

Recovery Activity Idea: Activity Flip Sticks

This activity is a good way to provide flexible and diverse experiences for your loved one during recovery. It can be customized to your budget, resources, interests, level of safe movement, and time. It is designed to increase flexibility and variability in experiences and movement, *without* encouraging obsessiveness, rigidity, or anxiety that often accompanies a disordered approach to activity and movement.



How to create: Activity Flip Sticks

- Write a list of activities you would like to do
- Make sure to include short activities (take less than 30 minutes) and long activities (an hour plus)
- Select 20 short items (10 indoor activities, and 10 outdoor activities), and 20 long activities (10 indoor, and 10 outdoor as well)
- Write one of these items on a craft/popsicle stick (indoor on one side of the stick and outdoor on the other from the same time duration)
- This will result in 20 quick activities and 20 more involved activities
- Choose one color for the short activities and one color for the longer options, and color one end of each of the sticks
- Place the 40 sticks in a container so the colored ends are facing up and visible

How to use the flip sticks:

- Select a stick based on the time you have available and complete the activity (you get to choose between the indoor and outdoor activity depending on weather and preference)
- No double dipping! The stick you pick are the only two activities you consider
- When you have completed the activity on the stick, put it back in the jar with the colored tip facing down
- Continue to choose activities from the container until you have completed all of the options
- When you are ready to start over by flipping all the sticks, you will have completed 40 different activities!



You can also adapt and use the concept of flip sticks for many other categories. Here are some ideas:

- Cleaning or chores
- Which clothes to wear
- Shows to watch
- Fix-it/DIY projects
- Study topics/Homework
- Anything where you struggle to mix things up or put things off!

Stuck on where to start with your flip sticks? Here are some ideas to get you thinking!

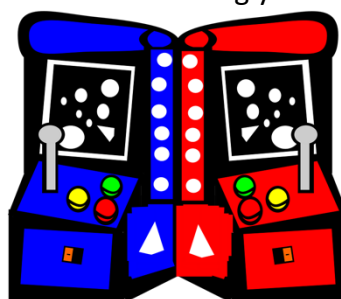
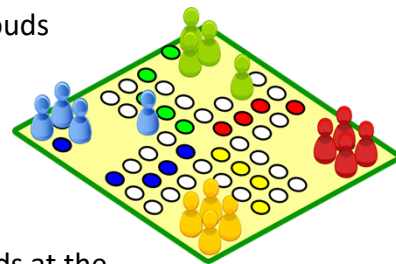


- Take a nature walk
- Dance around your house
- Swing on a swing set
- Take a bubble bath
- Paint your fingernails and toenails (mani-pedi!)
- Read a fiction book



- Go bowling
- Collect some rocks
- Go on a nature bike ride
- Watch your favorite movie
- Play hopscotch
- Flip a coin
- Go look at new cars
- Explore a new restaurant
- Go to a free community class
- Play a board game

- Style your hair differently
- Put on different makeup
- Do a puzzle
- Watch the clouds
- Go to a museum
- Go miniature golfing
- Count the birds at the park
- Skip a rock on a pond
- Sing your favorite song loudly



- Wash your car
- Explore a new store
- Rearrange your furniture
- Play at an arcade
- Go window shopping
- Play a card game



Tip: As you and your loved ones try different activities, take the time to be mindful and note what experiences, hobbies, and type of movement you truly enjoy, and what it is about those activities that speaks to you, individually and together.

A variety of activities will help loved ones build a fulfilling life with varied interests outside of what the eating disorder had dictated they “should” do with their time and energy. They will be able to reconnect with who they truly are and what type of experiences bring them joy as they progress in recovery.

Recovery is attainable!