

Spring What's in the Bag?



MC



Any



Games



30 Min

SUPPLIES NEEDED

- Spring-themed fabric or paper bags (opaque, large enough to fit small objects)
 - A variety of spring-related mystery objects, such as:
 - Small plush bunny or chick
 - Plastic egg (empty or filled with beads for sound)
 - Smooth river rock Silk flower
 - Mini gardening glove or small flowerpot Small wooden bird figurine
 - Ribbon or pastel-colored yarn
 - Faux butterfly or small bird's nest
 - Packet of seeds
 - Mini wind chime or jingle bell
- Scorecards (optional, for participants to write down guesses)
- Small prizes (optional, for correct guesses or most creative answers)

STEP-BY-STEP OUTLINE

1. Introduction
 - Welcome participants and introduce the game.
 - Explain the Rules:
 - Each participant will reach into the bag and feel an object without looking.
 - They must describe how it feels and guess what it is before revealing the item.
 - Encourage participants to think about spring themes when making their guesses.
2. Game Play Round 1:
 - Individual Turns One participant at a time reaches into the bag and describes the object.
 - They make a guess, then reveal the item to the group.
3. Round 2: Group Challenge
 - Instead of revealing the object immediately, participants write down their guesses on a scorecard.
 - The facilitator reveals all objects at the end, and participants see how many they guessed correctly.
4. Bonus Round: Memory Challenge
 - Place 4-5 objects on a tray and let participants observe them for 30 seconds.
 - Cover the tray and remove one item—participants must guess which object is missing

DISCUSSION QUESTIONS

- What are your favorite things about spring?
- Have you ever done a fun spring tradition like an egg hunt or gardening?

No Bake Chocolate Pretzel Nests



MC



Any



Food &
Cooking



30 Min

SUPPLIES NEEDED

- Pretzel Sticks: Standard thin sticks (not rods).
- Melting Chocolate: Milk chocolate chips, butterscotch chips, or "almond bark."
- Candy Eggs: Jelly beans, malted milk eggs, or chocolate-covered candies.
- Wax Paper: To prevent the nests from sticking to the trays.
- Muffin Tin (Optional): To help maintain the nest shape while cooling.
- Clear bin: To store the bags of pretzels, chocolate, and candy toppings.
- Printed labels: To label the clear bin as "Nest Building Supplies" and to create "Best Architect" or "Sweetest Nest" award stickers.

STEP-BY-STEP OUTLINE

1. The Preparation
 - Place the chocolate chips in a microwave-safe bowl.
 - Prepare a tray with wax paper for each resident.
 - Have the clear bin ready with all pre-measured ingredients.
2. Step 1: The "Twig" Preparation
 - Give each resident a handful of pretzel sticks.
 - Encourage them to break the sticks into smaller 1-inch pieces.
 - Tip: This is great for finger strength and dexterity.
3. Step 2: Mixing the "Mud"
 - Melt the chocolate in the microwave in 30-second intervals, stirring until smooth.
 - Pour the melted chocolate over the broken pretzels.
 - Gently fold the pretzels until they are completely "muddy" and coated.
4. Step 3: Nest Construction
 - Spoon a mound of the mixture onto the wax paper.
 - Use a spoon or fingers to create a small "divot" in the center.
 - Place 3 candy eggs into the center of the nest.
 - Allow to cool and harden (about 20 minutes in a fridge or 1 hour at room temperature).

DISCUSSION QUESTIONS

- What kind of birds do you usually see in your yard during the spring?
- Did you ever find a real bird's nest when you were a child? What was it made of?
- Which flavor do you prefer: sweet chocolate or salty pretzels?

Would You Rather: Spring Edition



MC



Any



Brain Games



30 Min

SUPPLIES NEEDED

- Printed list of spring-themed "Would You Rather" questions
- Chairs or seating arranged in a circle for group discussion
- Optional: Props or visual aids to illustrate the scenarios
- Optional: Scoreboard for fun voting results or tracking favorite answers

STEP-BY-STEP OUTLINE

1. Set Up the Space:
 - Arrange seating to promote interaction and visibility.
 - Decorate with spring-themed accents like flowers, butterflies, or bright colors.
 - Optional Enhancements:
 - Use visuals or props to add humor and engagement to the scenarios.
2. Introduction
 - Welcome participants and introduce the activity as a fun way to celebrate spring while sharing laughs and stories.
3. Explain the rules:
 - Participants will choose between two options for each question.
 - There are no right or wrong answers—just pick what feels best (or funniest).
4. Read Each Question Aloud:
 - Pose each "Would You Rather" scenario to the group.
 - Encourage participants to share their reasoning or funny stories related to their choices.
5. Encourage Engagement:
 - Allow time for discussion, laughter, and playful debates.
 - Vote for Fun:
 - For group consensus, tally votes for each choice and share the results after each question.
6. Wrap Up:
 - Thank participants for joining and reflect on the funniest or most debated questions.
 - Encourage participants to create their own spring-themed "Would You Rather" scenarios for fun.

DISCUSSION QUESTIONS

- What was the funniest or hardest question to answer?
- Which choice would you absolutely never pick, and why?
- Did any of the scenarios remind you of a springtime memory?
- If you could create a spring-themed "Would You Rather," what would it be?

Would You Rather: Spring Edition

SUPPLIES NEEDED

Serious Spring-Themed Scenarios:

- Would you rather plant a garden full of flowers or vegetables?
- Would you rather watch baby birds learning to fly or baby bunnies hopping around?
- Would you rather spend a sunny spring day having a picnic or going for a hike?
- Would you rather listen to a spring rainstorm or sit in the sunshine?
- Would you rather visit a tulip festival or a cherry blossom festival?
- Would you rather spend the day picking wildflowers or flying a kite?
- Would you rather have a backyard full of butterflies or hummingbirds?
- Would you rather walk barefoot in soft grass or splash through puddles in rain boots?
- Would you rather feed ducks at a pond or watch squirrels play in a park?
- Would you rather grow a sunflower that's taller than you or a rose bush full of **fragrant flowers?**

Funny Spring-Themed Scenarios:

- Would you rather get caught in a surprise rainstorm without an umbrella or step in a giant puddle wearing sandals?
- Would you rather sneeze every time you smell a flower or get sunburned every time you see the sun?
- Would you rather have your lawn taken over by dandelions or a family of gophers?
- Would you rather wear a big floppy sun hat all day or a rain poncho to a spring party?
- Would you rather have bees follow you everywhere or have birds squawk at you every morning?
- Would you rather have to plant 100 flower bulbs in one day or mow an overgrown lawn with scissors?
- Would you rather slip on wet grass or sit on a muddy patch during a picnic?
- Would you rather have a caterpillar crawl up your arm or find a frog in your shoe?
- Would you rather only eat carrots for a week or drink nothing but lemonade for a week?
- Would you rather have a squirrel steal your picnic food or a bird poop on your head?

DIY Seed Bombs



MC



Any



Arts & Crafts



30 Min

SUPPLIES NEEDED

- Wildflower or herb seeds
- Compost or potting soil
- Clay powder or natural air-drying clay
- Mixing bowls
- Water
- Gloves (optional for participants who prefer them)
- Wax paper or trays for drying the seed bombs
- Small bags for participants to take their seed bombs home
- Labels or tags to identify the types of seeds used

STEP-BY-STEP OUTLINE

Preparation:

- Arrange tables with supplies and mixing bowls for participants.
- Cover tables with disposable tablecloths or butcher paper for easy cleanup.
- Set up a drying station with trays or wax paper for the seed bombs.

Activity Execution:

1. Introduction

- Welcome participants and explain the purpose of seed bombs: an easy and eco-friendly way to plant seeds and promote greenery.

2. Mixing the Ingredients

- Guide participants to combine the clay powder, compost, and seeds in a bowl (recommended ratio: 1 part seeds, 3 parts clay, 5 parts compost).
- Gradually add water to the mixture until it reaches a dough-like consistency.

3. Shaping the Seed Bombs

- Show participants how to roll small portions of the mixture into balls about the size of a walnut.
- Place finished seed bombs on the drying trays or wax paper.

4. Modifications:

- Pre-mix the ingredients to simplify the process.
- Focus on shaping the seed bombs, providing tactile stimulation and sensory engagement.

5. Wrap-Up

- Discuss where and how to use the seed bombs (e.g., in gardens, flowerbeds, fields or bare patches of soil).
- Encourage participants to take their seed bombs home or plant them in a community garden once they dry.
- Thank participants for their creativity and contribution to nature.

Spring Stretch & Breathe Class



MC



Any



Fitness



30 Min

SUPPLIES NEEDED

- Sturdy chairs (optional for seated exercises)
- Yoga mats (optional for participants who prefer floor exercises)
- Light scarves or resistance bands (optional for assisted stretches)
- Water bottles for hydration
- Calm background music or nature sounds (optional)

STEP-BY-STEP OUTLINE

1. Introduction & Warm-Up

- Exercise: **Gentle March in Place** - Instruct residents to march in place while seated or standing, lifting one knee at a time gently. Keep movements slow and controlled.
- Duration: 2 minutes
- Guidance: "March gently, lifting your knees as high as feels comfortable. Focus on your breath as you move."

- Exercise: **Shoulder Rolls** - Roll shoulders forward in gentle, slow circles, then reverse the direction to roll them backward.
- Duration: 2 minutes - 10-12 rolls in each direction
- Guidance: "Relax your shoulders as you roll them. Feel any tension melt away with each breath."

•

- Exercise: **Neck Stretch** - Tilt your head gently toward your right shoulder to stretch the left side of the neck. Hold, then switch sides.
- Duration: 1 minute - Hold for 10-15 seconds per side
- Guidance: "Keep your shoulders relaxed and breathe deeply as you stretch the sides of your neck."

2. Stretching & Breathing Flow

- Exercise: **Seated Side Stretch** - Sit tall with feet flat on the floor. Raise your right arm overhead and lean gently to the left. Hold, then switch sides.
- Duration: 2 minutes - Hold each side for 10-15 seconds, repeat 2-3 times per side
- Guidance: "Reach up and over, feeling the stretch along your side. Inhale as you reach, exhale as you hold."

Spring Stretch & Breathe Class

STEP-BY-STEP OUTLINE

- Exercise: **Spinal Twist** - Sit tall, place your right hand on the left knee, and gently twist your torso to the left. Hold, then switch sides.
- Duration: 2 minutes - Hold for 10-15 seconds per side, repeat
- Guidance: "Inhale to lengthen your spine, exhale to deepen the twist. Move gently and with control."

- Exercise: **Chest Opener Stretch** - Clasp hands behind your back, gently pulling your shoulders back to open the chest.
- Duration: 2 minutes - Hold for 10-15 seconds, repeat 2-3 times
- Guidance: "Lift your chest and feel the stretch across your chest and shoulders. Breathe deeply into the openness."

- Exercise: **Hamstring Stretch** - Sit tall, extend one leg forward with the heel on the floor, and gently lean forward from the hips. Hold, then switch legs.
- Duration: 3 minutes - Hold for 10-15 seconds per leg, repeat
- Guidance: "Keep your back straight as you lean forward. Feel the stretch along the back of your leg."

- Exercise: **Guided Breathing (Box Breathing)** - Inhale through the nose for 4 counts, hold for 4, exhale through the mouth for 4, and pause for 4 counts before repeating.
- Duration: 4 minutes - 4-5 rounds
- Guidance: "Breathe deeply—inhale, hold, exhale, and pause. Feel your body relax with each breath."

- Exercise: **Mindful Body Scan** - Guide residents through a gentle body scan, focusing on releasing tension from head to toe.
- Duration: 4 minutes
- Guidance: "Focus on each part of your body, from your head down to your toes. Notice any tension and let it go with each breath."

Spring Stretch & Breathe Class

STEP-BY-STEP OUTLINE

- **Cool-Down & Relaxation**

- Exercise: **Seated Forward Fold Stretch** - Sit with feet hip-width apart. Gently lean forward from the hips, reaching toward your toes or the floor.
- Duration: 2 minutes- Hold for 10-15 seconds, repeat
- Guidance: "As you fold forward, take slow, deep breaths. Let your body relax into the stretch."

- Exercise: **Closing Breath** - Place one hand on the heart and the other on the belly. Inhale deeply through the nose, exhale slowly through the mouth.
- Duration: 3 minutes - 4-5 deep breaths
- Guidance: "Feel your breath rise and fall. Let go of any remaining tension as you exhale, feeling calm and refreshed."

Seasonal Matching



MC



Any



Sorting &
Matching



30 Min

SUPPLIES NEEDED

- Printed images representing different seasons (flowers, snow, beach, leaves, holidays, clothing, etc.)
- Laminated seasonal templates for Spring, Summer, Fall, and Winter
- Optional: Real-life props such as scarves, sunglasses, leaves, or small seasonal decorations

STEP-BY-STEP OUTLINE

1. Arrange participants in a small group or 1:1 setting at a table.
2. Print and cut out seasonal templates and images.
3. Distribute the seasonal templates and spread out the printed images.
4. Ask participants to match the images to the correct season on their template.
5. Encourage sensory engagement by touching, smelling, or describing seasonal props if available.
6. Conclude with a group discussion on favorite seasons and why they are meaningful.

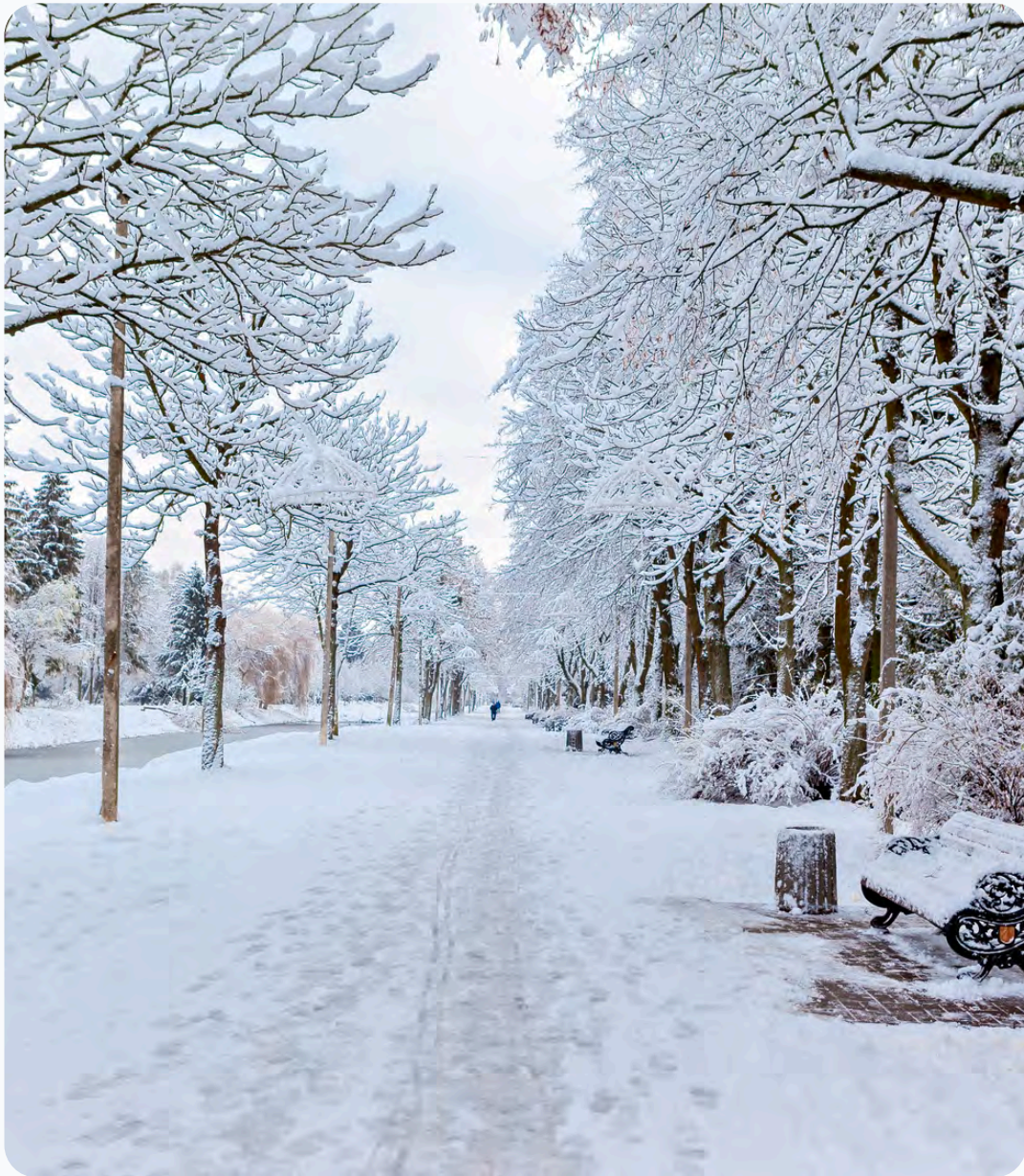
DISCUSSION QUESTIONS

- What activities do you associate with this season?
- What are your favorite memories from this time of year?
- How has the weather changed over the years?

Seasonal Matching

Print and cut

Winter



Seasonal Matching

Print and cut

Spring



Seasonal Matching

Print and cut

Summer



Seasonal Matching

Print and cut

Autumn



Seasonal Matching

Print and cut



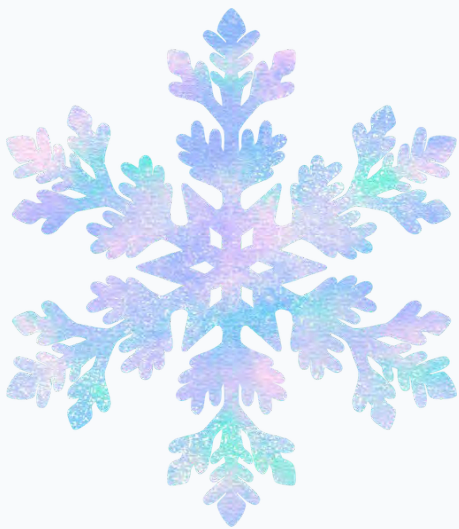
Seasonal Matching

Print and cut



Seasonal Matching

Print and cut



Seasonal Matching

Print and cut



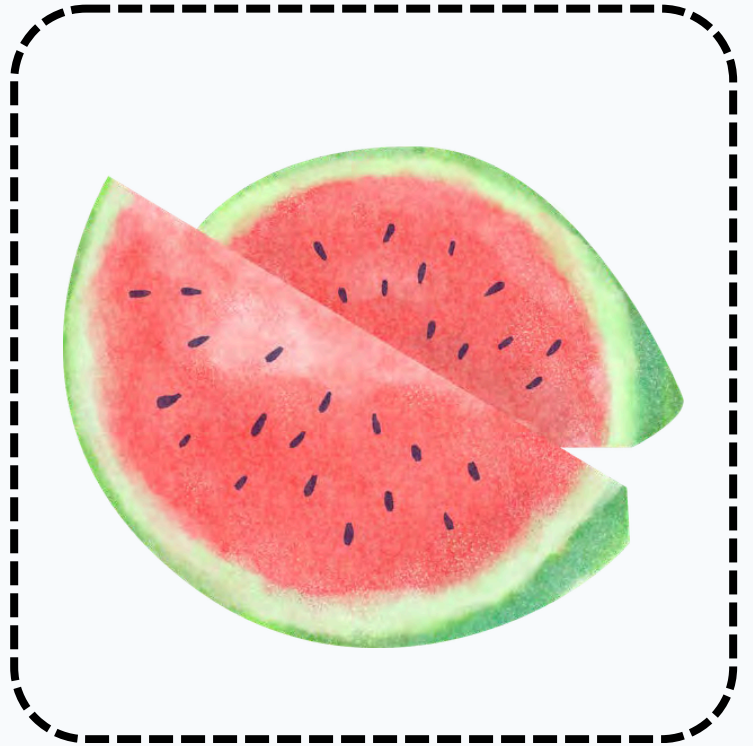
Seasonal Matching

Print and cut



Seasonal Matching

Print and cut



Seasonal Matching

Print and cut



Seasonal Matching

Print and cut



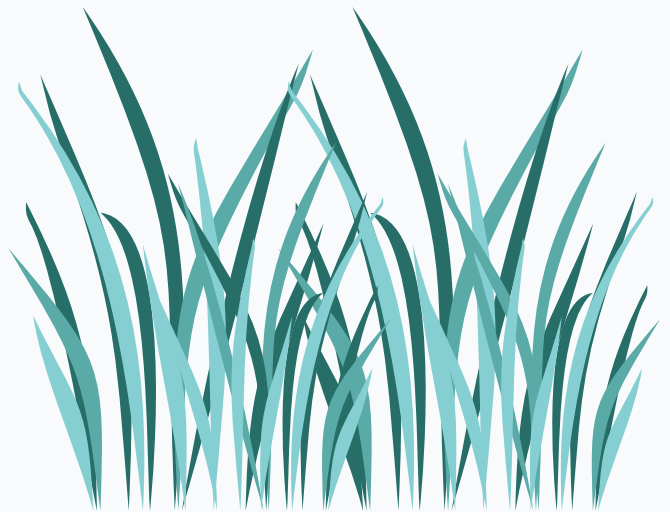
Seasonal Matching

Print and cut



Seasonal Matching

Print and cut



“My Perfect Garden” Short Story Reading Group



MC



Any



Reading &
Writing



30 Min

SUPPLIES NEEDED

- One printed copy of My Perfect Garden per participant
 - Large-print format with one short paragraph per page
- Chairs arranged in a circle or semi-circle
- Reading pointer or ruler (optional for support)
- Table or basket for finished books
- Light refreshments (optional)

STEP-BY-STEP OUTLINE

1. Welcome & Introduction
 - Greet each resident warmly and help them settle into a comfortable seat
 - Briefly introduce the title of the book and share:
 - “We’ll be taking turns reading a beautiful story today called ‘My Perfect Garden.’ It’s a peaceful walk through a garden we can all imagine together.”
2. Distribute Books
 - Hand out a copy to each participant
 - Ensure everyone has access to a book in large, easy-to-read print
 - Ask if anyone would like help reading, or if they’d prefer to listen
3. Begin the Reading Circle
 - Start by reading the first page aloud as a group model
 - Invite the next reader to read the following page
 - After each page, the reader says: “Next Reader Please”
 - Continue until all pages are read (15 total)
4. Encourage and Assist
 - Offer gentle prompts or assistance if someone needs help
 - Allow those who prefer not to read to simply follow along and enjoy listening
5. Reflection & Conversation
 - After reading, guide a brief group discussion using the questions below
6. Wrap-Up
 - Collect the books or allow residents to keep them if desired
 - Offer thanks and a simple affirmation like:
 - “You all brought the garden to life so beautifully.”

DISCUSSION QUESTIONS

- Do you have a green thumb?
- Did this remind you of a garden you used to visit or care for?
- If you could plant one flower today, what would it be?
- Do you remember any smells or sounds from a favorite garden?

My Perfect Garden

**My perfect garden starts with
sunshine.**

**I imagine a bright morning with
the sun rising over the trees.**

**The ground is soft, and the air is
fresh.**

**It's the kind of day made for
planting something beautiful.**

**Turn Page
Next Reader**

**I walk slowly along the path
made of stones.**

**There are birds singing in the
trees nearby.**

**The garden feels quiet, but
alive.**

**It's the kind of place where my
thoughts feel gentle.**

**Turn Page
Next Reader**

**I walk slowly along the path
made of stones.**

**There are birds singing in the
trees nearby.**

**The garden feels quiet, but
alive.**

**It's the kind of place where my
thoughts feel gentle.**

**Turn Page
Next Reader**

**In one corner, I see tulips in red,
yellow, and pink.**

**They stand tall and proud,
nodding in the breeze.**

**I remember planting tulip bulbs
once, deep in the soil.**

**And I remember how happy I
felt when they bloomed.**

**Turn Page
Next Reader**

Farther along, the roses are in full bloom.

Some are soft pink, others deep red.

I lean in close and breathe in their sweet scent.

It reminds me of someone I love.

**Turn Page
Next Reader**

A wooden bench sits under a shady tree.

It's the perfect place to rest and listen.

The bees are buzzing near the flowers.

And I can hear the wind moving through the leaves.

**Turn Page
Next Reader**

**There are daffodils by the fence,
bright as sunshine.**

**They look like little trumpets,
playing a silent song.**

**I always smile when I see
daffodils.**

**They remind me that spring is
here.**

**Turn Page
Next Reader**

**In the middle of the garden, I see
vegetables growing.**

**Tomatoes on the vine, carrots in
the ground, and lettuce in rows.**

**I think of fresh salads and
summer lunches.**

It's a garden full of goodness.

**Turn Page
Next Reader**

There's a small watering can near the shed.

I pick it up and give the plants a gentle drink.

They seem to perk up right away.

Like they're saying "thank you."

**Turn Page
Next Reader**

Butterflies dance through the garden.

One lands on a purple flower and flutters its wings.

I watch it for a long time.

It's peaceful and perfect.

**Turn Page
Next Reader**

There are marigolds along the border.

They're bold and orange, like tiny suns.

I once gave marigolds to my neighbor.

She planted them by her window.

**Turn Page
Next Reader**

**A little cat strolls through the
garden path.**

**It pauses to sniff the lavender,
then curls up in the shade.**

I imagine it purring softly.

**Even the animals love this
place.**

**Turn Page
Next Reader**

I spot a wind chime hanging on a branch.

When the wind blows, it plays a gentle tune.

It sounds like memories floating by.

Soft, sweet, and familiar.

**Turn Page
Next Reader**

I look around one more time.

**Everything in this garden has a
place.**

**Flowers, trees, vegetables, and
soft little creatures.**

It's a garden made with care.

**Turn Page
Next Reader**

**As the sun begins to set, the sky
turns golden.**

**The garden glows in the fading
light.**

It feels like a warm goodbye.

But I know I'll be back again.

**Turn Page
Next Reader**

My perfect garden lives in my heart.

It's a place I can visit anytime I close my eyes.

It's full of color, comfort, and calm.

And it's always waiting for me.

**Turn Page
Next Reader**

1. What kinds of flowers or plants did you grow or take care of?

2. Did you ever have a favorite spot to sit and enjoy a garden?

3. What season do you enjoy most —spring, summer, fall or winter?

4. Have you ever shared vegetables or flowers from your garden with others?

Cutlery Sorting



MC



Any



Sorting & Matching



30 Min

SUPPLIES NEEDED

- Clean cutlery (forks, spoons, knives as appropriate)
- Cutlery tray or rack
- Printed cut-out templates of fork, spoon, and knife (laminated recommended)
- Tape or non-slip shelf liner (to secure templates)
- Printed participant instructions (optional)
- Printed facilitator guide

STEP-BY-STEP OUTLINE

Step-by-Step Outline

1. Set Up:
 - Place laminated utensil templates inside the cutlery tray or rack so each section clearly shows a fork, spoon, or knife outline. Secure templates so they don't move. Place clean cutlery nearby.
2. Invite:
 - Say, "These utensils need to go in the right spots. Would you help me sort and match them?"
3. Model:
 - Pick up one utensil and place it directly on the matching template, pointing out the shape if helpful.
4. Handover:
 - Hand one utensil at a time to the participant and gesture toward the tray.
5. Engage:
 - Allow the participant to match by shape without naming or correcting. Offer encouragement and keep the pace relaxed.
6. Finish:
 - Thank them specifically: "Everything is matched and organized now. That was a big help."

Discussion Prompts:

- "Did you keep your cutlery in a drawer or tray at home?"
- "Did you have a favorite utensil you liked to use?"

Modifications:

Easier: Use only two templates (fork and spoon) or match utensils directly on top of the templates without placing them into sections.

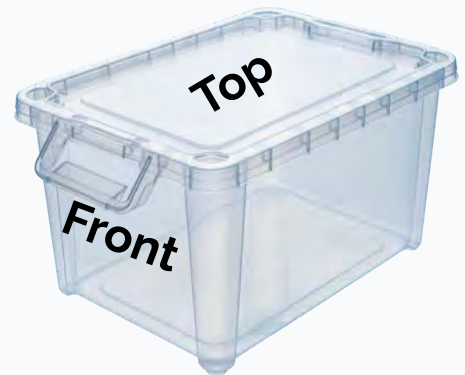
Cutlery Sorting

Top of Bin Label

Cutlery Sorting

Front of Bin Label

Cutlery Sorting



Participant Instructions (Tape Inside Top of Bin)

1. Pick up one utensil.
2. Find the matching picture.
3. Place the utensil on the picture.
4. Move to the next one.

If the labels are too small, print on 11x17 size paper

Cutlery Sorting

Spoon



Fork



Knife

