



# Activity Planning Sheet

## Developing and Adapting Activities to Improve or Expand Options at Home

1. What does the person currently enjoy doing or show an interest in?
  
  
  
  
  
  
  
  
  
  
2. What might be motivating about this activity?
  
  
  
  
  
  
  
  
  
  
3. Does this activity currently create such a problem that it needs to be changed? If not, skip ahead to Question 5.
  
  
  
  
  
  
  
  
  
  
4. If so, answer the following three questions:
  - If this activity's location creates the problem, how could changing the setting make the activity better?
  
  
  
  
  
  
  
  
  
  
  - If the materials used in this activity create the problem, how could changing the materials make the activity better?
  
  
  
  
  
  
  
  
  
  
  - If the person's inability to finish this activity completely or correctly creates the problem, how could changing the expectations or level of support make the activity better?
  
  
  
  
  
  
  
  
  
  
5. What are five new activities that could be motivating or interesting to the person, based on the qualities listed in Question 2?