

Intervention Summary

Task Analysis, Activity Analysis, & Modification (TAAAM) – Short Form

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Name of activity: Build your own terrarium

Type of modality: Horticulture

Type of play	Solitary
Interaction pattern	Extra individual
# of participants required	1 participant
Equipment/supplies	Glass bowl/container, plants, rocks, soil, potting charcoal, sand, gloves, chairs.
Facilities required/environment	Open area, could be inside or outside. Tables needed.
Precautions	Materials could spill on floor causing it to be slippery, glass could break which could harm the client. Be aware of client's allergies.

Activity Instructions (what the therapist needs to do to facilitate the activity)
<ol style="list-style-type: none"> 1. Initiate activity with client. 2. Instruct client to pick a glass bowl from the counter that they want and to place it in front of them. 3. Instruct client to pick up materials from counter: rocks, gravel, soil, plants, spoon, 4. Instruct client to sit down in chair 5. Instruct client to pick up their choice of rocks, gravel, or pebbles and place a 1-inch layer at the bottom of the container. 6. 4. Instruct client to scoop sand in the funnel and layer an inch of sand on top of the rocks. 7. Instruct client to pour the potting charcoal into the funnel and layer it on top of the sand. 8. Instruct client to scoop soil into funnel with the spoon and fill the container with several inches of it. 9. Instruct client to poke holes into the soil to fit each plant. 10. Instruct client to take each plant out of its container and to brush soil off. 11. Instruct client to place each plant and moss where they want to into the container in to each hole made. 12. Remind client that the terrarium needs to be watered around 1-2 times a week. Also remind to mist it every day.
Task Analysis (what the client needs to do to perform the activity)
<ol style="list-style-type: none"> 1. Gather all the material needed for the terrarium 2. Pick glass bowl and put it in front of you. 3. Sit down in the chair. 4. Put about 1-1 ½ inches of drainage at the bottom of the container. Drainage includes rocks, pebbles, gravel, etc. (whatever the client wants).

5. Pour a layer of sand over the rocks
6. Next, pour a layer of potting charcoal into the funnel and layer over the sand and the rocks.
7. Add the soil by spooning it into the funnel and layering about an inch into the glass bowl
8. Make holes into the soil using a spoon; make them large enough for the roots of the plants.
9. Take plants out of the containers and brush the loose soil off from the roots.
10. Place your plants in the soil in the arrangement you want them in.
11. Loosely pack the soil around the plants using your hands.
12. Pick up the moss and pack it into the empty spaces.
13. Water terrarium 1-2 times a week. Do not water the moss. Mist it with water about once a week.

Activity Analysis
(inherent skills within the activity)

Category	Skills
Primary body position	Sitting, minimal to no standing.
Parts of the body required	Hands, arms, head/neck, legs if need to stand.
Directionality	Person/object, object/object, up/down, person/person
Physical skills	Active range of motion: head/neck, upper extremities, balance: dynamic standing, bending, bilateral integration, carrying in the hands, crossing midline, fine motor coordination, grasps: palmar grasp, scissor grasp, radial digital, 3 jaw chuck, pincer grasp, lifting, motor control, picking up, pushing with upper extremities, putting down objects, reaching, releasing, standing, turning or twisting hands or arms, visual motor coordination, walking short distances.
Cognitive skills	Arousal/alertness, focused attention, sustained attention, categorization, cognitive flexibility, concept formation, concentration, complex decision making, simple decision making, initiation, insight, judgement, long term memory, short term memory, orientation (person), orientation (topographical), organization and planning, complex problem solving, simple problem solving, recognition (size), recognition (shape/form), sequencing, spatial operations, strategy, concrete thought, time management.
Sensory abilities	Auditory, tactile, visual.
Communication/language skills	Reception to spoken language, reception of signs and symbols, expression of spoken language, expression of written language, producing body language, producing signs and symbols.
Social and interpersonal skills	Starting a conversation, sustaining a conversation, ending a conversation, handling criticism, homogeneity, heterogeneity, interpersonal interactions, maintaining social space, physical contact, relating with equals, relating with persons in authority, regulating behavior, forming relationships, self-expression, social conduct, social cues, showing respect and warmth.
Self-care skills	Need to wash hands after because soil might get all over.
Psychological/emotional (possible)	Growth/development, hope/optimism, inner strength, joy, positive emotions of escalation, positive emotions of de-

	escalation, positive emotions of well-being, sense of competence/mastery, sense of connection, sense of freedom/autonomy, sense of identity, anger, emotional pain, fear, frustration, guilt.
Modification (to meet the therapeutic needs of the client)	
How could you simplify the activity?	Make the size of the glass bowl smaller so not as many plants are going into the terrarium (could be completed faster), keep water near the plant, keep quiet most of the time so the client can focus only on the activity, give the client gripping gloves if they have trouble grasping objects.
How could you make the activity more complex?	Making the bowl bigger, not keeping water next to the terrarium so the client has to walk to get water, use watering cup without a handle if the client has trouble grasping objects, interact with the client while completing the activity to see if they are able to pay attention to two activities at once.
Any Additional Comments	