

Therapeutic Recreation Protocol: Tropical Vacation

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General Purpose

- To improve physical health.
- To develop and build communication and interpersonal skills
- To improve ability to attend.
- To improve concentration skills.
- To improve memory skills.
- To increase capacity for happiness through variety and novelty.

Program Description

This themed activity is uses familiar and new music to motivate movement and stimulate learning and reminiscing. Sensory component involves making a tropical umbrella drink. Cognitive component includes learning about what it takes to get a banana from the farm to our table. Retention of learning and memory are reinforced with a fun quiz game. The team structure of the quiz game promotes socialization and communication skills.

Materials Needed

- A variety of music from island countries or about the tropics and speakers/system to play it
- Blender that is capable of crushing ice
- Tiny umbrellas for drinks
- Umbrella drink cups (like plastic wine glasses)
- Tropical drink ingredients such as pineapple juice and coconut milk for mock pina coladas
- Tin can punch opener (if using canned coconut milk)
- Ice
- Straws
- Banana video “Dole: Harvesting Bananas” <https://www.youtube.com/watch?v=l7sak6Vlq8>
- Questions based on video and other banana trivia

Populations

Appropriate for medium to higher cognitive populations. May be adapted for lower cognitive populations.

Contraindicated Criteria

Participants with limited arm and hand abilities may need assistance.

Cautions

Note any dietary restrictions, physical limitations and accommodate accordingly.

Setting Up the Environment

Participants need to be situated in a semi-circle and able to view the television. Tables are not needed.

Intervention Activity

Introduce the activity by having people call out “Day-o!” mimicking the call-and-response lyrics of *The Banana Boat Song*. Ask people if they know a song that uses the word “day-o.”

Music and Movement Segment

“We are going to use music to take a tropical vacation. Some of the songs you will recognize and some might be new to you. Your job is to enjoy yourself. You can sing, clap, or follow the dance moves that I will be doing. If it hurts, don’t do it. If your doctor or physical therapist says, don’t do it—don’t do it. And now let’s have some fun.”

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The Banana Boat Song (Harry Belafonte, 1956, Jamaican Folk Song, It is a work song from the point of view of dock workers working the night shift loading **bananas** onto ships. Daylight has come, the shift is over, and they want their work to be counted up so that they can go home.)

Mawa Sillah (Zumba Volume 29, African-inspired Calypso)

Jump in the Line (Harry Belafonte recorded 1961, originated in 1946 in Trinidad)

Hot Hot Hot (Buster Poindexter. Originally written and recorded by Monserrat musician Arrow in 1982)

Papa Loves Mambo (Perry Como, 1954. Mambo is a Latin dance originating in Cuba in the 1930s.)

Henehene Kou Aka (Israel Kamakawiwo'ole. Ukulele player, songwriter and Hawaiian icon. Lived from 1959-1997.)

Tiny Bubbles (Don Ho, recorded 1966. Hawaiian icon. Lived from 1930-2007. Frequently performed in Las Vegas and appeared on TV shows.)

Social and sensory segment

Make a tropical blender drink such as pina colodas with pineapple juice and coconut milk and ice. Participants can help pour and measure ingredients. Serve in fancy plastic stemware with an umbrella and a straw.

Cognitive segment

Watch video "Dole: Harvesting Bananas" <https://www.youtube.com/watch?v=l7sak6Vlq8>

Pair up participants for a quiz game called *Bananas or Brain*. Ask each team a question. They can discuss the answer with their team mate. When they say their answer, ask the whole group if the answer given is "bananas" for incorrect or "brains" for incorrect. (Participants could be given plastic bananas to hold up if they think the team's answer is incorrect.) The team with the highest score wins.

Questions can be altered to be multiple choice or true/false depending on cognitive ability.

Bananas or Brains Quiz Game Questions

- Name a brand of bananas. (Dole, Chiquita, Del Monte)
- When five bananas are connected together at the store ready to be bought, what is it called? A group, a gaggle, or a hand? (Hand.)
- A person who picks and hauls bananas on a banana plantation is called what? A banananero, a donkey, or a picker?
- What country is shown in the video? (Costa Rica in Central America. In 2011, Costa Rica exported 2 million tons of bananas, valued at over \$700 million.)
- Name a country not shown in the video that also grows bananas—think Central and South America? (Cuba, Dominican Republic, Martinique, Panama, Nicaragua, Honduras, Ecuador, Peru, Brazil. Hawaii produces very few bananas—only 14,000-15,000 tons of bananas in 2001. Banana producing countries in other parts of the world include India, Uganda, China, Philippines and are the top four producers in the world.)
- The big bunches of bananas taken from a stem that can have up to 400 bananas on it might weigh 65-110 pounds. True or false? (True.)
- How much time does it take to harvest a banana from the field and pack it so it can be shipped? How long from picking to shipping? (About two hours.)

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- Picking and packing bananas is very automated and requires very little hands-on work by people. True or false? (False.)
- Who was the spokesperson for Chiquita bananas during the 1960s? She was a Latin bombshell who wore a hat made of fruit.(Carmen Miranda.)
- Fill in the blank: Banana _____pie. (Cream.)
- A fancy dessert that involves setting bananas on fire is called bananas _____. (Flambe.)
- Bananas are high in what nutrient? Potassium, vitamin C, or protein. (Potassium. Potassium in bananas stimulates your muscles, nerves and brain cells, and as a bonus, can also help reduce blood pressure and risk of stroke.)
- This ice cream treat usually features three scoops of ice cream, chocolate sauce, nuts, whip cream and a cherry on top. (Banana split.)
- When the leader of a group is not available and there is a substitute person, that person is called the _____ banana. (Second.)
- When someone is driving you bananas, what does that mean? (The person is annoying you.)

Closure

“Did we have a good tropical vacation? Did we have fun in the sun? Did we do some dancing and singing? Did we learn something? But most importantly, are we in a happy frame of mind after our vacation? Let’s make sure we keep feeling that way. As they say in Jamaica, “Don’t Worry, Be Happy”—and that’s the only line you need to know for our final song. Let me hear you say it—“Don’t Worry, Be Happy.” Play and sing the song *Don’t Worry, Be Happy* (Bobby McFerrin, 1988. Jamaican reggae rhythm.) Thank each participant individually for participating.