



***My Activity Book:
6 Weeks of Learning
and Fun!***



Week 6

CELEBRATE ME!

INTRODUCTION FOR CAREGIVERS

The HCQU has designed 6 activity books to help people learn and grow in various ways. Each book has a theme and includes daily activities related to the theme for that week.

Encourage those who are able to work on the books to complete them as independently as possible. Some self-advocates will require your assistance to complete the activities in the book. You may want to read through each book before anyone starts working on it to make sure all necessary supplies for the activities are available. We encourage caregivers to participate in the activities, as there are opportunities to learn, create, move, and have fun. Self-advocates may be more likely to complete the learning in the books if they are doing it with someone else.

We hope that these books spark new things to do as well. The theme for each week can promote conversation between you and those in your care and lead you to explore other areas of interest. Feel free to add more information to the topics of each week; make it specific to the person using the book. Most of all, have FUN with it!

HOW TO USE THE INFORMATION OFFERED IN THESE BOOKS

It is best to review this guide slowly and focus on one section at a time, encouraging the person to talk and/or ask questions after each idea/page is presented.

For best practices:

- Allot time to review this material when the individual is alert and interested.
- Ensure that the setting is free from distraction.
- Ensure any necessary materials are available.
- Review each daily activity, explain it to the individual, then practice it with the person.
- Remain positive, calm, and upbeat.
- Remember to offer positive reinforcement and encouragement along the way, especially when the person is making an effort to participate.

CELEBRATE YOUR SUCCESS!

- Each week you tried fun learning activities.
- You are already helping yourself feel better and be healthier.
- You have completed the learning experience.

Celebrate Success!

DAY 1: YOUR FAVORITE ACTIVITY

On this page and the next page, draw or color pictures of the activities you liked most from the past 5 weeks. Draw a star next to your favorite.

DAY 1: YOUR FAVORITE ACTIVITY (continued)

DAY 2: KEEP YOUR HANDS CLEAN



Look through activity book 1 for pages about keeping your hands clean. Draw or paste a picture that shows how you can keep your hands clean.

DAY 3: EAT SOMETHING GOOD FOR YOU



Look in your refrigerator or cupboards for a healthy snack. Remember, fruits and vegetables are better for you than potato chips and cookies.

Draw or paste a picture of your favorite healthy snack here.

Enjoy eating the food that you drew!

DAY 4: KITCHEN SAFETY



Think about what you learned about staying safe in the kitchen. Talk with your friends and caregivers about the fun you had doing the scavenger hunts and making the poster.

Draw or paste a picture here of how you stay safe in the kitchen.

DAY 5: THINK AND CREATE

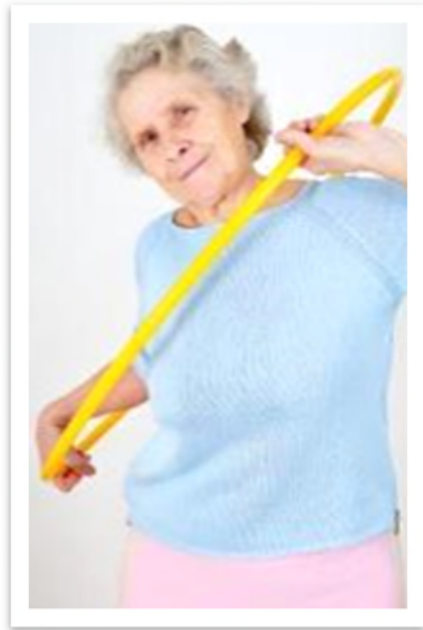


Which activity did you enjoy most in week 4 of this learning series? Was it making cards, working puzzles, the coloring pages, or feeling the grass under your feet?



Ask your caregivers to help you find more of your favorite activities. Page 22 of the week 4 book lists places where you can find similar activities.

DAY 6: STRETCH YOUR MUSCLES



Look through activity book 5 for pages about how to stretch your muscles.

Practice the stretches you like!

DAY 7: SHARE SOMETHING ABOUT YOU

Telling others about some of your favorite things helps them to learn about you.

Finish the statements below.

My favorite color is _____.

My favorite song is _____.

My favorite animal is _____.

My favorite ice cream is _____.

***Share your answers with friends.
Ask them about their
favorites.***

YOU DID IT!

You learned so many ways to be healthy and safe by completing your activity books. We hope you enjoyed participating in these

6 Weeks of Learning and Fun!

To continue staying healthy and safe, you can:

- Do these activities again and again.
- Look for more activities to learn.
- Try creating your own activities.

Your certificate of achievement is on the next page.

YOU DID IT!

WAY TO GO!



GREAT JOB!



CERTIFICATE OF ACHIEVEMENT

Name of Recipient

has learned how to be safe and healthy
through completing the activities in the

Activity Book Series



Signature of the caregiver

Date



For additional information regarding this activity book or
any of our physical or behavioral health trainings,
contact

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