

Christmas in July Adaptations for Seniors with Cognitive or Mobility Challenges

Activity Adaptations

- ✓ Use pre-assembled craft kits
- ✓ Choose large, easy-to-handle materials (big markers, thick ribbons)
- ✓ Add color-coded instructions (visual cues)
- ✓ Plan short activities (10–20 minutes)
- ✓ Focus on one-step activities (simple decorating, easy crafts)

Sensory and Comfort Adaptations

- ✓ Create sensory bins with soft, scented Christmas items
- ✓ Play familiar holiday music softly in the background
- ✓ Provide comfortable seating with festive pillows or blankets
- ✓ Set up quiet spaces for rest and calm

Social Adaptations

- ✓ Pair each senior with a helper or buddy
- ✓ Deliver "Christmas in July" cards to reduce group stress
- ✓ Host storytime with colorful Christmas picture books

Emotional Support Adaptations

- ✓ Create a simple "Christmas Memory Book"
- ✓ Celebrate all participation (focus on fun, not completion)
- ✓ Offer gentle choices between two easy activities

Gentle Reminder ✨ Every small effort matters. What seniors feel is more important than what they achieve.

Use this checklist to create a Christmas in July event that welcomes every senior with love, joy, and gentle connection.