

A MOMENT IN TIME (AMIT): LET'S LEARN, LAUGH, PLAY AND PRAY!™ SUGGESTIONS

*A home-based activity program equipping caregivers to engage in fun
and meaningful ideas with their client.*

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CALL
FOR MORE
INFOR-
MATION

Check out our current Monthly Calendar as well as these suggested activities from A MOMENT IN TIME: LET'S LEARN, LAUGH, PLAY AND PRAY!™






You will not find AMIT Suggestions for all sections.

A IMPAIRED MEMORY - FAMILIARIZATION TO PEOPLE, PLACE OR TIME









	MIND	<i>20 or so brain games including free links online</i>
	100 QUESTIONS	<i>Long-term questions about chapters of your life creating a beautiful family memoir</i>
	ALL ABOUT ME	<i>More long-term memory fun activities</i>
	CAR GAMES	<i>Fun, silly interactive car games from your childhood or raising your own kids that you can do sitting in your living room</i>
	GAMES GALORE	<i>Games from years back tailored to your individual skill level today</i>
	MEMORY LANE - 1950s	<i>Stroll down memory lane and revisit this wonderful decade of your youth</i>
	SING-ALONGS AND MORE	<i>Sing, dance or tap along to songs from your youth...music memories are usually preserved</i>
	VIRTUAL TOURS	<i>Links to museum tours, art classes, Broadway shows, trips and zoos with live animal cams</i>
	WANNA BE A WISE GUY	<i>Challenging word games</i>

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B IMPAIRED JUDGMENT, REASONING AND THINKING

	MIND	<i>20 or so brain games including free links online</i>
	ART 101	<i>Easy to follow, step by step painting tutorials</i>
	GAMES GALORE	<i>Games from years back tailored to your individual skill level today</i>
	HOUSEHOLD CHORES	<i>Easy, simple, and failure-free chores to help you feel useful and productive</i>
	SING-ALONGS AND MORE	<i>Sing, dance or tap along to songs from your youth...music memories are usually preserved</i>

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C IMPAIRED COMMUNICATION		
	MIND	<i>20 or so brain games including free links online</i>
	BODY	<i>Chair yoga dance with songs to sing along with...music memories are usually preserved</i>
	COLORING	<i>No words needed...just coloring</i>
	FOR MEN ONLY (and women too!)	<i>Failure-free tasks like shining shoes, fitting PVC pipes together, building structures</i>
	GAMES GALORE	<i>Choose games with no words - Jenga, matching pairs, large piece puzzles</i>
	READING	<i>Find appropriate reading material with little to no text</i>
	SENSORY THERAPY	<i>Robotic animal therapy, dolls, coin sorting, stacking cups, finger painting</i>
	SING-ALONGS AND MORE	<i>No reading required; this you should remember because music memories are usually preserved</i>

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D AGGRESSION		
	BODY	<i>Exercise improves your mood and eases anxiety</i>
	COLORING	<i>Coloring is proven to reduce stress and anxiety</i>
	JUST BREATH	<i>Peaceful and relaxing music videos to calm you</i>
	SENSORY THERAPY	<i>Robotic animal therapy is proven to bring peace and comfort</i>











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E AGITATION/ANXIETY

 BODY	<i>Exercise is proven to improve your mood and ease anxiety</i>
 SOUL	<i>Commune with your heavenly Father and find peace</i>
 BIBLE STORIES	<i>Recall godly stories from your youth remembering how much God loves you</i>
 COLORING	<i>Coloring is proven to reduce stress and anxiety</i>
 JUST BREATH	<i>Peaceful and relaxing music videos to calm you</i>
 SENSORY THERAPY	<i>Robotic animal therapy, dolls, coin sorting, stacking cups, finger painting</i>













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F DEPRESSION

 BODY	<i>Exercise is proven to improve your mood and ease anxiety</i>
 SOUL	<i>We have a God of hope...come discover Him and His promises</i>
 BIBLE STORIES	<i>Recall godly stories from your youth remembering how much God loves you</i>
 COUNT YOUR BLESSINGS	<i>Recall what you are thankful for in life and journal</i>
 HOUSEHOLD CHORES	<i>Easy, simple, and failure-free chores to help you feel useful and productive</i>
 IT'S YOUR PARTY	<i>Five fun-themed parties to make you smile</i>
 KNIT HAPPENS	<i>You are needed! donate your creations to local charities</i>
 LET IT SNOW	<i>When is the last time you made a snowman?</i>
 SING-ALONGS AND MORE	<i>Belt out a tune, lift your spirits and know music memories are usually preserved</i>
 THE GREAT OUTDOORS	<i>Go for a walk, get an ice cream, watch the ducks!</i>







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J REPETITIONS

 100 QUESTIONS	<i>Long-term questions about chapters of your life creating a beautiful family memoir</i>
 ALL ABOUT ME	<i>Create family photo albums and scrapbooks of favorite items and revisit often</i>
 ART 101	<i>Easy to follow, step by step painting tutorials</i>
 BIBLE STORIES	<i>Recall godly stories from your youth remembering how much God loves you</i>
 COLORING	<i>Keep that mind and those fingers busy coloring while reducing stress and anxiety</i>
 FOR MEN ONLY (and women too!)	<i>Failure-free tasks like shining shoes, fitting PVC pipes together, building structures</i>
 HOUSEHOLD CHORES	<i>Easy, simple, and failure-free chores to help you feel useful and productive</i>
 JUST BREATHE	<i>Peaceful and relaxing music videos to calm you</i>
 KNIT HAPPENS	<i>Keep those hands busy while creating</i>
 MEMORY LANE - 1950s	<i>Stroll down memory lane and revisit this wonderful decade of your youth</i>
 SENSORY THERAPY	<i>Robotic animal therapy, dolls, coin sorting, stacking cups, finger painting, fidget mat, fidget box, rummage box, memory box</i>
 SING-ALONGS AND MORE	<i>Favorite and beloved American folk songs to sing over and over and know music memories are usually preserved</i>




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L SHADOWING

 CAR GAMES	<i>Fun, silly interactive car games from your childhood or raising your kids that you can do sitting in your living room</i>
 COLORING	<i>Coloring is proven to reduce stress and anxiety</i>
 FOR MEN ONLY (and women too!)	<i>Failure-free tasks like shining shoes, fitting PVC pipes together, building structures</i>
 GAMES GALORE	<i>Play a game together adapted appropriately</i>
 HOUSEHOLD CHORES	<i>Easy, simple, and failure-free chores to keep you busy</i>
 JUST BREATHE	<i>Peaceful and relaxing music videos to calm you</i>

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M WANDERING

 FOR MEN ONLY (and women too!)	<i>Failure-free tasks like shining shoes, fitting PVC pipes together, building structures</i>
 HOUSEHOLD CHORES	<i>Easy, simple, and failure-free chores to keep you busy</i>
 SENSORY THERAPY	<i>Keep busy with a rummage box, memory box, fidget mat or fidget box</i>

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