**Physical Activity List**

Balance Class 2

Ring Toss 3

Intergenerational Horticultural Program 4

Basketball 5

Bean Bag Toss 6

Walking Club/Walk & Talk/Walk & Roll/Stepping Out 7

Noodle Ball 8

Bowling 9

Chair Volley Ball 10

Kick Ball 11

Horseshoes 12

Putting Course 13

Noodle Ball 14

Chop stick Pom Pom Sort 15

Walk & Talk Scavenger Hunt 16

Nature Walk 17

Laughter Yoga 19

Tai Chi 22

Activity: Balance Class

Domain: Physical

Objective

For each person in the group to maintain the highest level of independence with decrease in falls and increase in overall balance. Help clients to strengthen and improve their balance through exercise, walking, challenges and obstacles.

Group Size

10-16

Materials

Cones

Description

1. Stand with feet shoulder width apart to find where you feel most balanced. Allow several minutes for this.
2. Begin with marching in place then have clients turn their heads right and left 10 ties each, next have clients look up and down 10 times each.
3. Stand at a comfortable stance, kick leg forward and backs 10 times each. Repeat with right leg. Swing arms to coordinate with leg movements.
4. Toe taps with each leg to the front, side, and back 10 times. Hands can be on hips or at sides. As clients are comfortable with this, have them track their toe taps with their arms and hands.
5. With feet together rock from heel to tip toes 10 times. Swing arms forward and back to coordinate with this.
6. Stand with feet shoulder width apart, plane hands on hips, and bend knees 10 times.
7. Stand with feet shoulder width apart, place hands on hips, then rock hips to the left and right 10 times each; rock hips forward and back 10 times each; and finally rotate hips around in a circle to the left and right 10 times each.
8. Stand at comfortable stance, 10 lunges forward with each leg followed by 10 lunges back with each leg.
9. Balance on one leg 10 seconds then the other five times.
10. Five side steps left then five steps to the right 10 times.
11. Take a walk, emphasizing large steps, followed by small steps, also walk forward and backward.
12. Take a walk weaving in and out of cones placed shorter and longer distances apart.

**Activity Category:** Physical

**Name activity:** Ring Toss

**Group Size:** 4-10

**Activity Duration:** 15-20 min

**Setting Consideration:** Indoors, large common room

**Purpose/Goal:**  Promotes exercise. Encourage normalized activities. Encourages socialization. Improves visual tracking. Provide an activity that will be flexible to meet the various needs of the residents. Encourage positive emotion. Reduce anxiety.

**Supplies Needed:**  4-5 Large colorful plastic rings. 4-5 Cones on which to toss rings.

**Set up:** Set up residents in a circle. Place cones in middle of circle far enough apart to have rings go around them when tossed. Appropriate supervision is required.

**Intervention Description**: Gather residents who would benefit from the activity. Identify residents who will require assistance. Place rings in residents’ hand and encourage them to toss them around cones. Praise all efforts and be enthusiastic.

**Special Consideration or Risks:** Additional staff maybe needed depending on group size. Adapt for physical needs or cognitive needs. Leader should stand in center to retrieve rings.

Activity: Intergenerational-Horticultural Program

Domain: Social/Physical

Objective: An opportunity for clients to share growing talents with youth. Clients and youth working together to produce one goal, growing food.

Group Size:

10 +

Materials

Gardening beds

Seeds

Pots

Soil

Gardening tools

Gloves

Sun hats

Sun screen

Description

Arrange with a local Boy Scout, Girl Scout, church group or other youth group to participate in this ongoing activity.

For the first visit plan what the group would like to plant. How are they going to plant it and where?

The next visit, if needed, make raised flower beds or have them made ahead of time.

Third visit, start planting.

All visits after is maintenance of the gardening i.e. weeding, pruning, watering etc…

As the garden is harvested, plan cooking groups with the youth or arts and crafts depending on what was planted.

**Activity Category:** Physical

**Name activity:** Basketball

**Group Size:** 8-20

**Activity Duration:** 45-60 min

**Setting Consideration:** This activity can be done either indoors or outdoors depending on the weather and staff available

**Purpose/Goal:** Encourage normalized activities. Provide an activity that will be flexible to meet the various needs of the residents. Encourage positive emotion. Reduce anxiety.

**Supplies Needed:**  Large activity room. Large area outside i.e. courtyard or patio area. Basketball hoop floor or standing. Nerf basketball able to fit through hoop.

**Set up:** Set up residents in a line or horse shoe shape around basketball hoop. Appropriate supervision is required.

**Intervention Description**: Gather residents who would benefit from the activity. Identify residents who will require assistance. Bring residents to top of “court”, give residents the ball and encourage the resident to throw it into the hoop. Praise all efforts and be enthusiastic.

**Special Consideration or Risks:** Additional staff maybe needed depending on group size. Adapt for physical needs or cognitive needs. Retrieve ball after each shot.

**Activity Category:** Physical

**Name activity:** Bean Bag Toss

**Group Size:** 8-20

**Activity Duration:** 45-60 min

**Setting Consideration:** This activity can be done either indoors or outdoors depending on the weather and staff available

**Purpose/Goal:** Encourage normalized activities. Provide an activity that will be flexible to meet the various needs of the residents. Improves hand eye coordination. Encourage positive emotion. Reduce anxiety.

**Supplies Needed:**  Large activity room. Large area outside i.e. courtyard or patio area. 4 Bean bags. 5 Buckets.

**Set up:** Set up residents in a circle around buckets. Appropriate supervision is required. Place buckets in center of circle, one in the center four around the center bucket (center bucket can be colored red others can be another color of choice).

**Intervention Description**: Gather residents who would benefit from the activity. Identify residents who will require assistance. Place bean bags in residents’ hands. Encourage residents to throw into buckets. Praise all efforts and be enthusiastic.

**Special Consideration or Risks:** Additional staff maybe needed depending on group size. Adapt for physical needs or cognitive needs. Monitor for safety needs of residents. Leader should stand in center to retrieve bean bags.

**Activity Category:** Physical

**Name activity:** Walking Club/Walk and Talk/Walk and Roll/Stepping Out

**Group Size:** 10-15

**Activity Duration:** 20-30 min

**Setting Consideration:** This activity can be done either indoors or outdoors depending on the weather and staff available

**Purpose/Goal:** Encourage normalized activities. Provide an activity that will be flexible to meet the various needs of the residents. Encourage positive emotion by engaging in familiar activity. Reduce anxiety.

**Supplies Needed:**  If done outdoors: sunscreen, hats. Adaptive equipment i.e. canes, walkers, wheelchairs

**Set up:** Usually occurs in a closed courtyard, but may be in any outside area that is safe for residents. Appropriate supervision is required. Can be done inside facility halls.

**Intervention Description**: Gather residents who would benefit from the activity. Identify residents who will require assistance. Walk around unit, halls or courtyard. Describe what is seen, heard or smelt during the walk. Engage residents in talking about related memories.

**Special Consideration or Risks:** Additional staff maybe needed depending on group size. Adapt for physical needs or cognitive needs. Monitor for safety needs of residents. Create indoor walking path with murals, drop stations, interactive wall art or art or other interesting wall hangings. Create interesting features in courtyard on the available waling path.

**Activity Category:** Physical

**Name activity:** Noodle Ball

**Group Size:** 4-10

**Activity Duration:** 20-30 min

**Setting Consideration:** This activity can be done either indoors or outdoors depending on the weather and staff available

**Purpose/Goal:** Promote exercise. Encourages socialization. Improves hand eye coordination. Improves visual tracking. Encourage normalized activities. Provide an activity that will be flexible to meet the various needs of the residents. Encourage positive emotion by engaging in familiar activity. Reduce anxiety.

**Supplies Needed:**  Inflated bright colored balloon. Water noodles cut in three equal ‘paddles’

**Set up:** Large activity room. Large area outside. Set residents in a circle. Appropriate supervision is required.

**Intervention Description**: Gather residents who would benefit from the activity. Identify residents who will require assistance. Walk around unit, halls or courtyard. Describe what is seen, heard or smelt during the walk. Engage residents in talking about related memories.

**Special Consideration or Risks:** Additional staff maybe needed depending on group size. Adapt for physical needs or cognitive needs. Toss balloon to residents. Encourage hand or noodle to make physical contact with balloon. Praise all efforts and be enthusiastic. Monitor for residents’ who may be hitting balloon too hard.

**Suggestions:** Use two or three balloons at the same time to make it more difficult. Include children when visiting.

**Activity Category:** Physical

**Name activity:** Bowling

**Group Size:** 8-20

**Activity Duration:** 45-60 min

**Setting Consideration:** Inside in large activity room or hallway

**Purpose/Goal:** Promotes exercise. Encourages socialization. Improves hand eye coordination. Improves visual tracking. Encourage normalized activities. Provide an activity that will be flexible to meet the various needs of the residents. Encourage positive emotion. Reduce anxiety.

**Supplies Needed:**  Rubber bowling ball. Rubber or plastic bowling pins. Score card if desired.

**Set up:** Set up residents in a line. Appropriate supervision is required. Usually requires two staff; 1 for resident, 1 for pins

**Intervention Description**: Gather residents who would benefit from the activity. Identify residents who will require assistance. Bring residents to ‘alleyway”, hand resident the bowling ball and encourage the resident to roll it towards the pins. Praise all efforts and be enthusiastic.

**Special Consideration or Risks:** Additional staff maybe needed depending on group size. Adapt for physical needs or cognitive needs. Retrieve ball after each residents has a turn.

**Suggestions:** Use a Wii or Xbox if available.

**Activity Category:** Physical

**Name activity:** Chair Volley Ball

**Group Size:** 8-20

**Activity Duration:** 45-60 min

**Setting Consideration:** This activity can be done either indoors or outdoors depending on the weather and staff available

**Purpose/Goal:** Promotes exercise. Encourages socialization. Improves hand eye coordination. Improves visual/stimulation tracking. Encourage normalized activities. Provide an activity that will be flexible to meet the various needs of the residents. Encourage positive emotion. Reduce anxiety.

**Supplies Needed:**  Low volleyball or badminton net. Inflated colorful balloon or beach ball. Score card if desired.

**Set up:** Seat residents in teams on both sides of net. Appropriate supervision is required.

**Intervention Description**: Gather residents who would benefit from the activity. Identify residents who will require assistance. Have one resident toss ball to the other team. Other team returns serve. Game is in play till ball drops to floor. Praise all efforts and be enthusiastic.

**Special Consideration or Risks:** Additional staff maybe needed depending on group size. Adapt for physical needs or cognitive needs.

**Activity Category:** Physical

**Name activity:** Kick Ball

**Group Size:** 4-10

**Activity Duration:** 15-20 min

**Setting Consideration:** This activity can be done either indoors or outdoors depending on the weather and staff available

**Purpose/Goal:** Promotes exercise. Encourages socialization. Leg strength. Improves visual tracking. Encourage normalized activities. Provide an activity that will be flexible to meet the various needs of the residents. Encourage positive emotion. Reduce anxiety.

**Supplies Needed:**  Rubber ball or beach ball

**Set up:** Seat residents in a circle.

**Intervention Description**: Gather residents who would benefit from the activity. Identify residents who will require assistance. Kick ball to resident and have them return kick to another resident. Encourage residents’ to first use toe then inside of foot. Encourage residents’ to switch off feet.

**Special Consideration or Risks:** Additional staff maybe needed depending on group size. Adapt for physical needs or cognitive needs. Monitor for residents’ who are kicking ball too hard.

**Activity Category:** Physical

**Name activity:** Horse Shoes

**Group Size:** 4-10

**Activity Duration:** 15-20 min

**Setting Consideration:** This activity can be done either indoors or outdoors depending on the weather and staff available

**Purpose/Goal:** Promotes exercise. Encourages socialization. Improves visual tracking. Encourage normalized activities. Provide an activity that will be flexible to meet the various needs of the residents. Encourage positive emotion. Reduce anxiety.

**Supplies Needed:**  Rubber horse shoes, plastic/rubber stakes

**Set up:** Seat residents in a circle or in a line. Place stake at least five feet from starting line

**Intervention Description**: Gather residents who would benefit from the activity. Identify residents who will require assistance. Place 3 horse shoes in residents hand and bring them to line. Encourage resident to throw onto stakes. Praise all efforts and be enthusiastic.

**Special Consideration or Risks:** Monitor for safety of residents. Make sure horse shoes and/or stakes are not in throwing distance of other residents. Adapt for physical needs or cognitive needs.

**Activity Category:** Physical

**Name activity:** Putting Course

**Group Size:** 4-10

**Activity Duration:** 20-30 min

**Setting Consideration:** This activity can be done either indoors or outdoors depending on the weather and staff available

**Purpose/Goal:** Promotes exercise. Encourages socialization. Improves visual/stimulation tracking. Improves hand eye coordination. Encourage normalized activities. Provide an activity that will be flexible to meet the various needs of the residents. Encourage positive emotion. Reduce anxiety.

**Supplies Needed:**  Putting mat. Golf club and light weight balls. Score card if desired.

**Set up:** Seat residents in a line. Appropriate supervision is required.

**Intervention Description**: Gather residents who would benefit from the activity. Identify residents who will require assistance. Bring residents to top of putting green. Supple the resident with a putter and golf ball. Praise all efforts and be enthusiastic.

**Special Consideration or Risks:** Additional staff can provide assistance. Retrieve ball after each resident putts. Make sure horse shoes and/or stakes are not in throwing distance of other residents. Adapt for physical needs or cognitive needs. May use Wii or Xbox.

Activity: Noodle Ball

Category: Physical

Objective:

Increased mobility, flexibility, range of motion fun and enjoyment experience of play

Group Size

6 or more

Materials

Pool noodles cut in 3 equal parts

Balloon

Music

Description

Position residents in a circle. Give each resident a pool noodle. Remind residents not to place noodles in their months or to hit each other with noodle. Explain to residents they are to hit the balloon(s) with their noodle. Add more balloons as the game progresses on. The object is to keep the balloons off the ground.

# CHOPSTICK POM-POM SORT

(GAME: INDIVIDUAL OR GROUP)

**GOAL** FOR THIS ACTIVITY IS TO HAVE CLIENTS EXERCISE THEIR FINE MOTOR SKILLS, CONCENTRATION LEVELS, AND PROVIDE A COMPETITIVE INTERACTION WITH SELF AND OTHERS AS THE ACTIVITY IS TIMED.

**SUPPLIES**: TWO CONTAINERS (SHALLOW OR DEEP), CHOPSTICKS OR TONGS, POM-POMS (multi-color or same color) / TENNIS BALLS / COLORED BALLS, and a STOPWATCH.

**SKILL/LIMITATIONS OF PARTICIPANTS**: REQUIRES MOTOR SKILLS AND USE OF AT LEAST ONE HAND AND FAMILIARITY WITH USE OF CHOPSTICKS OR ABILITY TO GRIP AND SQUEEZE TONGS.

**PROCEDURES**: Clients are timed in picking up pom-poms with chopsticks and putting them in bowl/container. Client with the most pom-poms in the fastest time wins. Some variations may include: sorting pom-poms by color, having a vs. competition.

**LENGTH OF ACTIVITY**: 15 TO 30 MINUTES (VARIES).

**PRECAUTIONS**: NONE.

**BODY POSITION REQUIREMENTS**:

* ABILITY TO SIT FOR PERIOD OF TIME.
* Use of at least one hand.

**SENSE REQUIREMENTS**:

* SIGHT
* HEARING
* Touch

**PHYSICAL REQUIREMENTS:**

* ENDURANCE
* SPEED

**SOCIAL ASPECTS**:

* SMALL GROUP
* REQUIRES ONGOING CONVERSATION
* ABILITY TO SHARE/COOPERATE
* ABILITY TO LISTEN
* INDEPENDENT WORK WITHIN A GROUP
* REQUIRES TOLERANCE FOR POSSIBLE CLOSE PROXIMITY

**COGNITIVE ASPECTS**:

* ATTENTION SPAN
* SHORT -TERM MEMORY
* CONCRETE THINKING
* SEQUENCING SKILLS
* PROBLEM SOLVING SKILLS NEEDED
* OBJECT IDENTIFICATION
* DIRECTIONALITY
* MID TO MODERATE CONCENTRATION NEEDED

**EMOTIONAL ASPECTS**:

* USE OF NEW AND / OR PAST SKILLS
* PROMOTES BODY AWARENESS
* INCREASES SENSE OF SELF
* EXPERIENCES SENSE OF SUCCESS
* ANTICIPATION/ANXIETY

**WALK AND TALK SCAVENGER HUNT**

(1: 1 Activity, cognitive sensory stimulation, physical)

**GOAL** for this activity is for the Client to experience range of emotions from excitement, anticipation, curiosity in addition

to exercising their focus and attention on object identification, reminiscing, and socialization.

**SUPPLIES:** Scavenger hunt list of items to look for and cross off.

**SKILLILIMITATIONS OF PARTICIPANTS:** none

**PROCEDURES:** Decide on destination or route for walk and talk with Client and develop a scavenger hunt list of things to watch for, listen for, smell. Provide or review list with client and begin the adventure. During this walk and talk - look, listen, and smell for items on the list. Discuss and reminisce about them.

**Variations: List could be themed for colors, smell, objects, things to collect and bring back to facility for 1:1 craft incorporating.**

**LENGTH OF ACTIVITY:** 10 to 20 MINUTES (VARIES).

**PRECAUTIONS:** ensure weather appropriate attire, and that resident is well rested and hydrating, taking care of any fall risk precautions for safety.

**BODY POSITION REQUIREMENTS:**

• Ability to sit, stand, or walk for a period of time.

**SENSE REQUIREMENTS:**

• SIGHT, HEARING, TOUCH, SMELL

**PHYSICAL REQUIREMENTS:**

• ENDURANCE

**SOCIAL ASPECTS:**

• SMALL GROUP OR INDIVIDUAL 1:1

• COOPERATION

• ABILITY TO LISTEN

• REQUIRES ONGOING CONVERSATION

**COGNITIVE ASPECTS:**

• ATTENTION SPAN

• SHORT AND LONG TERM MEMORY

• CONCRETE AND ABSTRACT THINKING

• SEQUENCING SKILLS

• PROBLEM SOLVING SKILLS NEEDED

• OBJECT IDENTIFICATION

• DIRECTIONALITY

• MILD TO MODERATE CONCENTRATION NEEDED

• ABILITY TO FOLLOW DIRECTIONS

**EMOTIONAL ASPECTS:**

• USE OF NEW AND / OR PAST SKILLS

• INCREASES SENSE OF SELF

* • EXPERIENCES SENSE OF SUCCESS, ANTICIPATION, ANXIETY

***Intervention*:** Nature Walk

Goal: To increase physical health by:

* Increasing flexibility
* Improving muscle strength and definition
* Increasing energy, stamina and agility

***Additional Resources that may be strengthened:***

-Social Resources: build/strengthen social network by communicating and walking together.

-Psychological resources: build/strengthen competencies and self-esteem, reduces stress, and increase feelings of well-being.

-Environmental resources: builds connectedness between the self and the natural environment.

***Enhancing Leisure Experiences:***

*Savoring Leisure*: Provide opportunities to reminisce and reflect upon the positive mood experienced while being in a natural environment. Encourage clients to verbalize the benefits of being in nature and pay conscious attention to how the natural environment effects each participant.

*Authentic Leisure:* Allow for autonomy in the activity and support the client’s strengths and competencies.

*Leisure Gratification:* Continuously evaluate the skill level of the exercises in relation to the client to ensure the activity isn’t too simple or exceeds the client’s skills. You may challenge the participants to gather various items on the walk. You may incorporate a trivia aspect with different plants/animals and other items evident in the natural environment.

*Mindful Leisure:* A group walks in silence as a form of "physical meditation". Helps to calm minds and set tone, while providing an initial personal and group experience in the outdoors.

*Virtuous Leisure:* Clients may use insight learned while participating in activity and pass onto others within his/her community. Client may include family/friends in nature walks.

**Nature walk procedure:**

* Walking to a location in silence helps to set the mood and tone, especially if the group has physical/social energy, the walk helps it to dissipate and the mind transitions.
* Arrange a walk or small journey to a place in nature.  Even if the walk is quite short, it can help to create a sense of "a place apart" where new and different games and activities can be encountered.  The walk also provides a real outdoor experience, a basis from which to start building shared personal and group outdoor group experiences.
* Make sure logistics are well set up before briefing a Nature Walk (e.g., participants know how long, have the right gear, etc.).  Also, bring a first aid kit, food, water, etc. if considered necessary.
* There are many ways to walk, yet we get stuck sometimes in walking where and how culture, society and personal habits tend to lead us.  Provide opportunities, space and permission to walk in different ways.
* Walking in Silence: I ask participants to walk in silence.  This is often difficult for people to do.  Sometimes I stagger the times at which groups leave, but this tends to work better for longer walks and smaller groups (other it takes too long, with people waiting at each end).  If the group sets off together, then I more strongly brief that it is a silent activity.  If the silence code isn't followed, sometimes I let that happen if isn't disturbing others too much (e.g., a quiet conversation between two people) and then address it in a debrief when the group is together.
* Sacred Run: I ask if anyone's heard of the "Sacred Run", a native American Indian ritual that now takes place around the world.  It involves people running all day, often in relay, and staying each night in different local indigenous communities and sharing indigenous ceremonies and celebrations.  The run itself is a spiritual celebration/exercise in which each step is considered a sacred contact with the earth.  I simply invite and suggest that this is an example of one way to walk.
* Debrief: Since this is the first "outdoor experience" in this session, I have learnt it is important to use it an exemplar in terms of debrief process.  A simple way to start is to gather together in a circle (very important to have everyone standing so they are in the circle (not behind others - set this example early)) and ask "What happened on this walk - what do you notice about how people walked, how you walked, what you noticed in the environment, what kinds of thoughts and feelings occurred to you...."  I then strongly show appreciation of people's contributions. Any contribution is OK - just simple observations are fine.  Some people spend more time with their own thoughts; some people pay attention to environment; some people can't remember what they did.  If there was talking, I ask why.  Was this out of their comfort zone?  Are there other topics on their minds that need to be addressed?

## Variations:

1. Pick up rubbish along the way - who can pick up the most?
2. Pick up a piece of nature that "represents who you are" - then share with group at the other end.
3. Find someone else who walks at a similar pace and walk in synchronization.

Taken from : <http://wilderdom.com/games/descriptions/SoloHourInNature.html>

***Intervention*:** **Laughter Yoga**

Goal: To increase physical resources by improving physical health, mobility, fitness, and energy.

***Additional Resources that may be strengthened:***

-Social Resources: Laughter unites people, and bonds us through humor and play.

Psychological resources: build/strengthen self-esteem, self-expression, and increase feelings of well-being.

-Environmental resources: builds social networks and social connectedness.

***Enhancing Leisure Experiences:***

*Savoring Leisure*: Provide opportunities to reminisce and reflect upon the positive mood experienced while engaged in the laughing sessions.

*Authentic Leisure:* Allow for autonomy in the activity and support the client’s strengths and competencies.

*Leisure Gratification:* Continuously evaluate the skill level of the exercises in relation to the client to ensure the course isn’t too simple or exceeds the client’s skills

*Mindful Leisure:* Theme the intervention differently to introduce novelty, and provide opportunities to reflect on the present moment.

*Virtuous Leisure:* Encourage clients to participate in laughter groups within his/her community.

***Overview:*** Laughter Yoga combines unconditional laughter with yogic breathing (Pranayama). Anyone can laugh for no reason, without relying on humor, jokes or comedy. Laughter is simulated as a body exercise in a group but with eye contact and childlike playfulness, it soon turns into real and contagious laughter. The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits. .

Laughtercises combine therapeutic laughter with healing humor and expand on the "laugh for no reason" concept of Laughter Yoga. Scientific research has proven laughter triggers the pleasure centers in the brain and happiness chemicals are produced when the body is placed in acts of joy.

Laughtercises help re-train the brain and improve physiology. They include:

**Entertaining** body movements designed to boost self-esteem, expand healthy communication and increase skill in coping with anger, anxiety and grief.

**Humorous** breathing techniques to increase oxygenation in the blood, stimulate the diaphragm and relax the mind and body by stimulating the parasympathetic nervous system.

**Amusing** stretching poses to keep the body agile, improve posture and reduce the risk of injury to the joints, muscles and tendons.

**Playful** tapping exercises to stimulate acupressure points to enhance the digestive, endocrine, skeletal, muscular, nervous and lymphatic systems.

**Benefits of Laughter**

* Strengthens the heart and lungs
* Improves circulations
* Helps regulate blood pressure
* Decreases stress hormones
* Boosts the immune system
* Helps lessen anxiety
* Alleviates pain
* Is a natural antidepressant
* Enriches the blood with oxygen
* Enhances blood supply to internal organs
* Triggers a healthy respiratory pattern
* Massages the digestive tract
* Increases stamina

Activity:

* Have at least two people, up to a small party with even numbers
* When laughing, maintain eye contact - a bonding that helps to share the laughter
* Have a willingness to laugh, even though it may be difficult at first
* Fake it till you make it: your body doesn’t recognize the difference

Start off by clapping your hands whilst looking into your partners’ eyes (clap so that the ends of your fingers and thumbs come together - these are acupressure points/meridians that act as little endorphin pumps). Clap to the rhythm of one, two, one two three saying Ho, Ho to one side of the body followed by Ha Ha Ha to the other, all the time laughing/smiling and looking into your partners eyes. After five repeats with one person (if you’re in a group), move on to the next person and repeat until everyone has met and shared eye contact/smiles/laughter with each other. (The Ho Ho’s come from the belly as in Father Christmas; the Ha Ha’s come from higher up in the heart region, giving your diaphragm a work-out).

Now you’ve warmed up and greeted everybody, we’ll let our inner child come out to play. Here’s a few ideas: once you get going, see if you can make up some of your own - laughter is infectious, so enjoy!!

Laugh at yourself - lighten up; don’t take yourself too seriously; act your shoe size, not your age! I’m six. An important part of laughter sessions is to be playful - to recapture our childlike playfulness and be willing to be a little bit silly. I know it can take some time to build the confidence to do that. So before laughing with others, see if you can laugh at yourself. Simply point your thumb at your chest and chuckle, letting it gradually grow into a full-blown laugh. If it helps, visualize a previous occasion where you enjoyed laughing at yourself, or visualize a baby laughing at itself just for the sheer joy of it.

Milk shake laugh - Holding an imaginary glass in each hand, pour an imaginary laughter milk-shake from one glass to the other whilst saying an exaggerated Ooooh and then back into the other glass with an Aaaah before extending your thumb and raising the glass full of laughter to your lips in a gesture of drinking.

Funky chicken laugh - Put your thumbs under your armpits and flap your wings, sticking your chest out and maybe scratching the ground with your foot because the other chicken has invaded your territory, all the while laughing your heads off. (Males remember this is non-competitive; you are not really a chicken and this is not really a farmyard!)

After expending all this energy, we’re just going to wind down with a little deep breathing exercise. Raise your arms slowly above your head whilst breathing ‘life force’ in, and then slowly exhale ‘waste products’ out as you bend forward till your hands touch your knees. As with all exercise, (and laughter is a very thorough exercise), use common-sense if you have a medical condition that would be exacerbated by these moves. We’re talking about an internal aerobic workout here, similar to a run round the block!

*Other laughtercises:*

* Greeting laughter
* open mouth silent laughter
* appreciation laughter
* lion laughter
* one meter laughter
* open arms laughter
* celebration laughter.

*Some LY Adaptations:*

* Chester jester: have participants pick the laughtercises from a hat
* Noise makers/shakers/clappers/pre-recorded laughter CD’s etc used to help clients who are not able to vocalize laughter due to low volume or other reasons.
* Power wheel chairs stay stationary while those who are able to ambulate circulate the room.
* Position the room accordingly so everyone can see each other to maintain good eye contact.

Resources: <http://www.laughteryoga.org/>

***Intervention*:** Tai Chi

Goal: To increase physical health by:

* Increasing flexibility
* Improving muscle strength and definition
* Increasing energy, stamina and agility
* Improving balance and coordination and reduce number of falls.

***Additional Resources that may be strengthened:***

-Social Resources: build/strengthen social network by conversing with others with similar interests.

-Psychological resources: build/strengthen competencies and self-esteem, reduces stress, and increase feelings of well-being.

***Enhancing Leisure Experiences:***

*Savoring Leisure*: Provide opportunities to reminisce and reflect upon the experiences, and allow the client to reflect on positive moods while engaged in the activity.

*Authentic Leisure:* Allow for autonomy in the activity and support the client’s strengths and competencies.

*Leisure Gratification:* Continuously evaluate the skill level of the exercises in relation to the client to ensure the activity isn’t too simple or exceeds the client’s skills. You may teach the client different tai chi moves in accordance with his/her skill level.

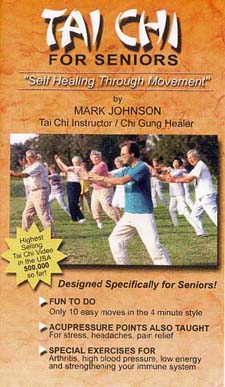
*Mindful Leisure:* Theme the intervention differently (and in accordance with the skill being taught) to introduce novelty, and provide opportunities to reflect on the present moment.

*Virtuous Leisure:* Clients may teach and lead various moves that they may be skilled in.

**Tai Chi for Health Procedure:**

* Tai chi is a self-paced system of gentle physical exercise and stretching. To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing.
* Tai chi has more than 100 possible movements and positions. You can find several that you like and stick with those, or explore the full range. The intensity of tai chi varies somewhat depending on the form or style practiced. Some forms of tai chi are more fast-paced than others, for instance. However, most forms are gentle and suitable for everyone. And they all include rhythmic patterns of movement that are coordinated with breathing.
* Older adults may especially find tai chi appealing because the movements are low impact and put minimal stress on muscles and joints. Tai chi may also be helpful if you have arthritis or are recovering from an injury.

Tai Chi For Seniors: This Tai Chi style is called Chi Kung/Tai Chi, and it was developed from the healing arts called Chi Kung rather than from the martial arts. And since this Chi Kung/Tai Chi style focuses on the health aspects of Tai Chi, it allows the participant to more quickly and easily access the health benefits of Tai Chi compared to the martial Tai Chi styles.



**Resource:** <http://www.taichiforseniorsvideo.com/>

**Resource:** <http://www.mayoclinic.com/health/tai-chi/SA00087>

**Resource:** <http://www.chairtaichi.com/>

**Research Support:** Frye, B., Scheinthal, S., Kemarskaya, T., & Pruchno, R. (2007). Tai Chi and Low Impact Exercise: Effects on the Physical Functioning and Psychological Well-Being of Older People*. Journal of Applied Gerontology, 26(5)*, 433-453