

Thirty [More] Things To Do In Thirty Seconds Or Less



- Comb someone's hair
- Whistle
- Give a comforting hug
- Show a funny toy
- Hum a tune
- Feel a flower petal
- Blow a kiss
- Smell perfume together
- Look at clouds in the sky
- Demonstrate a jumping jack
- Hold hands
- Address someone by his/her full name
- Make up a funny rhyme
- Spell someone's name
- Give a compliment about someone's dress/appearance
- Plant a kiss on the forehead
- Show a funny drawing or cartoon
- Sit next to someone for 30 seconds
- Make a funny face
- Wave to the person, or together wave at someone passing by
- Comment on a piece of jewelry
- Compare neck-ties
- Ask for help, "Do my shoes need shining?"
- Blow a bubble with bubble gum
- Straighten out a crooked picture on the wall
- Play a tune on a mouth harp
- Recite a poem
- Show pictures of your children or pets
- Taste a piece of fruit, or candy.

Variation - work in small groups and ask staff to come up with their own list of thirty activities to do in 30 seconds.

Note: An original list of 30 Things to do in 30 Second or Less was published in The Best Friends Approach to Alzheimer's Care. It has proven to be very popular, and thus 30 more things have been created.