



THE GREAT OUTDOORS

Growing up, we probably can all remember our moms kicking us out of the house and telling us not to come back until dinner. Boy, times have changed! But what hasn't changed are the benefits of getting out of the house and getting some fresh air.

There are fun and stimulating adventures awaiting you and your client! Together, go and explore the world around you from local parks and farms, to miniature golf or community theater. Even just sitting on a bench near a river or a lake can rapidly improve your client's mood.

It may take some planning on your part for those special events, but most activities are easy to make happen. While a scheduled routine is good for your client, everyone needs a change of scenery and something to look forward to - even just getting ice cream!

These adventures may become one of the highlights of your client's week with their world slowly becoming that much smaller around them.

**A MOMENT IN TIME:
LET'S LEARN, LAUGH, PLAY AND PRAY!**

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Go for a walk

Go walking in the mall during the winter months

Have a picnic

Visit a local zoo or nature center

Go to the park or sit in your yard

Watch the birds

Catch lightning bugs in your jar



Visit your local farmers market

Go apple picking

Go to the supermarket

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Go out for
that ice cream!

Go for coffee

Attend a
religious service

Take in a movie

Take a local
boat or bus tour

Browse a bookstore

Attend a sporting event

Fly a kite high in the sky

Go to the library
(quietly)



Go bowling
(with lighter balls)

Join a gym

Go play miniature golf

Go to a craft show

Go to a local car show

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Visit a museum

Visit your local
senior center

Attend the theater

WIN at the casino

Go to your local parade

Visit your local
historical sites



Go to see neighborhood Christmas lights at night

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Now, go and explore
**THE GREAT
OUTDOORS!**

