Activity At HAND 🌸
My Leisure Collage

MATERIALS
Paper
Magazine
Crayons & Markers
Glue
Scissors

DIRECTIONS
First, think about your leisure lifestyle.
What do you enjoy doing? What makes you happy?

Locate a few magazines around your home.

Spend some time flipping through the magazines and cut out images of people, places, or things that you enjoy.

Once the magazine images are cut out, glue them onto the blank sheet of paper to create a collage.

Drawings, designs, or words can be added to the collage.

CONSIDERATIONS
Assistance may be needed when cutting out images from the magazines.

If you do not have magazines, you can print out images from the internet, or you can draw all of the items that are a part of your leisure lifestyle.

WELLNESS AREAS OF FOCUS
✔️ Intellectual
✔️ Emotional
✔️ Personal

ACTIVITY SUBMISSION
1. Take a picture of your project
2. Visit hhcenter.org/adult-day-program/
3. Click the link for activity submissions
4. Upload the picture

Helping Hand Center
SERVING CHILDREN & ADULTS WITH DISABILITIES