

Activity Analysis: Woody's Round-Up

Activity Type

Chair-Based Group Activity / Reminiscence / Music

Target Population

Residents needing low-impact, social, and familiar engagement; ideal for early- to mid-stage dementia

Goal / Purpose

Promote connection, comfort, and routine through familiar songs, discussion, and group presence

Cognitive Benefits

Memory recall, orientation to others, engagement through rhythm and lyrics

Physical Benefits

Gentle movement, seated posture, motor coordination (clapping, tapping)

Emotional / Social Benefits

Comfort, joy, reduced agitation, peer bonding

Materials / Setup

Chairs in a circle, music source (speaker, musician, or staff-led), themed visuals (cowboy hats, boots), props to hold/tap

Post-Activity Reflection: How Did It Go?

1. Resident engagement observed (circle all that apply): Verbal / Physical / Emotional / Observational

2. Was the activity goal achieved for most participants? Yes / No - Please explain:

3. Emotional response of participants (e.g., joy, calm, frustration):

4. Any safety or behavioral concerns noted? If yes, describe:

5. Suggestions for future facilitation or improvements:

Activity Analysis: Buzz's Command Center

Activity Type

Fine Motor Stations / Montessori-Inspired

Target Population

Residents with mid-stage dementia and those needing fine motor stimulation

Goal / Purpose

Promote focus, independence, and task-oriented success

Cognitive Benefits

Concentration, sequencing, object recognition

Physical Benefits

Fine motor control, hand-eye coordination

Emotional / Social Benefits

Empowerment, calm, individualized participation

Materials / Setup

Task trays with sorting, matching, stacking, or object manipulation; individual seating

Post-Activity Reflection: How Did It Go?

1. Resident engagement observed (circle all that apply): Verbal / Physical / Emotional / Observational

2. Was the activity goal achieved for most participants? Yes / No - Please explain:

3. Emotional response of participants (e.g., joy, calm, frustration):

4. Any safety or behavioral concerns noted? If yes, describe:

5. Suggestions for future facilitation or improvements:

Activity Analysis: Space Ranger Memory Match

Activity Type

Montessori Game / Visual Matching

Target Population

Residents with early to moderate cognitive decline

Goal / Purpose

Stimulate recognition and memory through themed visual games

Cognitive Benefits

Visual discrimination, matching, short-term memory

Physical Benefits

Card handling, hand control

Emotional / Social Benefits

Accomplishment, excitement, nostalgia (if themed)

Materials / Setup

Laminated space-themed memory cards, quiet table, chairs for pairs or solo use

Post-Activity Reflection: How Did It Go?

1. Resident engagement observed (circle all that apply): Verbal / Physical / Emotional / Observational

2. Was the activity goal achieved for most participants? Yes / No - Please explain:

3. Emotional response of participants (e.g., joy, calm, frustration):

4. Any safety or behavioral concerns noted? If yes, describe:

5. Suggestions for future facilitation or improvements:

Activity Analysis: "You've Got a Friend in Me" Café

Activity Type

Social / Music / Sensory

Target Population

All cognition levels; ideal for group socialization with passive and active participants

Goal / Purpose

Foster emotional connection and socialization through music and routine

Cognitive Benefits

Lyric recall, recognition of tunes, conversational stimulation

Physical Benefits

Lifting cups, tapping to rhythm

Emotional / Social Benefits

Relaxation, joy, peer bonding, emotional release

Materials / Setup

Coffee/tea service, gentle Toy Story music, café-style table seating, themed décor (optional)

Post-Activity Reflection: How Did It Go?

1. Resident engagement observed (circle all that apply): Verbal / Physical / Emotional / Observational

2. Was the activity goal achieved for most participants? Yes / No - Please explain:

3. Emotional response of participants (e.g., joy, calm, frustration):

4. Any safety or behavioral concerns noted? If yes, describe:

5. Suggestions for future facilitation or improvements:

Activity Analysis: Toy Story Time

Activity Type

Read-Aloud / Film Viewing / Group Calm

Target Population

Residents who enjoy stories or relaxing group settings; all cognition levels

Goal / Purpose

Promote calm, comprehension, and comfort through familiar stories or movies

Cognitive Benefits

Listening comprehension, character recognition, long-term memory

Physical Benefits

Seated posture, light mobility (entering/leaving room)

Emotional / Social Benefits

Emotional connection, bonding over shared storylines, reminiscence

Materials / Setup

Toy Story DVDs or books, TV/projector, comfortable seating, soft lighting

Post-Activity Reflection: How Did It Go?

1. Resident engagement observed (circle all that apply): Verbal / Physical / Emotional / Observational

2. Was the activity goal achieved for most participants? Yes / No - Please explain:

3. Emotional response of participants (e.g., joy, calm, frustration):

4. Any safety or behavioral concerns noted? If yes, describe:

5. Suggestions for future facilitation or improvements: