

**SPADO**

## *Personalized activities for*

*Sing or play a familiar song.*

*Gentle back rub or hand massage.*

*Stimulate taste buds with flavorful foods  
(chocolate, garlic, mustard, cinnamon, coffee, etc.)*

*Outdoor activities: walking, sitting, gardening*

*Interesting lights: lava lamps, twinkle lights,  
bubble tubes.*

*Social activities such as visiting with loved ones  
or interaction with live or robotic pets.*

*Fidget blankets, toys, or activity boards.*

*Directed activities: games, towel folding,  
puzzles, play-dough.*

