



# **WALK!**

**with Aegis Therapies**

## ***Daily Activity Cards***

- 1.** Use the following pages to conduct resident interviews. Print and cut out each question per day to get residents involved and ask them these questions.
- 2.** Create a sharing board at your facility where residents can write their responses and post for their peers to see.
- 3.** Use group photos from daily Zooms and use these stories/residents photos for social media promotion/posts.

# MONDAY



**Share your favorite home cooked meal or recipe.**

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**Share your favorite holiday tradition.**

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**Share your favorite childhood memory.**

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# TUESDAY



**Share your occupation.**

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**Share your past or current favorite hobby.**

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**Share your favorite handmade project.**

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# WEDNESDAY



***Share your top self-care tip.***

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***Share what makes you happy.***

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***Share your favorite prayer or ritual.***

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# THURSDAY



***Share your favorite outdoor activity.***

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***Share your favorite vacation spot.***

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***If you could visit anywhere, where would that be and why?***

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# FRIDAY



**Share something you'd tell your younger self.**

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**Share one of your funniest moments.**

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**Share your favorite joke.**

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