

Recovery Day 2025 Group Activities

“Together We Recover – Strength in Unity, Growth in Resilience.”
Unity strengthens our community. Resilience powers our progress.

Group	Activity	Materials	Instructions	Reflection Prompt
Education Specialist	My Resilient Self	Writing prompts, paper, pens	Participants reflect on their resilience and respond to a guided writing prompt.	What strengths have helped you through hard times?
Education Specialist	Vision Boards	Magazines, scissors, glue, poster boards, markers	Participants create vision boards focused on academic or career aspirations.	What goal on your board means the most to you, and why?
Therapy	Family Wall of Encouragement	Notecards, markers, display board	Families write anonymous encouragement notes for others to read. (Option: Clinical Directors can work if they would like a virtual submission too)	What message would have helped you on your first day here?
Therapy	Guided Letters	Paper, pens	Write a letter to your future self, a supporter, or from your future self. (Option: provide a self-addressed stamped envelope and send to patients in one year)	What do you want to remember from today for your future self?
Therapy	Values Recognition	Index cards, pens	Recognize values (resilience, unity, etc.) in fellow group members. Have each person pick a value another person displays, make sure all patients get a value recognition (Option: Create an award ribbon on paper that patients can decorate and pass out)	How did it feel to receive recognition? To give it?
Therapy	Affirmation & Bracelet-Making	String, beads, value cards	Make two bracelets one for current strengths, and one for future goals. (Reminder: ligature risk with string and to make sure scissors are monitored if they are used.)	Which bracelet feels more powerful to you, and why?
Therapy	Unity Chains	Paper strips, markers, glue/tape	Each person writes a message or value on a strip to form a chain.	What does it mean to be connected in recovery?
Therapy	Resilience Web	Ball of yarn	Each person shares a strength and tosses yarn to the next. (Reminder: mindful of taking back all yarn for ligature risk in IP/RES)	How does shared struggle create shared strength?
Therapy	Unity Shield	Paper, markers, optional magazines	Draw a shield with sections on strength, challenge, support, and hope.	How do our individual shields tell our groups story?
Therapy	Resilience Timeline	Paper, pens	Draw a timeline with key recovery milestones.	Where do you see the most growth?
Therapy	I Am, We Are	None	Complete 'I am' and 'We are' affirmations aloud in a circle.	How do our individual identities shape our group?

Therapy	Strength Cards Exchange	Notecards or slips of paper	Write strengths for each group member and share anonymously or aloud.	What did you learn about how others see you?
Nurses	Myth-Busting Bingo	Custom bingo cards(would need RDN's to make), pens	Play bingo while debunking common myths about meds and recovery.	What myth surprised you the most?
BHT	Recovery Passport	Passport printouts, stamps/stickers – would need RDN's to show what they want	Earn stamps for completing reflections or skills with staff.	What skill are you proudest of using this week?
BHT	Recovery Playlist	Playlist form, music access	Submit songs that represent healing and resilience.	What is a lyric or song that lifts you up?
BHT	Recovery Bookmarks	Bookmark template paint pens or acrylics	Paint resilience words or images onto the bookmarks	Why did you choose that word or image?
Nutrition	Recovery Recipe Card	Recipe Recovery Card Template ; Fill out template	Create or pick a recipe that promotes flexibility and enjoyment.	Complete reflection on template
Nutrition	Food and Feeling Card	Food and Feelings cards ; 3x5 cards; 15 cards with food items and 15 cards with an emotions	Refer to link	<p>“What did you learn about your relationship with food?”</p> <p>- “How can this awareness support your recovery?”</p> <p>- “Are there food–feeling associations you'd like to shift?”</p>
Nutrition	Design Your Own Food Freedom Plate/Vision Board	Provide paper plates or poster boards, markers, stickers, and magazines for collage.	<p>patients will collage: Prompt: “What does food freedom look like for you?” or “What nourishes your recovery—physically and emotionally?”</p> <p>Patients will collage Goal: Envision a life nourished in body, mind, and spirit.</p>	Reflect as a group or hang on a “Recovery Wall.”
Nutrition	Nourishment Vision Board	Provide poster boards, markers, stickers, and magazines for collage.	Include foods, activities, affirmations, and images that symbolize healing.	Share what they're working toward in recovery.

Note: Any costs associated with these activities that fall outside of the approved budget guidelines will need to be expensed to the facility's operating budget.