

## **If you only have ...**

Activities don't have to be long taking several hours and for some people with short attention spans they can be very brief – little and often with time for a break. Some may also act as a distraction if someone is becoming bored or irritated.

So a few ideas to think about and try

### **5 minute activities**

- Around the house
  - Wiping down the surfaces/table
  - Sweeping the floor
  - Tidying up
  - Washing up cup, plate etc
  - Rinsing out the bath after use
- Food and drink
  - Making a drink
  - Making a sandwich
  - Cutting up fruit to eat
- Table top/ pen and pencil
  - Colouring in
  - Word searches
  - Mazes
  - Drawing
  - Hang man
  - Noughts and crosses
  - Dot-to-dot pictures

### **10 minutes**

- Around the house
  - Washing up
  - Tidying bed room
  - Putting away clothes
  - Dusting
  - Wiping down surfaces
  - Wiping down tables
  - Wiping down furniture
  - Sweeping the floor
  - Washing/mopping the floor
  - Bed making
  - Stripping bed
  - Bed changing

- Sorting out the recycling
- Disposing of rotting or out of date food
- Emptying bread bin
- Putting the rubbish out
- Cleaning telephone
- Watering houseplants
- Food and drink
  - Making a sandwich
  - Making a hot drink
  - Making breakfast
  - Preparing cold snacks e.g. crudities with a dip
  - Heating up food in the microwave
- Laundry
  - Sorting out laundry by colour
  - Loading washing machine with laundry
  - Filling washing machine with washing powder and conditioner
  - Putting washing into tumble dryer
  - Sorting out and pairing up socks
  - Putting clothes away once ironed
- Table top activities
  - Paper planes
  - Drawing
  - Colouring in
  - Mazes
  - Dot to dot pictures
  - Word searches
  - Hang man
  - Noughts and crosses
  - Card games
  - Jenga
  - Building with Lego
  - Jigsaw puzzles
- Outside
  - Sweeping/Picking up leaves
  - Planting seed/bulbs
  - Weeding
  - Picking flowers, fruit, vegetables
  - Watering plants