

Therapeutic Recreation Protocol: Wellness Jeopardy

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Overview

This activity includes cognitive and social components. This activity uses a Jeopardy style game incorporating music to generate discussion about wellness topics. Categories of the game are Cognitive, Physical, Emotional, Social, and Spiritual. Depending on a participant's care plan, this activity may be charted as physical, cognitive, social or sensory.

General Purpose

- Promote health by learning about the domains that create balance and health
- Engage the sense of hearing
- Engage in a social atmosphere

Populations

Targeted primarily at mid- to high-functioning participants

Materials Needed

- Online game with questions. Search "Jeopardy template" in Google to create your own game in Powerpoint or Google slides
- White board and dry erase markers to keep score
- Information/research to support discussion topics
- HDMI TV and cable to connect to computer or iPad

Setting Up the Environment

Participants need to be positioned so they can see the TV and hear music and discussion. Group needs to be divided into two teams which represent a balance of abilities.

Activity

Divide the group into two teams with balanced abilities.

Have the teams decide on a team name.

Explain that this is a Jeopardy type game.

Teams alternate choosing a category and amount number.

Each item on the board pops up a song. Ask participants to listen to the song and come up with an idea about how it relates to the category. The songs used in this game are as follows with a short prompt about relative discussion.

Cognitive

100 : If I Only Had a Brain: This song is from what major motion picture? The Wizard of Oz

What types of things does the brain help us do? The scarecrow wants to converse with the flowers, consult with the rain, and think like Lincoln. The brain governs reasoning, decision-making and so much more. It's important that we protect and exercise our brain and there are a lot of ways to do that. How do you exercise your brain?

200: The Gambler by Kenny Rogers: What is the name of this song?

How is gambling or playing cards good for your brain?

Playing games exercises the brain. For example, in poker you have to match, predict, count, and observe others' behavior. Additionally, many games are social so you get an added well-being benefit. What games do you do that are good for your brain?

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300: Thanks For the Memories by Bob Hope & Shirley Ross. Who is the artist singing this song?

Where do your memories reside? Memories reside in your brain. What can you do to improve your memory? How can you challenge your memory?

400: Curiosity Killed the Cat by Little River Band: What is the name of this song?

How do you think curiosity can help your brain? Curiosity may not be good for cats, but it is great for your brain. Continually asking questions and learning about or doing new or novel things keeps your brain in good shape. What things are you curious about? What is a new thing that you could pursue?

Physical

100: Sugar Sugar by The Archies. What is the name of this song?

Americans consume 156 pounds of sugar each year which is 31 5lb bags for each of us (medicine.net). The incidence of diabetes has increased by 73.8% in Utah since 1995 (cdc.gov). Do you eat too much sugar? What one thing could you do to reduce your sugar intake?

200: Splish Splash by Bobby Darin. Who is the artist singing this song?

Staying clean. The number one thing you can do, according to the CDC, to prevent the spread of illness and disease is wash your hands and stay clean. What are you doing to stay germ free?

300: I Like to Move It, Move It: This song is from what major motion picture? Madagascar

Move it or lose it. Even small movements or movement for short periods of time can be beneficial. There's a growing body of medical evidence that hours of uninterrupted sitting can be surprisingly bad for your health. A 2010 editorial in the British Journal of Sports Medicine found that those who sit for prolonged periods have a higher risk of disease than those who move a muscle every now and then in a non-exercise manner. What are you doing to move it?

400: Tossin' and Turnin' by Bobby Lewis: Who is the artist singing this song?

Sleep. 20% of Americans struggle with sleep problems at some point in their lives (web.md). What happens if you don't get enough sleep?

Emotional

100: Thank You for Being a Friend: This is the theme song for what famous TV show? Golden Girls

Gratitude. Makes you and others feel good. It's free to give. Why do people feel better when they express gratitude? How do you express gratitude?

200: I Love to Laugh: This is from major motion picture? Mary Poppins

Laughing actually releases chemicals into your body that make you feel better. (citation) Happiness might make you laugh but laughter can perpetuate happiness. What makes you laugh?

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300: My Favorite Things: This is from what favorite major motion picture? The sound of music.

Focus on the positive. Count your blessings. When you are feeling down, what things could you think about to change your mood?

400: Lemon Tree by Trini Lopez: What is the name of this song?

Certain scents can change your mood. For example, lemons are uplifting. Researchers have found that scents like Bergamot, lavender and lemon decreases stress, depression, and anxiety. How do different aromas increase your mood?

Social

100: Try A Little Kindness by Glen Campbell. What is the name of this song?

How easy it to be kind? Why are people unkind? Why is it important to a healthy social life? Not make fun of other people to get a laugh or create an us and them dynamic. We are all in this life together.

200: Mind Your Own Business by Hank Williams. Who is the artist singing this song?

Respecting others. Not gossiping. What do you do to respect other's privacy?

300: We Are Family by Sister Sledge. What is the name of this song?

A key component for many people—whether they are blood family or chosen family—those people who understand who we are and our history. How is family important to your social network?

400: Just the Way You Are: by Billy Joel. What is the name of this song?

Accepting people as they are. It's what we want from friends and family—and what we should give back. We all want to be loved—warts and all. How accepting are you of others?

Spiritual

100: Sunshine On My Shoulders by John Denver. Who is the artist singing this song?

Nature can be a spiritual experience. Feeling connected to something bigger. Recognizing your context within a larger physical and metaphysical world. How does nature play a role in your spirituality?

200: Always Let Your Conscience Be Your Guide. This song is from what major motion picture? Pinocchio

Jiminy Cricket says to 'give a little whistle' and "always let your conscience be your guide." When you are in trouble, to whom or what might you "whistle" for help? Pray to a higher being. What is your conscience? Some people think that still small voice (conscience) in each of us is the voice of something greater than ourselves.

300: You'll Never Walk Alone by Susan Boyle. What is the name of this song?

Relying on something bigger. Hope that there is something bigger looking out for you—that is beneficent. Having faith that things work out. Who walks with you?

400: One Love by Bob Marley? Who is the artist singing this song?

Love each other as our selves. Brotherly love. What do you do to embrace love for each other?