

Soups On!

Variation 1

Gather needed ingredient cards that you will need for your chosen soup recipe. Each player gets 4 ingredient cards (there are 6 cards of each ingredient, you may not want to use all cards of one ingredient depending on the size of your group). If one of their ingredients is called, that card is placed to the side. All you have to do is be the first to have all 4 ingredients put into the soup.

Variation 2

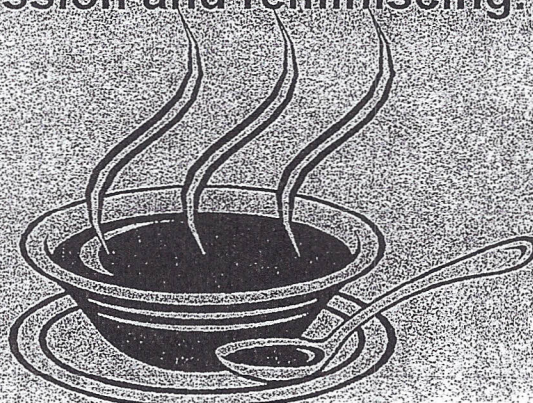
Discuss what kind of soup you would like to make. Write ingredients down on a list. Also discuss and write down how many cups of that ingredient you will need. Gather ingredient cards that you will need (each card represents 1 cup) and shuffle. Pass cards out to players. Call ingredients off list. First to have all the ingredients in their hand called wins.

Variation 3

Same as Variation 1 but you can use added cards such as pot, spoon, spices, and water. Discuss different spices for different soups for further reminiscing.

Variation 4

Also and option to bring in spices for sensory stimulation to promote further discussion and reminiscing.



H – Sensory Based: Protocol H1 - Group Sensory Integration _____

This program engages clients through the use of various sensory inputs.

Staff Requirement: 1 therapist

Entrance Criteria: This program is for low functioning clients with symptoms of passivity or other disturbing behaviors such as repetitive mannerisms, vocalizing or aggression. This is a good program to use for clients who are not functionally and/or cognitively capable of participation in most programs. From Mildred Ross's 5 Stage Sensory Integration Therapy (Ross & Burdick, 1991).

Exit Criteria: No longer displaying symptoms of passive or disturbing behaviors.

Group Size: 3 - 4 clients

Duration: 30 minutes

Safety Considerations

Environmental Risks: Materials should be free of sharp areas.

Client Risks: Caution with clients with pica activity.

Facility & Equipment Required

Facility: No table is necessary, comfortable seating is required. Area should be distraction free.

Equipment: See each stage for equipment required.

Method

Use flexible framework in each session. All 5 stages should be completed in each session. Position each individual with feet on the floor to begin the session.

Five Stages

Stage 1: This stage uses as many of the senses as possible and reasonable to arouse and welcome group members. This should be something interesting, physically comfortable, and emotionally safe. (Sensory hand washing, ring a bell, use massager, pass a heavy object, or pass a basket with mail).

Stage 2: This stage uses an activity that emphasizes the movement of bodily responses. Gross and proximal movement patterns are used to facilitate muscle tone, posture alignment, and body awareness. (Baton, THERABANDS, ribbons, streamers, scarves, Nerf balls, balloons).

Stage 3: This stage uses activities that will offer the opportunity for sensory information to be modified and made meaningful as an adaptive response. (Throw for accuracy games, ring toss, flashlight to locate objects, tape balls, pointing).

Stage 4: This stage uses activities that facilitate organized thought and behavior to be demonstrated in action. (Mind or memory games, concentration with large pictures, show and tell, blackboard activities, name that tune, large puzzles).

Stage 5: This stage employs familiar activities that signal closing of the session on a positive, affirmative note. This provides an opportunity for reinforcement of appropriate leave taking, handshakes, a round of applause, reminders and promises. Finish on a positive emotional tone of calm alertness. (Have a drink then flatten the paper cup, conduct an orchestra, sing a farewell song, pass a handshake, talk about the next time, peel and share a grapefruit, wash hands with a warm terry cloth).

Possible Client Objectives:

- Reduced passivity by improving willingness to participate in a small group and remaining alert and engaged during program
- Improve small group socialization as evidenced by verbalizing with at least one other person in the group during each session.
- Improve mood as evidenced by positive comments about experience and/or by a happy expression.
- Improved fine and/or large motor function by participation in at least one movement activity.
- Reduced disturbing behaviors as evidence by being alert and calm at the end of the session.