

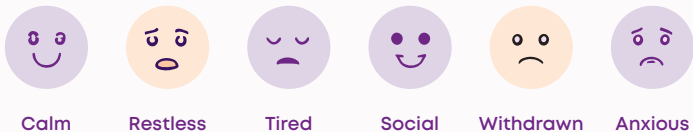
Activity planner

Supporting meaningful moments throughout the day

Date: _____

Person's name: _____

HOW ARE THEY FEELING TODAY?



ENERGY LEVEL

- Low
- Medium
- High

ACTIVITY IDEAS

- Music & Rhythm
- Reminiscence
- Gentle Movement & Outdoors
- Cognitive Activities
- Creative Expression
- Purposeful Tasks
- Reading & Storytelling
- Sensory Engagement
- Games & Play
- Technology Connection

ASK YOURSELF

- Is it familiar?
- Is it enjoyable?
- Is it achievable?
- Does it match their energy levels today?
- Does it support dignity?

Be flexible.
What works one day may not work the next

TODAY I WANT TO SUPPORT

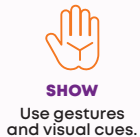


BEST TIME OF DAY



THE FIVE S's

A simple reminder for everyday communication.



PLAN YOUR DAY - FOCUS ON CONNECTION, NOT OUTCOME

MORNING	MIDDAY	AFTERNOON	EVENING
Activity	Activity	Activity	Activity
Response	Response	Response	Response
Notes	Notes	Notes	Notes

WHAT MATTERED MOST TODAY?

- Shared attention
- Emotional safety
- Respect
- Presence

Meaningful moment today...

THEY RESPONDED WELL TO...

- Music
- Humour
- Touch
- Familiar routines
- Quiet
- Company

Other: _____



Connection is built through presence, patience and understanding.

