



NISRA

Northern Illinois
Special Recreation Association

L.I.F.E.
Leisure Increases Freedom & Enjoyment

Activity Book



April Journal Prompts

Add to your journal at home each day, to remember this time and enjoy some quiet reflection.

1. Your biggest dream
2. What are you most grateful for?
3. The most important qualities in a friend
4. One thing you need to stop doing
5. One thing you need to start doing
6. Three things you and your best friend have in common
7. Your life story in 5 sentences
8. A place you have never visited, but would like to
9. How important is fame?
10. What is a "perfect" day?
11. How do you make decisions?
12. Describe kindness
13. 10 things you should always have
14. The word you overuse
15. How would you like to be described?
16. Your favorite song to sing
17. Would you like to know about the future?
18. How do you show people you care?
19. Your last important decision
20. Something that is always easy for you
21. A motto to live by
22. Happiness is....
23. Organized or messy?
24. A recent compliment
25. A happy moment
26. Your preferred method of communication
27. What do you love most about life right now?
28. What are 5 things you love about yourself?
29. How can you practice self care this month?
30. Who inspires you and why?

"Uno" Workout

Take turns drawing a card from a deck of Uno cards. The color determines the exercise. Perform the number of reps indicated on the card. For reverse, skip or other cards: do 10 of your choice!

Red: Squats

Green: March in place

Blue: Wall push-up

Yellow: Jumping Jacks



Fill in the blank "madlibs"

A day in the "L.I.F.E"

When I arrive at the _____ program, I put my belongings away
1. Noun
and get ready for the _____ day ahead. But today was
2. Adjective
_____. We were headed on a tour of a _____ that had
3. Adjective 4. Noun
just landed in _____! Everyone had to quickly get on the van,
5. Place
named _____, and _____ the road. When we arrived to the
6. Name 7. Verb
_____, everyone was so excited! I got to go inside, touch
8. Place
everything, and even press _____. This was the best day ever.
9. Plural Noun
Not only was that an _____ field trip, but I also got to hang out
10. Adjective
with my awesome _____!
11. Plural Noun

1. Noun _____
2. Adjective _____
3. Adjective _____
4. Noun _____
5. Place _____
6. Name _____
7. Verb _____

8. Place _____
9. Plural Noun _____
10. Adjective _____
11. Plural Noun _____

Relaxation Coloring



"Nailed it" Challenge!

Have you ever watched that Netflix show titled "Nailed it?" People try to duplicate a fancy recipe or technique in the kitchen, and generally fail to re-create it. This is a fun, comical challenge to try your hand at re-creating a tricky recipe!



Ingredients:

1 slice of bread
Peanut butter (creamy or chunky)
Jelly or jam

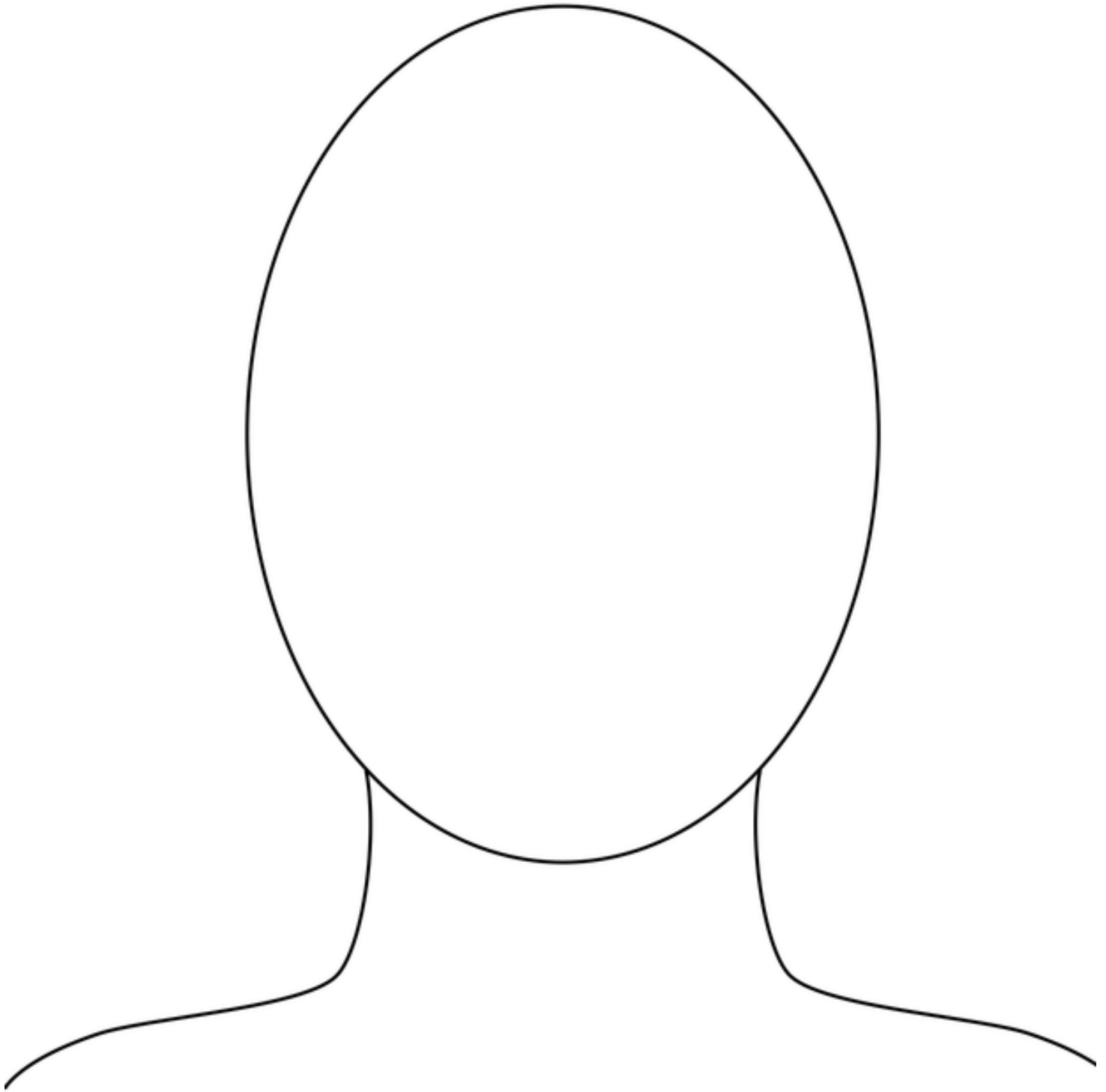
Directions:

Cut the crust off the slice of bread.
Spread peanut butter on half the slice.
Spread jam on the other half.
Roll and slice! Ta-da!

Take a photo and email to Emily at
etodd@nisra.org

Self Portrait

Take a look in a mirror. Think about all your great qualities, and fancy features. Keep those in mind when you create a self-portrait using pencil, colored pencil, markers or whatever you have available at home!



Word Search

LEISURE ACTIVITIES

M D R Q F Q K P L A Y S T A T I O N C J P X P F
S J U H H L E A R N I N G L A N G U A G E O V K
C V I N B W Q F V W T V G H P Y N V G C I Y B K
A C V E Y R A R B I L T H Y G I G Q F B Q Z T N
G N I K L A W D U S D R A C G N I Y A L P U O I
M U I Z B U N V G D Y X E R W S W L S F Y H A T
P A R K S O W S L D X O M D G J X P Z F K C H T
D H B C G G J E X R L G W I E P Q L F M D U T I
O D Z T N G N K T U O G N I N I D X Z M T M Y N
M X D Z I R D I C O O K I N G V P X B O X D H G
C V Z H T P U J V A I C X S X L V L F T L G A T
P E D C A S C N Z I S L Q Y E V L R W W Z C M K
T L G R K O L H N P R W U J Z M E Y H J O J E R
M R I A S X F S I I G D E J I F A Y U M W C N O
P I W E E U B F M P N N B G D I I G R J C F I G
H A L S C Y W H K K P G I A I Q B K D N S S C K
A F H D I B K A U B R M S L A J C M W R V B B R
L N F R F I R B I U K V X J W B K J J V A K J R
P U Q O A A K K O K G D D B Y O I Z H O Q O A W
Q F Q W T R I L H N H M K Z D O B T J E A H B R
D U Q E F N R G N I P P O H S U S S Q Q D F X C
U C Y F G A F Y G N I D A E R T O E R S G U H V
G A H V P G Y M E X Q G U Q Z N B P K N W L P K
T W J W T F L Z M G K B O T D D B I F I Y F D F

BIKING

BOARD GAMES

BOWLING

CINEMA

COOKING

DINING OUT

DRIVING

FUNFAIR

GYM

ICE SKATING

KARATE

KNITTING

LEARNING LANGUAGE

LIBRARY

PARKS

PARLOUR

PLAYING CARDS

PLAYSTATION

READING

RUNNING

SHOPPING

WALKING

WORDSEARCH

XBOX

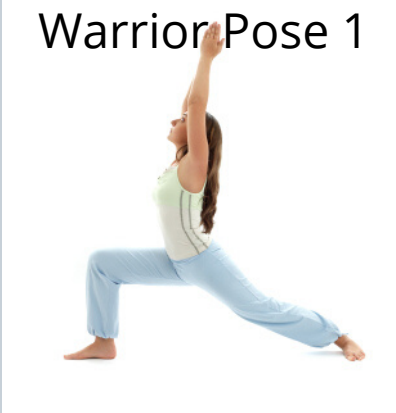
Yoga Poses + Benefits

Downward Dog



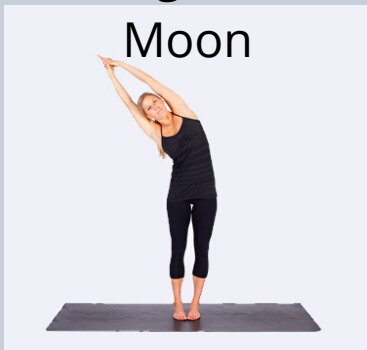
- Reduces back stiffness
- Relives stress
- Strengthens arms and back

Warrior Pose 1



- Improves balance, stability, concentration
- Stretches calves + ankles

Standing Crescent Moon



- Stretches the torso, rib cage, arms
- Strengthens oblique muscles

