Activity At HAND
A-Z Recreation

DIRECTIONS

• Write the alphabet on your paper with your pen or pencil.

• Roll the dice on each letter of the alphabet, starting with the letter A.

• For each number rolled with the dice, come up with that number of words that relate to recreation activities.

  ○ For Example: If you roll a 3 with your dice and you are on letter B you will have to name 3 things that begin with the letter B.

    • 1. baseball 2. basketball 3. books

• Once you have finished listing activities for each letter of the alphabet, discuss with your family member or friend which ones are your favorite.

MATERIALS

Paper
Pen or Pencil
Dice
Ask a family member or friend to join in this activity!

CONSIDERATIONS

• If you need assistance thinking of activities for every letter of the alphabet, try working with a family member or friend!

• If you need assistance writing the alphabet, see the attached worksheet.

WELLNESS AREAS OF FOCUS

- ✔ Emotional
- ✔ Personal
- ✔ Intellectual
- ✔ Social

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
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A B C D E F
G H I J K
L M N O P
Q R S T U
V W X Y Z