



ULS

UNITED LIVING SERVICES

Activity Ideas for All Ages

Meaningful, flexible ideas for individuals with developmental disabilities

Start with the person.

Choose activities based on the person's interests, age, goals, communication style, support needs, energy level, culture, and preferred pace. Offer choices, build in breaks, and adapt as needed.

How to use this guide

Use these ideas at home, in community programs, during day supports, in small groups, or one-to-one. The best activity is one the person enjoys and can participate in with the right supports.

United Living Services (ULS)

330-445-4135 | qualitycare@unitedlivingservices.org | www.ulservices.org

Everyday Life Skills

Home & Cooking	Choose a recipe • Make a grocery list • Shop for ingredients • Wash produce • Prepare a snack • Set the table • Pack a lunch • Practice kitchen safety
Home Care	Sort laundry • Use a washer and dryer • Match socks • Make the bed • Wipe surfaces • Organize a closet • Water plants • Create a cleaning routine
Money & Planning	Identify coins and bills • Compare prices • Practice using a debit card • Set a savings goal • Plan a weekly schedule • Use a calendar • Make a to-do list
Communication	Order at a restaurant • Practice greetings • Make a phone call • Send a text or email • Role-play asking for help • Use a visual schedule
Safety & Self-Advocacy	Learn personal information • Practice emergency steps • Identify trusted adults • Discuss online safety • Practice saying yes/no • Choose personal goals
Helpful reminder Use visual directions, checklists, timers, adaptive tools, sensory breaks, simplified steps, peer support, or extra time. Celebrate effort and growth—not perfection.	

Creative, Social & Wellness

Creative Expression	Paint or draw • Make collages • Photography walk • Craft projects • Journaling • Scrapbooking • Dance • Sing or play music
Movement & Fitness	Walking group • Chair yoga • Stretching • Bowling • Swimming • Dance class • Nature hike • Gardening • Adaptive sports
Social Connection	Game night • Movie club • Coffee or lunch outing • Birthday planning • Conversation cards • Friendship group • Karaoke • Book club
Sensory & Relaxation	Music playlist • Calm corner • Deep breathing • Puzzle time • Fidget activities • Nature sounds • Guided relaxation
Technology & Media	Photo editing • Video calls with family • Digital art • Learn a new app • Create a playlist • Practice keyboarding
Helpful reminder Use visual directions, checklists, timers, adaptive tools, sensory breaks, simplified steps, peer support, or extra time. Celebrate effort and growth—not perfection.	

Community & Purpose

Community Exploration	Library visit • Museum day • Farmers market • Park picnic • Local festival • Public transit practice • Restaurant outing • Community class
Giving Back	Food-pantry volunteering • Animal-shelter project • Community cleanup • Make cards for seniors • Donation drive • Care-package assembly
Employment Readiness	Explore interests • Build a simple résumé • Practice interviews • Workplace tour • Job shadow • Volunteer shift • Learn workplace routines • Practice time management
Learning & Discovery	Science experiment • Visit a college campus • Learn basic first aid • Try a new language • Puzzle or trivia night • History or culture outing
Seasonal Ideas	Plant seeds • Summer picnic • Apple picking • Pumpkin decorating • Holiday crafts • Winter movie day • New-year goal board
Helpful reminder Use visual directions, checklists, timers, adaptive tools, sensory breaks, simplified steps, peer support, or extra time. Celebrate effort and growth—not perfection.	

Build an Activity Plan

A simple plan makes activities more successful and easier to repeat.

1. Choose	What does the person enjoy? What would they like to learn, try, or do with others?
2. Prepare	Choose the location, schedule, supplies, transportation, cost, and support person. Review accessibility and sensory needs.
3. Support	Use the tools and level of assistance that help the person participate as independently as possible.
4. Reflect	Ask: What did you like? What was hard? What should we do again or change next time?

Activity planner

Plan it out

Activity: _____

Person's goal or interest: _____

Date/time and location: _____

Supports or accommodations needed: _____

What went well / next time: _____

Connect with ULS

United Living Services is committed to creating meaningful opportunities for individuals and families. Contact us to learn more about programs, community activities, and support options.

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This guide provides general activity ideas. Select activities and supports that fit the person's health, safety, abilities, preferences, and supervision needs.