

MEANINGFUL DAILY ACTIVITIES

All Support Personnel are asked to give some extra thought this month to finding ways of enhancing our own quality of life, and that of the Individuals we serve by engaging in meaningful daily activities.

We say, that for any one of us to have a “high quality of life”, we must regularly be ... engaged with others ... in meaningful activities ... **AND** ...having a positive experience with people we enjoy.



Think of an Individual you serve and answer the following questions.

- 1 What are some meaningful activities you do together?
- 2 In what ways might watching television together be a meaningful activity? Be as specific as possible.
- 3 In what ways might watching television NOT be a meaningful activity?
- 4 In your own words, what makes an activity meaningful?