

Fun, meaningful activities to do at home



Tips to cope during self-isolation

Therapeutic Recreation professionals know that when we are kind to our mind and body, we are building mental and physical strength and resilience, too. Here are some tips, shared from Therapeutic Recreation professionals, to help you engage with children, adults, clients and families, to help them cope with feelings of fear, boredom, isolation and depression.



Break out the board games

Start your own epic tournament of checkers, chess, Monopoly or Scrabble.



Exercise!

Do some situps and crunches, set up an obstacle course for the kids in your living room, do yoga or go for a walk in your community.



Rediscover cooking together

Nothing brings people together like food. Cook together, eat together, and of course, clean up together, too!



Listen to or play some music

Create your own playlist or search for online lessons to learn how to play a musical instrument.



Read aloud to each other

Find your favourite novel or fairy tale and organize your own story time.



Become an armchair traveler

Museums, zoos and other attractions around the world are offering virtual tours you can experience from your couch.

Therapeutic Recreation benefits everyone

Therapeutic Recreation is a collaborative and purposeful process facilitated by trained professionals offering recreation and leisure assessment, planning, intervention and evaluation to achieve individual goals. The profession uses meaningful recreation and leisure education, counselling and experiences to promote, restore, rehabilitate, and/or maintain quality of life and well-being. Therapeutic Recreation supports the development of strengths while addressing social, emotional, physical, spiritual and cognitive needs.

To learn more about what Therapeutic Recreation professionals do, visit www.trontario.org