep your mind busy and entertained.

Guide bubble

Why

To help stay still and quiet during a visit

Where

Anywhere

When

Before and during visits

Time

As long as needed



Have fun while staying still and quiet. Check out these ideas and tick your favourites. Why not practise them at home with someone else – see who can stay still the longest! Can you think of any other mind activities to help you stay still?

The ABC game

Choose a category– e.g. animals.

Go through the alphabet and name something from your category for each letter!

For example...

A

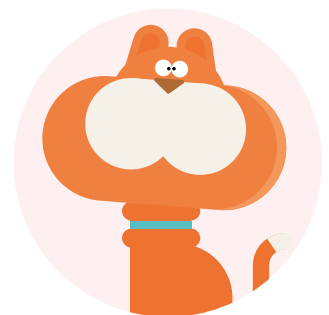
for **a**lien!

B

for **b**ird!

C

for **c**at!



Category ideas

Sports

Food

Cities

Songs

Names

Books

Word association

Start with one word and think of another word that's related. Keep the chain going!

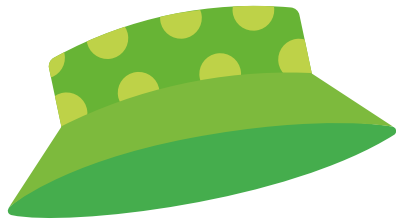
For example...



Rhyme time

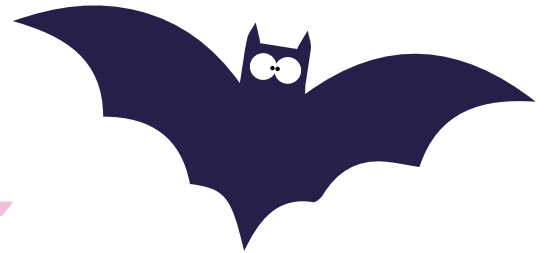
Think of a word and come up with as many rhyming words as you can.
Keep going until you run out of ideas!

For example...



Hat

Rat



Bat

Song lyrics

Can you remember the words to a song?
Challenge yourself to remember as
many words as possible!



Shopping list

Imagine going shopping and picking an item to buy.

Keep adding to your list, but repeat them all in the order you thought of.

For example:



I went shopping and bought an apple....



I went shopping and I bought an apple and an orange...



I went shopping and I bought an apple, an orange and a donut



How many items can you remember without forgetting the order?

Colour catcher

Pick a colour and name all of the objects you can think of that match that colour. Once you have run out ideas, pick a new colour and start again.

For example:



Bluebird



Whale

Blue

Sapphire



Butterfly

How many colours can you do this for?