



# HOME RECREATION GUIDE:

Physical:

Emotional:

Social:

Spiritual:

Sensory:

At home  
workout  
(find free on  
YouTube)

Journal

Call a  
friend/loved  
one

Practice  
meditation

Bake  
something &  
focus on the  
senses

Zumba  
Workout  
(find free on  
YouTube)

Meditate

Play a board  
game with a  
small group

Practice  
spirituality  
that aligns  
with you

Use  
aromathera-  
py

Yoga  
(find free on  
YouTube)

Inspirational  
adult  
colouring

Play a  
conversation  
game with  
small group

Create a  
gratitude  
journal

Music  
therapy

Barre  
(find free on  
YouTube)

Write  
affirmations  
for yourself  
and others

Have a  
movie night

Use self-  
reflection

Listen to a  
guided  
meditation

Just Dance  
game

Art therapy  
**Express  
Yourself**

Play team  
trivia

Practice  
mindfulness

Gardening

Go for a walk

Have a bath  
& take a  
relaxing  
evening

Reminisce  
over  
memories  
together

Create a  
vision board

Play a scent  
guessing  
game

Home dance  
party

Listen to  
music

Play the  
gratitude  
game

Read a self-  
help book

Create  
sensory  
bottles