

101 Non-Pharmacological Interventions

1. Vacuum
2. Iron
3. Bake cookies
4. Read paper
5. Invite children to visit
6. Read a letter out loud
7. Listen to music
8. Parachute game
9. Color/Paint
10. Make lemonade
11. Wipe off table
12. Weed the garden
13. Make Pigs-in-a-Blanket
14. Spelling bee
15. Readers Digest
16. Fold clothes
17. Pet visit
18. Cut out cards
19. Wash silverware
20. Bake bread
21. Sort objects

39. Sort poker chips
40. Count things
41. Fold towels
42. Afternoon Tea
43. Reminisce/Inventions
44. Play a game
45. Paint
46. Cut out paper dolls
47. Identify states and capitols
48. Make a family tree
49. Color American Flag
50. Cook hot dogs
51. Grow magic rocks
52. Water house plants
53. Reminisce - first kiss
54. Play horseshoes
55. Dance
56. Sing a hymn
57. Make ice cream
58. Plant bulbs
59. Make cards
60. Sort cards by suit
61. Write a letter

75. Sand wood
76. Rub on hand lotion
77. Decorate place mats
78. Arrange fresh flowers in a vase
79. Remember famous people
80. Rake leaves
81. Make a fruit salad
82. Sweep the patio or room
83. Talk about famous events
84. Nursery Rhymes. You start
85. Make sandwiches
86. Dust furniture
87. Cut up paper/ Tear paper
88. Take care of bird cage/fish tank.
89. Trace/cut leaves

22. Sing Christmas songs
23. Life Review
24. Put silver away
25. Make a Valentine's collage
26. Sing songs
27. Take a ride
28. Make a pie
29. Read a poem
30. Dye Easter eggs
31. Sort socks
32. Take a walk
33. String fruit loops
34. String cranberries
35. Sensory Stimulation
36. Look at photos
37. Reminisce
38. Clip coupons

62. Dress in team colors
63. Pop popcorn
64. Name the U.S. Presidents
65. Give a manicure
66. Music, Movement & Props
67. Plant a tree
68. Make a may basket
70. Finish a famous saying
71. Feed the ducks
72. Mold dough
73. Picture books
74. Put a simple puzzle together

90. Simple trivia questions
91. Finish Bible quotes
92. Paint with string
93. Cut out pictures
94. Read/listen to a short story
95. Put coins in a jar
96. Sew sewing cards
97. Put seed in bird feeder
98. Clean out pumpkin
99. Roll yarn
100. Reminisce about vacation
101. Make a Cake