

Ideas for fun, relaxation, and mental wellness.

Stay Home for Sinnissippi *Non-Event Gala* April 23-30, 2022



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Providing care, offering hope



Proceeds
will help buy
Automated
External
Defibrillators
(AED's) for
Sinnissippi sites



Hide & Seek - April

Our family plays games of hide and seek several times a week before bedtime. This often includes our pug Bowie. He like to be the seeker. One of us stays with Bowie while the rest hide and then we let him loose to search the house for his family members. He gets so excited his curly cue tail wagging every time he successfully finds one of his kids is so funny and we all have a blast doing this together. This is how we do family time.



Movie/TV Night

Grace

One thing our family liked during the heart of covid was “family movie theme night” so if we watched *Angels in the outfield* (baseball movie) we would wear baseball jerseys or t-shirts and have a baseball themed dinner like hotdogs and brats chips etc.

We also like to watch a different movie each weekend.



Make Your Own Movie – Andrew

Using your own phone or cameras, make a film written, produced, directed, and starring YOU and your friends and family.

Make it reality show, a drama, a mystery film, or let your imagination run wild.

If you really like the results share it with friends on social media.



Family Paint Along Leah

We like to do family paint along days. I recommend YouTube channel [Let's Make Art – YouTube](#) they have a lot of cool tutorials, then you just need to make sure you have paint, paper, paintbrushes, etc. A fun way to learn to paint and see all kinds of cool creations after.



Home Dance Party

Leah

Have a dance party, [The Fitness Marshall](#) on YouTube has some really cool fitness routines to popular music (*with accommodations for different movement levels*).

Or just turn on your favorite music, set the lights how you like them, maybe have someone play DJ and just have fun.



Some more Ideas

- ▶ Karaoke Night – Even if you don't have a Karaoke machine just play music, find the lyrics online, and sing!
- ▶ Get those board games out that have been sitting in your closet and have a game night.
- ▶ Have a home scavenger hunt.
- ▶ Play games that you don't need a board game for like Charades, Who am I (*you will need sticky notes or similar*) Hot and Cold, Hangman, and other games you don't need to buy anything and you can just use what's on hand.
- ▶ Have an indoor picnic. Spread that tablecloth right on the floor if you like and make and eat picnic foods. One benefit-NO bugs!

Some more Ideas

- ▶ Have your own spa night and do manicures and pedicures
- ▶ Go to bed early and get some extra rest!
- ▶ Read a good book or read books together with little ones in your family.
- ▶ Call a friend or family member who you know is struggling or who you haven't talked with in a while.
- ▶ Have a makeover night. Have fun giving each other a brand new look.
- ▶ Home 'spa' day. Take a fancy bath with a candle, bath salts, bath tea, maybe some bubbles and a book. Or, a spa shower and hang eucalyptus or peppermint tea bags off the shower head.
- ▶ Coffee and / or tea time and reflection - this could be for partners or done alone with a journal. Grab some reflective questions and work to get to know yourself (or your friends!) better.

Some more Ideas

- ▶ Yoga Party – Lots of good YouTube videos to follow if you've never done yoga.
- ▶ Get ready for gardening. Start seedlings indoors, many kits available.
- ▶ Cooking contest! Assign each family member a different part of the meal.
- ▶ Put on a fashion swap show. Everyone can go through their closets for some spring cleaning. You can either swap or donate the castaways, then have fun styling the remainder of your closet.
- ▶ Puzzle party. Get those puzzles out and do a big one together, or do several smaller puzzles.

Watch These Fun Staff Favorite Video Shorts

(click on the thumbnail to watch – search for more you like)



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Some Mental Wellness Resources

Websites and videos

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

<https://www.mhanational.org/31-tips-boost-your-mental-health>

<https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>

<https://www.mhanational.org/what-every-child-needs-good-mental-health>

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

<https://www.youtube.com/watch?v=s20iNLTRwo>

<https://www.youtube.com/watch?v=SqGRnIXplx0>

https://www.youtube.com/watch?v=4p5286T_kn0

https://www.youtube.com/watch?v=JOcaWEfPRM8&list=PLzvRx_johoA9Y3fd6ZFGuh3K5w5mp6DIb&index=7

Thank you for participating!



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