

## **Audiences:**

**1)** Individuals recovering from COVID-19

**2)** Individuals in [The Meridian at Lake San Marcos \(Memory Care Unit\)](#) - those facing different types of memory impairments, Alzheimer's or dementia

**3)** Clients of Arc of SD, children and adults with disabilities throughout San Diego County (<https://www.arc-sd.com/mission>)

**Virtual Activities: Numbering below corresponds to Audience groups above (1-3). See next pages for instructions.**

(1) Get Well Cards: Express your care, concern and support with get well soon cards.

(2 & 3) Post Cards/Vision Boards: Share a bit of yourself with others using pictures, art, favorite quotes, and writings.

(2 & 3) Letters: Write a letter of support and encouragement.

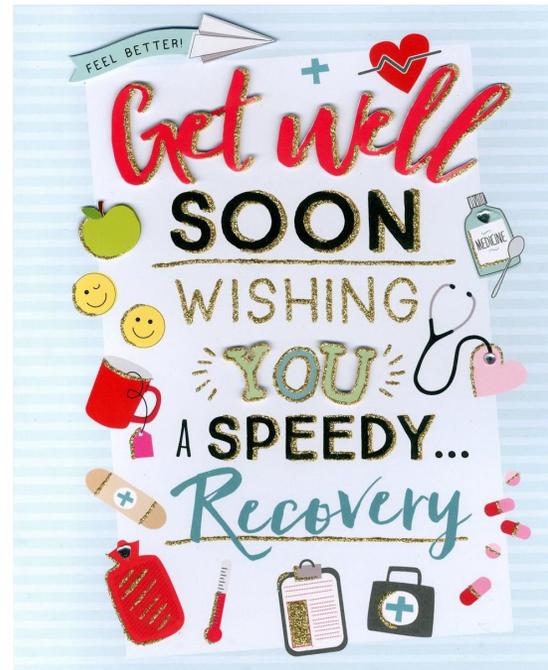
(1 - 3): Crossword: Create an entertaining crossword puzzle for someone to enjoy.

(3) Coloring Page: Design a coloring page to bring joy to someone's day.

## Get Well Cards: Express your care, concern and support with get well soon cards

Instructions: On a single slide, create a get well card for someone that is recovering from COVID-19. We recommend that you use online images, inspirational quotes, your own words, or any other encouraging forms of art.

**After you are done with your card, make sure it is saved to the appropriate shared document.**



## Post Cards/Vision Boards: Share a bit of yourself with others using pictures, art, favorite quotes, and writings

Instructions: This is an opportunity for you to inspire someone by sharing a bit of yourself in the form of a post cards or vision board collages. We recommend using online images, inspirational quotes, your own words, or any other encouraging forms of art.

**After you are done with post card or vision board, make sure your creation is saved to the appropriate shared document.**

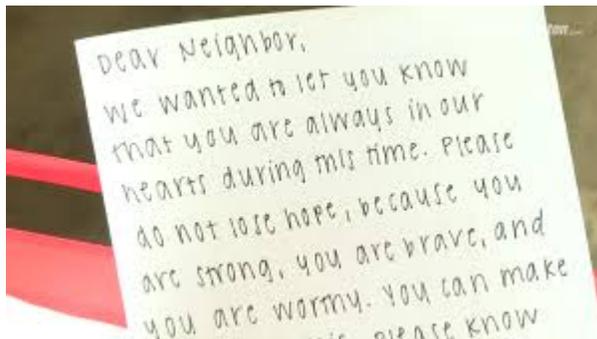


## Letters: Write a letter of support and encouragement

Instructions: We could all use a bit more encouragement and social interaction during this time of the COVID-19 pandemic. Towards this, you will be writing a letter of support and encouragement to someone in your target audience.

We recommend that you write to encourage someone during this time by referencing inspiring anecdotes or poems that raise your spirits.

**After you are done with your letter, make sure your letter is saved to the appropriate shared document.**

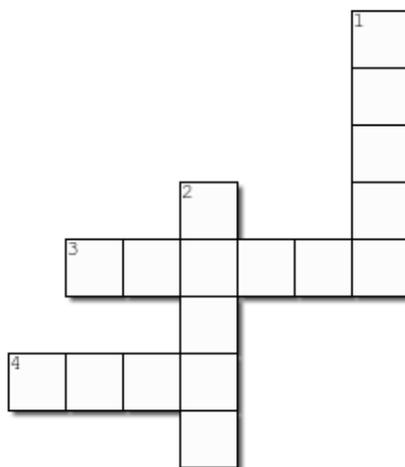


## Crossword: Create an entertaining crossword puzzle for someone to enjoy

Instructions: Based on your interests (personal, professional, academic, or anything else), come up with a crossword puzzle to share with someone in your target audience.

We recommend that you use the following online program: <https://worksheets.theteacherscorner.net/make-your-own/crossword/>

After you are done with your puzzle (Words & Clues), click “Make Crossword Puzzle” towards the bottom of the page. On the customization menu page, make sure to save your puzzle as an “Image” and then save this image to the appropriate shared document.



Created using the Crossword Maker on TheTeachersCorner.net

### **Across**

3. California State University San \_\_\_\_\_
4. Primary Color

### **Down**

1. The \_\_\_\_\_ of Jupiter
2. Secondary color

## Coloring Page: Design a coloring page to bring joy to someone's day

Instructions: Based on your interests (personal, professional, academic, or anything else), come up with a design for a coloring page.

We recommend that you use your preferred painting program (Example: <https://www.youidraw.com/apps/painter/>)

**After you are done with your page, make sure to save the image to the appropriate shared document.**

