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 **Activity Category:** Sensory

**Name activity:** Sing – A - Long

**Group Size:** 30

**Activity Duration:** 30-45 min

**Setting Consideration:** Indoors, recreation room or common room

**Purpose/Goal:**  Promotes normalization. Promotes physical stimulation. Provides memory stimulation. Encourages positive emotion by engaging in familiar activity.

**Supplies Needed:**  Determine music preference of residents. Large printed lyrics, optional. Develop a supply of selections, CD’s, DVD’s, tape player/Karaoke machine, TV, DVD player. Percussion equipment, optional.

**Set up:** Gather residents in a circle around reader. Hand out lyrics.

**Intervention Description**: Gather residents who would benefit from the activity. Seat residents near enough to hear. Monitor for resident’s comfort and safety.. Encourage singing, dancing, movement with music. Encourage use of percussion equipment. Lower lights to promote relaxation.

**Special Consideration or Risks:** Monitor for over stimulation

**Activity Category:** Sensory

**Name activity:** Bubble Mania

**Group Size:** 10-15

**Activity Duration:** 20-30 min

**Setting Consideration:** Indoors or outdoors, courtyard, patio, recreation room or common room

**Purpose/Goal:**  Promotes sensory and memory stimulation. Promotes physical breathing exercises. Promotes positive emotion/fun. Encourages positive emotion by engaging in familiar activity. Provide an activity that will be flexible to meet the various needs of the residents

**Supplies Needed:**  Bubbles and bubble wand. Towels for cleaning residents and towels for floor messes.

**Set up:** Gather residents in a circle around reader.

**Intervention Description**: Gather residents who would benefit from the activity. Identify residents who require assistance. Encourage residents to blow bubbles through wands. Encourage residents to blow bubbles through wants. Engage residents according to range of ability. Engage residents in talking about related memories

**Special Consideration or Risks:** Additional staff can provide assistance. For residents with lower cognitive impairments , it is not recommended that they hold their own bubble bottles. Monitor for safety of residents/drinking bubbles/floor safety and spills. Monitor for allergic reaction

**Activity Category:** Sensory

**Name activity:** Sensory Box

**Group Size:** 10-15

**Activity Duration:** 20-30 min

**Setting Consideration:** Indoors, recreation room or common room

**Purpose/Goal:**  Provides sensory and memory stimulation. Encourages positive emotion by engaging in familiar activity.

**Supplies Needed:**  Select a theme for the day. Prepare fragrances using oils, lotions, body sprays. Prepare other support materials such as food, drink, visual displays, ect…

**Set up:** Gather residents in a circle around reader.

**Intervention Description**: Gather residents who would benefit from the activity. Talk about items of interest. Engage residents according to range of ability. Engage residents in talking about related memories.

**Special Consideration or Risks:** Monitor for allergic reaction

# AFTERNOON TEA

(SENSORY SOCIAL: INDIVIDUAL OR GROUP)

**GOAL** FOR THIS ACTIVITY / SOCIAL IS TO HAVE CLIENTS EXCERISIZE THEIR SENSES OF TASTE AND SMELL WITH A GROUP OF THEIR PEERS (OR IN AN INDIVIDUAL SETTING) BY EXPERIENCING DIFFERENT TYPES OF TEA.

**SUPPLIES**: VARIETY OF DIFFERENT TYPES OF TEA, CONDIMENTS FOR THE TEA (SUGAR, CREAMER, MILK, ICE ETC.), GLASSES, HOT WATER TO STEEP TEAS IN AND ICE FOR ICED TEAS. MAY ALSO HAVE ON HAND SOME DIFFERENT TYPES OF COOKIES AND SNACKS (IE: BREAD AND JAM, CUCUMBER SANDWICHES, FRUIT OR CHEESE PLATES, ETC.).

**SKILL/LIMITATIONS OF PARTICIPANTS**: NONE

**PROCEDURES**: CLIENTS ARE GATHERED IN SOCIAL ATMOSPHERE WITH VARIETY OF DIFFERENT TYPES OF TEAS AND THEIR GARNISHMENTS. RESIDENTS ARE ENCOURAGED TO SMELL AND TASTE VARIETY OF TEAS AND EXPERIMENT WITH DIFFERENT GARNISHMENTS TO THEIR TEAS. REMINISCE, ONGOING DISCUSSION OF LIKES, DISLIKES, AND PERCEPTIONS OF THE DIFFERENT TASTES AND SMELLS TO BE ENCOURAGED IN ADDITION TO SOCIALIZING WITH PEERS.

**LENGTH OF ACTIVITY**: 30 TO 60 MINUTES (VARIES).

**PRECAUTIONS**: DIETARY- KNOWLEDGE OF CLIENT DIETARY RESIRICTIONS NECESSARY.

**BODY POSITION REQUIREMENTS**:

* ABILITY TO SIT FOR PERIOD OF TIME.
* Use of at least one hand.

**SENSE REQUIREMENTS**:

* SIGHT
* HEARING
* Touch
* SMELL
* TASTE

**SOCIAL ASPECTS**:

* SMALL GROUP OR INDIVIDUAL
* REQUIRES ONGOING CONVERSATION
* ABILITY TO SHARE/COOPERATE
* ABILITY TO LISTEN
* INDEPENDENT WORK WITHIN A GROUP
* REQUIRES TOLERANCE FOR POSSIBLE CLOSE PROXIMITY

**COGNITIVE ASPECTS**:

* ATTENTION SPAN
* SHORT AND LONG TERM MEMORY
* CONCRETE THINKING
* SEQUENCING SKILLS
* PROBLEM SOLVING SKILLS NEEDED
* OBJECT IDENTIFICATION
* DIRECTIONALITY
* MILD CONCENTRATION NEEDED

**EMOTIONAL ASPECTS**:

* USE OF NEW AND / OR PAST SKILLS
* INCREASES SENSE OF SELF
* EXPERIENCES SENSE OF SUCCESS
* ANTICIPATION/ANXIETY

Activity Category: Sensory

Name activity: Spice Painting

Group Size: 2+

Activity Duration: 30-40 min

Setting Consideration: Indoors/recreation room, or outdoors as long as there is a

table

Purpose/Goal: Provides sensory and memory stimulation

Supplies Needed: Paint brushes, water, bowls, paper, different spices like

Cinnamon, oregano, etc.

Set up: Have residents sitting around a table

Description: Give each resident a paper and a paint brush, in the different bowls

have the different spices and dilute them with the water. Then ask the resident to

paint a picture using the spices.

Special Consideration or Risks: Know if there is any allergies

Activity Category: Sensory

Name activity: Cornstarch Glob

Group Size: 2+

Activity Duration: 20- 30 min

Setting Consideration: Indoors/recreation room, or outdoors as long as there is a

table

Purpose/Goal: Provides sensory and memory stimulation

Supplies Needed: water, cornstarch, and a bowl

Set up: Have residents sitting around a table

Description: In the bowls add 1 cup of corn starch and 1/2 cup of water, mix.

Then have the resident experiment with the texture, and how if you punch at the

bowl is acts like a solid, but if you just run your fingers through it, it will act as a

liquid.

Special Consideration or Risks: Know if there is any allergies

Activity Category: Sensory

Name activity: Lunch Prep

Group Size: 2+

Activity Duration: 10-20 min.

Setting Consideration: Indoors/dining room, or outdoors as long as there is a table

Purpose/Goal: Provides sensory and memory stimulation/ Normalization

Supplies Needed: Wash Basin, wash cloths, essential oil (for aromatherapy)

Set up: Have residents sitting around a table

Description: Wet wash cloths and add some fragrances, give one to each resident

so they can wash up before the meal.

Special Consideration or Risks: Monitor residents for safety, and know the resident allergies.

Activity Category: Sensory

Name activity: Fresh Bread

Group Size: 2+

Activity Duration: 30-40 min.

Setting Consideration: Indoors/recreation room

Purpose/Goal: Provides sensory and memory stimulation/Normalization

Supplies Needed: Bread machine, ingredients to make bread, bowls

Set up: Have resident set up around a table, and have bread already mixed and

baking in the bread machine. I

Description: Have resident sitting around the table, give each of them a bowl, and

flour, water, etc. so that they can be mixing the dough. During this they will also

smell the bread baking. After bread is made give each resident a slice, and talk

about favorite kinds of bread, what their mothers used to bake, etc.

Special Consideration or Risks: Monitor for safety, and know the residents

allergies and diets.

Activity Category: Sensory

Name activity: Sensory cards

Group Size: 1+

Activity Duration: 30-40min.

Setting Consideration: Indoors/Recreation room, outdoor

Purpose/Goal: Provides sensory and memory stimulation/normalization

Supplies Needed: cardboard strips, whatever smells, or textures you want like

different spices, different material like sand paper, fur, etc.

Set up: Have resident sitting around a table.

Description: Covering the name of the smell or texture have the resident try to

guess or describe what they are smelling or feeling.

Special Consideration or Risks: Monitor for safety, and know allergies if doing

spices or fragrances.

Activity Category: Craft

Name activity: Raised Paper Painting

Group Size: 1+

Activity Duration: 30-40min.

Setting Consideration: Indoors/Recreation room, outdoor as long as there is a

surface to paint on.

Purpose/Goal: Provides sensory and memory stimulation/normalization/creativity

Supplies Needed: paper, Elmer's glue, paint, paint brushes, design on a paper.

Set up: Have resident sitting around a table.

Description: Give each resident a design on a paper, and have them trace the lines

with the Elmer's glue. After it dries, then have them paint in spaces between the

glue.

Special Consideration or Risks: Monitor for safety

Activity Category: Craft

Name activity: Q-Tip painting

Group Size: 1+

Activity Duration: 30-40min.

Setting Consideration: Indoors/Recreation room, outdoor

Purpose/Goal: Provides sensory and memory stimulation/normalization

Supplies Needed: paper, markers, Q-tips, paint

Set up: Have resident sitting around a table.

Description: Give each resident a piece of paper and have them draw a picture of

a tree with no leaves. Then using the paint and the Q-tips dip them in different

colors and make dots on the tree to simulate leaves.

Special Consideration or Risks: Monitor for safety