

30 SPRING ACTIVITIES FOR INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

APRIL 2025

MON	TUE	WED	THU	FRI	SAT	SUN
	1 <u>Create a Sensory Garden</u>	2 Water Play	3 <u>Go on a Nature Walk</u>	4 Bubble Blowing	5 Sand Play	6 <u>Clay Modeling</u>
7 Finger Painting	8 <u>Music Therapy</u>	9 Coloring	10 Diamond Painting	11 Picnic in the Park	12 Join a Book Club	13 <u>Join a Social Group</u>
14 Game Night with Friends & Family	15 <u>Try Out a New Sport</u>	16 Arts and Crafts	17 Take a Dance Class	18 <u>Try a Cooking Class</u>	19 Volunteer in the Community	20 <u>Geocaching</u>
21 Go Camping	22 Read Your Favorite Book	23 Plant Flowers in a Garden	24 Go Swimming	25 Go for a Bike Ride	26 Join a Yoga Class	27 Fly a Kite
28 <u>Press Flowers</u>	29 Draw with Sidewalk Chalk	30 <u>Visit a New Playground</u>				

