30 ACTIVITIES THAT CAN BE DONE IN
30 SECONDS OR LESS

1. Greet the person by name
2. Make eye contact and smile
3. Shake hands
4. Ask someone to “show me” an object
5. Gently tease: “Mr. Smith, I just saw you eat dessert first!”
6. Tell someone he or she is loved
7. Give a sustained bear hug
9. Ask an open-ended question: “How are you feeling today, Mike?”
10. Ask an opinion: “What do you think of my new necktie? Does it match my shirt?”
11. Play a quick game of catch
12. Notice an unusual bird out the window
13. Evoke a memory from the life story of the person: “Tell me more about that grandfather of yours who was a country doctor. Did he really make house calls?”
14. Give a hand massage
15. Share a new lotion and talking about its pleasant scent
16. Blow bubbles
17. Slip a little treat to someone (being certain it’s dietetically okay)
18. Share a magic trick
19. Show off family photos of a new grandchild
20. Blow up a balloon and bat it around
21. Look at a flower arrangement and compare colors, textures, and scents
22. Ask for advice on a recipe
23. Tell a funny story or joke
24. Do a quick dance to some fun music playing in the background
25. Notice vivid colors in an unusual dress or shirt
26. Ask for help with a chore, such as folding a towel, helping make a bed, or squirting some wax onto a piece of furniture about to be polished
27. Try on a hat or hats
28. Try on a new shade of lipstick
29. Clown around for a moment, making funny faces, or throwing your hands in the air and spinning around once or twice in a silly dance
30. Step outdoors for some fresh air

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