

Therapeutic Recreation Protocol: Zoo Sensory

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Overview

This activity is **primarily a sensory activity** with physical and cognitive components. It has three segments: Zoo themed yoga, animal matching game, and a zoo life video/treat. Depending on a participant's care plan, this activity may be charted as sensory, cognitive or physical.

General Purpose-Sensory

- Engage the senses
- Improve and maintain cognition through novelty and surprise
- Engage in a social atmosphere
- Engage in simple physical motions

Populations

Targeted primarily at low-functioning participants

Materials Needed

- Baby & Mommy Animal matching game: template available: <http://www.teachersnotebook.com/product/1plus1plus1/baby-amp-mommy-animals>
- Animal crackers
- Ice cream
- Spoons
- Plastic bowls
- Napkins
- Animal sounds: (warthog, giraffe, flamingo, penguin, dog, rabbit, fox, tiger, raccoon, rhinoceros, owl, duck, horse, cat, lynx, pig, chicken, lion, gorilla, sheep, cow, goat). You can get an app” Animal Sounds-zoo, pet and farm sounds”.
- Animal screen shots (elephant, penguin, polar bear, snake, sea lion, monkey, giraffe, lion).
- Video: Zoo Leipzig or Houston zoo live streaming
- Optional: Stuffed zoo animals

Setting Up the Environment

This activity has three components: modified zoo themed yoga, animal matching game, and a zoo video. This activity will require that participants sit in a semi-circle around the facilitator and television.

Contraindicated Criteria

Participants with limited arm and hand abilities may need assistance.

Cautions

Know participants' allergies and diet restrictions.

Activity

We're going on an imagination vacation to the Zoo today.

How many of you enjoy going to the zoo?

What are some of your favorite animals at the zoo?

What are some things that you see at the zoo?

What are some things that you smell at the zoo?

What are some things that you hear at the zoo?

What are some things that you taste at the zoo?

Zoo Yoga:

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"On our trip to the zoo, we're going to see different animals and we're going to mimic what they do!"

"At the zoo, you will probably see the Elephants. (Put up a screen shot of elephants)

What do elephants do?

So let's do what the elephants do and stomp like an elephant." (have participants stomp their legs)

"So let's do what the elephants do and swing our trunk like an elephant." (clasp your hands together and let your arms hang. Swing your arms side to side like an elephants trunk).

"At the zoo, you will probably see the penguins. ((Put up a screen shot of a penguins).

What do penguins do?

So let's do what penguins do, and waddle like a penguin." (place needs together and move your legs like your waddling like a penguin).

"So let's do what penguins do, and waddle like a penguin." (put both of your arms out to the side and rock back and forth like a penguin).

"At the zoo, you will probably see a polar bear. (put up a screen shot of a polar bear).

What do polar bears do?

So let's do what polar bears do and swim like a polar bear." (making swimming motions with your arms)

"At the zoo, you will probably see a snake. (put up a screen shot of a snake)

What do snakes do?

SO let's do what snakes do and slither like a snake" (put your palms together, and move over head like an Egyptian).

"At the zoo, you will probably see a sea lion. (put up a screen shot of a sea lion).

What do sea lions do?

So let's do what sea lions do, and pose like a sea lion." (sit up straight and lift your chin up like you're noble and proud). "Look out over your harem." (look side to side).

"At the zoo, you will probably see a monkey. (put up a screen shot of a monkey).

What do monkey's do?

So let's do what monkeys do, and swing like a monkey." (put your arms up in a semi-circle over your head, then swing your arms side to side.

"At the zoo, you will probably see a giraffe. (put up a screen shot of a giraffe).

What do giraffe's do?

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So let's do what giraffe's do, and reach like a giraffe." (reach one hand up to the sky as high as you can reach, switch sides, and reach your opposite hand up to the sky and hold)

"At the zoo, you will probably see a lion. (put up a screen shot of a lion.)

What do lion's do?

So let's do what lion's do and, roar like a lion." (put your fingers out like they're attacking and have them let out a ROARRR.)

"One great thing about going to the zoo, is seeing the baby zoo animals. So we're now going to match the baby zoo animals to their parents."

Baby & Mommy Animal matching: you can get templates online: <http://www.teachersnotebook.com/product/1plus1plus1/baby-amp-mommy-animals>

Post all of the baby animals on a portable board or on a wall pocket chart. Give each resident the picture of the adult animal, and ask them to find the baby animal on the board. *Optional: you can play a sound clip of the animal chosen. Go around until each match has been made.

"Now that we've paired up the baby animals to their parents, let's watch some animals at the zoo.

I always enjoy eating ice cream as I go visit the different animals at the zoo. What are some of your favorite things to eat when you're at the zoo?" We're going to have a little snack while we watch the animals at the zoo." (pass out ice cream and/or animal crackers).

Closure

You always have to get a souvenir from the gift shop when you go to the zoo. So, I have a souvenir of today's trip to the zoo. Pass out the plush zoo animals.