

Sky, Land & Sea Interactive Video

Participants will enjoy great heights and great adventures during the Sky, Land & Sea interactive video. Marvel at the bird's-eye view of a lighthouse, and then traverse a sunny, oceanside beach. Finally, paddle around a scenic shoreline via kayak and paddleboard. Everyone—young and old— can enjoy the upbeat soundtrack, and there's no shortage of discussion questions and interesting information. Light exercise prompts and five review questions will keep participants' minds and bodies moving during this adventurous interactive video.

Activity Alert: As with all exercise activities, ensure that healthcare professionals have cleared the members of your group to participate.

We would love to hear your comments and suggestions about this activity! Please email your feedback to: hello@activityconnection.com.

Preparation & How-To's

- Cue the [Sky, Land & Sea video presentation](#) on your computer. (If using an iPad or other device, make sure it has speakers.)
- Click "play" to begin the video. Pause the video at any point to give participants time to discuss.
- Review the [transcription of the video](#) in advance if desired.



Do You Hear What I Hear? (3rd Edition)

Even though the world is rich with many interesting sounds, we don't stop often enough to truly listen to them. This video presents five sounds for participants to identify. These sounds and discussion questions may unlock memories or inspire your imagination. Participants with all levels of hearing ability are encouraged to join the discussion!

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Preparation & How-To's

- Cue the [Do You Hear What I Hear? \(3rd Edition\)](#) video presentation on your computer. (If using an iPad or other device, make sure it has speakers.)
- Click Play to begin the video. You can pause the video at any point to give participants time to discuss. For a more challenging experience, pause after the "Take a Guess" slide for each of the five sounds and give people a chance to guess the answer before advancing to the next slide displaying the picture.
- Review the [transcription of the video](#) in advance if desired.

