

Activity Ideas for People with Profound Disabilities

- Connect 4 (putting the pieces in; not keeping score)
- Coloring (it's abstract art!)
- Listening to music/dancing/clapping along (individuals can pick the song by picture, or by the album cover)
- Wiping off the table
- Stirring the ingredients of a recipe
- Vacuum (maybe a small area, but it still counts)
- Push the leaf sweeper/push broom
- Enjoying a pile of sensory stuff (beads, squishy balls, etc.)
- Making shapes with Lego blocks!
- Simple puzzles (with a built-in frame)
- Coloring with Dot Markers
- Art projects: you cut out construction paper shapes & put on glue stick, individual puts it on the paper
- Stickers, stickers, stickers
- Matching activities (match colors, match shapes, match socks . . . even if you have to prompt every time)
- Wii bowling (with hand-over hand help on the button)
- Sidewalk chalk & bubbles outside
- Chair exercise to music
- Picture books/magazine
- Simple kickball (I roll the ball, you push it with your foot)
- Sculpture with clay/play doh
- Making a simple snack (peanut butter crackers; cream cheese on celery)
- Dominoes (let's make piles and knock them down)
- Going for a walk. It's always a good time.

