

Activity Ideas

Looking for new activities to do on your own, with friends, or with family?
Here are some ideas!

Fun Games



Group

- Dominos
- Uno
- Doodle Dice
- Quirkle
- Checkers



Solo

- Birdwatching
- Spot the Difference
- Scrapbook
- Puzzles



Brain Workouts

- Taboo
- Name 5
- Scrabble
- Pictionary
- Headbanz



- Read aloud to a person, pet, or plant
- Crossword puzzles
- Word search
- Commentate a sports game
- Listen to a Podcast
- Journal



-- Other Favorites --



- Books on Tape/ Kindle Read Aloud
- Cooking & Baking
- Taking a Walk in Nature
- Watch Sports
- Art
 - Clay/ Model Magic
 - Adult coloring books
 - Watercolors
 - Origami
 - Paint by number

- Singing
- Listening to Music
- Swimming
- Dog Walking



- Volunteering
 - Fold church bulletins
 - Help to direct parking
 - Mentor someone with aphasia
 - Monitor kids' online school



Aphasia Center
of Maine
Helping people grow.

Created by Caris Giessler B.A.

Resources

Apps



- tinyurl.com/tactus-app
- tinyurl.com/lingraphica-app
- tinyurl.com/communication-support

Therapy at Home



- tinyurl.com/rehab-workbook
- tinyurl.com/fun-worksheets

Virtual Groups



- **Aphasia Center of Maine**
 - Mondays at 10:00am
 - activitiesaoec@gmail.com
- **Big Sky Aphasia Program (BSAP)**
 - Look for events here: tinyurl.com/bsapevents
- **UMaine Telepractice Speech Therapy**
 - Thursdays at 10:00am
 - judy.p.walker@maine.edu

Communication Tips



- **Suggestions to communicate as effectively as possible.**
 - tinyurl.com/aphasia-conversation-tips
- **Picture conversation templates**
 - tinyurl.com/pictograph-conversation
- **Create a personalized Aphasia ID Card**
 - theaphasiacenter.com/pocket-card

Mental Health



- tinyurl.com/social-outlet
- tinyurl.com/healthy-routines
- tinyurl.com/self-love-guide
- tinyurl.com/aphasia-covid

Podcasts



- aphasiaaccess.org/podcasts/
- stitcher.com/podcast/say-what-5

For Caring Partners



- aphasia.com/caregiver
- tinyurl.com/caregiver-rights
- tinyurl.com/conversation-partner-tips
- aphasia.org/aphasia-resources/aphasia-caregiver-guide

Aphasia Info

- **National Aphasia Association**'s recommended therapies, videos, books, technology, guides, educational info, posters, and more.
 - o aphasia.org/helpful-materials
- UNC's **Spanish & English** booklets for people with Aphasia and loved ones.
 - o tinyurl.com/aphasia-friendly-booklets
- Explanations of different types of aphasia. *Remember everyone is unique!
 - o tinyurl.com/aphasia-types
- ADA's support for Aphasia patients and **hospital visitation** policies.
 - o tinyurl.com/hospital-visitation
- List of **books** that explain aphasia for children to understand.
 - o tinyurl.com/aphasia-kids-books

