

Cognitive and Social Activity Ideas (non-exercise focus)

Music-Based Activities (Mood and Memory Boosting)

- Name that tune (hum or play short clips)
- Sing-along favorites (decades themes: 50s, 60s, etc.)
- Finish the lyrics
- Rhythm and clap patterns (leader shares and group repeats)
- Pass the beat (tap around the circle)
- Instrument play (shakers, sticks, tambourines)

Balloon and Light Equipment Games (Fun and Coordination)

- Balloon volleyball (seated or standing)
- Keep It Up challenge
- Color call-out toss (call a color before tossing)
- Beach ball questions (write prompts on ball)
- Partner toss and chat
- Target toss (laundry basket, hoop)

Brain Games and Thinking Activities

- Trivia time (themes: movies, history, holidays)
- Word association chain
- Category naming (example: name 5 fruits)
- Would you rather
- Riddles and guessing games
- Story builder (each person adds a sentence)

Social Connection Activities (Emotional Wellness)

- Question of the day
- Memory sharing prompts
- Two truths and a Fun Fact
- Gratitude circle
- This or that voting (raise hands)
- Show and tell (if appropriate)

Creative and Expression Activities

- Guided doodling
- Coloring pages (seasonal/simple)
- Creative writing prompts
- Finish the picture
- Simple craft
- Word art / affirmation cards

Combined Movement and Brain (Light, Fun Integration)

- Count and move (march and count backwards)
- Follow the leader
- Opposites game (say “up,” move arms down)
- Alphabet movement (A = reach, B = clap)
- Memory movement sequence (repeat pattern)