COVID-19 restrictions are meant to increase safety. They can also make socializing and staying active more complicated, especially among long-term care residents. If you’re looking for creative ways to get residents moving, here are a few things clinicians and staff can try today to help fight off the mental health risks associated with isolation.

**Weather Journal**

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>72</td>
<td>75</td>
<td>78</td>
</tr>
</tbody>
</table>

**Yoga or Tai Chi**

[Image of a person in a yoga pose]

**Music**

[Image of musical notes]

**Memory Books**

[Image of a book]

**Spelling Bee**

**SPELLING BEE**

S-P-E-L-L-I-N-G B-E-E

**Crossword Puzzles**

[Image of a crossword puzzle]

**Balloon Toss**

[Image of balloons]

**Scavenger Hunt**

[Image of a scavenger hunt]

**Writing Letters**

[Image of letters]

**Staying active and creative at long-term care facilities**