

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
8. Give a compliment: “Wow! You’re looking pretty spiffy today, Margie.”
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