

A PRACTICAL GIFT FROM OSKAR MILTON

FREE ACTIVITY DIRECTOR SAMPLER

Two seated, ready-to-run group activities

Inside this complimentary sampler

- One fully scripted seated improv warm-up
- One guided reminiscence and conversation activity
- Clear timing, materials and facilitation support

Print at Actual Size for the intended large-print experience.

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GAME 1

ZIP ZAP ZOP

Group Size: 5–20

Time: 5–8 min

Materials: None

Purpose: Wakes up attention and builds group awareness without requiring anyone to perform or remember anything.

HOW TO PLAY

1. Everyone sits in a circle or semicircle facing the center.
2. One person points to someone else across the circle and says "ZIP."
3. That person points to a third person and says "ZAP."
4. That person points to someone and says "ZOP."
5. Continue: ZIP, ZAP, ZOP in order, always the next word in sequence.
6. When someone says the wrong word or hesitates, they simply restart the sequence with "ZIP."

FACILITATION SCRIPT — Say this to introduce the game:

We're going to play a quick focus game — no wrong answers, and no one gets eliminated. I'll start. I'll point to one of you and say "Zip." You point to someone and say "Zap." They point to someone and say "Zop." Then it starts over with Zip again. Ready? Let's try. [Point clearly and say:] Zip!

WHEN SOMEONE GOES QUIET — Exact language:

"That's okay — I'll grab this one and you jump in next round." [Take the word yourself, pass it on, and smile warmly at the person. No comment on what happened.]

HOW TO END IT CLEANLY — Say this to close:

"One more round, then we'll give ourselves a hand. Ready? Zip..." [After the final Zop, lead the applause immediately.]

EASIER VERSION: Everyone says only "ZIP" and passes it to the next person in circle order. No sequence to track.

LIVELIER VERSION: Add "BOING!" as a reversal — when someone says Boing instead of their word, the direction reverses back to the person who pointed at them.

READY-TO-RUN GROUP ACTIVITY

The Neighborhood Memory Map

TIME 20-30 min **GROUP** 4-16 **MATERIALS** whiteboard or large paper

Works seated. Adaptable for assisted living and memory-care groups.

PURPOSE

Encourage reminiscence, conversation and connection by building one shared imaginary neighborhood from familiar places and everyday memories.

SETUP

Draw a simple road across the board. Add a town square in the middle. Explain that the group will decide which familiar places belong in this neighborhood.

FACILITATION SCRIPT

"Let's build the neighborhood we remember. What should we put in first?"

Invite one answer at a time: a bakery, school, drugstore, park, theater or diner.

Add each place to the map. Ask one gentle follow-up: "What do you remember there?"

Connect contributions: "Where should the bus stop go?" or "What belongs next door?"

KEEP IT COMFORTABLE

Accept every contribution; there are no wrong answers.

Offer two choices when open-ended questions are difficult.

Participants may point, nod or listen instead of speaking.

Avoid testing memory. Use prompts to support success, not to correct details.

CLOSING

Read the completed map aloud as a short tour. Thank participants for building the neighborhood together, then photograph the board if facility policy allows.