



Quiet Activity Menu

- **Sorting Objects:**

Organize stones, beads, or cards by size or color to create a calming sense of order and purpose.

- **Water Painting:**

Use a brush and water to paint on a board or paper. Marks fade as they dry, creating a soothing, meditative activity.

- **Texture Boards:**

Explore different fabrics and textures to provide sensory comfort and gentle tactile engagement.

- **Stone or Block Stacking:**

Build small stacks using stones or wooden blocks to encourage focus without pressure or conversation.

- **Simple Puzzles:**

Handle or place pieces of a puzzle without needing to complete the image, offering relaxing, low-stakes mental engagement.

- **Quiet Fidget Tools:**

Use adult-appropriate fidgets such as worry stones or metal rings to reduce restlessness and promote calm.

- **Nature Tray Exploration:**

Touch and arrange shells, pinecones, leaves, or stones to invite a peaceful connection with natural elements.

- **Gentle Clay Work:**

Knead or press soft clay to relax hand muscles and release tension through simple, repetitive motion.

- **Card Deck Activities:**

Shuffle or sort playing cards to maintain fine motor movement in a quiet, structured way.

- **Non-Representational Art:**

Use dots, colors, or abstract shapes to create art without discussing memories or personal stories.

- **Self-Guided Hand Massage:**

Use a soft roller or massage ball to ease discomfort and support relaxation while maintaining independence.

- **"Choose One" Cards:**

Point to simple preference cards such as ocean or forest to express choices without conversation.

- **Audio and Hands Combo:**

Listen to peaceful music or nature sounds while engaging the hands in a quiet task for grounding and comfort.